



Neil Zirconia, a Neil Diamond tribute performer, at Edison and Ford Winter Estates

photo provided

Concert On The Lawn At Estates

Neil Zirconia, a Neil Diamond tribute band, will perform at the next Rhythm on the River celebration at Edison and Ford Winter Estates on Friday, February 18. Gates open at 5:30 p.m.

and the concert starts at 6 p.m.

Zirconia, dubbed the ultimate "Faux Diamond," will perform Neil Diamond hits on the historic Ford lawn along the Caloosahatchee. With his stage presence, charisma and unique baritone voice, Zirconia looks and sounds like Diamond, and will take his audience down memory

continued on page 4

Famous Author Lecture And Lunch Downtown

The Sidney & Berne Davis Art Center will host author Anjanette Delgado during the Famous Author Lecture Series on Monday, February 14 from noon to 2 p.m. General admission is \$45 and a table of eight is \$360.

Delgado will offer insights into her works. The Puerto Rican is an Emmy-award-winning writer, a Triple Crown Winner of the Latino International Book Award, a Pushcart Prize nominee and a finalist for Indiefab's Multicultural Book of the Year for her novel *The Clairvoyant of Calle Ocho*. She began her career as a journalist and executive producer for television and digital outlets such as CNN Headline News, Univision Network, Telemundo Network, MGM Latin America, BBC and NBC.

Delgado is the author of *The Heartbreak Pill* and the 2009 winner of the Latino International Book Award for *The Clairvoyant of Calle Ocho*. Her work has appeared in numerous anthologies, as well as in *The Kenyon*



Anjanette Delgado

photo provided

Review, Pleiades, Vogue, The New York Times, The Hong Kong Review, NPR, and HBO. Her short story Lucky was nominated for a 2020 Pushcart Prize. She holds an master of fine arts degree in creative writing from Florida International University and lives in Miami, Florida.

The Famous Author Lecture Series

continued on page 8



Phase 1 of the Causeway Islands Project on Island B

photos by Bob Petcher

Causeway Project Updates Available Online

Lee County has launched an interactive web tool for the Sanibel Causeway Islands Project to provide easy access to information about the proposed project, including maps, plans

and timelines in a user-friendly interface.

The \$8.5 million project ultimately will enhance both Island A and Island B using tourist development tax dollars and state funds. Contracts for the project were awarded in August 2021 and the project is estimated to be complete by summer 2024.

The interactive resource illustrates the shoreline improvements already under way on the causeway islands (Phase 1), as well



Completed groin on the bay side of Sanibel Causeway Island B

as the proposed upland improvements (Phase 2). Current conceptual plans for Phase 2 and a historical timeline of the project are posted on the site. Visitors may also take a survey, which can be used to provide feedback on the conceptual plans.

This project involves stabilizing portions of the shoreline at this facility, including on both Island A and Island B. Additional improvements could

include the development of compacted shell designated parking areas and corresponding stormwater management areas, as well as the addition of beach sand, new restrooms on Island A, native plant landscaping and picnic pavilions. Access to existing fishing areas also will be improved.

The tool can be accessed at <https://leegis.leegov.com/causewayislands> or www.leegov.com/parks/projects.*

Historic Downtown Fort Myers, Then And Now:

Bandshell By The River



by Gerri Reaves, PhD

The bandshell shown in this circa-1950 photo was an important venue for community events for over two decades. It was set well back from Hendry Street on the west side and north of Edwards Drive near the riverfront. The bandshell was funded and constructed in 1948 by the Fort Myers Fireman’s Club, who raised \$6,500 and provided most of the labor to place it and build support structures such as dressing and rest rooms. The club generously gave the bandshell to the public for meetings and political rallies.

The club later constructed 80 benches with a seating capacity of 640 for public performances. The bandshell was but one of many items auctioned off as Army surplus from Buckingham Army Air Force Base Gunnery School. Items ran the gamut: buildings, lumber, linens, electrical supplies and equipment, hospital supplies, office equipment and furniture, wheelbarrows, tractor parts, plumbing fixtures, paint and much more. In mid-February 1948, the fireman’s club poured the bandshell’s foundation, and it was transported on a flatbed truck. Mention that bandshell to people who remember it, and they inevitably bring up the annual Singing Christmas Tree, directed by Gloria Ann (Mrs. Donnie O.) “Skeet” Durrence. Durrence took on the role of club director in 1945 and she later founded the event, performed by the Fort Myers High School Glee Club and the high school band in the riverfront city park. The club funded the Christmas event with \$150 with earnings from the snack booths at football games. For the performance, the choral group stood on scaffolding to form a Christmas tree shape and sang holiday hymns and carols as their holiday gift to the community. In 1957, the group presented a program on the lawn at the Florida governor’s mansion in Tallahassee. It was evidently appreciated and noted for, in 1958, they were invited to perform at the tree-lighting ceremony at the White House in



This bandshell near the river west of Hendry Street was the site of community events for over 20 years. The photo is circa-1950. photo courtesy SWFL Historical Society



Since the bandshell was placed at the yacht basin, the exhibition hall built to its north has come and gone, and the Caloosahatchee Bridge and phase one of the Downtown Riverfront Development Project have been completed photo by Gerri Reaves

Washington, DC. Due to a lack of funds, the group had to decline. However, a local fundraising drive made it possible the following year. Durrence was not only a high school music teacher, but was very active in assisting with the musical programs of many community organizations. In February 1960, she was awarded the American Legion Post 38’s Most Valuable Citizen Award, also known as the Community Service Award. Eventually, the bandshell fell into ill-repair and was slated for demolition in the first week of 1970. The space would be used to expand a parking area. There was push back, however. In late December 1969, Fort Myers City Hall received the first donation to the Bandshell Escrow Account. The funds would be used for renovations of the structure, which were estimated at more than \$4,000. Mayor Corbin stated that saving it would involve moving it from the site near the river and renovating it, and that he did not feel that tax dollars should fund that effort. Weeks later, only \$11 had been raised to save the landmark, and it was demolished on January 19, 1970. Fortunately, though, the tree platformed was save and stored and, in 1972, Durrence revived the event at the original location. At that time, she was working with fifth-graders. Eighty students performed in the parking lot by the exhibition hall. One alarming fact: The student atop the “tree” refused to wear her safety belt or ankle straps, but exclaimed that she could see “way out there”! Walk down to the former bandshell, the site of community gatherings for more than 20 years. Then visit the following research centers to learn more about beloved structures that have been destroyed. 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 and Fort Myers Press.✧

Independently Owned And Operated
COPYRIGHT 2022 The River Weekly News
LORKEN Publications, Inc.

PRINTED ON RECYCLED PAPER

THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

Publisher
Lorin Arundel

Accounting
Mike Terry

Advertising
Bob Petcher

Published every Friday for the people and visitors of Fort Myers River District.
Distribution: 6,000-8,000 per week (seasonal).

Readers with news, tips, comments or questions, call 239-395-1213,
write to: The River Weekly News, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957
or email: press@islandsunnews.com. To advertise, email: ads@islandsunnews.com.

*The River Weekly News reserves the right to refuse, alter or edit any editorial or advertisement.
We will correct factual errors or matters of emphasis and interpretation in news stories.*

Graphic Arts/ Production
Ann Ziehl, Manager
Amanda Hartman

Reporters
Gerri Reaves, PhD
Kathy Kurtz Ferrari

Contributing Writers

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

Read Online: www.IslandSunNews.com



VOCES8

British Vocal Group To Perform

As part of the Fort Myers Community Concert Association 2022 season, British vocal ensemble VOCES8 will perform at the Barbara B. Mann Performing Arts Hall on Thursday, February 17 at 7:30 p.m.

Since its formation 15 years ago, VOCES8 has performed at major concert venues in Paris, Vienna, Tokyo, Beijing (China), Sydney (Australia), Singapore,

Mexico City and many others.

VOCES8 is passionate about music education and is the flagship ensemble of the music charity, The VOCES8 Foundation. Engaging in a broad range of outreach work that reaches up to 40,000 people a year, the group runs an annual program of workshops and master classes at the foundation's home in London.

VOCES8 is the second of five classical performances to be presented this season by the Fort Myers Community Concert Association.

The three remaining concerts are The Rodney Marsalis Philadelphia Big Brass

photo provided

on March 3; An Evening with Itzhak Perlman on March 5; and The Bad Boys of Opera on March 22.

The Fort Myers Community Concert Association, now in its 72nd concert season, is an all-volunteer, not-for-profit organization founded by the legendary Barbara B. Mann in 1949 to bring world-class entertainment to Southwest Florida at affordable prices.

Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers. For tickets, call the box office at 481-4849 or visit <https://barbarabmann.ticketsoffice.org>.

Festivities Begin For College Anniversary

Florida Gulf Coast University (FGCU) turns 25 this year. More than 150 activities will contribute to the festival-like atmosphere across campus on Saturday, February 12, when the entire Southwest Florida community is invited to participate in FGCU Day.

The day of free family-friendly fun begins with a 7 a.m. alumni 5k walk/run and a 9 a.m. pancake cookoff featuring some top FGCU leaders competing to flip the best flapjack. After a welcome from President Mike Martin at the Veterans Pavilion, guests will fan out across campus to explore activities staged by faculty, staff and students in seven "neighborhoods:" Academic Corridor,

Arts Alley, Eagle Central, The Great Lawn, SoVi Square, Sports & Rec Row and Waterfront Way. From 10 a.m. to 3 p.m., there will be live music and other entertainment, interactive research demos, informative lab and nature tours, food at various campus dining spots and children's games, face-painting and storytelling.

FGCU Day is being held in conjunction with Eagle Expo and Homecoming, so prospective students, current Eagles and returning alumni will amp up the excitement across campus throughout the day, which culminates with tailgate parties and basketball games at Alico Arena.

"Our founders shaped FGCU to meet the educational and economic needs of the community, so we hope everyone will join us on FGCU Day to take pride in the success as well as the future of their university," Martin said. "In just 25 years, FGCU has emerged as a great university – and it's only getting better."

Public parking areas will be clearly designated, and shuttles will provide rides around the main campus and to South Village and North Lake Village so guests can easily access all of the event neighborhoods. Most activities will take place outdoors, and masks are encouraged for indoor activities; see the Protect the Nest website for the latest guidelines.

FGCU is located at 10501 FGCU Boulevard South in Fort Myers. For more details or to RSVP, visit www.fgcu.edu/fgcuday.

Dignified Support Uncommon Assisted Living

At **amavida**, our Assisted Living and Memory Care residents enjoy the life of Resort-style living with no large entrance fee's along with privacy of their own spacious apartment, a variety of resort-quality amenities and services that free you from worry and responsibility.

Safe and secure throughout the pandemic, we have lead the industry with minimal positive cases and no positive cases without vaccinations in place.

As a Limited Nursing Services (LNS) licensed community, we can provide a higher level of care and support than a typical Assisted Living community. That's peace of mind you deserve. And it's all here in Fort Myers. Waiting for you.



INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE LIVING

We Have the Care



amavida

Resort Retirement Community
a love of life

7669 Calistoble Loop, Fort Myers, Florida 33907

amavidaliving.com

ALF #13261

Fort Myers Art:

Exhibition By Pastel Society On View At Alliance



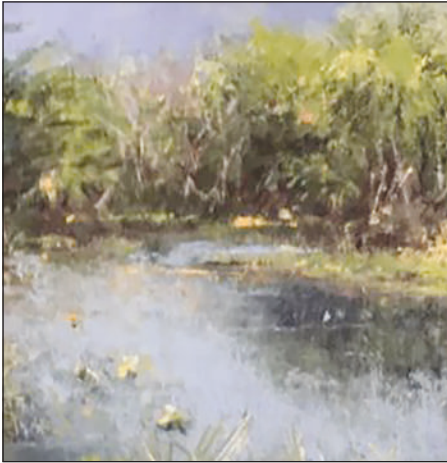
by Tom Hall

On view now through February 26 in the main gallery at the Alliance for the Arts is Luminous Pastels, the Southwest Florida Pastel Society member exhibition. On display are over

60 paintings representing the work of more than 30 local artists.

The Southwest Florida Pastel Society works to (a) promote, stimulate and foster creative painting with pastels, (b) encourage and promote pastel artists in their artistic growth and success, (c) provide instructive programs and activities with exhibition opportunities for the benefit of pastel artists in their pursuit of education and understanding of the medium and (d) nurture fellowship with other pastel artists and public awareness of pastel painting as an art form.

Gallery hours are 9 a.m. to 5 p.m. Monday through Friday, and Saturdays and Sundays from 9 a.m. to 1 p.m. during the Alliance weekly farmers market. Admission is free all day, every day. But you can help keep it that way by becoming a member,



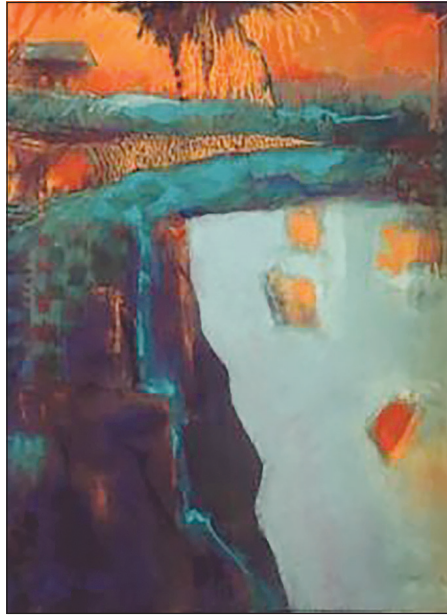
One of the paintings on display in the exhibit images courtesy www.artswfl.com

renewing your membership with the Alliance for the Arts or making a donation.

A Resonating, Reverberating Musical Theater Treasure

Opening Friday, February 11, Alliance Youth Theatre will perform *The Burnt Part Boys*, a riveting, coming-of-age musical that has mesmerized listeners, readers and watchers for years. Featuring a masterfully orchestrated and arranged bluegrass- and pop-inspired score that will engross every generation of theatergoers, *The Burnt Part Boys* is a musical theater treasure that reverberates as resonantly in audiences' souls as the acoustic instruments that provide the accompaniment.

Locally named *The Burnt Part*, the Pickaway Coal Company's South Mountain closed down after an accident in 1952 that resulted in the death of



A painting by a member of the Southwest Florida Pastel Society

four miners, three of whom left behind children. Ten years later, Jake Twitchell is an employee of that same company, doing the same job that took his father's life. Much to the dismay of his movie buff younger brother, Pete, the Pickaway Coal Company is going to begin re-mining *The Burnt Part* and send down both Jake and Jake's friend, Chet, whose father also died in the South Mountain accident.

Inspired by his silver screen heroes, Pete sets out for *The Burnt Part* with his saw-playing best friend, Dusty, a pack full of dynamite and plans to render it useless.

With Jake and Chet in hot pursuit, Pete and Dusty are in need of a guide and find a perfect Sacajawea in the young runaway, Frances, who also lost her father in the accident. Dangerous and heartwarming discoveries comprise every theatrical layer of the adventure on the road to the mine.

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.✧

From page 1

Concert

lane. He has a large following and many of his fans travel far to see him perform.

Food and beverages will be available for purchase. Ticket holders should bring a folding chair and a sweater or blanket if the weather is cool. No coolers are permitted. Free parking is available in the main Edison Ford parking lot.

Tickets in advance are \$20 for Edison Ford members and \$25 for non-members. A limited number of tickets will be available at the door for \$30 (both members and non-members).

A VIP seating area may be reserved by the table for \$225. Each table holds up to five people. The ticket price includes the use of a table and chairs.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. To purchase tickets online, visit www.edisonford.org or stop by the ticket counter at the estates.✧

GULF SHORE OPERA GO

YOUR REGIONAL OPERA COMPANY



SCAN TO BUY TICKETS ONLINE



www.gulfshoreopera.org

239.529.3925





Snack House, circa mid-1950s

photo provided

Memories To Highlight 2022 Cracker Dinner

Little known facts about early Fort Myers will highlight the annual Cracker Dinner at the Broadway Palm Dinner Theatre on Monday, February 21. Dinner starts at 5:30 p.m., and the program begins at 7 p.m.

Did you know that Fort Myers once had a live alligator pit in Patio DeLeon on First Street? Did you know that deals were made and political futures were planned at a downtown restaurant called the Snack House?

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

Beverly Cox and Emmaline Beaumont will be the storytellers for the evening,

which brings together pioneers of Lee County along with newcomers who are curious about the area's past.

The presentation will be accompanied by music performed by Barbara Peterson at the piano with vocals by Roger Peterson, John Goulet, Beverly Cox and Emmaline Beaumont.

Tickets are \$35 and are available at the Broadway Palm. There also will be music, door prizes and a silent auction.

The annual Cracker Dinner is sponsored by George T. Mann General Contractor, Total Wine and Susan Bennett Marketing & Media, LC.

Funds raised at the annual dinner will be used to support the mission of the Southwest Florida Historical Society, which is dedicated to preserving the history of the area by archiving donated historical documents, photos and maps and stimulating public interest and appreciation for local history.

The Broadway Palm Dinner Theatre is located at 1380 Colonial Boulevard in Fort Myers. For more information, visit www.facebook.com/swflhs or call 939-4044.✴

Contract Set To Renovate Two Boat Ramps

The Lee Board of County Commissioners have approved a contract to renovate two boat ramps – one in east Fort Myers on the Caloosahatchee and another in the greater Pine Island area on Matlacha Pass. Both are popular public launch points for boaters.

The two ramps are the Davis Boat Ramp, 2227 Davis Boulevard in Fort Myers, and the Matlacha Boat Ramp, 4577 Pine Island Road Northwest in Matlacha.

The renovations will include repair of the ramps, replacement of the boarding docks and protection at the bottom of the ramps to ensure smooth launching for users. The Davis ramp site will also receive additional docks.

The \$339,593 contract with Kelly Brothers Inc. is fully funded through Florida boat registration fees paid by local boaters

to the state and returned to Lee County for projects.

The work is expected to begin this spring and be finished later this year. There will be ramp closures required. Specific dates will be announced closer to the start of construction.

For more information about Lee County Parks & Recreation's boat ramps, visit www.leeparks.org. ✴

Pancake Breakfast

Bayside Estates Men's Club will host an all-you-can-eat pancake breakfast in its recreational hall on Sunday, February 13 from 8 to 11 a.m. The public is invited.

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

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



BAILEY-MATTHEWS
NATIONAL SHELL MUSEUM

2022 NEW EXHIBITS AND PROGRAMS

NEW EXHIBITS



RED, BLUE, GREEN:
An Introduction to Water Quality in Southwest Florida
Now through June 10

BLACKWATER MOMENTS:
Nocturnal Photography of Open-Ocean Mollusks
Now through May 30

Photo by Andrew West/The News-Press

LECTURES

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

Mar. 15: Diver and photographer **LINDA IANNIELLO** (pictured)

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



CLASSES

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



AFTER HOURS IN THE AQUARIUMS

A new "SIP-AND-STROLL" private early-evening touring experience of the Living Gallery

Offered monthly through June, visit ShellMuseum.org for dates and details.



3075 Sanibel-Captiva Rd. (239) 395-2233
Sanibel, Florida 33957 Open Daily, 10-5

 **ShellMuseum.org**



Guests participate in a previous cocktail chemistry class at Edison and Ford Winter Estates photo provided

Estates To Host Cocktail Chemistry Class

Edison and Ford Winter Estates is partnering with Wicked Dolphin Rum Distillery to offer couples a special Valentine’s Day Cocktail Chemistry Class. Rum experts from Wicked Dolphin Rum Distillery will teach the class in the estates’ River Pavilion on Monday, February 14 at 5:30 and 6:15

p.m. Couples will attend both parts of the class, making one cocktail in each timeslot. The cocktails will include locally produced Wicked Dolphin rum and botanicals sourced from the Edison Ford gardens. Each couple will receive welcome cocktails, appetizers from Personal Touch Catering and a box of Norman Love chocolates. Cost per couple is \$180 for non-members, or \$160 for Edison Ford members. Each ticket admits two people. Advance registration is required by

Monday, February 7. Participants may also take a romantic stroll along the river, while listening to live music by David Rojas. Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. To register, visit www.edisonford.org.✱

Grand Opening Celebration Of Science Exhibit

There will be a grand opening for STEMLab, a new, vibrant and imaginative space at Miromar Outlets, on Thursday, February 17 at 6 p.m. Expect science shows, activities, refreshments and prizes. Inspired by the IMAG History & Science Center of Fort Myers, STEMLab will offer hands-on activities and interactive exhibits including SOS Explorer (Science on a Sphere), Google Earth Wall, Animated Augmented-Reality Sandbox, DrawAlive Studio and Hurricane Simulator. In addition to its activities and exhibits, the STEMLab presents special day and evening programs and events created expressly for families, children and adults in its spacious classroom. For the imagination in all of us, STEMLab also features a store with STEM-To-Go activities, toys and gifts. Miromar Outlets is located at 10801 Corkscrew Road in Estero.✱

Virtual Sessions To Educate

Collaboratory will be holding a series of explanation sessions for the public in February and March. These virtual events explain Collaboratory in detail and give attendees information on how the Collaboratory team plans to bring Southwest Florida together to solve all of the local major social problems on an 18-year deadline. Upcoming Wednesday sessions will be held from 11:30 to 12:30 on February 16 and 23. March dates include March 2, 9, 16 and 30. Each event is limited to 30 attendees and lasts 60 minutes. Collaboratory is also encouraging anyone interested to host their own explanation session with friends, co-workers and family. For more information on the foundation or to register for an upcoming session online, visit www.collaboratory.org. To learn more about hosting your own explanation session, email host@collaboratory.org.✱

Chiropractic Students

Joseph Cusick and Kristen Morello, both of Fort Myers, have been accepted for enrollment for the 2022 winter quarter in the doctor of chiropractic degree program at Palmer College of Chiropractic’s Florida campus in Port Orange.✱

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.revtedalhouse@aol.com 10200 Cypress Cove Circle, 850-3943.
CHAVURAT SHALOM
Friday Shabbat services every week 7:30 p.m. Other programs on vacation. ChavuratShalom@gmail.com.
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.✱



Spanish bayonet's needle-tipped leaves
photos by Gerri Reaves



Saw palmetto's saw-toothed stalks

Plant Smart

Plants As Natural Deterrents

by Gerri Reaves

If you'd like to send a message of "privacy" or "no trespassing" in your yard, consider planting native species that will naturally create a border or privacy screen. The three species pictured here are not only beautiful, low-maintenance and wildlife friendly, but they will naturally deter unwanted visitors.

No one would want to tangle with the needle-sharp points of Spanish bayonet (*Yucca aloifolia*), whose tapered sword-like leaves live up to the plant's common name.

This self-pollinating member of the agave family usually grows to a height of about 15 feet and is drought and salt tolerant. It produces spikes of three-petaled, bell-shaped creamy flowers and is the larval food for the yucca giant skipper butterfly.

Sweet acacia (*Acacia farnesiana*) is indeed sweet, as far as flower fragrance and overall appearance. But look closely at the reddish-brown branches and you'll see long spines that protect not only your privacy but provide protected cover for nesting birds.

In the wild, this member of the pea

Sweet acacia's daunting thorns

family grows in shell mounds, pinelands and hammocks, reaching a height of up to 25 feet and nearly that breadth. Getting through its branches would be an inconvenience at the very least.

Fragrant yellow puff-ball flowers bloom all year long and attract butterflies, and the fine-textured, feathery leaves endow the tree with notable beauty.

Anyone who's walked too close to saw palmetto (*Serenoa repens*) understands the reason for the common name – the daunting saw-toothed leaf stalks. A member of the palm family, it is one of the most common and recognizable plants in South Florida, growing in pinelands, hammocks, coastal dunes and dry scrub. Widely used in home and commercial landscapes, this species

reaches a height of about six feet.

It is very slow-growing but individual plants can live for hundreds of years, a fact that makes it all the more distressing to see them scraped from landscapes in the name of development. A waxy coating on the fan-like segmented leaves enable them to survive seasonal fires and drought. It's pest resistant and highly salt tolerant too. The creamy white flowers and the plant's role as the larval host for the monk skipper butterfly.

Of course, these "security plants" are

not suitable for an area where children or pets might be harmed, nor by an entryway. But in the right place, these plants can add a measure of security as well as beauty to the landscape.

Sources: *National Audubon Society Field Guide to Florida* by Peter Alden et al.; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; *The Shrubs and Woody Vines of Florida* by Gil Nelson; and hort.ufl.edu.

Plant Smart explores the diverse flora of South Florida.✱

Garden Council Offers Program

The Fort Myers Lee-County Garden Council will offer a four-part, two-day class titled The Living Earth at the council's headquarters on Thursday and Friday, February 24 and 25. The in-person class will begin at 8:30 a.m. and conclude at 4 p.m. both days.

The class will include a mandatory field trip to the Lee County Waste Management facility. Masks are encouraged, and social distancing will be observed.

This first class in a four-part series will present an overview and definition of general environmental issues, history and legislation, and terms. Instructors for the class include university professors, extension service management and a recent retiree from one of the top local conservation foundations. Three subsequent classes will focus on air, land and water; these classes will be offered in

fall 2022, spring 2023, and fall 2023.

The syllabus, structure and requirements for this class were developed by the National Garden Club (NGC). Those taking the first class in Fort Myers can take a subsequent class or classes in another area or state, or any combination thereof, to complete the series. Members of an NGC club may be eligible to become a master consultant upon completion of all four classes and achieving acceptable grades in the exams. Those who are already NGC master consultants may take this course to complete a "refresher" requirement.

Cost for the class is \$75 per person; email fmlcgardencouncil@gmail.net to request a registration form. Parking is free with access available on Virginia and Larchmont avenues.

Fort Myers Lee-County Garden Council is located at 2166 Virginia Avenue in Fort Myers. For more information, contact Susan Lawson at 233-1166 or fmlcgardencouncil@gmail.com.✱



MEDITATE IN SANIBEL

Mondays 9:00 - 10:00 AM



with modern Buddhist nun
Gen Kelsang Namdrol
Sanibel United Church of Christ
Heron Hall -
2050 Periwinkle Way

Meditation classes begin February 14th
Drop In - no registration required \$12

SanibelMeditation.org

501(c)3 non-profit organization, and member of the
New Kadampa Tradition - International Kadampa Buddhist Union



EXPERIENCE: HUNDREDS OF SUCCESSFUL LANDSCAPES



300 Center Road, Fort Myers FL 33907

PHONE **239.939.9663** • FAX **239.939.8504**

www.NoLawn.com • www.AllNative.biz

OPEN DAILY: 9 to 5 Mon - Sat • 10 to 3 Sun



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

- Butterfly Gardens ■
- Wildlife/Bird Sanctuaries ■

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

Winter Fishing Patterns In Full Swing



by Capt. Matt Mitchell

The ups and downs of this “crazy Florida winter” weather continued over this past week. Having frost on my boat and on the marina docks is certainly not a regular

occurrence. During the warm-up, fishing was up and down with some days being much better than others. Even more than the water temperature being so cold, moving water was the most important factor to getting on good action.

Trout fishing has become much more consistent over the past couple of months with these fish hanging out on shallow sand-dotted grass flats. Protected bays that have been sheltered from the wind and have clean clear water have brought the best action. Popping cork rigs with a jig head and live shrimp caught fish after fish. The Fosters Point flats on North Captiva along with the Buck Key flats on Captiva displayed the amazing rebound these fish have made since the 2017 devastating red tide we endured.

Popping cork rigs though very simple are incredibly effective when fishing the flats. The pre-made sliding type of



Jim from Iowa with one of many trout caught this week with Capt. Matt Mitchell photo provided

popping cork has a few metal beads that make a rattle when popped, and that attracts the fish. This rattle sounds like a shrimp or baitfish clicking or skipping on the surface. These float rigs are so much easier to fish than the old slip-on popping corks which consistently tangled up. The weight of this pre-made rig makes it easier for everyone to make long prospecting casts and better locate the fish.

Like I tell my clients, a little pop of the concave float every 10 to 20 seconds draws the fish in. Just a little twitch of the rod tip when the line is tight makes this fish-calling noise. When the float does go down, I like to reel just fast enough to create a bend in the rod. Trout have extremely soft mouths so a strong hook set will rip their lips and pull the bait right out of their mouth. Once hooked, keep the rod tip high and with constant pressure to slowly bring the fish to the boat.

Although we often think of bobber fishing as kids fishing, there are certain situations when there is not a more effective was to catch trout and shallow water fish. This rig not only gives the angler a visual indicator of a strike but also attracts fish with the noise it creates. When fishing shallow grass flats, it keeps the bait from hanging up in the bottom and allows it to drift and cover lots of water. All winter long the main two setups I carry rigged on my boat when shrimp fishing are popping cork rigs and jig head rigs. Between these two setups, you have it all covered.

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.

CAPT. MATT MITCHELL

Light Tackle Sport Fishing
Sightseeing • Eco Tours
 Tarpon • Snook
 Redfish & More
C: (239) 340-8651
www.captmattmitchell.com
 email: captmattmitchell@aol.com

CLEAR YOUR GEAR™
It Catches More Than Fish
 Untangle tackle from vegetation
 and discard it responsibly

Jay Holcomb/International Bird Rescue

Send Us Your Fish Tales

We would like to hear from anglers about their catches.

Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification.

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

From page 1

Author

brings national and international bestselling authors to Fort Myers. These two-hour events include a catered lunch prepared by Friscos and a lecture from the series author. The lecture series is sponsored by Fine Mark National Bank and Trust.

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

ISLAND MARINE SERVICES, INC.

NEW MOTOR SALES • REBUILT POWERHEADS • FACTORY TRAINED

MERCURY - MARINER - JOHNSON - EVINRUDE
SUZUKI - YAMAHA - OMC - I/O'S - MERCURUISER

Courteous Professional Marine Repair Service • Dockside Service
Serving Sanibel & Captiva For Life

472-3380 • 466-3344
Your Bottom Specialist • Call on Paint Prices

Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Loggerhead
Sea Turtle

by Bob Petcher

The loggerhead sea turtle (*Caretta caretta*) is the most abundant species of sea turtle that nests on our beaches and most beaches across the country. The marine reptile is so-named due to its large head, which supports powerful jaw muscles that allows it to feed on hard-shelled prey.

Loggerheads, along with leatherheads, olive ridleys and hawksbills, also dine on prey like jellyfish and sea sponges, which allows coral to grow in abundance. They are also called water bulldozers because their powerful bodies keep sediment loose so that fish can hide and lay their eggs in a clean setting. In that respect, they are termed a “keystone species” due to their importance to their environment.

At CROW, an adult loggerhead sea turtle was admitted after being found unresponsive. Upon further examination, the patient was extremely hypothermic and had inhaled water and sand.

Veterinarians suspect the patient was cold-stunned.

“When cold-stunning occurs, sea



Patient #22-321 needed to be gradually warmed after being admitted with a cold-stunned condition
photo by Haillie Mesics

turtles become lethargic and are unable to eat or swim, resulting in floating at the surface. Body functions slow down, including the heart beat and breathing,” said Dr. Charlotte Cournoyer, CROW veterinary intern. “This tends to occur during water temperatures less than approximately 50 to 54 degrees Fahrenheit, and death occurs starting at temperatures less than 43 degrees Fahrenheit.”

After taking x-rays, CROW staff found a large fish hook lodged in the patient’s mouth, which could have contributed to its condition. Dr. Cournoyer agreed.

“The fish hook in the mouth could have been a source of debilitation prior to cold-stunning that made the turtle more susceptible,” she said.

The hook was manually removed and the patient was set up on a gradual warming schedule.

“It is important to warm the cold-stunned sea turtle slowly, otherwise there can be severe negative effects in the body,” said Dr. Cournoyer. “To warm the turtle slowly, we obtain a body temperature on admit and try to only raise the temperature by about five to 10 degrees per day. This is done by keeping

the patient in a cooler room at first, then eventually moving it to a warmer area as it naturally warms.”

The turtle will continued to be closely monitored and proactively treated for potential secondary issues.

“The loggerhead developed pneumonia secondary to the water/sand inhalation and cold-stun, which we are currently treating with antibiotic therapy. The patient also had a low potassium (level), which we treated with intravenous fluid therapy containing supplemental potassium,” said Dr. Cournoyer. “The patient also has ulcers on the surface of the eyes from losing the ability to blink during the cold-stun event, which we are treating with antibiotic ophthalmology ointment and drops.”

Now that it has been gradually warmed up, the loggerhead has begun to recover.

“The patient is now more active, the eye ulcers are improving, and the patient has been moved into a larger tank,” said Dr. Cournoyer. “It is too soon to say definitively if the turtle will make a full recovery, however, we are happy with the progress thus far. We will continue to provide treatments and closely monitor the patient over the coming weeks.”

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. ✨

**FORT MYERS
OLIVE
Oil
and
BALSAMICS**

Where you can
“taste”
the difference!

We carry the freshest,
finest quality Extra Virgin
Olive Oil and Balsamic
Vinegars.

Dozens of flavors
to choose from!

FREE
60ml bottle
of Sicilian
Lemon Balsamic
Vinegar with any
purchase of Olive Oil.

Must present coupon.
Limit one per person.
Expires 2/18/22

Ask us
about our
CBD oils!

Monday - Saturday 10 am - 6 pm • Sunday 11 am - 4 pm • 239.275.5100
FortMyersOliveOil.com • 7101 Cypress Lake Dr. #57, Fort Myers, FL (Costco Plaza)

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

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

Get a taste of Key West right here on Sanibel.

For the past 18 years, The Island Cow is Sanibel’s award-winning family dining destination with great cookin’, lavish island cocktails, specialty coffees, outdoor games, and live entertainment.

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

Family Owned & Operated | 300+ Menu Items | Open Daily 8am - 9pm
2163 Periwinkle Way, Sanibel Island | 239.472.0606 | SanibelIslandCow.com

Cashless Toll System Could Cause Confusion

by Kathy Kurtz Ferrari

What's the price to enter paradise? As most people coming to our islands know, there's a cost for a trip across the Sanibel Causeway. And depending on preparedness and awareness, it could be a steep one.

A new system being launched this fall could find some motorists paying more than they should.

With the onset of the pandemic in March of 2020, cash toll-taking lanes were eliminated and shortly after, Lee County instituted a pay by plate toll system.

Free LeeWay transponder stickers were issued for those requesting them, and the county launched a public awareness campaign on the system. There are discounted annual and six-month payment options as well. The Cape Coral and Midpoint bridges are also part of LeeWay.

Previously, the cost to cross the Sanibel Causeway was \$6. Starting in October of 2021, an additional \$3 was added for those without a LeeWay transponder, bringing the pay by plate cost to \$9.

Also in October, the discounted rate for motorcyclists was ended. That rate is now the same as regular vehicles.



Those passing through the cashless Sanibel Causeway tolls should be aware of various payment options

photo by Kathy Kurtz Ferrari

According to the LeeWay website, the pay by plate change was made for health and safety as well as to improve traffic flow. It also brought the system into compatibility with the statewide SunPass system.

"Traffic flow has improved because no driver needs to stop at a toll booth. Additionally, as fewer lanes need to be open to accommodate toll collections, there is a reduced need to merge back in traffic beyond the toll booths, which previously caused some congestion during busy travel hours," said Timothy Engstrom, Lee County communications

department spokesperson, by email.

Bills are mailed to those passing through the toll booth without a transponder. Tolls can also be paid on the Lee County website.

LeeWay transponders work throughout Florida, Georgia and North Carolina.

This fall, a new program called LeeWay Plus will be launched, with a transponder that will work in 19 states throughout the Northeast, Mid-Atlantic and Midwest. In addition to LeeWay and SunPass, the transponder, which according to LeeWay will cost \$20.66

plus tax, will correspond with E-Pass, E-ZPass, QuickPass, PeachPass, I-Pass and Riverlink. There is no set launch date for the new system as the county works out software upgrades for interoperability.

But once that system is live, motorists who travel through toll booths with a LeeWay transponder, as well as one from another system, need to be aware as they may be double charged.

"When LeeWay is able to read E-ZPass (or other) transponders in the Lee County toll lanes, the customer could be charged twice," Engstrom warned.

"To avoid this, the customer should remove one of the transponders from the vehicle and/or close one of the agency accounts."

Even with the old system, those driving a rental car through the causeway toll booth without a LeeWay transponder could pay more than twice the regular price for one trip over the scenic expanse.

"For rental cars, each company handles how it charges its customers according to their own rental car company policies," Lee County Communications Director Betsy Clayton explained by email. "For example, some are flat fees, some are fees per day when tolls are incurred, others are a flat daily fee plus the toll cost."

As a case in point, a reporter for the *Island Sun* rented a car through Thrifty Car Rental and was charged a \$12 "convenience fee" on top of the regular toll for crossing the causeway. So what

continued on page 14

GET YOUR HANDS WET

ENCOUNTER LIVE ANIMALS IN OUR TOUCH POOLS

SEE SPECTACULAR EXHIBITS OF MOLLUSKS AND SHELLS

BE WOWED BY OUR GIANT PACIFIC OCTOPUS

ATTEND A KEEPER CHAT AT 11 A.M. DAILY

WIN A PRIZE ON OUR SCAVENGER HUNT



BAILEY-MATTHEWS
NATIONAL SHELL MUSEUM



3075 Sanibel-Captiva Rd., Sanibel, FL
(239) 395-2233 • ShellMuseum.org

Open Daily
10 a.m.-5 p.m.



LEE COUNTY
TOURIST DEVELOPMENT COUNCIL



Orlando Gomez
239.994.9399

ThePaintersPaletteLLC@gmail.com



Residential/Commercial - Interior/Exterior Painting, Pressure Washing

Licensed & Insured

Free Estimates

#PT21-00040



ARC Animal Refuge Center
ARC is the largest no-kill shelter/sanctuary in Florida. They house both dogs and cats. Please visit their website for more information or schedule a visit.

Three adorable hound mix puppies to choose from! They each have their own silly, sweet personality. They are looking for a loving, active family for a forever home. Why not make an appointment today?

239-731-3535 • AnimalRefugeCenter.com
18011 Old Bayshore Rd, N. Ft. Myers



Puppies

3 Puppies
Tan Hound Mix
13lbs • 3.5 months



A sand therapy tray at Valerie's House

photo provided

Sand Tray Therapy Helps Grieving Children

Playing in the sand is no longer limited to the Southwest Florida beaches for children at Valerie's House. The nonprofit that helps children grieve the death of a loved one is now specialized in a new kind of play therapy, called sand tray therapy.

The new approach to counseling for Valerie's House allows children to use sand and miniature figurines to express their emotions.

"We're very excited to offer this kind of counseling to our children," said Valerie's House founder and CEO Angela Melvin. "This approach could be the very experience that allows us to have a breakthrough with a grieving child."

The clinical team at Valerie's House has spent hundreds of hours learning this therapy, traveling to various conferences around the state, with a

goal of bringing the therapeutic specialty to the Southwest Florida grieving community. Sand tray therapy allows the child to build a world of their own in a box of sand that sits on a table. The children pick from a variety of miniature figurines to incorporate into the tray and arrange them however they would like.

"The miniatures have special, symbolic meaning to the children who choose them," Melvin said. "The child may create a world that represents their internal struggles or trauma. When they are ready, the child will share with our therapist about the tray or the world they created and they process its meaning together."

Bruce began coming to Valerie's House joining the "littles" grief support group just months after his mother's loss. In addition to a support group with other elementary school children, Bruce began seeing a Valerie's House trained mental health counselor to begin sand tray therapy.

"It's quite remarkable to see the amount of change in his behavior," said counselor Heather Payne. "He has

stopped having as many outbursts at school, and he can talk more about his mother."

Valerie's House also offers peer grief support groups to children and families for free, as the organization believes cost should never be a barrier to healing.

One in eight children in Florida is predicted to lose a parent or sibling before age 25, according to the 2021 Childhood Bereavement Estimation Model.

Since its opening in 2016, Valerie's House has helped more than 2,000 children grieve the loss of loved one. For more information, visit www.valerieshouse.org. ✨

Drop-Off Event For Household Chemical Waste

The Town of Fort Myers Beach will host a free drop-event for household chemical waste in partnership with the Lee County Solid Waste Department on Wednesday, February 16. This collection event will be from 8 a.m. to noon at Bay Oaks Recreational Campus, 2731 Oak Street. Drop off is an easy drive-through process available to all residents managed by Lee County staff.

For a list of acceptable items, visit www.leegov.com/solidwaste/

recycling/chemicals. Businesses that need chemical waste disposal can call 533-8000 to schedule an appointment for the monthly business collection held at Lee County's permanent household chemical waste drop-off location. This location is off Metro Parkway in south Fort Myers at 6441 Topaz Court. ✨

Pool Closures

All Lee County Parks & Recreation community pools will be closed Saturday, February 12, for annual staff training.

The locations closed are:

San Carlos Community Pool, 8208 Sanibel Boulevard, Fort Myers

Lehigh Acres Community Pool, 1400 W. Fifth Street, Lehigh Acres

Pine Island Community Pool, 5675 Sesame Drive, Pine Island

North Fort Myers Community Pool, 5170 Orange Grove Boulevard, North Fort Myers

Signs have been posted at the sites to inform pool patrons of the one-day closing.

Lee County lifeguards are tested annually for their performance skills and abilities. This ensures guards meet Lee County's safety standards. Pools will reopen Tuesday, February 15, with normal operating hours. County pools are closed Sundays and Mondays, except during summer. For more information about all Lee County pools, visit www.leeparks.org. ✨

FOR SALE

Fully Operational Marine Canvas Business
Lock, Stock And Barrel

INCLUDES:

Phone Number
Clientele List
Machine, Tables
Air Compressor
Air Tools
Hand Tools
Materials
Hardware
Supplies



38 years in business!!!
\$55,000 • 239-433-4900

HAPPY VALENTINE'S DAY

SATURDAY, FEBRUARY 12

50% OFF ALL RED ITEMS

♥ Red Furniture ♥ Red Clothing ♥
♥ Red Kitchen Items ♥ Red Jewelry ♥

Community Thrift Store

(239) 225-6529

15501 Old McGregor Blvd., Ste 2, Fort Myers, FL 33908
Next to Planet Fitness in Miner's Plaza, at the corner of McGregor and Gladiolus

Open Tuesday through Friday, 9 am to 4 pm
Saturday, 9 am to 5 pm • Closed Sunday and Monday

© 2022 Shell Point Retirement Community. All Rights Reserved. ACT-1794-22

Book Review

The Lincoln Highway



by Di Saggau

Amor Towles' new novel, *The Lincoln Highway*, follows four boys, two 18-year-olds who met in a juvenile reformatory, plus an extremely smart 8-year-old who loves to regale

others with tales about both mythical and real heroes, from Achilles to Zorro. It's June 1954, and Emmett is driven home to Nebraska to pick up his young brother Billy and head to California for a new life. His father is dead, his mother left the family, the family farm is in foreclosure and there's no need to stick around.

Unknown to him, two of his friends from the work farm have stowed away in the trunk of the warden's car. The charismatic Duchess and his offbeat pal Wooly have a different plan for Emmett. It's one that will take the four on a fateful journey in the opposite direction to New York.

The book spans 10 days with chapters going from Ten to One as they build to the climax. The characters are constantly diverted by one

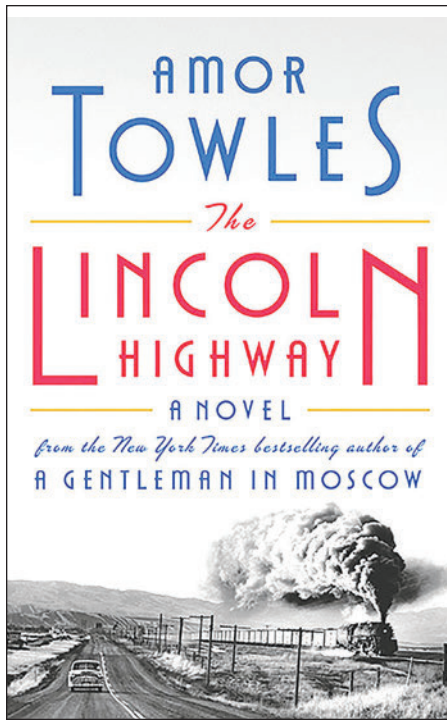


image provided

life-threatening adventure after another, whether riding boxcars or in "borrowed" cars. The teenagers are remarkably mature and fascinating in spite of their situations.

Billy wants to follow his mother's path, having saved all the postcards she sent for years from various locales along the Lincoln Highway. Emmett and Billy never make it to California in this multilayered tale of misadventure and

self-discovery. They travel about as far away from California as possible. It's an absorbing, exhilarating ride.

Towles' earlier novel *A Gentleman in Moscow* was one of my favorites. He's back again with *The Lincoln Highway*, a novel that overall is full of light, wit, youth and adventure.✪

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley,

I'm finding that conversation with my "tween" is becoming more difficult. She doesn't want to talk with me very

much anymore. I know that this is common, but I'm wondering if there are any techniques I can use to get her to talk to me.

Thanks,

Meredith N, Cape Coral

Meredith,

I think every parent of a tween/teen feels shut out by their child on and off through adolescence. When children are younger, it seems that they want to talk constantly with us, and we don't have a private moment to collect our thoughts. Then suddenly, we can't get them to say much at all to us. This is quite typical of the adolescent process. It's very normal for tween/teens to crave personal space and independence as they develop into their own person. Even though children this age push us away frequently, parents are still extremely important to them, but they just don't always demonstrate that.

Keeping communication channels open between you and your tween/teen is critical, and you can use all modes of communication to keep the channels open. Texting, emailing, talking, phoning, sending notes or funny cards, stickie notes in their lunch or on their bedroom door are some of the different ways you can communicate with your tween. Your communications do not need to be lengthy, but through these communications, you are demonstrating

to your children that you are open and willing to talk in a variety of ways.

Take advantage of the time you spend together in the car, doing errands and chores, and even when you're watching TV together. These are prime times when kids might be more prone to open up and chat with you.

The following are some great suggestions from www.parents-together.org to connect with your child in short conversations that will leave the door open for further discussion:

Ask your child for advice, whether it's about which shoes to wear, a personal issue of your own or even what you might cook for dinner. Showing that you value your children's advice is a powerful indicator of your high regard for them and a huge vote of confidence in their thinking process.

Share a personal story with them about something you struggled with when you were their age. This lets them know that everyone faces problems, even their seemingly perfect parents.

Play a game together. Mad Libs, which you can find online for free, is a great one for quick laughs and lots of fun. Laughing together is refreshing and might remind both of you of some wonderful experiences you've shared in the past.

Have your tween/teen play you their favorite song and make sure to listen nonjudgmentally. Ask about why and what they like about the song and then comment about a part of the song that you enjoyed. If you don't understand the music, ask what it means and why it's important to the song. Make sure to stay calm and positive in this discussion even if you find the selection offensive.

Parenting is hard work, and adolescence can be a very challenging time. However, if you can keep the lines of communication open, the parenting process will be a bit easier.

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.✪

Sanibel Grog Shop Liquors
Sanibel Spirits Liquors
Huxters' Liquors
Captiva Liquors
Last Chance Before Paradise Liquors
Nick's Beach Discount Liquors
Skipper's Liquors
Doc Ford's Captiva and Fort Myers Beach
Mr. Tequila's - Fort Myers Beach
and many more or order online...
Now Shipping to many states!

Suzanne's
DANCE | FITNESS

Fitness with Flair @ Royal Palm Square

Boutique-style group exercise and dance studio. Unique classes, friendly and inviting atmosphere.

Visit our **Pick Up Sticks** (jewelry company) Boutique

Whimsical, unique, collectible jewelry charms. Original art, under glass, framed in polished pewter. Super affordable. Great for gift-giving!

By appointment: 239-822-9226

View online: shoppickupsticks.net

DANCE FITNESS
Dance fitness, group exercise, contemporary movement, step aerobics, body sculpting.

SOCIAL DANCING
Foxtrot, waltz, cha-cha, rumba, tango, swing, and more! Private and private group lessons.

1400 Colonial Blvd. #27, Fort Myers • 239.822.9226
sdf@DanceSuzannes.com • www.DanceSuzannes.com

A Night At The Shelter To Benefit Rescue Animals

The Cape Coral Animal Shelter will be hosting the 2nd annual PJ's & Paws event on Friday, February 18.

The pajama party will feature 17 representatives of local businesses who will dress in their finest pajamas and spend the night with the animals. Participants will be matched with one of the shelter's resident canines or assigned a cat manor, and are encouraged to decorate their "suite" to impress their "date."

The representatives can read to their "date," sing, take them for a walk, play, or just spend time together. At the end of the night, when all is quiet, they can cuddle up and spend the night with their "date" or tuck them in to dream of their forever home.

Each participant will be working toward a goal of raising a minimum of \$2,000 through their networks and social media with a goal of raising \$34,000 to support the lifesaving work of the shelter. Throughout the event, there will be Facebook live check-ins and each business/celebrity participating will get a chance to shine in their pajamas and show off their "date" for the evening.

"Our first PJ's & Paws was a direct result of the COVID-19 pandemic," said Liz McCauley, executive director. "Since our fundraisers were cancelled or postponed, we had to find creative ways to raise much-needed funds while still being able to social distance. We felt this was a fun way to raise money and awareness for our adoptable animals. Much to our amazement, we raised over \$36,000, it was a lot of fun, and it has now become one of our signature events."

The 2022 Participants include Angela



Two members of a recent PJ's & Paws event
photo provided

Maus of Wicked Dolphin Distillery; Barbara Fries of SWFL Parrot Head Club; "Sadie" of 96.9 WINK FM Morning Show; Brittany Probeck of Galena CDJR; Chelsea Castoria of CONRIC PR & Marketing; Danielle Somerville of Florida Veterinary Referral Center/SCAN Naples; Denise Deters of Wells Fargo Bank; Dr. Cecilia Fisher of Cape Coral Pet Vet; Jessica Walker of Markham, Norton Mosteller & Wright & Co.; Lee County Sheriff's Office representatives; Dr. Megan Davis of Viscaya Prado Veterinary Hospital; Melanie Waite of Cape Coral Animal Shelter; Paige Sheatzley of Florida Veterinary Referral Center/SCAN Naples; Rachel Anderson of ABC-7 More in The Morning; Patrick Rossi of Mercola Market; Stephanie Ramos of Florida Veterinary Referral Center/SCAN Naples; and Sara Turner of The IMAG History & Science Center.

For more information, visit www.capecoralanimalshelter.networkforgood.com.✴

Record Traffic At The Airport

During December, a record-breaking 1,085,569 passengers traveled through Southwest Florida International Airport (RSW) in Fort Myers. This was an increase of 68 percent compared to December 2020. Year-to-date, passenger traffic was up 73 percent compared to last year. This is the eighth consecutive month that RSW has reported record-breaking passenger traffic. The airport finished 2021 with 10,322,434 passengers, which was a one percent increase compared to the previous record set in 2019.

"December 2021 was the busiest December in the 39-year history of the airport, and we reached a new annual traffic record of more than 10.3 million passengers," said Ben Siegel, CPA, CM, executive director of the Lee County Port Authority. "This marks a tremendous year of recovery at Southwest Florida International Airport, and we are incredibly appreciative of the outstanding

performance by all of our employees, airlines and airport business partners who support the traveling public each and every day. We are also grateful for the passengers who support us by making RSW their airport of choice."

The traffic leader in December was Southwest with 190,549 total passengers. Rounding out the top five airlines were Delta (188,792), United (165,141), American (154,493) and Spirit (120,486).

Southwest Florida International Airport had 10,625 aircraft operations, an increase of 25 percent compared to December 2020. Page Field saw 13,030 operations, a 20 percent increase compared to December 2020. Page Field annual operations finished at 140,062, an increase of 11 percent compared to 2020.

Southwest Florida International Airport served more than 10.3 million passengers in 2021 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction. For more information, visit flylcpa.com or facebook.com/flyrsw.✴

De-ionized Water Leaves your Windows Spotless



\$25 off*
\$250 min
Cleaning
February 2022
ONLY!

- Interior & Exterior
- Clean Windows, Doors, Frames & Screens
- Eco Friendly
- Locally Owned & Operated
- Residential & Commercial
- Satisfaction Guaranteed
- Additional Services

Available:

- * Pressure Washing (roofs excluded)
- * Maintenance Programs * Annual Contracts

Keep Your View CRYSTAL CLEAR!



Call Today for a Free Estimate

239-313-7930

Licensed & Insured

* Residential customers only. Some Restrictions may apply

Will Power

Income Tax Planning For Trust Beneficiaries



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

In a recent column, I discussed the benefits of embedding continuing testamentary trusts for your children and grandchildren into your revocable living trust. After your passing, rather than having your estate distribute all the assets outright to your loved ones, I suggested protecting them from divorce, creditors and predators.

Your adult children don't have to lose control of these trusts and the assets. My clients fear a situation where their adult child will have to beg a bank or trust company to enjoy the benefits of her inheritance. You can name your adult children as their own trustee, putting them in control of investment and distribution decisions. This is where the income tax planning comes into play.

When creating testamentary trusts for loved ones, many attorneys will draft provisions that read something like this, "all of the income shall be paid to my child..." This type of provision makes the income tax planning relatively easy in the sense that the trust earns the income (usually interest and dividends) and pays that income to the child/beneficiary. The child/beneficiary is the taxpayer. This type of wording, however, doesn't help with estate tax planning (as the amounts will likely be included in the child's estate when he or she dies) or with protecting the assets from divorcing spouses, business lawsuits or creditors.

In order to both minimize tax and offer protection, the trust must be discretionary to the trustee/beneficiary. Most attorneys do this by limiting the distributions to an ascertainable standard as defined in the tax law. You've probably seen this phrase: "My trustee may distribute the income to the beneficiary for her health, education, maintenance and support." Those are magic words in the Internal Revenue Code that satisfy various legal requirements.

But that generic language isn't enough to thwart an adverse income tax outcome. Let's suppose, for example, that Lisa is an adult child beneficiary of her mother's trust. Mother recently died. The testamentary beneficiary trust for Lisa's benefit was discretionary, and included the health, education maintenance and

support language. Suppose further that Lisa is subject to a lawsuit, so she doesn't want to distribute the income from the trust, she'd rather accumulate that income inside of the trust until the legal danger subsides.

When income is accumulated, it usually means that the trust is the taxpayer. The income tax rates for trusts are compressed, such that accumulating \$13,000 of income results in the trust paying the highest marginal federal rate. Lisa won't pay that rate unless she earns several hundred thousand dollars of income.

Is there a workaround? Yes, there is. It requires using an advanced planning strategy, that if not used properly, could strip away the asset protection features of Lisa's testamentary trust. I won't go deeper than that as an explanation because the strategy should be tailored to each individual situation, but the result is the income can be accumulated, thereby shielding it from the lawsuit, yet treated for tax purposes as if it was distributed to Lisa, so it's taxed at a lower marginal rate than what the trust would pay.

This strategy is especially effective when you leave traditional IRA or 401(k) distributions in trust. Using my prior example, let's assume that Lisa has a daughter, Kaylee, who's a minor. Lisa's mother can't name Kaylee directly as an IRA beneficiary or the financial institution where the account is held (Vanguard, Schwab, UBS, etc.) can't make a distribution to a minor. Therefore, Mother created a trust and named Lisa as the trustee with Kaylee as the beneficiary.

When Mother died, the traditional IRA account became an inherited IRA account. Lisa has 10 years from her mother's death to withdraw the entire balance. She doesn't want to wait until the 10th year to withdraw, since the tax burden would be higher as the amount would be the entire amount plus all the growth over the 10 years.

Say Lisa chooses to withdraw \$50,000 but wants to accumulate it in the trust for Kaylee, and would rather wait until Kaylee is in college before she uses the money. Here again, we have a \$50,000 taxable distribution from the IRA, and the trust will be the taxpayer, paying taxes at the highest marginal rate.

Can we use the same strategy mentioned above for a minor beneficiary to tax the income at Kaylee's lower rate? Yes and no. I say "yes" because we can use workarounds to treat the income as distributed when it really isn't. The "no" is because Kaylee is a minor, so the "kiddie tax" rules apply. Her tax rate will likely be Lisa's marginal tax rate.

As you can see, there's a lot more to estate planning than estate tax. Asset protection and income tax consequences are important factors to consider. The rules are complicated, but it pays to consider all your options.

©2022 Craig R. Hersch – The Sheppard Law Firm. Learn more at www.floridaestateplanning.com.✴

Journalist Hero To Speak At FGCU

Jerry Mitchell, a journalist whose work helped put four 1960s civil rights-era killers in jail, will discuss his storied career in Cohen Student Union room 201 at Florida Gulf Coast University on Wednesday, February 16 at 6:30 p.m. Part of FGCU's Black History Month programming, the free presentation is open to the public.



Jerry Mitchell

"When we set out to bring a speaker this year, I knew it had to be someone unexpected," said Precious Gunter, JD, FGCU's chief equity, ethics and compliance officer and Title IX coordinator. "Jerry Mitchell is one of those people who joined a struggle for justice when he could have looked the other way. We need more people like him. I hope our students, our community will take this opportunity to learn from someone who pursued the truth and kept the story focused on the victims and their families."

Mitchell is an investigative reporter. For most of his career, he filed stories for *The Clarion-Ledger* in Jackson, Mississippi. He's most known for the

reports that assisted authorities in their efforts to secure convictions in some of the South's coldest race-based cases.

"It was people – prosecutors or investigators or others working on these cases – they had to become convinced this was important, worthy and all those things in order for it to happen," Mitchell said. "It wasn't just me. It's a matter of faith with me, but I believe God's hand has been involved in these cases. God loves justice."

Each case involved the deaths of martyrs from the 1960s, primarily Black victims. They include the fire-bombing of Vernon Dahmer Sr.; the Birmingham church bombing, which took the lives of four little girls – Addie Mae Collins, Cynthia Wesley, Carole Robertson and Carol Denise McNair; the assassination of NAACP field secretary Medgar Evers; and the so-called "Mississippi Burning" case involving the murders of James Chaney, Andrew Goodman and Michael Schwerner. A Ku Klux Klansman was eventually convicted in every case.

Mitchell was writing stories about the dead – people he never met. In each situation, the driving force behind this pursuit of justice was the same. It was the family each victim left behind.

"You had to have the families," Mitchell said. "These courageous families — none of this would have happened if it hadn't been for them."

These families grew to depend on Mitchell, and he didn't let them down. To this day, he's still close with Evers' widow, Myrlie. You get a glimpse of their

relationship in Mitchell's new book, *Race Against Time*.

To register for Jerry Mitchell's presentation, visit www.fgcu.edu/events/event/?570060789/fgcu-featured-events/fgcu-speaker-jerry-mitchell.✴

Republican Women To Meet

Noted author Karna Small Bodman will be the speaker at a business luncheon of the Fort Myers Republican Women's Club at The Helm Club in The Landings Yacht Golf and Tennis Club on Tuesday, February 15. The public is invited to attend the luncheon and program. A social hour begins at 11:15 a.m.

Bodman is the author of five published international thrillers. She was a television anchor for 15 years and also did political commentary. She served as deputy press secretary for President Ronald Reagan and then was senior director and spokesman for the National Security Council. When she left the political arena to join the private sector as senior vice president of a public affairs firm, she was the highest-ranking woman on The White House staff.

Bodman's latest novel *Trust but Verify* features a member of The White House staff and an FBI Special Agent who race to unravel an explosive plot that threatens the lives of international financial leaders and would sink stock markets worldwide.

Her four previous thrillers have all been updated and re-released in print, e-book and audio formats.

The noon lunch will be followed by Bodman's discussion of her book and a question-and-answer session. Cost is \$20. Reservations are required by Thursday, February 10.

The Landings Yacht Golf and Tennis Club is located at 4425 South Landings Drive in Fort Myers. To register, contact Diane Kinser at social.lady79@gmail.com.✴

From page 10

Tolls

used to be a \$6 transaction turned out to be \$21.

Transponders can be purchased for rental cars through the LeeWay website but the process involves opening an account, and there is an additional \$10 fee for accounts closed within 60 days or less.

For further information, to obtain a free LeeWay transponder sticker, or to sign up for discounted programs, visit www.leewaygov.com/tolls.

It's another reminder that the cost of getting to paradise isn't free, but with a little awareness, it doesn't have to cost more than it should.

Kathy Kurtz Ferrari is a journalist who splits her time between Captiva and the Boston area. If you have any questions or comments, email Kathy.islandsunnews@gmail.com.✴

Superior Interiors

Double Duty Home Office For House Guests



by Trinette Nelson

Having a room for your home office is a key way to promote productivity when you work remotely, but what if there were some easy ways to transform it into a multi-use

space. Specifically, a spare room for when house guests drop by?

Creating a multi-use room is a great way to get daily use out of your spare room, whether as an office or guest bedroom for family and friends. This transition may not seem the most straightforward, but with a few helpful tips, you can optimize your spare room for work and hosting.

Invest in multi-use furniture. You don't have to commit to a home office or a guest room if you enter the space with multipurpose functionality in mind. A great option includes a convertible or sleeper sofa that can extend into a bed or fold into compact seating at a moment's notice. This way, the room can stay professional most of the time and then

change into a cozy getaway without any hassle.

Keep an eye out for storage opportunities. Something an office and guest room both have in common? A need for organization. Whether it's stacks of work materials or extra blankets and pillows, having plenty of storage options is essential. Wicker baskets and ottomans with hidden storage are ideal candidates for either. Similarly, a desk with cabinets and drawers can help tuck away any unnecessary items instantly.

Add art to the room. Just because the room mainly functions as an office space doesn't mean it has to be dreary or dull. Brighten it up with paintings or pictures. This can help transition the room from work to warmth without the need to change anything for either use. The art can become the common denominator decoration that ties the shared space together in either form.

Incorporate different lighting options. When you work, you want a brightly lit space to help keep you on task.

However, that's not necessarily the perfect atmosphere for a guest bedroom that your family and friends may want to rest in. To meet this challenge, aim to offer a couple of lighting options in this room. For daily use, consider overhead lighting or a bright desk lamp. For guests, have an ambient lamp by their sleeping arrangements or hang whimsical twinkly string lights around the room for extra coziness.

Excited to get started? Creating a multifunctional shared office and guest

room can be a daunting task. Relieve some of the pressure with expert assistance from a design professional to begin your design journey and get the perfect multi-use spare room. They can help you optimize the space for an easy

transformation to accommodate guests whenever you need it.

Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at trinette@coindceden.com. ✨

School Board Selects Next Superintendent

The Lee County School Board has selected Dr. Christopher Bernier to be the next superintendent for the School District of Lee County. Contract negotiations have begun, and the selection is not official until the school board votes on and approves a contract.



Christopher Bernier

"We are thrilled to have selected a superintendent who embodies all the characteristics the community said was important to them during this process," said Debbie Jordan, board chair. "Dr. Bernier is the strong leader, decision-maker, communicator and consensus builder the district needs. I am thankful to all of the staff and community

participation in the process and look forward to welcoming him to the School District of Lee County."

Dr. Bernier is currently the chief of staff for the Clark County School District in Las Vegas, Nevada. Clark County is the nation's fifth largest school district with 310,000 students and an annual budget of \$5.3 billion. Dr. Bernier previously spent 32 years with the Orange County Public Schools in Orlando working his way up from teacher to principal, to eventually associate superintendent for nine years.

"I am both honored and grateful to have been selected to lead the School District of Lee County," said Dr. Bernier. "I am committed to putting our students first and working with the school board to achieve its vision of being a world-class school system. I look forward to collaborating with the students, their families and our community and business leaders to positively influence the trajectory of all students to ensure they reach their highest personal potentials."

Dr. Bernier will replace Dr. Ken Savage who was appointed to serve on an interim basis after the retirement of Dr. Greg Adkins in June of 2021. ✨

NOW SERVING Sanibel & Captiva Islands!

CAC 1819960



WWW.ALLIEDAIR.BIZ

LOCATED JUST OFF PINE RIDGE AT KELLY RD
INFO@ALLIEDAIR.BIZ

**HVAC SERVICE | REPLACEMENTS
APPLIANCE REPAIR & DIAGNOSTICS
COMMERCIAL/RESIDENTIAL**

FAST SERVICE

COMFORT CLUB

34 YEARS EXPERIENCE

COMPETITIVE PRICING

**CALL ANYTIME
(239) 217-4111**

**CALL FOR A
MAINTENANCE CHECK
ON YOUR AC TODAY!**

CARING MEDICAL FLORIDA & THE HAUSER NECK CENTER

**3 UNIQUE SPECIALISTS IN REGENERATIVE
& CHIROPRACTIC MEDICINE TREATING:**

- CERVICAL SPINE DISORDERS
- CHRONIC NEUROLOGICAL SYMPTOMS
- JOINT AND SPINE PAIN
- OSTEOARTHRITIS
- POST-SURGICAL JOINT PAIN
- SPORTS INJURIES



9738 Commerce Center Ct., Fort Myers, FL 33908 | (239) 308-4725 | CaringMedical.com

Frankly Speaking



by Howard Prager
The sports world is in full swing. My pick for Super Bowl Sunday is Bengals 31, Rams 28. The Winter Olympics are in progress (and again without fans). The NBA and NHL are approaching their all-star games, and

MLB is not going anywhere. Many believe commissioners Rob Manfred (MLB) and Roger Goodell (NFL) aren't doing enough to advance their respective sports, to keep players safe, to stem cheating and to ensure greater equality and diversity in the front office. From baseballwikia.com: "The commissioner of baseball is the title of the highest office in Major League Baseball. Under the direction of the commissioner, the office hires and maintains the sport's umpiring crews, and negotiates marketing, labor and television contracts. The commissioner is chosen by a vote of the owners of the teams." The biggest complaint about Manfred is that instead of representing the best interests of the sport, he represents the best interests of the owners and doesn't consider what's in the best interests of both players and owners, and especially you and me, the fans.

It is highly unlikely that Spring Training will start on time because of the lockout. The player's agreement

(CBA, or collective bargaining agreement) expired in December when the owners locked the players out. Both owners and players weren't happy with the current agreement. The CBA is packed with legalese about how soon a player can be arbitration eligible, minimum salary, draft picks and compensation, and a myriad of other issues. Manfred offered federal mediation. The players rejected, saying that MLB has not negotiated yet. Secretary of Labor Marty Walsh on Monday said he'd step in to mediate if asked. He knows this is for the good of the country. The owners meet next week, and the players reps will be there in case they want to negotiate in person. But distrust is deep. From Yahoo Sports: "Mets reliever Trevor May predicted on social media that spring training will be lost, Rob Manfred has not negotiated in good faith and is instead doing what he can to win the labor battle, rather than provide fair opportunities for both parties. In the past, there's been an element of respect for the game of baseball and tradition and a romantic [feeling] - they (commissioners) like baseball. Those things are not on Rob's radar. He just doesn't really think about the fan as a fan, he doesn't really think about the player as people, he thinks about all of us as a dollar sign, and he wants to move the pieces in order to maximize the number of dollar signs that go to his bosses. That is just the way that it is." As reported by SB Nation, "In an ideal world, a commissioner would be an impartial guardian of the sport. Everything they do would be for the good of the game, from rule changes to punishments. This is not an ideal world.

Sports franchises are big business, and that unpleasant fact has been more and more obvious as teams change posture from trying to win to trying to maximize profits" and even purposely tank to get better draft picks.

Let's look at Goodell. Similar job description, chosen by the owners. According to SBNation, "Goodell is the archetype for all of the league's stuffiness and largesse. You got issues with ticket prices, personal conduct suspensions, drug offenses, your team moving, or your team fleecing your city for a new stadium? That also doesn't even get near the ways the league has bungled serious issues like player safety and domestic violence. He's on the hook for those, too." Goodell issued a memo Saturday in which he said, "we must acknowledge" that the efforts to promote diversity with respect to head coaches have been unacceptable." That's his response to coach Brian Flores' lawsuit against the NFL and three of its teams alleging a pattern of racist hiring practices and racial discrimination. In the memo, Goodell says that the league will reevaluate all "policies, guidelines and initiatives relating to diversity, equity and inclusion, including as they relate to gender." So far in 2022, six of the nine head coach hires, including one that is expected to become official after the Super Bowl, have been white men. It's time for both commissioners to step up with actions that move both leagues forward for the good of the game. Let's have the commissioners face issues in both society and sports, and create a culture that listens, responds and moves forward. A commissioner for the

whole sport.
We need a good news story this week. Here's one fresh from the Olympics courtesy of *The Independent*: "From a lion in a chemotherapy cage to the king of the slopestyle jungle, Max Parrot didn't need an Olympic gold medal to love life. 'My goal is to go for the gold, that's for sure,' the Canadian snowboarder said last month. 'But I'm really happy as well that if I don't get it, I won't have any regrets.' Parrot's source of perspective is a painful one: a Hodgkin lymphoma diagnosis and 12 treatments over six months, stripping bare an Olympian body, day by day. Cancer took everything but left him something - a chance, that so many millions never get - to live the rest of his life in pure technicolor. 'I try to smile all day long now,' he said. 'I don't take anything for granted any more. I appreciate every day - from little things in the morning to my passion for snowboarding. It's made me better.' Parrot won silver at PyeongChang 2018 and, a few weeks later, missed 2018-19 due to chemotherapy. He won Olympic Gold thanks to a daring run that blended huge air with brilliance on rail sections. His second jump was magnificent. Parrot scored 90.96 points, the only man to break 90. 'By far, the biggest run of my entire career,' he said." Now that's a comeback. Let's hope his cancer doesn't.
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.✧

BECOMING A FLORIDA RESIDENT IS EASY!

ESCAPING YOUR FORMER STATE'S TAXING AUTHORITY IS THE HARD PART!

GET YOUR FREE GUIDE TODAY!

LEARN HOW STATES TRAP YOU EVEN IF YOU'VE DECLARED FLORIDA RESIDENCY!!

floridaestateplanning.com/escape

CRAIG R. HERSCH
Florida Bar Board Certified Wills, Trusts & Estates Attorney, CPA

MICHAEL B. HILL
Florida Bar Board Certified Wills, Trusts & Estates Attorney

HAYLEY E. DONALDSON
Wills, Trusts & Estates Attorney, CPA

SHEPPARD LAW FIRM
ATTORNEYS AT LAW
SHEPPARDLAWFIRM.COM

SPORTS QUIZ

1. What city in Norway hosted the 1994 Winter Olympic Games?
2. At the 2006 Turin Winter Olympics, what U.S. snowboarder blew a three-second lead and settled for the silver medal in the snowboard cross final after a method grab caused her to fall?
3. East Germany's Ulrich Wehling won three consecutive Olympic gold medals from 1972-80 competing in what sport?
4. At the 2002 Salt Lake City Winter Olympics, South Korean short track speed skater Kim Dong-Sung was disqualified in the men's 1,500-meter final. What U.S. Olympian won the gold medal as a result?
5. Name the Heisman Trophy winner who competed for the U.S. bobsled team at the 1992 Albertville Winter Olympics.
6. In 2000, NHL and U.S. Olympic hockey player Bret Hedican married what U.S. Olympic figure skating gold medalist?
7. As of the 2018 Winter Olympics, what country has won the most total medals in skeleton?

ANSWERS

1. Lillehammer. 2. Lindsey Jacobellis. 3. Nordic combined. 4. Apolo Ohno. 5. Herschel Walker. 6. Kristi Yamaguchi. 7. Great Britain, with nine.

ISLAND INSURANCE SERVICE

Mark O'Brien
Owner/Agent

Susan Barnes
Personal Lines

Trish Barbone
Agent

Justin Wheeler
Agent

Call our office today for a new Auto quote.

We are **HERE** for all your insurance needs

Have an insurance question?

703 Tarpon Bay Rd, Sanibel, FL (239) 472-3022

Doctor and Dietician

Low Carb Lifestyle



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

We are proponents of consuming a “real food diet” versus a diet of processed, chemicalized, so-called food. We believe that everyone needs vegetables in their diet. Each person’s macronutrient (carbohydrates, fats and protein) needs vary based on their individual diet types. In our earlier days at Caring Medical, we developed our own testing called Hauser Diet Typing. We also authored the book *The Hauser Diet: A Fresh Look at Healthy Living!* where we discussed the five different diet types.

In summary, the diets range from vegetarian to carnivorous with some mixed diet in between. There is no one perfect diet for everyone, as each person is made of their own DNA. With our research on diet typing came the revelation that most carbohydrate sources in the United States are not good quality – due to excessive processing, use of genetic modification and/or poor nutrient content. The whole grains of today do not carry the nutrient value that they once did.

A low carbohydrate lifestyle means that you reduce simple carbohydrates at each meal and consume more healthy protein, fats and veggies. A carb-heavy diet causes blood sugar fluctuations and energy highs and lows. Many people suffer from insulin resistance or metabolic syndrome as a result, as well as obesity, heart disease and diabetes. Some studies suggest upwards of 80 percent of the U.S. population is insulin-resistant from excessive carbohydrate intake. Eliminating

simple carbs can be the first step towards a healthier metabolism.

“Simple carbohydrates” to avoid? The most obvious item is sugar – in all forms – meaning added sugar, sugar substitutes, as well as products made with sugar, including cake, cookies, pie, ice cream, candy, soft drinks, etc. Other simple carbs include white rice, white refined pasta, white bread, baked goods, etc.

Instead of consuming these items, we recommend finding ways to make healthier choices. Some of them we have discussed in prior articles are zoodles (zucchini spiralized) or spaghetti squash in place of traditional pasta and black or brown rice with added legumes such as lentils in place of white rice. Another great idea is to make keto gluten-free flatbread and bagels. Have you tried them? So delicious! These do require a lot of cheese, but if you are vegan or dairy intolerant, you could use Daiya cheese substitute.

Keto flat bread (or naan): What you need: 3 cups shredded cheese (cheddar, mozzarella, or any meltable cheese), ½ cup grated parmesan or asiago cheese, 2 tbsp. Greek yogurt or sour cream, 2 eggs, 1½ cups almond flour, 1 Tbsp baking powder, mixed dried shallot/dill/garlic seasoning (or whatever one you like). Butter and garlic powder. What to do: Preheat oven to 375 degrees and cover baking sheet with parchment paper or baking sheet. Mix soft cheese and yogurt together and heat over a double boiler (some people microwave, but we don’t) until melty. In a separate bowl, mix eggs, almond flour, grated cheese and baking powder together with seasonings. Combine with melty cheese until dough forms. We flour our hands to press dough out onto the baking sheets to about ¼ inch thickness. Brush with melted butter or olive oil and garlic powder. Bake for about 20 minutes until golden brown. Makes about 12 small pieces or 6 large. You could even use this for a pizza crust.

Keto Everything Bagels: What you need: 1 cup shredded cheese (cheddar, mozzarella, or any meltable cheese); ½ cup grated parmesan or asiago or other grated hard cheese, 2 eggs, 2 tbsp. everything seasoning. What to do: Preheat oven to 375 degrees. Combine shredded cheese and egg in bowl until fully combined. Divide into 6 parts and press into a donut pan or make your own bagel shapes. Sprinkle everything

seasoning over the tops and bake for 15 to 20 minutes. Feel free to mix up your cheeses – we just recommend using one melting cheese and one hard cheese to get the right flour-like texture. Add other favorite seasonings such as salt, garlic, sesame seeds etc. Bon appetite.

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

dearRPharmacist

An Intracranial Headache Feels Like This



by Suzy
Cohen, RPh

Dear Readers:

Having a headache is common, and probably 80 percent of people experience one in their life. There are all sorts of headache

disorders such as migraines, tension, hormonal and cluster headaches. Popular medications can induce a headache including the very effective blood pressure pills known as “ACE inhibitors.” You probably have heard of the ACE receptor since that’s where the bug of 2020 binds to as it enters human cells.

Have you heard of intracranial headaches due to high pressure on the brain? It’s a serious problem, and I think it is important for you to understand what that type of headache feels like. It’s also critical to distinguish this from a migraine which often has an aura.

Probably the most common symptom of intracranial hypertension (aside from the headache itself) is eye trouble. There is no aura. You may have blind spots, poor peripheral (side) vision, blurry vision, double vision and temporary bouts of vision loss. Left untreated, many people experience permanent vision loss.

An intracranial hypertension headache

happens when there is increased intracranial pressure (ICP) in the brain. Normally, this occurs if a person has a traumatic brain injury, car accident, sports injury or a disease involving the spinal cord. It wasn’t that common except in the elderly population with high risk of a stroke, hydrocephalus or aneurysm. Nowadays, I get questions about severe, moving headaches frequently, so I’ve been researching the cause of these.

The hallmark symptom of course is a severe headache, one that might even move quickly around your head. It may be sharp and severe, or may feel like a dull, aching pressure that make your eyes hurt. You may feel less alert and a bit confused, but also possibly restless. As the pressure rises in your brain, you may become less able to speak normal, and your speech may be weaker. It may feel like it’s a little bit harder to breathe. These symptoms can come on in minutes and wake you in the middle of the night. This is not a headache you can treat at home, this is a medical emergency in many cases, because it could mean impending stroke or blindness.

However, there are a number of cases where individuals can walk around and sort of function in life with mild ICP. And this may be you if you’ve been to dozens of doctors for your weird, unrelenting headaches.

The condition can be diagnosed with a lumbar puncture that assesses the pressure of your cerebrospinal fluid (CSF). A visual examination looking for papilledema is critical as part of the fundamental work-up. I hope this article has been helpful in terms of enlightening you to the new type of headache we are seeing. I hope it helps you to have learned the symptoms today in case you or a loved one experiences this. For more information, visit www.ihrfoundation.org.

Also, if you are interested, I have a more comprehensive version of this article. Please sign up for my newsletter at www.suzycohen.com and I’ll email it to you.

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

PERSONALIZED ADDRESS PLAQUES

- Weatherproof PVC
- Up to Six Numbers

Order at www.naturebrackets.com (Free Shipping) • 239.454.1001

BE A LIFE SAVER

YOUR BEACH VISIT CAN SAVE COASTAL WILDLIFE

ENJOY OUR ISLANDS AND PROTECT WILDLIFE AT THE SAME TIME!

Sanibel and Captiva provide crucial habitat for many sea turtles, shorebirds, and sharks. You can help us protect these species by practicing a few easy wildlife-friendly habits.

Check out our beach tips by visiting SanCapLifeSavers.org or simply scan the code.



SCCF
SANIBEL-CAPTIVA
CONSERVATION FOUNDATION



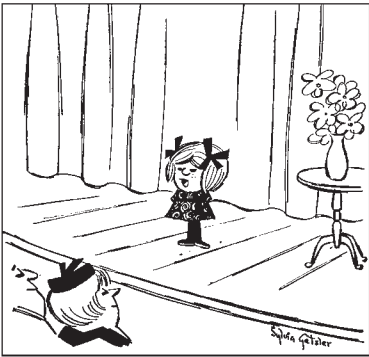


Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	454-7500
Fort Myers Beach Library	463-9691
Lakes Regional Library	533-4000
Lee County Chamber of Commerce	931-0931
Post Office	1-800-275-8777
Visitor & Convention Bureau	338-3500
ARTS	
Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Harmonica Band	610-653-7940
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321
CLUBS & ORGANIZATIONS	
American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	https://www.audubonswfl.org/
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Coral 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



"Mr. Principal, class teachers, distinguished audience ... I forgot my _____."

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!

Swallow
SIGNET

Maps
STARCH

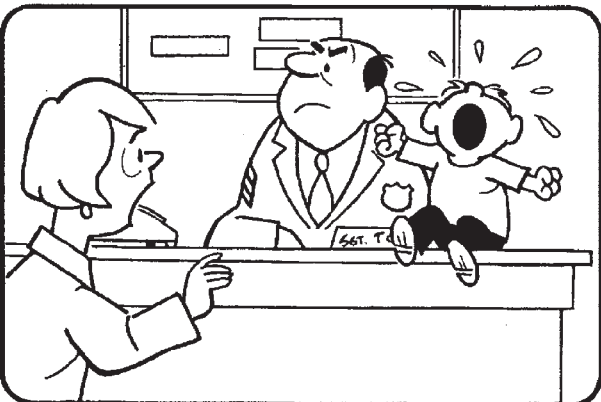
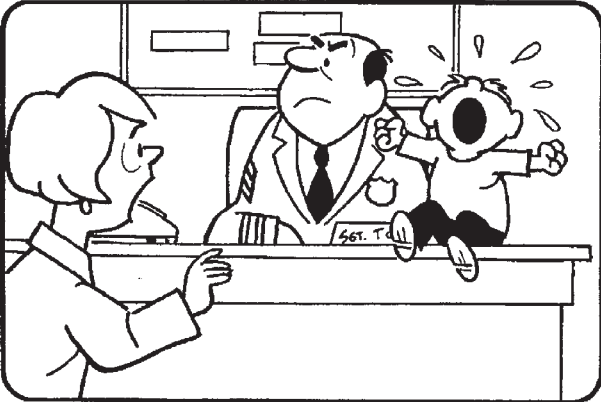
Equip
REAPPER

Plod
GUDTER

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Hair is different. 2. Tie is different. 3. Chair is missing. 4. Tie is different. 5. Badge is missing. 6. Arm is moved. 7. Cuff stripes are missing. 8. Arm is moved.

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

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

EATING WITH A SPOONERISM

- ACROSS
- 1 Uncertainty

6 Home to the Taj Mahal

10 Sporty Mazda

15 Pats gently

19 Mistake

20 Co. bigwigs

21 Tunesmith Harold

22 Opera solo

23 Denim pants that rise up to the navel?

25 Illusions a postman performs with his letters?

27 Astrologer Sydney

28 Small dent

29 Discusses at length, with "over"

30 Bet taker who's great with scissors?

35 Weed-nixing tools

37 — B'rith

38 "— afraid of that"

39 Baffle a lecherous fellow?

44 Actor Crystal playing a high-ranking policeman?

48 Ship spars

49 Margarine, quaintly

50 Pants lines

51 Ump relative

52 Ridicule

53 Busy crawler

54 Phone bug

55 Violent guys on a Greek island?

60 "Can — witness?"

62 Abbr. on a bank door

63 Eagle's nest

64 Make anew

65 Add cornstarch to spiced tea?

69 Sitarist Shankar

73 Appeals

75 Debt memos

76 Involving warships

77 Bloated dancer?

82 Genetic helix

84 Sugar suffix

85 Florida Air Force Base

86 Realty unit

87 Uses logic

89 Kingly Norse name

90 Seismic event

93 Romantic song sung with an audience watching?

96 What might result in an octuple bogey?

98 Arizona tribe

99 Oscar — Renta

100 Currency unit of 11-Down

101 Solution to rinse partially closed eyes?

105 Akron native

109 Sale caveat

111 Olive-green songbird

112 Supermarket vehicles within easy reach?

114 Comic Foxx being shamelessly bold?

119 Longish skirt

120 Kellogg's waffles

121 City in central Poland

122 Beast of Borden

123 Plumlike fruit

124 Tending to ooze

125 Comply with

126 Ford fiasco

DOWN

1 Cotillion star

2 Mine metal

3 Net address

4 Cowboys' neck cords

5 "Go ahead, I'm listening"

6 Sour-tasting

7 Transmission lubricants

8 "Hellboy" star Perlman

9 Beast of burden

10 First lady Eisenhower

11 Persia, now

12 Dismounts from a horse

13 — Aviv

14 Patriotic songs

15 Lectern spot

16 Shoe part

17 BMX vehicle

18 Give lip to

24 Pantry item

26 Scraping file

28 Belittle, informally

30 Ottawa-based TV network

31 Disconnect, as a door

32 Sullied

33 Barn hooter

34 Eloise creator Thompson

36 Ump's cry

39 Ump's cry

40 Musical period since the 1950s

41 Balm additive

42 Deborah of "Quo Vadis"

43 Huge spans

45 Greek cheese

46 Lamb's call

47 Bratty kid

48 Encountered

51 Proof of purchase

52 — -fi

53 Make public

55 Public health agcy.

56 "Drop Dead Fred" star Mayall

57 Infants' cries

58 "Isn't — little old for her?"

59 Jackie's "O"

61 Best-of list countable on one hand

62 Closed hand

65 Actor Danson

66 Possesses

67 — Valley, San Francisco

68 Mongrel dog

70 "Anne of Green Gables" town

71 Feudal tenants

72 Dot in la mer

74 Actor Cariou

76 Skylab org.

77 Lowly worker

78 Aptly named hybrid fruit

79 Custard tart

80 Deer cousins

81 "Annabel Lee" poet

82 Wildlife lair

83 Arrest

87 Enter hostilely again

88 Europe, Asia and Africa

90 Pear relatives

91 Hagen of the stage

92 Like fugitives

93 —'wester (storm type)

94 —Pen

95 Lah-di- —

97 Talk to God

98 Command ctrs.

101 Actress Spacek

102 Fluster

103 Previous to

104 Zellweger of Hollywood

105 Resistance units

106 Salute

107 — -Chinese

108 Pooch in "Garfield"

110 Knock off

113 Get mellow

114 Slo- — fuse

115 Knock off

116 Ar-tee linkup

117 Fizzle out

118 Costa — Sol

1	2	3	4	5		6	7	8	9		10	11	12	13	14		15	16	17	18	
19						20					21						22				
23						24					25						26				
				27						28					29						
30	31	32						33	34				35	36							
37							38					39					40	41	42	43	
44				45	46	47					48						49				
	50									51						52					
53				54				55	56				57	58	59						
60				61				62						63							
64						65	66					67	68					69	70	71	72
				73	74						75						76				
77	78	79						80	81						82	83			84		
85									86					87				88			
89								90	91	92											95
96						97											99				
				100						101					102	103	104				
105	106	107	108					109	110					111							
112								113					114	115					116	117	118
119																					
123																					

King Crossword

- ACROSS
- 1 Kitten's cry

4 Opera set in Egypt

8 Garden intruder

12 Eggs

13 Some deer

14 — -bitty

15 Containers for laundering

17 Appease

18 "So there!"

19 Pittsburgh pro

21 Emphasize

24 Droop

25 Chop

26 Pirate's pota-tion

28 Yokels

32 "I've Got — in Kalamazoo"

34 Pinnacle

36 "— come back now, hear?"

37 Trifled (with)

39 PC alternative

41 Roman 151

42 "— the sea-son ..."

44 NASA vehicle

46 Critic's essays

50 Part of DJIA

51 Send forth

52 Give a faded look to, as jeans

56 Lettuce vari-

7 Admin. aides

8 Know-it-all

9 And others (Lat.)

10 Diminutive suffix

11 Color worker

16 Dinner for

20 Corn spike

21 Excellent, in slang

22 Toy block

23 Place

27 May honoree

29 Aftermath

30 Vogue rival

31 Thin cut

33 Beatles classic

35 Standard

38 Conk out

40 Pamper

43 Sage

45 Farm female

46 Country's McEntire

47 Actor Jannings

48 Unspoken feeling

49 Gulf War mis-sile

53 Unwell

54 Yon maiden

55 Sweetie
- DOWN
- 1 Trim the grass

2 Actress Longoria

3 Remove by cleaning

4 Tennis legend Ashe

5 Debtor's note

6 Society new-bies

MAGIC MAZE ●

RUSSIAN FAMILY NAMES

RYW TROL JGE BYWUR

VPNK IGDB ZXVSQOV

MEK IGV ECA YWUSO

SMIRNOV QVPNL JHN

FEVLLISOVEEXELA

CEAOIYSTRODXVUV

SGKQRSPTEOZENMI

VOPOPTAKLND O B J H

S R F E C B E V Z E Z E R E Y

XOVOLVAPVUYUFOL

TVOKLOVOLIAHKIM

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

Unlisted clue hint: FORMER PRESIDENT BORIS —

Alexeev

Egorov

Fedorov

Ivanov

Kuznetsov

Lebedev

Mikhailov

Morozov

Pavlov

Petrov

Popov

Smirnov

Sokolov

Vasiliev

Volkov



Grille Chicken Sandwich

photo courtesy Fresh From Florida



Grilled Chicken Sandwich

- 2 chicken breasts, grilled
- 1 tomato, sliced thin
- 2 cups arugula
- 3 garlic cloves
- 1 lemon, zested and juiced
- ½ cup olive oil
- 2 tablespoons unsalted butter, softened to room temperature
- Sandwich bread (your favorite)
- Sea salt and fresh ground pepper, to taste

In a blender or food processor combine arugula, garlic cloves, lemon zest and juice, and pulse until combined. Turn on low and slowly drizzle in olive oil until loose paste forms. Pour into a small bowl and set aside. Heat grill to high. Season chicken with salt and pepper and grill for 4 minutes on both sides. Brush arugula pesto onto chicken and continue to cook until internal temperature reaches 165. Remove and set aside to rest. Spread butter on inside of sandwich buns and place directly over heat for 1-2 minutes or until warm and toasted. Remove from grill and assemble sandwich. Serve with your favorite vegetables.*

My Stars ★★★★★
FOR WEEK OF FEBRUARY 7, 2022

- Aries** (March 21 to April 19) Temper that Aries impatience. Demanding answers or results before they're ready to be revealed could create more delays. Take time out for fun with family or friends.
- Taurus** (April 20 to May 20) Someone involved in your latest venture makes new demands that you find disturbing. While you dislike being a quitter, it might be best to drop this project and move on.
- Gemini** (May 21 to June 20) A decision could involve more serious implications than you first thought. Get more information and seek the counsel of trusted friends before you sign or say anything.
- Cancer** (June 21 to July 22) It's a good time to reconsider some of your plans, especially those involving major investments of money and/or time. Expect to hear from someone in your past.
- Leo** (July 23 to August 22) Love continues to dominate for both single and paired Lions. In the workplace, deal

- with a co-worker's thoughtless comments before they cause problems later on.
- Virgo** (August 23 to September 22) You might be angry enough to end a friendship because of something you were told. But consider the source of the gossip before you act.
- Libra** (September 23 to October 22) Your career move seems to be stalled. Request a meeting to discuss the situation. It will be a learning experience for everyone involved.
- Scorpio** (October 23 to November 21) That important relationship is about to move to a new level. Continue to be patient, and resist pushing it even further. It still needs time to blossom.
- Sagittarius** (November 22 to December 21) Paired Sagittarians do very well at this time. However, some challenges loom for single Archers who are considering stronger romantic commitments.
- Capricorn** (December 22 to January 19) Be patient. A misunderstanding is close to being completely resolved, as new facts emerge that will help change those stubborn minds.
- Aquarius** (January 20 to February 18) A change in a personal relationship reveals some long-hidden truths. Your

PETS OF THE WEEK



Darius ID# A905038 photos provided Lee County Domestic Animal Services

Darius And Gabby

Hello, my name is Darius. I am a white and black 2-year-old male pit bull mix and a favorite at Animal Services. I am sweet and loving and am looking for a new family to call my own. I am a laid back guy that wants nothing more than to be loved by everyone. I would make a great companion for any family that has some extra love and time to give. My adoption fee is \$14.

Hi, I'm Gabby. I am a black and white 2-year-old female pit bull mix. I



Gabby ID# A903872

came to the shelter as a stray and was quite shy and reserved. The fabulous team of volunteers has gotten my wonderful personality to shine, and I am coming out of my shell. I am very sweet and love head scratches and cuddle time. My adoption fee is \$14.

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

Read us online at www.IslandSunNews.com

- challenge now is to use this new information wisely for all concerned.
- Pisces** (February 19 to March 20) Draw on your deep reserves of good Piscean common sense to avoid taking the lure from someone who thinks he or she can get the best of you.
- Born This Week:** You have a remarkable ability to make friends with strangers. This allows you to command an army of devoted admirers.
- On Feb. 19, 1851, an angry mob in San Francisco's business district "tries" two Australian suspects in the robbery and assault of CJ Jansen, a store owner. When the makeshift jury deadlocked, the suspects were returned to law-enforcement officials. Local authorities convicted the men at a real court trial.
- On Feb. 15, 1898, a massive explosion sinks the battleship USS Maine in Cuba's Havana harbor, killing 260 crew members. A U.S. Naval Court of Inquiry ruled that the ship was blown up by a mine, with Spain the likely suspect.
- On Feb. 17, 1915, after encountering a severe snowstorm, the German zeppelin L-4 crash-lands in the

- North Sea near the Danish coastal town of Varde. The Danish coast guard rescued 11 members of the crew; they were brought to Odense as prisoners to be interrogated.
- On Feb. 16, 1968, the first official 911 call is placed in the United States, but 911 was not standard across the country for many years after its adoption by Congress. By 1987, only half of the nation was using the system.
- On Feb. 20, 1974, Reg Murphy, an editor of *The Atlanta Constitution*, is kidnapped by William A.H. Williams after being lured from his home. For the next 49 hours, Williams drove Murphy around the city, stopping to phone in ransom demands to the newspaper. The money was finally delivered to Williams and Murphy was released. Williams served only nine years in prison.
- On Feb. 14, 1990, 3.7 billion miles away from the sun, the *Voyager 1* spacecraft takes a photograph of Earth. The picture, known as the Pale Blue Dot, depicts our planet as a nearly indiscernible speck roughly the size of a pixel. *Voyager 1*'s journey continues.
- On Feb. 18, 2001, racer Dale Earnhardt Sr. dies in a last-lap crash at

continued on page 22



FRIDAY
Sunny
High: 64 Low: 52



SATURDAY
Sunny
High: 66 Low: 56



SUNDAY
Few Showers
High: 64 Low: 52



MONDAY
Mostly Cloudy
High: 66 Low: 56



TUESDAY
Mostly Cloudy
High: 71 Low: 59



WEDNESDAY
Mostly Cloudy
High: 75 Low: 65



THURSDAY
Mostly Cloudy
High: 74 Low: 62

Redfish Pass Tides

Day	High	Low	High	Low
Fri	8:34 pm	4:07 am	None	None
Sat	9:39 pm	4:58 am	None	None
Sun	1:56 pm	5:42 am	10:34 pm	4:00 pm
Mon	2:05 pm	6:18 am	11:21 pm	4:50 pm
Tue	2:12 pm	6:50 am	None	5:33 pm
Wed	12:03 am	7:18 am	2:17 pm	6:15 pm
Thu	12:44 am	7:43 am	2:25 pm	6:59 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	7:39 pm	4:09 am	None	None
Sat	8:44 pm	5:00 am	None	None
Sun	1:01 pm	5:44 am	9:39 pm	4:02 pm
Mon	1:10 pm	6:20 am	10:26 pm	4:52 pm
Tue	1:17 pm	6:52 am	11:08 pm	5:35 pm
Wed	1:22 pm	7:20 am	11:49 pm	6:17 pm
Thu	1:30 pm	7:45 am	None	7:01 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	12:40 pm	3:45 am	9:06 pm	2:58 pm
Sat	11:56 am	4:39 am	10:10 pm	3:51 pm
Sun	12:05 pm	5:28 am	10:58 pm	4:43 pm
Mon	12:30 pm	6:09 am	11:34 pm	5:28 pm
Tue	12:58 pm	6:46 am	None	6:09 pm
Wed	12:04 am	7:20 am	1:29 pm	6:50 pm
Thu	12:32 am	7:52 am	1:59 pm	7:33 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	10:44 pm	7:23 am	None	None
Sat	11:49 pm	8:14 am	None	None
Sun	4:06 pm	8:58 am	None	7:16 pm
Mon	12:44 am	9:34 am	4:15 pm	8:06 pm
Tue	1:31 am	10:06 am	4:22 pm	8:49 pm
Wed	2:13 am	10:34 am	4:27 pm	9:31 pm
Thu	2:54 am	10:59 am	4:35 pm	10:15 pm

PROFESSIONAL DIRECTORY

CONSTRUCTION/REMODELING

COOPER
CONSTRUCTION
Custom Homes & Remodeling Specialists
We can design, build and manage any endeavor you can dream up.
239.454.5699
cooperconstruction@embarqmail.com
Kerry Cooper • An Island Business Since 1982 • License # CBC1255742

GENERAL CONTRACTOR

D.BROWN
GENERAL CONTRACTORS LLC
CGC1517615
BBB
A BBB Accredited Business with an A+ Rating
NEW CONSTRUCTION & REMODELS
239-593-1998 | www.dbrowngc.com

TREE TRIMMING, ARBORIST

Arbor Specialist Since 1995 "Tell A Friend"
TREE WEST
• Tree Trimming • Tree Removal
• Stump Grinding
239-910-3256
info@treewestflorida.com
www.treewestflorida.com
P.O. Box 564, Sanibel, FL 33957
Licensed, insured, workers compensation

WINDOW CLEANING

JC Window Cleaning
239-203-5913
407-902-7845
Juan Penaloza
Residential-Commercial-New Construction
Pressure Washing, Window Cleaning and
Gutter Cleaning
LICENSED and INSURED
jccpcleaning@aol.com / jccpwindowcleaning.com

HOME SERVICES

YARD SERVICE • TREE SERVICE • POOL SERVICE
HOME WATCH • CLEANING SERVICE
ISLAND HOME SERVICE
P.O. Box 1050 • SANIBEL • FLORIDA 33957
WWW.ISLANDHOMESERVICE.COM
INFO@ISLANDHOMESERVICE.COM
PHONE: (239) 472-5247 • CELL: (239) 229-6366

AIR CONDITIONING

FAST SERVICE | 35 YEARS EXPERIENCE
ALLIED AIR SERVICES
HEATING • VENTILATING • AIR CONDITIONING
Home of The Comfort Club!
HVAC SERVICE REPLACEMENTS APPLIANCE REPAIR & DIAGNOSTICS
COMMERCIAL/RESIDENTIAL
*APPLIANCE SERVICES ON SANIBEL AND CAPTIVA.
WWW.ALLIEDAIR.BIZ | (239) 217-4111

FISHING CHARTER

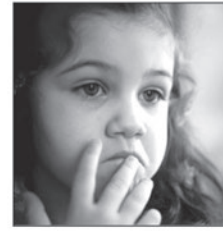


Light Tackle Sport Fishing
Sightseeing • Eco Tours
CAPT. MATT MITCHELL

USCG Licensed & Insured
C: (239) 340-8651
www.captmattmitchell.com
email: captmattmitchell@aol.com

CLEANING SERVICES

Professional Cleaning Services
Residential & Commercial
Construction Clean Up
Interior Windows
Home Watch

Jennifer Watson
(239) 810-6293
brightntidy@gmail.com
Licensed & Insured


The New Math:
\$1 = \$8
That's right! The Harry Chapin Food Bank can find, rescue, transport and distribute \$8 of nutritious food for every \$1 you donate. This turns your \$20 gift into 80 meals for a family!
Thank you for your generosity!
Mail your tax-deductible donation to:
The Harry Chapin Food Bank
3760 Fowler Street, Fort Myers, FL 33901
Call (239) 334-7007 or donate online at:
harrychapinfoodbank.org




IT CATCHES MORE THAN FISH

Nature's Sweethearts

Adopt-A-Manatee for Valentine's Day
1-800-432-JOIN (5646)
savethemanatee.org

Start Planning For Retirement

The best time to start planning for retirement is when you're young. You should research your options for investing early, so the money you invest now has more time to grow and help you when you get older, according to Kentucky Higher Education Assistance Authority (KHEAA).

Two options for members of tomorrow's workforce are a 401(k) savings account and an individual retirement account (IRA). Many employers offer their workers a 401(k) option. With a 401(k), the employee has a percentage of their wages deducted and deposited into a tax-deferred account. Most contributions are invested in mutual funds. Some employers may wholly or partially match what an employee contributes.

IRAs come in several forms, but perhaps the most popular are the traditional IRA and the Roth IRA. Both types are held by a custodian, usually a bank or a brokerage firm. IRA contributions can be invested in stocks, bonds, certificates of deposits and even real estate. In a traditional IRA, the contributions are made before taxes. The account owners pay taxes on the funds they withdraw. With a Roth IRA, the contributions come from after-tax money, meaning that withdrawals are tax free.

For more information, visit www.advantageeducationloan.com.✴

From page 20

Moments In Time

the 43rd Daytona 500, the fourth NASCAR driver to die within a nine-month period. Earnhardt, 48, was driving his famous black No. 3 Chevrolet and vying for third place when he collided with another car, then crashed into a wall.

NOW HERE'S A TIP

- If you store nail polish in the fridge, it will dry more quickly and last longer.
- "In cold winter months, keep your robe (and slippers or whatever else) under the covers with you when you sleep. Pull it next to or over you a few minutes before you get up. It'll be toasty and will help make the transition into the cold a little less harsh." – GG in New York
- As tax time draws ever closer, try taping a large manila envelope to the fridge, leaving the top open. Immediately place all tax-related forms and receipts in the envelope as they come in. This way, when you are ready to start your taxes, all items will be together and easy to find.
- "To help moisten really dry feet, slather on lotion, wrap feet in plastic wrap, then slip on some socks overnight – or for as long as you can stand it." – BH in Michigan
- "My no-iron tip: I toss the wrinkly garment into the dryer for about five to 10 minutes with a damp washcloth, and it steams most wrinkles out. It won't look starched and pressed, but it's good enough for casual wear or running-late

- mornings. I haven't ironed in years." – EW in Florida
- Don't forget to clean your washing machine every so often by running it on the highest-temperature cycle empty after adding a gallon of vinegar. This will clean out the hoses and get rid of stuck-on detergents.
 - To remove soot from your carpet, sprinkle it with salt, let sit and then vacuum. Repeat as many times as necessary to remove all traces.

STRANGE BUT TRUE

- Leona Woods was the only woman physicist on the team that built the world's first nuclear reactor as part of the Manhattan Project. She became a mother during the project, but hid her pregnancy as not to miss work. Afterward, as a professor, she authored more than 200 papers in physics and astrophysics.
- A 10-second French kiss spreads around 80 million bacteria between the two smoochers.
- Director Michael Bay (*Transformers*) traced his interest in action films to when he attached firecrackers to a toy train and filmed the ensuing fiery disaster with his mother's 8 mm camera. The fire department was called, and Bay was grounded.
- The African country of Zambia entered the Space Race in the 1960s with a plan to visit Mars and convert aliens to Christianity. The plan unraveled when one of the "Afronauts" got pregnant, another pulled out to join

- a local dance group and a third went missing.
- Sharks can grow up to 50,000 teeth in their lifetime.
 - Libyan revolutionary Moammar Gadhafi had a serious obsession with Secretary of State Condoleezza Rice, showering her with over \$200,000 in gifts and having a famous local composer write a song for her called *Black Flower in the White House*.
 - Ever notice that the word "phonetic" is not phonetic?
 - As if job interviews weren't stressful enough, some notably head-scratching questions asked by employers include "If Germans were the tallest people in the world, how would you prove it?" (Hewlett-Packard), "Why is a tennis ball fuzzy?" (Xerox), and "Are you exhaling warm air?" (Walker Marketing)

THOUGHT FOR THE DAY

"Few people know how to take a walk. The qualifications are endurance, plain clothes, old shoes, an eye for nature, good humor, vast curiosity, good speech, good silence and nothing too much." – Ralph Waldo Emerson

TRIVIA TEST

1. **Language:** In British English, what is a singlet?
2. **Animal Kingdom:** What is a murmuration?
3. **Movies:** Which 1951 adventure film features a character named Charlie Allnut (played by Humphrey Bogart)?

CLASSIFIED

COMMERCIAL RENTAL

OFFICE SPACE AVAILABLE
Office Spaces for Rent on Sanibel
Various sizes
Can be storage
239-989-1327
2/11 ✴ 3/4

VACATION RENTAL

Island Vacations
Of Sanibel & Captiva
Million \$ Views Await You!
• Cottages • Condos • Homes •
Miles of Beaches & Bike Paths
239-472-7277
1-888-451-7277
1/4 ✴ TFN

ANNUAL RENTAL

RENTING FOR OVER \$1,500?
Inbox me your monthly rent amount and I'll send you 3 houses you could OWN for the same monthly payment.
chip@chipwolfe.com
chipwolfe.com
239-848-0906
REMAX OF THE ISLANDS
6/5 ✴ TFN

RENTAL NEEDED

RENTAL NEEDED – SANIBEL
House or condo, 2x2 minimum (pool preferred), close to beach. Four months (or more) starting December 1, 2022. Retired couple; on island now. Call, text or email: 518-376-9061; hpnmw@aol.com
1/28 ✴ 3/4

SERVICES OFFERED

GOLF CART REPAIRS
Mobile Service Calls - We come to you!
Annual & Monthly Maintenance Plans
239-500-CART
Service@sanibel-carts.com
12/24 ✴ 3/11

SANIBEL ISLAND HOME WATCH SERVICES
239-233-2152
11 Years Servicing Sanibel
First Visit Free
12/3 ✴ 2/18

ROGER NODRUFF ELECTRIC
Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc. Call or text Roger 239-707-7203
State License #13002788
4/20 ✴ TFN

Read us online at
www.islandsunnews.com

HELP WANTED

LIQUOR STORE
Sanibel Spirits in Jerry's Plaza
1700 Periwinkle Way, Sanibel
Full Time/Part Time
Competitive salary for friendly, prompt and courteous people with retail clerk experience
Days/Evenings/Weekends
Bridge Tolls Paid
Apply in person
2/11 ✴ 2/25

NOW HIRING-HELP WANTED
Heidrick & Co. Insurance is hiring for two full-time positions in our busy, Sanibel office. Please visit our website at www.sanibelinsurance.com/aboutus/careers for details.
1/28 ✴ 2/18

FULL/PART-TIME SALES ASSOCIATE
Sanibel Sole is seeking an additional sales associate to join our great team! We have expanded in the Tahitian Gardens plaza and offer a wide variety of clothing and footwear. We offer competitive wages, benefits, and perks. No evenings required. Please email a resume to sanibelsole@gmail.com.
11/19 ✴ TFN

HELP WANTED

RECEPTIONIST
Receptionist needed part time for professional island office. Fridays and Saturdays. \$16 per hour. Send resume to cayocosta@earthlink.net.
2/4 ✴ 2/11

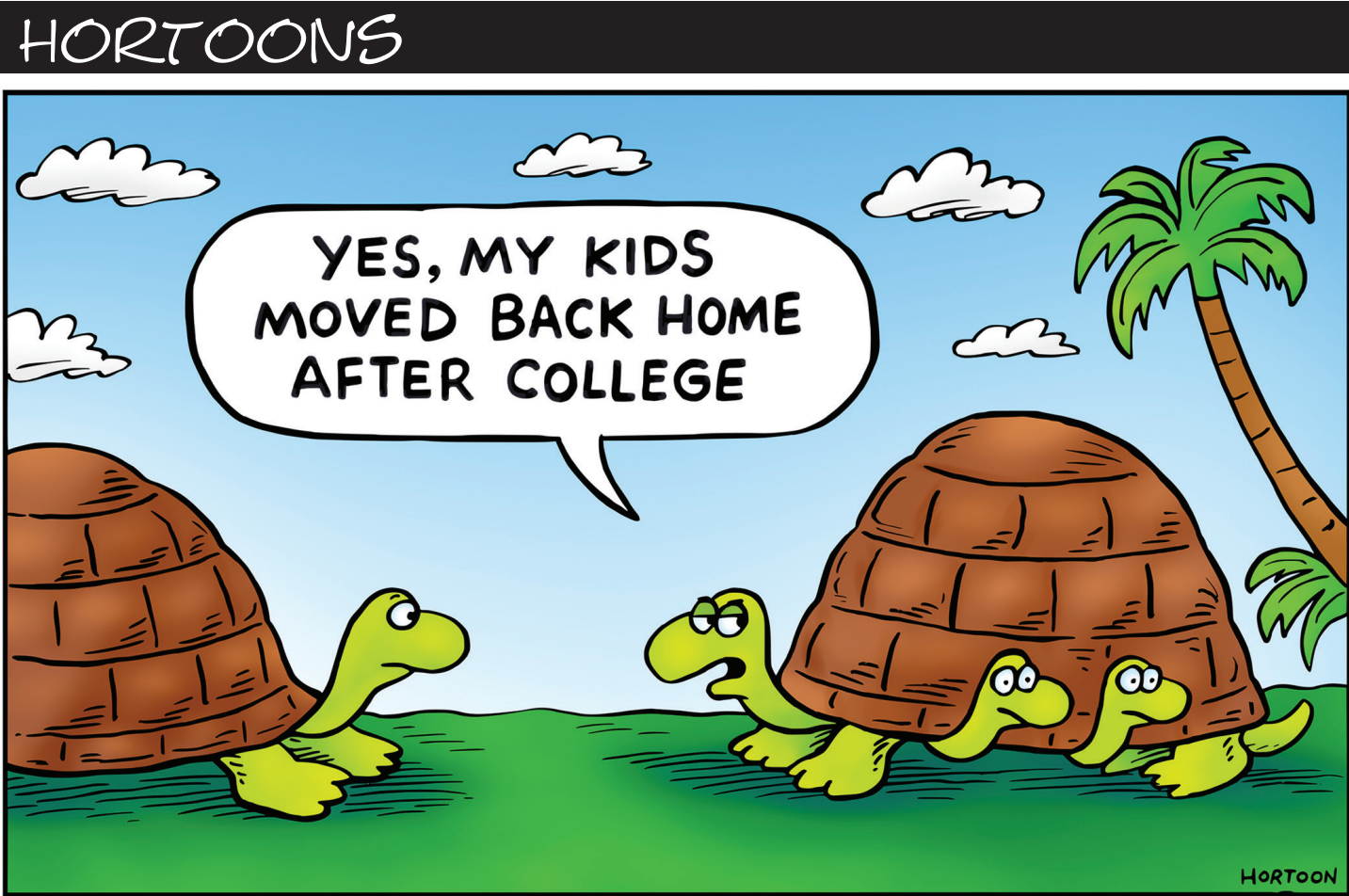
CAREGIVER
We are seeking a caregiver for an elderly woman with experience, for two 24 hour shifts every other week and PRN (as needed). Must be caring and compassionate, and able to complete personal care tasks like bathing, dressing, eating, grooming and daily med intake. Also assist with physical transit. Contact Lisa 239-395-0153.
1/21 ✴ TFN

GARAGE SALE

GARAGE SALE
Feb. 11 and 12, 8 a.m. to 1 p.m. Fishing rods and lures, tools, antiques, household goods, shell artwork, cut glass and much more. 1230 Anhinga Lane, Sanibel
2/4 ✴ 2/11

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

- 4. **U.S. Presidents:** Which president campaigned for reelection with the slogan, “Don’t change horses midstream”?
- 5. **History:** Where did the St. Valentine’s Day massacre (murder of seven gangsters and associates) take place?
- 6. **Television:** How many seasons did the original *Star Trek* series run?
- 7. **General Knowledge:** What is the basic currency used in Kenya?
- 8. **Measurements:** What is a furlong?
- 9. **Geography:** What is the longest river in Europe?
- 10. **Anatomy:** What is the basic component of hair, skin and nails?



TRIVIA ANSWERS

- 1. An undershirt 2. The flight of a large flock of starlings in a coordinated, swooping pattern. 3. *The African Queen* 4. Abraham Lincoln, 1864 5. Chicago 6. Three 7. Kenyan shilling 8. An eighth of a mile 9. The Volga 10. Keratin.

SCRAMBLERS ANSWER

- 1. Ingest 2. Charts 3. Prepare; 4. Trudge
- Today's Word**
SPEECH

PUZZLE ANSWERS

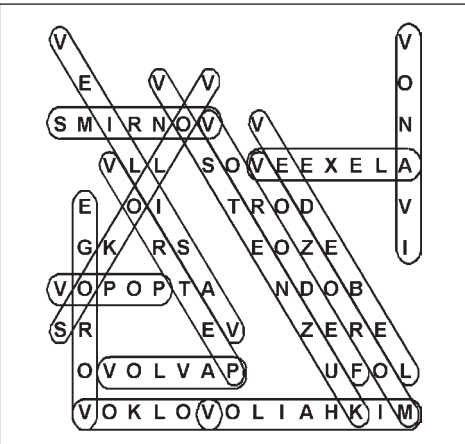
SUPER CROSSWORD

DOUBT	AGRA	MIATA	DAB
ERROR	CEOS	ARLEN	ARIA
BELLY	JEANS	MAIL	TRICKS
CUTTER	BOOKIE	HOES	
BNAT	IWAS	STUMP	RAKE
CHIEF	BILLY	MASTS	OLEO
INSEAMS	REF	SCORN	
ANT	TAP	CRETE	WHACKERS
IGETA	FDIC	AERIE	
REDO	THICKEN	CHAI	RAVI
PLEAS	IOUS	NAVAL	
PUFFED	STEP	PER	DNA
EOSE			
EGLIN	LOT	REASONS	
OLAV	QUAKE	SEEN	BALLAD
NINE	PUTTS	HOPI	DELA
RIAL	SQUIN	TERWASH	
OHIO	AN	ASIS	VIREO
HANDY	CARTS	BRAZEN	REDD
MIDI	EGGOS	LODZ	ELSIE
SLOE	SEEPY	OBEY	EDSEL

KING CROSSWORD

MEW		AIDA		WEED
OVA		ROES		ITTY
WASH	TUBS			SATE
	HAH		STEELER	
PLAY	UP		SAG	
HEW		RUM		RUBES
AGAL		TOP		YALL
TOYED		MAC		CLI
		TIS		ROCKET
REVIEW		S		DOW
EMIT		ACID		WASH
BIBB		MULL		SHO
ALEE		IDLE		HEN

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Captiva	1991	4,630	\$4,989,000	\$4,794,500	44
Rookery Lake	Bonita Springs	2001	5,895	\$4,200,000	\$4,100,000	2
Southport On The Bay	Bonita Springs	2005	5,060	\$3,495,000	\$3,300,000	45
Beach Homes	Captiva	1974	1,620	\$3,395,000	\$3,125,000	111
Southport On The Bay	Bonita Springs	1995	2,835	\$2,995,000	\$2,995,000	0
Yacht Club	Cape Coral	2012	4,684	\$3,699,000	\$2,850,000	11
Cape Harbour	Cape Coral	2015	3,571	\$2,500,000	\$2,500,000	9
Sanctuary At Wulfert	Sanibel	2005	4,873	\$2,395,000	\$2,350,000	38
Jonathan Harbour	Fort Myers	2000	2,663	\$1,599,000	\$2,000,000	4
Yachtsmans Cove	Fort Myers Beach	1977	2,967	\$1,695,000	\$1,625,000	50



**"FOR THE SUN-KISSED &
SUN-DESIROUS ALIKE,
A VACATION ON A PLATE."**

The New York Times
Magazine

   
WWW.DOCFORDS.COM



**THE ORIGINAL
YUCATAN SHRIMP!**

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