

Happy  
New Year!

# THE RIVER WEEKLY NEWS

**FREE**  
Take Me  
Home

Vol. 21, No. 1

From the Beaches to the River District downtown Fort Myers DECEMBER 31, 2021

## Exhibition Kicks Off New Year At Davis Art Center

Two exclusive exhibitions will be on display during January at the Sidney & Berne Davis Art Center with an opening night reception during Art Walk on Friday, January 7 from 6 p.m. to 10 p.m.

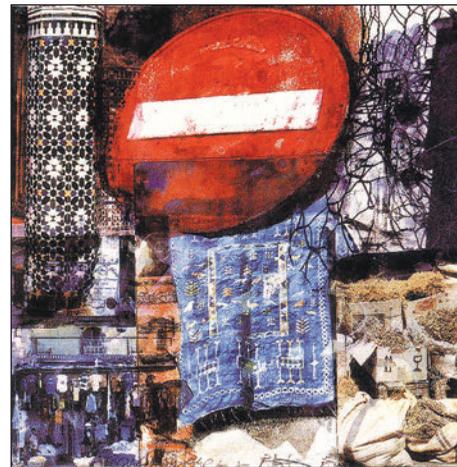
The A. Darryl Pottorf solo exhibition Let It Be Light will be featured in the Grand Atrium, while the collaboration exhibition Quattro Mani by A. Darryl Pottorf and Robert Rauschenberg will be featured in the Capital Gallery on the second floor. Both shows will be on display through Friday, January 28.

Pottorf's solo exhibition is a representation of 30 years of his work. Demonstrating an overview of the world through his eyes, the many colorful artworks combine, enmesh and collage symbols, photographs and imagery. Each piece possesses its own narrative. Pottorf will also feature his iconic Money series



**Quattro Mani IV** by A. Darryl Pottorf and Robert Rauschenberg images provided and September 11 series as well as his Links series.

Collaborating with Rauschenberg was an easy transition for Pottorf. While the two were in Venice, Italy at a Venetian evening celebrating Art for the World, sponsor Adelina von Furstenberg suggested a Rauschenberg-Pottorf collaboration. By coincidence, two pianists



**Quattro Mani Marra III** by A. Darryl Pottorf and Robert Rauschenberg

began playing on the villa's grand piano. "Quattro mani," someone announced. "Quattro mani, four hands," Pottorf translated. He turned to Rauschenberg. "That's us!" And the idea was born: to make art as partners, looking at the same scenes – Rauschenberg photographing in

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**Torn or Not** by A. Darryl Pottorf



**Daniel Benzing, volunteer center coordinator for United Way**

photo provided

## United Way Volunteer Fair

United Way of Lee, Hendry, and Glades Volunteer Center will host a volunteer fair at Amavida Retirement Community's outdoor courtyard on Saturday, January 8 from 10 a.m. to 1 p.m. The volunteer fair will be an opportunity for nonprofit organizations serving Lee County to match with potential volunteers. There will be a Lee Health Blood Drive on site at the same time.

The fair serves to highlight over 25 diverse nonprofit agencies who serve the community and to engage local volunteers,

as well as create awareness for services provided by featured agencies. The goal is to introduce local community members to volunteer opportunities available to them.

Some of the confirmed agencies include: Harry Chapin Food Bank, Alliance for the Arts, Children's Home Society of Florida, Catholic Charities Diocese of Venice Inc., Dr. Piper Center, Blessings in a Backpack SWFL, Children's Network, NAMI – National Alliance on Mental Illness, Senior Friendship Centers and Gulf Coast Humane Society.

There is no registration required and no charge to attend. Interested volunteers of all ages are encouraged to attend and learn more about organizations serving

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## Art Classes At The Estates



**Participants in a silk scarf painting class at Edison and Ford Winter Estates model their masterpieces**

photo provided

Edison and Ford Winter Estates is partnering with local artists to offer art classes to residents and tourists this season. Several different classes are available, including silk scarf painting, zen drawing and botanical drawing.

Silk Scarf Painting will be held on Saturday, January 1 at 9 a.m. Local artist Marie Dyer will teach participants how to paint a 14-inch by 72-inch silk scarf that can be worn or hung as a piece of artwork. The class will take place in the River Pavilion, along the Caloosahatchee. Painting experience is not required. Cost for Edison Ford members is \$90;

non-members are \$100. All materials are included.

Zen Drawing is scheduled for Saturday, January 8 at 9:30 a.m. Nature artist Megan Kissinger will teach the class in the succulent garden. It is geared toward beginning art students and teaches the basics of meditative drawing. Kissinger will demonstrate how to use "Pitt" ink pens to create simple, patterned drawings called Elemental Strokes with lines, curves and dots that are inspired by forms in nature. According to Kissinger, "It's a way of meditating on your thoughts and the

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Historic Downtown Fort Myers, Then And Now:

# Edison Park Poised For Construction

by Gerri Reaves, PhD



This circa-1926 photo might make you do a double-take. That entrance on McGregor Boulevard is so familiar (how many times have you driven past it?) yet somehow it is not.

Pictured is the entrance to the Edison Park subdivision, with ground prepared and ready for construction. It's a jarring sight, absent of the lush landscaping that graces the subdivision today.

The fact that the statue is unveiled, and therefore past the dedication date, as well as the presence of two houses in the distance, indicate that the photo was taken after April 7, 1926. Those two structures are likely two of the first five model homes built early in that year. The woman in the photo is unidentified.

The name Edison Park became a familiar one in Fort Myers in the early 1920s, when Snell Brothers envisioned an exclusive subdivision across from the Thomas A. Edison and Henry Ford Estates. Enter Jim Newton, who was hired to run the project.

In April 1925, workers were busy clearing 152 acres in preparation for construction. Fourteen acres were to be set aside for parks and eventually deeded to the city, provided it maintained them and did not use them commercially.

Numerous and precise guidelines and restrictions regarding aesthetics, landscaping, streetscaping and infrastructure would govern the upscale development. A double boulevard winding along Manuel's Branch was envisioned, complete with walkways and benches.

Touted as very highly restricted, the subdivision's deeds stated, as was customary for the era and decades beyond, that the property could not be sold, leased, let or used by anyone not of the white or Caucasian race.

In September 1925, the *Fort Myers Press* printed an announcement that Edison Park lots would soon go on sale. The following year saw the completion of the fountain and entrance pictured here.

Woven into the origin of the subdivision is one of the city's oft-told amusing tales,



This undated photo was taken around the time Edison Park's fountain and entrance was dedicated in April 1926. The woman is unidentified.

photo courtesy SWFL Historical Society ; thanks to James Ink for processing historic negative



This time of year, *The Spirit of Fort Myers* (aka *Rachel at the Well*) shares her domain with holiday reindeer photo by Gerri Reaves

which recounts how sculptor Helmut von Zengen's statue acquired her toga-like veil.

The statue named *The Spirit of Fort Myers* by the artist but best known now as *Rachel at the Well*, was created as a nude. However, outraged ladies learned that fact and appealed to Mina (Mrs. Thomas) Edison to help them ensure a correction of the perceived impropriety.

Thus, when the Edison's presided over the statue's unveiling on April 7, 1926, the maiden was clothed in a classical garment added by the artist to preserve her modesty and not offend the sensibilities of local women.

The dedication was attended by 500 people and filmed by *Pathé News*. Newton donated the sculpture to the city shortly after the dedication, and she has been part of Fort Myers' public art collection ever since.

Adding to the weight of the ceremony was the announcement that the cornerstone for Edison Park School had been laid the previous day.

Ninety-five years later, the entrance to Edison Park on McGregor would be recognizable to citizens who attended the dedication, but the land behind it would not. It is now the front door to a neighborhood of varying architectural styles and winding streets with an atmosphere like no other in Fort Myers.

Another legacy of that day? Newton's friendship with the Edisons led to ones with other famous visitors and residents, which he wrote about in *Uncommon Friends: Life with Thomas Edison, Henry Ford, Harvey Firestone, Alexis Carrel, and Charles Lindbergh*. His book also inspired the Uncommon Friends Foundation.

Walk or bicycle down McGregor Boulevard to see the entrance to a boom-time legacy. Then visit the following research centers to learn more about the history of the city's first subdivisions.

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

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Call 332-8778 for the hours or visit [www.leecountyblackhistorysociety.org](http://www.leecountyblackhistorysociety.org).

Visit the IMAG History & Science Center at 2000 Cranford Avenue or at [www.theimag.org](http://www.theimag.org).

Sources: Archives of the Southwest Florida Historical Society, *Built to Endure* by Michele Wehwein Albion, and the *Fort Myers Press*.✧

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**Accounting**  
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**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
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Ross Hauser, MD	Allison Havill Todd
Craig R. Hersch	

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write to: The River Weekly News, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957  
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One of the happy recipients with Grampy of Grampy's Charities photos provided

Robbie's Riders, Grampy's Charities and Sanibel Captiva Community Bank representatives presented 15 custom-made, adaptive tricycles to local children with special needs and their families

## Community Partners Give The Gift Of Cycling

Thanks to support from Robbie's Riders, Grampy's Charities and Sanibel Captiva Community Bank presented 15 custom-made, adaptive tricycles, worth between \$3,000 and \$5,000, to Southwest Florida children with special needs. Representatives from all groups were on hand to present the tricycles at the bank's Bridge Branch on

College Parkway in Fort Myers. "These custom-made, adaptive bicycles give remarkable children a level of independence and freedom," said Jack Johannemann, director of Robbie's Riders. "The joy of seeing these children ride a bike is immeasurable." All the recipients were referred from Golisano Children's Hospital, GiGi's Playhouse and NCH Outpatient Rehab and are 4 to 13 years old. The children have various disabilities including Down's Syndrome, cerebral palsy and acute

transverse myelitis. The children benefit from general strengthening, new proprioceptive sensory input and improved reciprocal coordination of the legs by riding these tricycles. They can now participate in activities with their families and peers, and enjoy the childhood experience of riding a bike. Robbie's Riders provides special adaptive bicycles and tricycles to children with disabilities, according to their individual capacities and needs. The

charity works to donate special needs cycles as quickly as they can raise funds to purchase them. Grampy's Charities raises funds and support for children's organizations by partnering with comfort- and research-based charities to make a difference in the lives of children who need it most. The all-volunteer organization has donated more than \$3 million to children's charities over more than 25 years. For more information, visit [www.grampyscharities.org](http://www.grampyscharities.org).

## Your Home. Your Style.

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Fort Myers Art:

# Small Format Show Becomes Invitational Exhibit



by Tom Hall

Various artists will be participating in DAAS Co-op Art Gallery's January small format exhibition Pequeño Formato. The opening reception is scheduled for 6 to 9:30 p.m. on

Friday, January 7, in conjunction with Fort Myers Art Walk.

The Pequeño Formato group show concept began during the inception years of the first DAAS Gallery. However, this year the exhibition expands as an invitational show, limiting the size to 12 inches on any side.

Artists from all over Southwest Florida were invited to submit size-limited pieces, showcasing the same skillset as a regular size artwork but celebrating the constrictions of the space. Submissions were received and curated in an inviting display for all to enjoy during January.

One of the artists taking part in Pequeño Formato is Mike Dressler. Dressler's style combines interesting subjects with patterns and contrasting



Artwork in the Pequeño Formato exhibition photo courtesy www.artswfl.com

monochromatic subjects. A professional dance instructor by day, Dressler has rekindled his relationship with his art production, becoming one of the newest members of the Union Artists Studios in Fort Myers.

The exhibition will be on display through January 29.

DAAS CO-OP Art Gallery & Gifts is located at 1815 Fowler Street in the Butterfly Estates complex in Fort Myers. For more information, visit [www.daascoop.com](http://www.daascoop.com) or call 590-8645.

### Internationally Acclaimed Painter Prepares For London Show

Local icon Marcus Jansen recently

returned from Art Basel in Miami Beach, where he exhibited work in two separate booths and fairs this year. Since joining world-renowned Almine Rech Gallery in 2020, Jansen's work has since been included in 10 international shows. All have sold out. Included in this number are three solo exhibitions – Almine Rech Paris, Power Structures at Art Paris and Futute Fair with Richard Beavers Gallery in Brooklyn, New York – as well as Jansen's retrospective, Two Decades of Relevance, at the Baker Museum of Art in Naples.

Jansen's next show, titled Victims and Victors, is January 13 to February 19 in London at Almine Rech's UK location.

### Veteran Actor Playing Life Coach in Humorous Comedy

Gerrie Benzing is Jinx in The Naples Players' (TNP) January/February production of *The Savannah Sipping Society*. The manager of a beauty

supply company, Jinx, volunteers to play life coach for newfound friends Dot Haigler, Marlafaye Mosley and Randa Covington. Determined to help each woman break out of her rut, regain her swagger and reclaim her life, she hatches a series of challenges that have the girls participating in a Medieval Fair, finding dates for Valentine's Day and doing other activities that are way out of their comfort zone... and sampling a mixture of adult beverages from good old-fashioned Kentucky bourbon to fine wines.

Benzing was last seen on the TNP stage as Ruth in *Calendar Girls*. She has extensive stage and film credits.

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.\*

## LeeTran Services For New Year's Eve Events

LeeTran will provide extended transportation services in downtown Fort Myers and on Fort Myers Beach to accommodate New Year's Eve festivities.

Downtown Fort Myers River District service will include: The blue and gold line trolley routes will run until 1 a.m. Saturday, January 1.

Fort Myers Beach Service will include: LeeTran's Route 410 from Bowditch to Lovers Key will extend service times overnight until 1 a.m. Saturday, January 1.

LeeTran's route 490 that travels between Times Square to the Beach Park and Ride located at 11101 Summerlin Square Drive will run its normal service until 8:50 p.m. Friday, December 31.

At that time, shuttle service will run from the Main Street Park & Ride located at the base of the Matanzas Bridge to the Beach Park & Ride until 1 a.m. Saturday, January 1. Riders seeking transportation from the beach to the Park and Ride after 8:50 p.m. Friday will need to walk over the bridge to the Main Street Park & Ride to catch the shuttle to the Beach Park & Ride.

The free open-air beach trams will extend service until 1 a.m. Saturday, January 1, from Bowditch Point to the beach library.

For schedules or to learn more about LeeTran, visit [www.rideleetrans.com](http://www.rideleetrans.com). LeeTran Customer Service can be reached at 533-8726 and press option 1, or email [rideleetrans@leegov.com](mailto:rideleetrans@leegov.com).

LeeTran is the public transit provider that operates in Lee County with 26 bus routes, and an ADA paratransit service called Passport. LeeTran employs approximately 280 people and has a fleet of 52 full-size buses, 12 trolleys, five seasonal trams and 50 paratransit vans.\*



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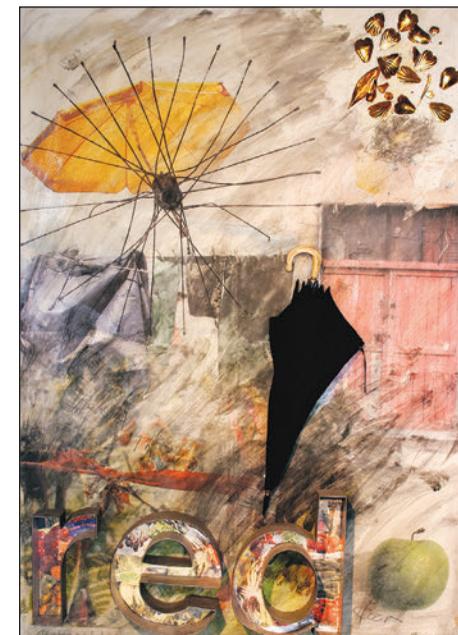
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## Exhibition

color, Pottorf in black and white – then combining the two in one piece.

After returning to Captiva, they began their collaboration. They created four large paintings for the Cloister of San Lazzaro, an Armenian monastery in Venice, which were exhibited at the next Biennale. These pieces captured the historical and contemporary spirit of the city. These four-handed paintings won the highest award given by the Venetian mayor's office. Sidney Felsen of Gemini GEL, the famed studio of master printers in Los Angeles, came to the Biennale and saw the Quattro Mani works at San Lazzaro. Fascinated by their depth and complexity, he invited the artists to create a Quattro Mani edition in his city, featuring Los Angeles from two merged perspectives.

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



Red by A. Darryl Pottorf



Tessa Lark and Michael Thurber

photo provided

## Crossover Concert At Davis Art Center

A special crossover concert titled Bach to Bluegrass will feature Grammy-nominated violinist Tessa Lark and virtuoso composer/bassist Michael Thurber at the Sidney & Berne Davis Art Center on Thursday, January 6. Cocktail hour begins at 6:30 p.m., while the concert starts at 7 p.m.

Lark and Thurber are fusing their classical and American music influences to create a wholly original sound in a charismatic live show. Lark is one of the most captivating artistic voices of our time, consistently praised by critics and audiences for her astounding range of sounds, technical agility and musical elegance. In 2020, she was nominated for a Grammy in the Best Classical Instrumental Solo category and received The Hunt Family Award, one of Lincoln Center's prestigious emerging artist awards.

Prior to forming their duo, both Lark and Thurber had successful careers of their own. In the classical music

world, Lark earned many of the top competition prizes available to young artists including a 2018 Borletti-Buitoni Trust Fellowship, a 2016 Avery Fisher Career Grant, Silver Medal in the 2014 International Violin Competition of Indianapolis and a first place finish in the 2012 Naumburg International Violin Competition.

Thurber has a reputation as one of the most versatile musical talents of his generation. Whether playing bass on The Late Show With Stephen Colbert, composing music for the Royal Shakespeare Company, co-founding the smash YouTube channel CDZA, or hosting his *Thurber Theater* variety show at Joe's Pub, his musical voice defies genre and category.

Tickets are \$45 for general admission or \$50 the day of the concert. Students pay \$10 with valid student ID at the box office or at will call. Bach to Bluegrass has been generously sponsored by Dr. Jerry and Gaile Greenhoot.

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

## Citizen Advisory Committee To Meet

The next Citizen Advisory Committee (CAC) meeting will be held at the Cape Coral Public Works Building on Thursday, January 6 at 3 p.m.

Learn about the latest transportation planning in Lee County. Agenda topics include the review and approval of the Long Range Transportation Plan and Unified Planning Work Program Amendments, recommend adoption of the 2022 Highway Safety Targets and an update on the SR 865 Project Development and Environment Study. The committee will also elect officers for 2022 and view a presentation on the

Federal Transportation Bill. The Cape Coral Public Works Building is located at 815 Nicholas Parkway East in Cape Coral. For more information, visit [www.leempo.com](http://www.leempo.com).\*

## FGCU Board Meeting

The officers nominating committee of the Florida Gulf Coast University (FGCU) Board of Trustees will meet in the Cohen Student Union, Room 201 on Tuesday, January 4 at 1 p.m.

Board meetings are open to the public. For more information, contact Director of Board Relations Tiffany Reynolds at [treynold@fgcu.edu](mailto:treynold@fgcu.edu) or visit [www.fgcu.edu/about/leadership/fgcuboardoftrustees](http://www.fgcu.edu/about/leadership/fgcuboardoftrustees).\*



BAILEY-MATTHEWS

# NATIONAL SHELL MUSEUM

## 2022 Season New Exhibits and Programs



Photo by Andrew West/The News-Press

### EXHIBITS

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

Produced in partnership with Sanibel-Captiva Conservation Foundation

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

### LECTURES

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

**Feb. 1: *The Soul of An Octopus* author SY MONTGOMERY** (pictured)  
This lecture is made possible by Fran Peters/Island Vacations

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

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

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

Registration and details at [ShellMuseum.org](http://ShellMuseum.org)



Lecture Series Presenting Sponsor: **THE SANIBEL CAPTIVA TRUST COMPANY**  
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### AFTER HOURS IN THE AQUARIUMS

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Offered monthly, January-June, visit [ShellMuseum.org](http://ShellMuseum.org) for dates and details.

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

 [ShellMuseum.org](http://ShellMuseum.org)

## Author Lecture Series Kicks Off At Art Center

The Sidney & Berne Davis Art Center will host a lunch, lecture, book signing and a question-and-answer session with bestselling author Craig Pittman during its Famous Author Lecture Series on Monday, January 10 from noon to 2 p.m.

Pittman will be pitching his latest book, *The State You're In*. He is also the author of four other books, including the *New York Times* bestseller *Oh, Florida! How America's Weirdest State Influences the Rest of the Country*, which won a gold medal from the Florida Book Awards; and *Cat Tale: The Wild, Weird Battle to Save the Florida Panther*, published in 2020.

The Famous Author Lecture Series brings national and international bestselling authors to Fort Myers, enriching the community with high-quality literary experiences.

These two-hour events invite guests to meet and listen to best-selling authors sharing their experiences and offering insights into their works while having lunch catered by Friscos.

Pittman, a native Floridian and an award-winning journalist, spent 30 years at the *Tampa Bay Times* and now writes a weekly column on environmental issues for the *Florida*

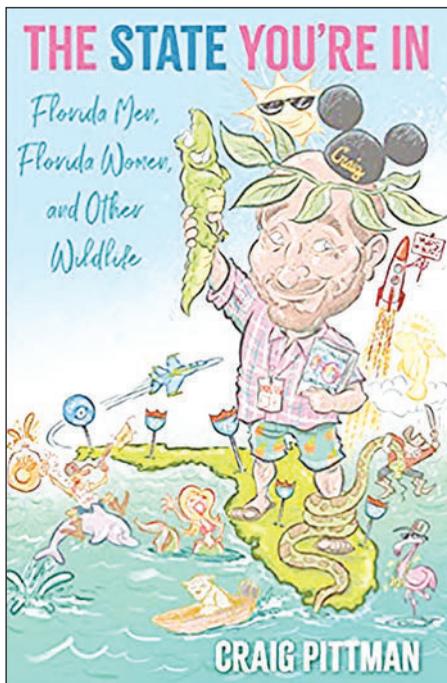


image provided

*Phoenix*. The Florida Heritage Book Festival recently named him a Florida Literary Legend, and he is co-host of a podcast called *Welcome to Florida*.

The Famous Author Lecture series continues monthly and will be held on the second Monday in February, March and April. The series is sponsored by FineMark Bank.

Tickets are \$45 and a table of eight is \$360.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District. For more information and tickets, visit [www.sbdac.com/craig-pittman-2022](http://www.sbdac.com/craig-pittman-2022).✪

## Contemporary Worship Resumes On Saturdays

On January 8, Zion Lutheran Church will resume its Oasis contemporary service slated for Saturdays.

The informal worship in the church's fellowship hall has been on a two-week break because Christmas Day and New Year's Day both fell on Saturdays.

The service also will mark the second anniversary of Oasis, which offers a "come as you are" contemporary worship experience in a smaller setting.

The Saturday service has a different theme, sermon, preacher, Scripture readings, songs and format than the south Fort Myers congregation's traditional services at 8 and 11 a.m. Sundays and musically blended service at 9:30 a.m. Sundays.

Songs in contemporary Christian style are led by vocalists and a praise band.

"Oasis is a place for spiritual refuge, a place to meet Jesus and grow in a

relationship with Him and to gather with others who trust in His saving love and grace," said Senior Pastor Curtis Deterding. "We invite our neighbors who don't have a church home to try Oasis, a place where you will be spiritually refreshed and nourished."

Zion Lutheran Church is located at 7401 Winkler Road in Fort Myers. For more information about weekly Oasis themes, as well as links to live-streaming and archived services, visit [www.zionfm.org](http://www.zionfm.org) and click on the Oasis page.✪

## Rock The Dock Fundraiser

Freedom Waters Foundation will hold a benefit night of music, cocktails, hors d'oeuvres and dancing at the Rock the Dock Electric Pop Wear Your White Party featuring NuClassica at the Naples Boat Club on Thursday, January 13 from 5:30 to 7:30 p.m.

The special event will help the organization raise funds for its programs and support its mission of providing therapeutic boating experiences to children with special needs and veterans in Southwest Florida and beyond.

Tickets are \$100 apiece.

Naples Boat Club is located at 909 10th Street South in Naples. For more information and to purchase tickets, visit [www.freedomwatersfoundation.org](http://www.freedomwatersfoundation.org).✪

## Churches/Temples

### ALL FAITHS UNITARIAN CONGREGATION

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

### ALL SAINTS BYZANTINE RITE CATHOLIC

Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.

### ANNUNCIATION GREEK ORTHODOX

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

### BETH YESHUA MESSIANIC SYNAGOGUE

Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

### BIBLESHARE

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

### CHABAD LUBAVITCH ORTHODOX

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

### CHAPEL OF CYPRESS COVE

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

### CHAVURAT SHALOM

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

### CHURCH OF THE CROSS

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

### COVENANT PRESBYTERIAN

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

### CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. [www](http://www).

[crownoflifelutheran.com](http://crownoflifelutheran.com), 5820 Daniels Pkwy, 482-2315.

### REDEEMER CHURCH

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

### CYPRESS LAKE PRESBYTERIAN

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

### CYPRESS LAKE UNITED METHODIST

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

### FAITH UNITED METHODIST

Sunday 9 and 11 a.m., 15690 McGregor Boulevard, 482-2030.

### FIRST CHURCH OF CHRIST, SCIENTIST

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

### FIRST CHURCH OF THE NAZARENE

Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511.

### FORT MYERS CHRISTIAN CHURCH

Sunday 10:30 a.m., 5916 Winkler Road, 437-4330.

### FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

Sunday 10 a.m., 8210 College Parkway, 482-3133.

### FIRST PRESBYTERIAN CHURCH OF FORT MYERS

11 a.m. Sunday, [www.fpcforymiers.org](http://www.fpcforymiers.org), 2438 Second Street, 239-334-2261

### IONA-HOPE EPISCOPAL CONGREGATION

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

### JESUS THE WORKER CATHOLIC

Friday and Saturday, 7 p.m.; Sunday 8, 10 a.m. and 6 p.m., 881 Nuna Avenue, 481-1143.

### LAMB OF GOD

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

### NEW HOPE PRESBYTERIAN

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

### PEACE COMMUNITY

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

### PEACE LUTHERAN

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

### REDEEMER LUTHERAN

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

### RIVER OF LIFE ASSEMBLY OF GOD

8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.

### SAMUDRABADRA BUDDHIST CENTER

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### SAINT COLUMBKILLE CATHOLIC

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### 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.saintnicholasmonast](http://www.saintnicholasmonast)

[ery.org](http://ery.org), 111 Evergreen Road, 997-2847.

### ST. VINCENT DE PAUL CATHOLIC

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

### SOUTHWEST BAPTIST

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

### TEMPLE BETH EL SYNAGOGUE

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

### TEMPLE JUDEA (CONSERVATIVE)

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

### THE FAITH CENTER

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

### THOMAS A. EDISON CONGREGATIONAL

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

### UNITARIAN UNIVERSALIST

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

### UNITY OF FORT MYERS

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

### WESTMINSTER PRESBYTERIAN CHURCH

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

### WORD OF LIFE

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

### ZION LUTHERAN

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

# Supplemental Feeding Program For Manatees

The U.S. Fish and Wildlife Service (FWS) and Florida Fish and Wildlife Conservation Commission (FWC) approved a joint plan to move forward with supplementing the diet of malnourished manatees seeking warm water refuge in the Indian River Lagoon (IRL) on Florida's east coast. The plan is being done on a limited, experimental basis to target already malnourished manatees and prevent starvation due to devastating seagrass losses in Indian River Lagoon as a result of repeated harmful algal blooms (HAB) from excess human waste pollution.

"We want to thank both the service and also the Florida Fish and Wildlife Conservation Commission for taking this important step," said Patrick Rose, an aquatic biologist and Save the Manatee Club's executive director. "We have made our position on the provisioning of supplemental food for manatees known to the state and federal government and believe this will be a significant move to help prevent another severe loss of manatees due to starvation that occurred last winter."

Between December 2020 and May 2021, 677 dead manatees were reported on Florida's east coast, the highest number ever recorded in the state during a six-month period. Most of the deaths occurred in the cooler months of January, February and March. By November 19, the total number of manatee carcasses recovered in the state was 1,017 – an all-time record.

Manatees usually begin returning to Florida's warm waters in November. Despite their size, manatees have relatively little body fat and cannot survive with prolonged exposure to cold water temperatures. They need the constant warmth from natural springs or power plant effluents once the water

temperature begins dipping below 68 degrees. Manatees are herbivores, and seagrass is a mainstay of their diet. But excess nutrient pollution has fueled persistent annual algal blooms for over a decade in the IRL, resulting in the loss of more than 90 percent of the seagrass biomass there. The majority of the waterways are essentially devoid of seagrass.

As a result of the severe losses of seagrass on the east coast of Florida, it is important to watch for manatees that appear malnourished, with visible ribs and a sunken area behind their head and unable to keep their balance while breathing more rapidly. A manatee calf by itself with no adults around may be an orphan and should also be reported. Anyone who spends time near the water should view the resources at [www.savethemanatee.org/rescue](http://www.savethemanatee.org/rescue) and report distressed manatees immediately to the Florida Fish and Wildlife Conservation Commission's wildlife alert hotline at 1-888-404-3922.

However, Rose stresses that feeding manatees is against the law without proper permits stating: "Ultimately, the decision of whether to feed manatees is physiologically and logistically complicated as it is currently illegal to feed or give water to manatees," he said. "Manatees may lose their fear of people and boats as they learn to associate them with handouts, only to be harassed, injured or killed. We are asking people please don't feed them on your own, and share this message with your friends, family and neighbors."

Save the Manatee Club and our partners are working diligently on improving water quality to enable natural regrowth of seagrasses and to replant areas where replanting is feasible now. In the meantime, we are also working with our manatee rescue and rehabilitation partners to find more room and support for any manatees that may require rescue and rehabilitation."

For more information, visit [www.savethemanatee.org/algae](http://www.savethemanatee.org/algae).

## Plant Smart

# Princess-Of-The-Night

by Gerri Reaves

Princess-of-the-night (*Selenicereus pteranthus*) is native to Mexico – and possibly Central America. It easily spreads to coastal hammocks, conservation areas and disturbed sites, earning it "naturalized" status in Florida.

If you'd like to cultivate this exotic bloom, keep it as a container plant and don't let it escape.

This species creeps and climbs vine-like on trees and other platforms, creating thick tangles of spiny stems and earning it another common name, snake cactus.

The four- or five-angled ridged stems bear numerous whitish tufts of hair with cone-shaped spines.

The bluish green to purple stems can be two or more inches thick and sometimes have aerial roots, giving the plant an epiphytic rather than a terrestrial habit.

Like its night-blooming cactus relatives, this species produces notably large fragrant blooms that can be up to a foot long and almost as broad.

The first term in the binomial contains selene, the Greek for goddess of the moon. That's a reference to the nocturnal flowers that bloom throughout the year.

Their numerous stamens and whitish petals give the buds a feathery look. Outer tepals are narrow and brownish, reddish, or purplish.

The cactus produces round red fruit about three inches long.

Sources: *500 Plants of South Florida* by Julia F. Morton and [www.efloras.org](http://www.efloras.org). *Plant Smart* explores the diverse flora of South Florida. ✨

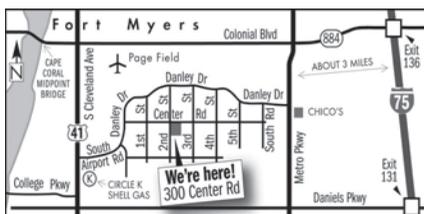


A tangle of princess-of-the-night's closed reddish flowers hang on a tree trunk photo by Gerri Reaves

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# Tropical Christmas



by Capt. Matt Mitchell

Christmas week turned out to be yet another fabulous week on the water. After what was a brief cool down a few days before the holiday, temperatures

along with great fishing action quickly rebounded. As guides we refer to the week between Christmas and New Year's Day as "Hell Week" because it's quite possibly the busiest week of the year.

Day time low tides proved the set up to fish deeper mangrove channels for snook. Clients did manage a few bigger snook though most of the action came on fish in the 20- to 25-inch range. The last few hours of the outgoing tide brought the best bite on the larger fish. With the tide being so low, these larger fish often ate right in the middle of narrow channels. One real surprise while snook fishing this week was a 24-inch sea trout we caught. This is the largest trout I have seen caught in a long time.

Dock fishing around the sound and the passes provided clients with a few real quality redfish. This bite was best on pinfish rigged with a split shot to get the bait down by the bottom. Although this proved to be more of a patience bite than



Izzy from Chicago got in on the Christmas week action with a quality redfish

photo provided

my usual snook action, some of these redfish were pushing 30 inches. This action was also best during the lower tide periods either outgoing or incoming as long as the water was moving.

Deeper creeks in JN "Ding" Darling National Wildlife Refuge did give up a few legal-sized sheepshead this week

while fishing with shrimp on a jig head. Although this action was fast-paced, the average size of these sheepshead was smaller than the minimum size. Even with water temperatures falling briefly into the mid 60s, it was still not cold enough to really fire off this fishery. Last year, our best spawning sheepshead fishing did not

happen until mid-February and was done by mid-March.

Patience was the key word while out fishing during Christmas week. With so many boats on the water, it was tough at times to get away from the crowds. Even when you did, often there is no courtesy as boats will run right by you while you are fishing. Going into season, this is just something you have to deal with, and getting angry is a waste of time. Most of the time, this behavior is not malicious, it's just lack of common boating sense. Unfortunately, this will happen more and more as more novice boaters head out on the water. Try to give anyone actively fishing a wide berth.

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

From page 1

## Art Classes

natural environment you are in, and then putting them down on paper." Drawing experience is not required. Participants are encouraged to bring a lunch. Cost for Edison Ford members is \$40; non-members are \$60. All materials are included.

Botanical Drawing will be held on Saturday, March 5 at 9:30 a.m. In this class, Kissinger teaches the basics of drawing flowers, leaves and trees, while students gain inspiration from the gardens at the estates. This class is more for students who want to learn traditional, realistic drawing techniques. The geometry of plants and how to draw them accurately will also be covered. The class will be held near the pergola between the Edison and guest house, or in the Moonlight Garden. Participants are encouraged to bring a lunch. Cost for Edison Ford members is \$40; non-members are \$60. All materials are included.

To ensure adequate supplies, registration is required at least 24 hours in advance of each class. All classes are held outdoors.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. Register online at [www.edisonford.org](http://www.edisonford.org).

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

# Osprey

by Bob Petcher



The osprey (*Pandion haliaetus*) is a large hawk that resides and lingers around nearly any body of water. Regarded as a great angler, this raptor has a unique diet of live fish and will

dive with feet outstretched into the water to catch them.

The osprey is smaller and more slender than a bald eagle. It is whiter in color than most raptors, especially in the chest and head areas.

At CROW, an adult female osprey was admitted from Cape Coral with blood-stained feathers. Upon initial examination, veterinarians found a wound in the upper left chest. The injury turned out to be a gunshot wound, and x-rays confirmed a pellet was lodged in the patient's chest.

"The osprey was found near a road, however, she likely may have traveled from the location where she was shot, so it is not possible to say for sure where the incident took place," said Dr. Charlotte Cournoyer, CROW veterinary intern. "We are not forensic scientists, but based on the wound location, it is likely she was shot while flying or



Patient #21-6249 was released on Christmas Day from above."

photo by Haillie Mesics

It appears the patient will have a "souvenir" for the rest of its life.

"The pellet entered near the shoulder and lodged itself between the keel - equivalent to sternum - and heart. Amazingly, it missed the heart and the major vessels surrounding, and did not fracture any bones," said Dr. Cournoyer. "Due to the location, it is not possible to remove the pellet."

Luckily for the patient, the pellet did not hit any vital organs, and the patient appears to be doing great considering the circumstances. The wound was

flushed and bandaged.

"We have been monitoring the entry wound for infection and treating with antibiotics, but the wound is healing very well," said Dr. Cournoyer. "The patient is bright, alert, standing and eating on its own."

A tail guard was placed on the osprey for preventive reasons.

"The tail guard is used to protect the tail from damage while the patient is in a cage. The tail feathers, or retrices, are incredibly important for steering when flying and if they were to break off, then the patient's rehabilitation process would

be extended," said Dr. Cournoyer.

The osprey's wings appear to be unscathed and functioning well.

"The wing does not seem to be affected as range of motion is normal, and she is holding this wing in a normal position," stated Dr. Cournoyer. "We performed daily bandage changes on the wound until it closed over, then continued to monitor for abscess formation, which did not occur."

The osprey was given pain medication and antibiotics, and its was monitored under supportive care. Dr. Laura Kellow, another CROW veterinary intern, reported that the patient was still eating well on her own, passed flight testing and, after only five days of being at the clinic, was released.

"The process of rehabilitation and flight conditioning is unique to each patient and their underlying injury. Luckily for this osprey, she was doing so well and flying readily and easily that on Christmas, she was released by the veterinarian who performed her triage exam and she was immediately joined by a male osprey in the sky on release," Dr. Kellow said. "The perfect Christmas present for both her and us."

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



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From left, Bob Risch, Grampy's Charities; Leanna Gonzalez, RMHC SWFL business manager; Jim Castle, Grampy's Charities founder; and Amy Velez, RMHC SWFL marketing director photos provided

## Funds Raised For Ronald McDonald House

The fourth annual Grampy's Pro-Am Golf Tournament at Fiddlesticks Golf and Country Club recently benefitted the Ronald McDonald Care Mobile Program Southwest Florida (RMHC SWFL) by raising nearly \$100,000.

Through philanthropy and a

partnership with two providers, Family Health Centers of Southwest Florida and Healthcare Network, these mobile dental offices provide various free-of-charge services, such as cleaning, treatment and education, to children in Lee, Hendry, and Collier counties who otherwise would not receive dental care. Of the 48 total Ronald McDonald Care Mobiles globally, RMHC SWFL is proud to have two serving Southwest Florida.

For the last four years, the leadership and support of Grampy's Charities and founder Jim Castle have facilitated successful fundraising efforts



Standing with Grampy, from left, William Faulkner, Bob Atkinson, Cameron Ruiz, Frank Baquedano and Robert Rouse

with 100 percent of the funds raised going to the mission. This year, the Platinum Sponsor was Sanibel Captiva Community Bank and Silver Sponsors were Adams Foods, The Frederic Family, Martin-Brower and Turano Florida Bun. Friends Ted, Jim, Tate and Mark also offered support.

"At Grampy's Charities, we raise funds for and partner with a small group of nonprofits that have a proven track record of improving the lives of children and can show why they need our support to meet their mission," said Castle. "Supporting RMHC SWFL is an

easy decision for us. Year after year, this wonderful organization invests in the health and well-being of children and their families and has a proven track record of success. Our relationship with RMHC SWFL matters greatly to us, and we celebrate their 25 years of providing impact in Southwest Florida."

For more information about the impactful services RMHC SWFL offers to families in need or if interested in reserving a spot for the 2022 tournament on December 9, contact Karen Zelden at 437-0202 or karenz@rmhcsfwl.org.\*



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## Apply Now For Red Sox Scholarships

The deadline to apply for the Boston Red Sox Foundation's annual Lee County scholarships is January 7.

The Red Sox will once again be awarding \$5,000 scholarships in the spring of 2022 to one deserving student from each of the 14 public high schools in Lee County.

For the first time, all Lee County charter and ALS schools will be added with one \$5,000 scholarship also being

awarded to a student from this category for a total of 15 scholarships worth \$75,000.

Applications are available at [www.redsoxfoundation.org/leecountyscholarship](http://www.redsoxfoundation.org/leecountyscholarship). All applications should be submitted to [flscholarships@redsox.com](mailto:flscholarships@redsox.com).

The scholarships are for academically talented students who have shown a commitment to community service and are pursuing a two- or four-year degree at any college or university.

Scholarship funds are raised annually from proceeds of the Red Sox annual Swings for the Sox Golf Tournament. To date, the Swings for the Sox has raised more than \$497,000 for local charities and specifically \$437,175 for

the scholarship program.

"The Red Sox Foundation continues its commitment to providing the funds for these scholarships," said Brennan Whitley, senior manager Florida business operations for the Boston Red Sox. "Our 10th annual Swings for the Sox golf tournament was once again a huge success in our efforts to raise more money for these scholarships."

The Red Sox Foundation is a 501(c)(3) nonprofit organization and the official team charity of the Boston Red Sox. The foundation's primary focus locally is in serving the health, education, recreation and social service needs of children and families across Southwest Florida. The Red Sox Foundation is one of the most successful in all of Major League Baseball.

For more information, visit [www.redsoxfoundation.org](http://www.redsoxfoundation.org).\*



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## Hodges University Magazine Issue

The fourth edition of *Talon* magazine, the magazine of Hodges University, is now available on campus and online.

Highlights of the Fall/Winter 2021-22 edition include graduations and inspiring stories about Hodges University alumnae, students, staff and faculty.

A digital version is available at [www.hodges.edu](http://www.hodges.edu). *Talon* is available at no charge on campus.\*



Steve Doane



Kim Livengood



Molly Scott



Alyssa Young

## Social Media Panel With Marketing Experts

The Southwest Florida Chapter of the Florida Public Relations Association (FPRA) will host a professional development panel titled Social Media – Tactics & Solutions during a luncheon meeting at Dave & Buster's on Tuesday, January 11 from noon to 1:30 p.m.

This special event is ideal for professionals looking to enhance their knowledge of social media platforms and communication, including maintaining reputation management, facilitating relationships, identifying potential threats and evaluating the strategies and tactics to help predict emerging trends and best practices.

The panelists for the chapter's first luncheon of the year includes Steve Doane, APR, strategic communications supervisor at Arthrex; public relations professional and entrepreneur Kim Livengood, APR, CPRC; Molly Scott, manager of strategic development for Chris-Tel Construction; and Alyssa Young, social media coordinator and senior project manager at Lee Health.

Cost for the luncheon is \$30 for members, \$40 for future members and \$25 for students. Registration deadline is January 7. The event sponsor is CONRIC PR & Marketing.

Dave & Buster's is located within Bell Tower Shops at 13499 South Cleveland Avenue, Suite 400, in Fort Myers. To register, visit [www.fpraswfl.org/events/january-professional-development-seminar-social-media-tactics-solutions-panel](http://www.fpraswfl.org/events/january-professional-development-seminar-social-media-tactics-solutions-panel).\*

## Babcock Ranch Official To Discuss Market Strategy

Development innovations and market strategy for Babcock Ranch – Southwest Florida's fast-growing, master-planned community – will be presented at the Real Estate Investment Society's (REIS) luncheon meeting in the Osprey Room at Pelican Preserve's Clubhouse on Tuesday, January 11 at 11:45 a.m.

Lucienne Pears, vice president of economic and business development for Babcock Ranch, will explain the innovative approach to "town making" and offer insight on the development and marketing process. The meeting is sponsored by ERMI.

Admission is \$30 for members and \$45 for guests, which includes lunch. Reservations are required by January 6.

Construction activity is bustling at Babcock Ranch, including commercial projects, a range of residential products and community facilities. The new town on the border of the Lee and Charlotte County line will have as many as 19,500 homes and 50,000 residents when it's built out. The 17,800-acre community is surrounded by 73,000 acres that the state acquired for conservation. Babcock Ranch is a leader in applying new technologies and is recognized as America's first town to be driven by solar energy. Following her presentation, Pears will respond to questions of specific interest to the real estate investment and development industry.

With a degree in urban and

regional planning, Pears has worked in environmental planning and conservation, land use entitlement, construction and development projects, and economic development. Prior to Babcock Ranch, she served as director of Charlotte County Economic Development.

Pelican Preserve Clubhouse is located at 9802 Pelican Preserve Boulevard in Fort Myers. For more information and to register, visit [www.reis-swfl.org](http://www.reis-swfl.org).\*

## Chronic Pain Workshops

Lee Health, along with the Self-Management Resource Center (SMRC), is offering a research-based chronic pain self-management program either virtually or on location beginning in January. The workshop is free and meets weekly for six weeks.

Sessions for the It's All About You program will be held at Hope Lutheran Church on Wednesdays, beginning January 12, from 1 to 3 p.m. Virtual sessions will be held on Fridays, beginning January 14, from 9:30 to 11:30 a.m.

Information presented in the virtual workshop can help participants become empowered to improve their quality of life. Learn how to more easily manage your medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to health eating. Participants will also receive a copy of the book *Living a Healthy Life with Chronic Pain*.

Hope Lutheran Church is located at 25999 Old 41 Road in Bonita Springs. Call 424-3121 for more information.\*

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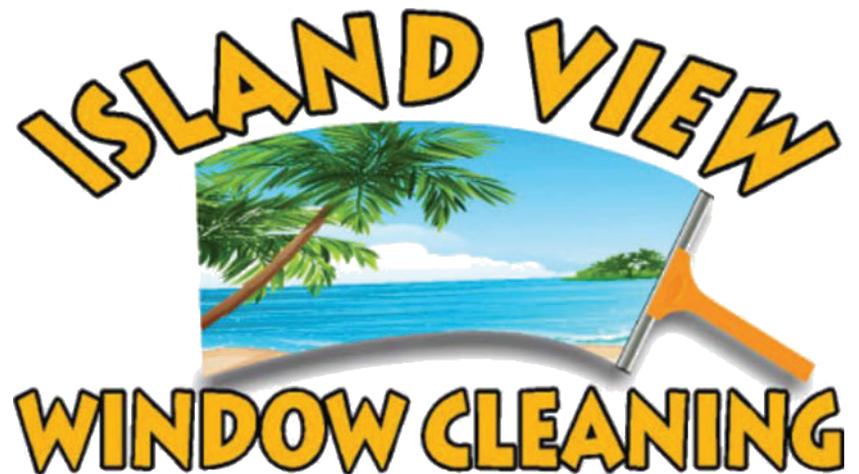
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Book Review

# State Of Terror

by Di Saggau



**S**tate of Terror is a unique international political thriller written by two friends, Hillary Clinton and Louise Penny. The authors dedicated the book "To the courageous men and women who protect us from

terror and stand up to violence, hatred and extremism no matter the source. You inspire us every day to be braver, to be better."

Both women have said they wanted to have some time during a difficult time and to pay tribute to the power of female friendship. The book revolves around a classic race against time to outmaneuver international terrorists and homegrown traitors who plan to turn the United States into a Russian satellite state.

The heroine, who gives the commands while fighting to save American democracy, is a late-middle-aged secretary of state named Ellen Adams. There is no love lost between the president of the United States and Adams, but it's a canny move on his part because with the appointment, he silences one of his harshest critics.

At Adams' side is her trusted counselor and best friend, Betsy

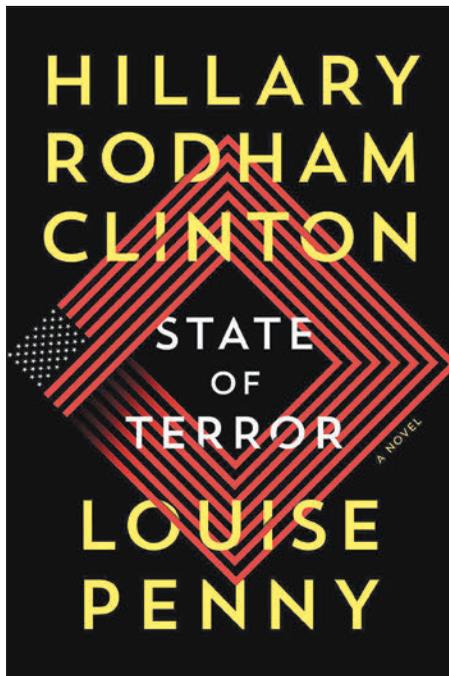


image provided

Jameson. Together, they outwit a group of evil potentates, minions and dictators as they travel the globe on Air Force Three. The plot is an international chess game involving the volatile and Byzantine politics of Pakistan, Afghanistan and Iran, the Russian mob and an American government set back on its heels in the international arena.

It's the job of Secretary Adams and her team to block their actions. The unique team is the new secretary of

state, a passionate young foreign service officer, and a dedicated journalist. *State of Terror* is a geopolitical thriller with details only an insider could know.\*

# School Smart



by Shelley M. Greggs, NCSP

**D**ear Readers, Happy New Year. I am passing along this wonderful poem (again) with excellent New Year's Resolutions for parenting. These suggestions

are worth considering.

### Parental New Year's Resolutions by Dr. Alex Thomas

Well, it is time for parental New Year's Resolutions. Pick any five from the suggestions below and, if you are still following them when the school year ends, you probably will see improvement in your child's school performance and/or behavior around the home as well as within your relationship.

I resolve to provide a regular daily or weekly chore for my child and will assure that it is completed on time.

I resolve that I will cut our junk food budget, including soda, by 25 percent.

I resolve to see to it that my child will complete all tasks that are started.

I resolve that my child will not easily

quit a team or club once it is joined, or quit music or other lessons once started.

I resolve that no more than two meals a week will be eaten in front of the television.

I resolve to allow my child the opportunity to deal with failure and frustration without interfering, providing support but not excuses.

I resolve that my child will spend no more than 20 hours a week watching television.

I resolve that my child will spend at least one half hour, at a designated spot and time, on homework or reading, every school night.

I resolve to see to it, by providing incentives if necessary, that my child reads independently, even if reading includes comics, sports pages, or romance books.

I resolve to say at least two positive things to my child every day.

I resolve to make the opportunity, weekly, to spend at least a half hour with my child on some mutually needed activity (shopping, dishes, working on the car).

I resolve to lower my NQ (nagging quotient) and act instead of yak.

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](mailto:smgreggs@gmail.com) or visit [www.schoolconsultationservices.com](http://www.schoolconsultationservices.com).\*

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**ROBERT HILLIARD**  
American G.I. in Europe and the Displaced Persons Camps

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

The new Covid Variant has eliminated the possibility of having to properly honor these great women who have unselfishly given their time, talents and acts of kindness to the residents of Lee County. However, we will do so in a pictorial format. The criteria set by the Director of Institutional Advancement, McKinley Williams, was approved by Dr. Chanetta Campbell-Brunson as a benchmark to identify a high degree of servitude, ethics and conservatism displayed by these Women of Great Character.

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

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



**THERESE EVERLY**

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



**KATHY DUPUY BRUNO**

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



**BETSY VAUGHN**

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



**LINDA DOGGETT**

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



**GLORIA RASO TATE**

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



**LAURA BETHEL**

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



**AMIRA FOX**

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



**AUDREA ANDERSON**

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



**TERESA WATKINS-BROWN**

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

Will Power

## New Year's Tips for Your Estate Plan



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

**A**s we turn our calendars to 2022, tradition dictates that we make New Year's resolutions. What are yours this year? Is it to lose weight? Give up self-destructive vices such as smoking or drinking? Allow me to suggest seven estate planning to-dos that shouldn't be ignored:

7) Update Your Will – That will which sits in your safety deposit box. Yeah, we know, the one that names your sister Nancy to act as the guardian for your children who are now in their 40s, desperately needs to be updated. Your family and financial circumstances have significantly changed since then,

notwithstanding the fact that you no longer reside in Michigan where it was drawn up.

6) Sign a New Durable Power of Attorney – This document needs updating just as much as your will does, and may be more important to you than your will! That is, at least if your will is a problem it doesn't affect you – after all, you'll be dead! You'll just leave a mess behind for your loved ones. But your durable power of attorney affects you. If you become incapacitated and don't have a valid durable power of attorney document that names someone who can write checks, pays bills and manage your financial and legal affairs, the alternative is a court ordered guardianship. That's no fun and can be insanely expensive.

5) Take a Look at your IRA and 401(k) Beneficiary Designations – It could be a real downer for your current spouse to discover that your former spouse is still named as the primary beneficiary on your IRA and 401(k) accounts. Another bummer is when your stock broker switched firms and forgot to have you update the beneficiary documents. When that happens, the Custodial Agreement controls who gets the IRA or 401(k). Have you ever read your Custodial Agreement? It's the thin onion skin paper thingy that comes in the mail when you opened your account. The one you threw out along with the prospectus to all the mutual funds. What the Custodial Agreement may say is that your estate becomes the beneficiary if you don't name one. Federal tax law – our friends at the IRS – shout with glee when your estate becomes your beneficiary because upon your demise, your entire account becomes immediately taxable as income.

4) Update Your Health Care Directives – Unless you wish to become the next Terri Schiavo, you should strongly consider signing a new living will and healthcare surrogate.

You may remember the Dunedin, Florida woman who was on life support for 15 years. Schiavo's court case between her husband, who insisted that she would have wanted to remove the food and water tubes, and her parents, who argued she wasn't in a persistent vegetative state, resulted in a political and media circus involving the United States Congress and the Supreme Court. I don't know about you, but one of my lifetime goals does not include having my private healthcare matters being mentioned by our esteemed congressmen and senators preening for votes on national television.

3) Dust off your Life Insurance and Annuity Beneficiary Designations – For many of the same reasons I mention in number 5 previously, it's a good idea to dust off the beneficiary designations to your life insurance and annuities. If you have any chance of having a taxable estate for federal estate tax purposes, now may be a good time to investigate removing the life insurance from your taxable estate by using any number of strategies, including an irrevocable life insurance trust (ILIT). If you already have such a trust but don't have all your "Crummey notices" (the ones that made the contributions to the ILIT tax free) saved in one place, gather them together and give them to your estate attorney so that he will have copies in case they are ever needed. When might they be needed? Not until your death when your estate tax return is audited. By then, you obviously won't be around to tell everyone where they are. Save your friendly attorney (not to mention your family affected by the taxes that our friends at the IRS may impose when the Crummey letters can't be verified) from the stress and organize the file.

2) Make a Tangible Personal Property List – Believe it or not, it's usually not the money or real estate that the kids fight over. Those things can be divided up rather easily. It's the heirlooms that cause the most strife. Dad's baseball card collection. Mom's engagement ring. The painting on the wall. Creating a list of who is to get what can avoid some heated arguments in the stress of losing a parent.

1) Make General Lists – Do those important to you know where your financial accounts are located, how to log in to your accounts online or which bank branch your safety deposit box is located? All sorts of personal information might be very difficult to find in the event of your incapacity or death. Unless your son is Sherlock Holmes, it's a good idea to let them all know where these important documents and items can be found.

Just as most of us give up on our resolutions by January 2, do yourself (and your loved ones) a big favor. If you haven't taken care of these matters, try your best to do so. Unlike losing weight or getting more exercise, you can delegate most of these tasks among your advisors, such as your friendly estate planning attorney, accountant and financial advisor.

Have a Happy and Healthy 2022!

©2021 Craig R. Hersch. Learn more at [www.floridaestateplanning.com](http://www.floridaestateplanning.com).✧

## Director Named For Disabilities Organization

**I**an Norris has been named director of development and communications at Lee Association of Remarkable Citizens (LARC), a training center for success that provides support services to individuals with intellectual and developmental disabilities and their families.



Ian Norris

Norris has more than 12 years of experience in operations, customer service, processing and leadership. In addition, he is a trained chef, certified in Culinary RX and plant-based cooking, social development strategy and BotVin LifeSkills Training.

"Ian has a wealth of experience in building relationships and partnerships with key stakeholders and community partners. His experience in the culinary field is also a great fit for our LAB (Learn, Achieve, Become) program that focuses on skills for work and independent living," said Angela Katz, LARC executive director. "He will continue to grow LARC's 67-year legacy to provide more opportunities for people with intellectual

and developmental disabilities."

Before joining LARC, Norris worked as customer and partner relations manager for The Green Thumb Initiative, a research-based, non-profit behavioral prevention program developing and providing community-centered wellness and nutritional models. He also worked for Starpoint, an organization providing essential services to adults with cognitive and physical challenges, teaching gardening and culinary skills. Norris has a passion for using food as a catalyst for better health and providing opportunities for learning through food. He earned his associate degree in graphic design.

"Individuals with intellectual and developmental disabilities should have the opportunity to maximize their independence and live healthy, fulfilling lives," said Norris. "I am excited to be a part of such a talented team and to collaborate with community partners to build on LARC's success."

The mission of LARC is to empower and support individuals with disabilities and their families to achieve their full potential. Serving more than 300 individuals annually, ranging in ages from 14 to 78, LARC offers vocational training, community residential services, youth programs and other community inclusion services.

LARC's main campus is located at 2570 Hanson Street in Fort Myers. For more information, visit [www.larcleecounty.org](http://www.larcleecounty.org) or contact Norris at 334-6285 ext. 229 or [iannorris@larcleecounty.org](mailto:iannorris@larcleecounty.org).✧

## FPRA Member Earns Professional Accreditation

**G**aby Aguirre, APR, of the Southwest Florida Chapter of the Florida Public Relations Association (FPRA), recently earned professional public relations accreditation, and received the designation of Accredited in Public Relations (APR).

Aguirre joins the more than 4,300 active public relations professionals worldwide who represent an elite group of skilled professionals committed to practicing with high ethical standards, including 40 currently in Southwest Florida.

Aguirre is the communications specialist at the Supervisor of Elections Office in Lee County. She has a bachelor's degree in communication from Florida Gulf Coast University. Her diverse background in the public relations field includes past work and volunteer experiences with organizations, locally and abroad, in the UK and Central America.

To earn public relations accreditation,

candidates must pass an oral presentation and rigorous written examination administered by the Universal Accreditation Board (UAB), which is an alliance of eight national and statewide professional associations dedicated to furthering the field of public relations and the development of public relations professionals. FPRA is a member of the UAB.✧

## Marketing Firm Promotion To Vice President

**A**fter nearly a decade with the agency, April Bordeaux has been promoted to vice president of development and design at CONRIC PR & Marketing. In her role, she will help to research, implement,



April Bordeaux

and manage organizational systems that will enhance performance and outcomes as the agency grows. In addition, she will continue to work with key clients and the marketing team to ensure quality visual content creation across all media platforms that exceed expectations and are in compliance with individual brand guidelines.✧

## Superior Interiors

## Tips For Keeping A Small Bathroom Organized



by Marcia Feeney

**W**ith the new year well on the way, now's a great time to not only reflect on the last 12 months but also prepare for the future. Many people take this time to set New

Year's resolutions; coming up with goals that can inspire a brighter January and on can be an encouraging opportunity to start anew. For homeowners, this could mean revamping their current living space, or making moves to stay more organized.

Someone with a small bathroom, for example, may be interested in learning more about how to keep the space clean and organized and ensure the area is well-maintained into the next year. If this sounds like your current scenario and you need some guidance, we've got you covered.

Here are a few of our tried-and-true tips for keeping a small bathroom organized:

**Make use of your wall space.** When you're working with a small bathroom, you'll find it difficult to create organizational methods from new standing systems because you're already limited when it comes to floor space. Your walls, however, can make it easier to put your space together and keep it that way.

Consider hanging accessories on your walls such as a towel rack, small shelves, shower organizer, or even a multipurpose mirror with storage to make for better use of your vertical space. This may not leave a lot of space for decor, but you can choose stylish storage options to make up for the lack of artwork and other pieces you would normally place on the walls.

Use storage containers in the cabinets. Your cabinetry is a useful space for storing items, but this area can also become a catastrophe quickly without a storage system in place. To prevent an avalanche of toiletries and other items you use regularly from falling into your lap every time you open the cabinets, create an organizational station with separators, drawers and small shelves. This is something a design consultant can help with; he or she can take specific measurements and ensure you have a precise storage system in your bathroom cabinetry.

Create a regular cleaning schedule. For some, getting organized isn't necessarily the problem. It's all about maintaining the cleanliness over time. That's why so many people tend to make organization a top priority on their list of new year's resolutions.

If you find yourself in this position, set a goal to clean and organize the

bathroom on a regular cadence. Whether it's every Saturday morning or a random afternoon during the week after work, making the time to straighten up every few days will ensure the space doesn't become a cluttered mess. Set a phone reminder or mark it on your calendar to stay on top of this task. There's also an opportunity to create a small system under your sink specifically for easy access to cleaning supplies.

*Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at [marcia@coincideciden.com](mailto:marcia@coincideciden.com).*✱

## Reproductive Rights Topic For Women Voters

**T**he League of Women Voters (LWV) of Lee County Florida will hold a virtual event on Saturday, January 8 at 9:30 a.m. The topic will be Reproductive Rights and Health Care – What Now and What's Next After Roe vs. Wade?

Amy Weintraub and Jo Shim will be the guest speakers. Both are knowledgeable about this topic and a question-and-answer session will follow their remarks.

Everyone should be concerned about what will change if the Supreme Court overturns or weakens the Supreme Court's previous decision on Roe versus Wade after 50 years. Reproductive rights are under siege in state legislatures and federal courts.

In addition, access to reproductive health care and the rights of all to medical assistance on issues such as gender identity is threatened with planned closings of Planned Parenthood Healthcare Centers.

Weintraub is a past chair of the LWV Florida Reproductive Health and Justice Action Team. Currently, she is the reproductive rights program director for Progress Florida. She is the membership chair for the St. Petersburg Area LWV and also chairs the Florida NOW Reproductive Rights Task Force.

Shim is also a past chair of the LWV Florida Reproductive Health and Justice Action Team. A long-time advocate for access to health care, especially reproductive care, she continues to champion reproductive rights as well as the Affordable Care Act marketplace and Medicaid expansion. Shim is a current member of the LWV of the Space Coast and plans to join the LWV Polk County now that she has relocated to that area.

The League of Women Voters of Lee County Florida is a nonpartisan political organization that encourages informed and active participation in government, works to increase understanding of major public policy issues and influences public policy through education and advocacy. Information on the programs and issues of the League of Women Voters is available at [www.lwv.org](http://www.lwv.org), [www.lwvfl.org](http://www.lwvfl.org), [www.lwvlee.org](http://www.lwvlee.org) or by calling 278-1032.

To register for the virtual event, visit [www.eventbrite.com/e/229815724017](http://www.eventbrite.com/e/229815724017) or email [reservations@lwvlee.org](mailto:reservations@lwvlee.org).✱

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** My mother tends to operate with the glass half empty. Can you give me some suggestions on how to help her shift to a more positive person?

**A:** Your mother's behavior may be largely subconscious behavior that was programmed into her from early on. She may sound like a redundant broken record. Her mental chatter of her ego is what psychologist Carl Jung referred to as "psychic tension." We all have a tendency to go there at times. There is a way to convert this tension to positive affirmation. Jung referred this as "psychic equilibrium."

It is reprogramming the tension by positively affirming a thought that releases the psychic tension. It's like changing a song from one we don't like to one we do. It's switching from the ego to the essence of the soul.

It does take practice and consistency to continually transform negative thoughts to positive optimistic thoughts. The following steps can guide you to help

your mother with this shift:

Help your mother become aware of her thoughts. When you are in a difficult situation, access the situation and what those thoughts were before they developed.

As you help your mother develop her awareness of these negative thoughts, especially in difficult situations, create a positive thought to replace the negative thought, and help her give her energy to the positive thoughts. Help her focus on what she wants.

Tell your mother that what she focuses on expands. We attract into our life what we focus on the most. It only makes sense that when you choose to focus on something positive, the positive prevails.

It's important to focus on what you want than what you don't want.

Keep in mind the goal is to raise our level of mindful awareness and this will help assist with keeping the positive in the moment.

*Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at [drconstanceclancy@gmail.com](mailto:drconstanceclancy@gmail.com) or visit [www.drconstanceclancy.com](http://www.drconstanceclancy.com).*✱

## Donate Blood

**L**ee Health is seeking blood donations to help replenish supply levels. For more information, visit [www.leehealth.org/our-services/blood-centers](http://www.leehealth.org/our-services/blood-centers).✱

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# Frankly Speaking

by Howard Prager



From this columnist's perspective, these seven factors will have a long reaching effect on sports.

1) Coronavirus. Wars did not shut down sports, recessions did not shut down sports, COVID did, and continues to play havoc. As of this writing, four bowl games have already been cancelled due to COVID, not to mention countless regular season NBA and NHL games. COVID doesn't appear to be going away and is going to have a continuing impact on sports until athletes, owners and fans figure out how to stay safe.

2) For NCAA athletics, it's all about a five-letter word: money. The next four factors are what I feel are the biggest ones, starting with student athletes getting paid. The impact of this is still being seen as college athletes are able to accept payment for ads, endorsements and other "work." Several ramifications of this. What constitutes work? Being paid a big sum to show up at Big Donor's birthday? How this will be monitored in the future is anyone's guess. Mike Hankwitz, former defensive coordinator for the Northwestern Wildcats, said the impact on team sports can be devastating. "Because

you need a team out there supporting you, it's not a one-person show. So if you get paid and your offensive linemen and others that support you don't, then what?" Hankwitz also feels that tuition, room, board and a degree are not to be sneezed at, but that train has left the station. He'd ideally like to see the money split among athletes on the team.

3) NCAA transfer rules. The last year has seen players transferring immediately from one school to another without having to sit out a year. This opens up player movement between schools. That means recruiting never stops, especially of three-, four- and five-star athletes. If they expect to be a starter at Alabama and are sitting on the bench, they may want to be a starter elsewhere and prove themselves. They are game to be "poached." Although no one has been accused of poaching yet, that's bound to happen in the wild west of transferring athletes.

4) The new look of conferences. All other conferences realize the SEC is the big cheese in college football, and they're getting bigger adding Texas and Oklahoma in a few years. So much for it being "southeast." An alliance of sorts with the ACC, Big Ten and Pac 12 was created in part to counter the power of the SEC, with agreements not to poach athletes from one another. What's next? As teams leave smaller conferences (in terms of TV viewer size), location will no longer matter. This will boil over in the coming years, as television revenue pours into the league(s) with the largest number of viewers and top-ranked teams.

5) College Football Playoffs (CFP).

Once again the NCAA puts off making a decision. My guess is an eight or 12 team single-elimination series will eventually happen based on strength of schedule. How it's going to look, what will happen to other existing bowl games, and what teams will be accepted (especially from non-FBS conferences) is to be decided. I do predict that in 2022 the NCAA will vote to move in this direction.

6) Mental health. With Simone Bile and Naomi Osaka both calling time-outs on the biggest of stages, the Olympics and French Open, the mental and emotional health of athletes and the pressure they are under is taking center stage. They weren't the first. In 2018, Olympic swimming champion Michael Phelps talked about how he struggled with ADHD and depression and is now a mental health advocate. Now that it's out in the open even more, I believe it's going to make its way throughout sports and become an important issue.

7) The MLB lockout. What's this about? Money! Owners want to expand the postseason and pocket the additional revenue. They are offering players a 154 game season and a universal DH. (Excuse the choking sound as I write this.) The owners want to maintain the status quo in terms of years of service and free agency. Players don't want others held back in the minor leagues so they can get an extra year of service, such as the Cubs did with bringing Kris Bryant up midseason instead of at the beginning of the year. The union wants this to stop, they want to see younger stars earn more and want to keep teams from purposely "tanking," (i.e. selling/trading star players in order to lower payroll and get higher draft picks) according to SB Nation. "Players want to see a way this process is stopped and teams are incentivized to pay players a fair wage." Baseball is already working

overtime to gain younger viewers and a long lockout can only hurt. I hope this all gets resolved before spring training.

The good news story of the week comes from the Good News Network. Earlier this month, Nelson Rego, a blind goalkeeper who plays for the Edmonton Seehawks in a blind hockey league that has a beeping puck, got to play in a regular rec hockey game when one team lost their goalie for a game and were desperate for a replacement. Nelson asked if they would consider him, and the team immediately said 'yes.' The players didn't let the refs know until the puck dropped. To ensure he's centered in the net, Nelson "taps his stick on the right side and his glove off the left," he explained. "As long as I don't drift far from the net, then I know where I'm at." According to Rego, his hearing is "tuned" and that's how he gauges his play strategy. "The cues that people with their vision see, I pick up on those subtle cues with my hearing." At the same time, he closely follows audio instructions from his wife Emelinda, who relays the action from the stands.

The result? They lost 9-8. "They made no accommodations for me," Rego added. "It was just like being one of the guys on the team and that whole comradery thing that you get with a team, that's the thing that I really love the most." Rego said playing in that game was a huge moment for him as it brought awareness to blind hockey. "Anything you set your mind to regardless of the obstacles, it can be done." May we all set our sights higher for the coming year.

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

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From page 1

## Volunteer Fair

Lee County, with no obligation to join. The United Way Volunteer Center will be encouraging social distancing and other safety protocols, including the availability

of hand sanitizer, according to current CDC guidelines. For more information, email [kim@unitedwaylee.org](mailto:kim@unitedwaylee.org).

Amavida Retirement Community is located at 7820 Fanning Court in Fort Myers. Visit [www.unitedwaylee.org](http://www.unitedwaylee.org) to learn more.\*

## SPORTS QUIZ

1. What team selected 17-year-old Jermaine O'Neal in the first round of the 1996 NBA Draft?
2. Name the ESPN game show that had contestants taking on statistician Howie Schwab in a showdown of sports trivia knowledge.
3. During the 2012 and '13 seasons, what Cincinnati Reds pitcher threw the 279th and 280th no-hitters in Major League Baseball history?
4. What legendary Dutch striker played for Manchester United (2001-06) and Real Madrid (2006-10), and scored 35 goals for the Netherlands national team from 1998-2011?
5. Name the Tennessee Titans wide receiver who scored the winning touchdown versus the Buffalo Bills in the *Music City Miracle* AFC wild-card playoff game in January 2000.
6. What World Golf Hall of Famer was the first Mexican golfer – either male or female – to achieve the world No. 1 rank?
7. What short-lived Marvel Comics series, first published in 1991, centered on an ex-NFL player who derived special crime-fighting powers from spilled chemicals and a nearly indestructible football uniform?

## ANSWERS

1. The Portland Trail Blazers. 2. *Stump the Schwab*. 3. Homer Bailey. 4. Ruid van Nistelrooy. 5. Kevin Dyson. 6. Lorena Ochoa. 7. NFL SuperPro.

Doctor and Dietician

# Positive Intelligence



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

**P**ositive Intelligence. Have you heard this term? We are reading a book with this same name by *New York Times* best-selling author Shirzad Chamine, who is the CEO of the largest coach training organization in the world. The goal of his program is to help every human build mental fitness so they can fulfill their true potential for both happiness and contribution in life.”

We have spoken in prior Dr. and Dietitian articles about the fact that our brains are becoming weaker, and so are the brains of our children. At Caring Medical, we see patients developing conditions at far younger ages than ever. We have discussed the fact that due to the “facedown lifestyle” that many are currently living, they are experiencing things like brain fog, decreased mental energy, depression, anxiety, fear, panic and all sorts of other symptoms. Many of these symptoms result from structural issues where various instabilities in the cervical (upper) spine are pinching on nerves and blood supplies. Once these structural issues are eliminated, people get tremendous relief. However, many then need to work on strengthening their mental fitness, as it has become tremendously weak.

Just as we exercise our physical bodies to maintain a good weight, keep our heart and lungs strong, and remain active/mobile, we also need to exercise our brains. As you know, this starts, in our opinion, with turning off the television, shutting off the cell

phones, unsubscribing to social media and working on actual real relationships and experiences in real life. Disconnect so that you can connect. You will be amazed at how good you feel.

In addition, working on positive intelligence can improve mental fitness. In order to accomplish this, we must build powerful habits that will result in a positive mind (versus a negative mind). With New Year’s resolutions looming, many will make promises to themselves, only to find that a new habit does not form, and they are back to doing what they used to do. The ability to maintain a change toward a positive mind requires laying down neural pathways to form new habits through consistent daily practice, just like physical exercise. The book, *Positive Intelligence*, discusses this, in addition to their helpful app that you can download on your phone. This app helps you establish mental muscles by providing short mental exercises you can do that will fit into a busy lifestyle. These kinds of things are okay to do on your phone.

One of the key factors for developing a positive mind is to gain awareness as to what causes you to go to the dark side. In this book, Chamine calls these our saboteurs. Saboteurs are different for each person. But what they do to us is the same – they hijack our thoughts, feeling and actions, exposing us to lies, limiting our beliefs and fooling us into negative thinking. The opposite is our sage muscle or our good side – the place where we can take a problem or challenge and turn it into an opportunity or look at it as a gift instead of a negative, anger-producing, anxiety-ridden event. By treating the root cause, we can train our brains and even rewire our thinking.

It has only been a week since we started the six-week program from *Positive Intelligence*. But prior to that, we have been working on this same concept through a prior course we attended at Sanibel Community Church. The bottom line is that if you want to make some changes in how you think, act and live, you have to have a plan. Nothing just happens. Our brains are constantly under attack. It’s time to fight back – with positive intelligence. More to come.

*This information is not intended to*

*treat, cure or diagnose your condition. Ross Hauser, MD, and Marion Hauser, MS, RD, established Caring Medical in 1991. Caring Medical Florida and the Hauser Neck Center are located in Fort Myers. They can be reached at info@caringmedical.com.\**

dearPharmacist

## Five New Medications Approved In 2021



by Suzy Cohen, RPh

### Dear Readers:

Here are the top five new medications that hit the market in 2021. There were two over-the-counter (OTC) drugs approved

in 2021, however one of them has already been recalled so I am not including it here. I will note whether a drug is prescription or OTC beside the name. My column is printed in various languages, so I apologize that I’ve only listed English brand names, please ask your local pharmacist for translations. Happy holidays. Love, Suzy

**Nextstellis (Drospirenone with Estetrol) Tablets, Rx** – This is the first plant-based birth control utilizing estetrol, which is the first type of new estrogen approved in the last 50 years. It’s therefore environmentally friendly, however that comes at a cost... about \$300 a month. Like other oral contraceptives, there’s a warning about them being less effective if you have a body mass index (BMI) of 30 or higher (ie obese), therefore a second method of contraception may be desired. To be scientifically correct, I want to say that estetrol is actually made by humans (a fetus), but that is not the source used in the medication.

**Verquvo (Vericiguat) Tablets, Rx** – This medication is useful for people who have a high risk of hospitalization due to long-lasting heart failure. It improves their outcomes. The pills are taken once daily. This medication

should not be used in pregnant women. Furthermore, its mechanism of action is unique. It stimulates an enzyme that works along the nitric oxide pathway, and that in turn improves cardiac contractility among other things.

**Lastacraft (Alcaftadine) Ophthalmic solution 0.25 percent, OTC** – This medication is for itching of the eyes due to allergies, pollen and dust. Alcaftadine is an antihistamine and blocks a certain allergy chemical (histamine) that typically triggers itching and irritation of the eyes. Take contact lenses out before applying.

**Aduhelm (aducanumab-avwa) Injection, Rx** – This medication was fast-tracked in 2021 and approved by the FDA in June 2021. It was probably the most controversial approval in history because, for the first time ever, the medication was FDA-approved based upon a biomarker (levels of beta amyloid protein), versus clinical outcome. In other words, the drug was not approved because it could improve cognitive symptoms, it was approved because it can reduce the protein known to progress Alzheimer’s disease. It was tested on over 3,400 people prior to approval, and the FDA reserves the right to recall the drug on or before 2030 if it fails to show clinical benefits. Again, that part wasn’t studied, it was approved because it clearly lowers a “bad” lab marker.

**Qelbree (Viloxazine) Tablets, Rx** – This is a non-stimulant drug used to treat attention deficit hyperactive disorder (ADHD) and it’s given once daily. The medication was approved for use in children age 6 to 17 years old. There is more information at the medication’s website regarding its interaction and safety profile which you should read and discuss with your doctor, especially if your child has signs of depression.

*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.\**

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

- ARTS**
- Alliance for the Arts ..... 939-2787
  - Arts For ACT Gallery & Studio ..... 337-5050
  - Art League Of Fort Myers ..... 275-3970
  - Barbara B. Mann Performing Arts Hall ..... 481-4849
  - BIG ARTS ..... 395-0900
  - Broadway Palm Dinner Theatre ..... 278-4422
  - Cultural Park Theatre ..... 772-5862
  - Edison Festival of Light ..... 334-2999
  - Florida Repertory Theatre at the Arcade ..... 332-4488
  - Florida West Arts ..... 948-4427
  - Fort Myers Harmonica Band ..... 610-653-7940
  - Fort Myers Symphonic Mastersingers ..... 288-2535
  - Gulf Coast Symphony ..... 489-1800
  - Harmony Chorus, Charles Sutter, Pres ..... 481-8059
  - Naples Philharmonic ..... 239-597-1111
  - The Schoolhouse Theater ..... 472-6862
  - SW Florida Symphony ..... 418-0996
  - Theatre Conspiracy ..... 936-3239
  - Young Artists Awards ..... 574-9321

- CLUBS & ORGANIZATIONS**
- American Legion Post #38 ..... 239-332-1853
  - Angel Flight ..... 1-877-4AN-ANGEL
  - Animal Refuge Center ..... 731-3535
  - American Business Women Association ..... 357-6755
  - Audubon of SWFL ..... <https://www.audubonswfl.org/>
  - Caloosahatchee Chapter DAR ..... 482-1366
  - Caloosahatchee Folk Society ..... 321-4620
  - Cape Chorale Barbershop Chorus ..... 1-855-425-3631
  - Cape Coral Stamp Club ..... 542-9153
  - duPont Company Retirees ..... 454-1083
  - Edison Porcelain Artists ..... 415-2484
  - Embroiderers Guild of America - Sea Grape Chapter ..... 239-267-1990
  - FM UDC Chapter 2614 ..... 728-3743
  - Friendship Force Of SW FL ..... 561-9164
  - Garden Club of Cape Coral ..... 239-257-2654
  - Horticulture and Tea Society ..... 472-8334
  - Horticultural Society ..... 472-6940
  - Lee County Genealogical Society ..... 549-9625
  - Lee Trust for Historic Preservation ..... 939-7278
  - Navy Seabees Veterans of America ..... 731-1901
  - Paradise Iowa Club of SWFL ..... 667-1354
  - Sons of Confederate Veterans ..... 332-2408
  - Southwest Florida Fencing Academy ..... 939-1338
  - Southwest Florida Music Association ..... 561-2118
  - Kiwanis Fort Myers Beach ..... 765-4254 or 454-8090
  - Kiwanis Fort Myers Edison ..... 694-1056
  - Kiwanis Fort Myers South ..... 691-1405
  - Iona-McGregor ..... 482-0869
  - Lions Club Fort Myers Beach ..... 463-9738
  - Lions Club Fort Myers High Noon ..... 466-4228
  - Lions Club Estero/South Fort Myers ..... 898-1921
  - Notre Dame Club of Lee County ..... 768-0417
  - Organ Transplant Recipients of SW Florida ..... 247-3073
  - POLO Club of Lee County ..... 477-4906
  - Rotary Club of Fort Myers ..... 332-8158
  - Sanibel-Captiva Orchid Society ..... 472-6940
  - United Way of Lee County ..... 433-2000
  - United Way 211 Helpline (24 hour) ..... 211 or 433-3900

- AREA ATTRACTIONS**
- Bailey-Matthews National Shell Museum ..... 395-2233
  - Burrough's Home ..... 337-9505
  - Calusa Nature Center & Planetarium ..... 275-3435
  - Edison & Ford Winter Estates ..... 334-7419
  - Fort Myers Skate Park ..... 321-7558
  - Imaginarium Hands-On Museum & Aquarium ..... 321-7420
  - JN "Ding" Darling National Wildlife Refuge ..... 472-1100
  - Koreshan State Historic Site ..... 239-992-0311
  - Langford Kingston Home ..... 239-334-2550
  - Ostego Bay Foundation Marine Science Center ..... 765-8101
  - Skatium ..... 321-7510
  - Southwest Florida Historical Society ..... 939-4044
  - Southwest Florida Museum of History ..... 321-7430
  - True Tours ..... 945-0405

To be listed in calling card email your information to: [press@islandnews.com](mailto:press@islandnews.com)

# PUZZLES

Answers on page 23



"Taking care of the \_\_\_\_\_ is your job!"

## 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!

Terrain  
HATER \_\_\_\_\_

Rush  
SLEUTH \_\_\_\_\_

Uniform  
QUALE \_\_\_\_\_

Cavort  
PROM \_\_\_\_\_

**TODAY'S WORD**

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Fork is shorter. 2. Boots are different. 3. Hat is different. 4. Arm is showing. 5. Oven mitt is different. 6. Grill leg is removed.

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

## 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.

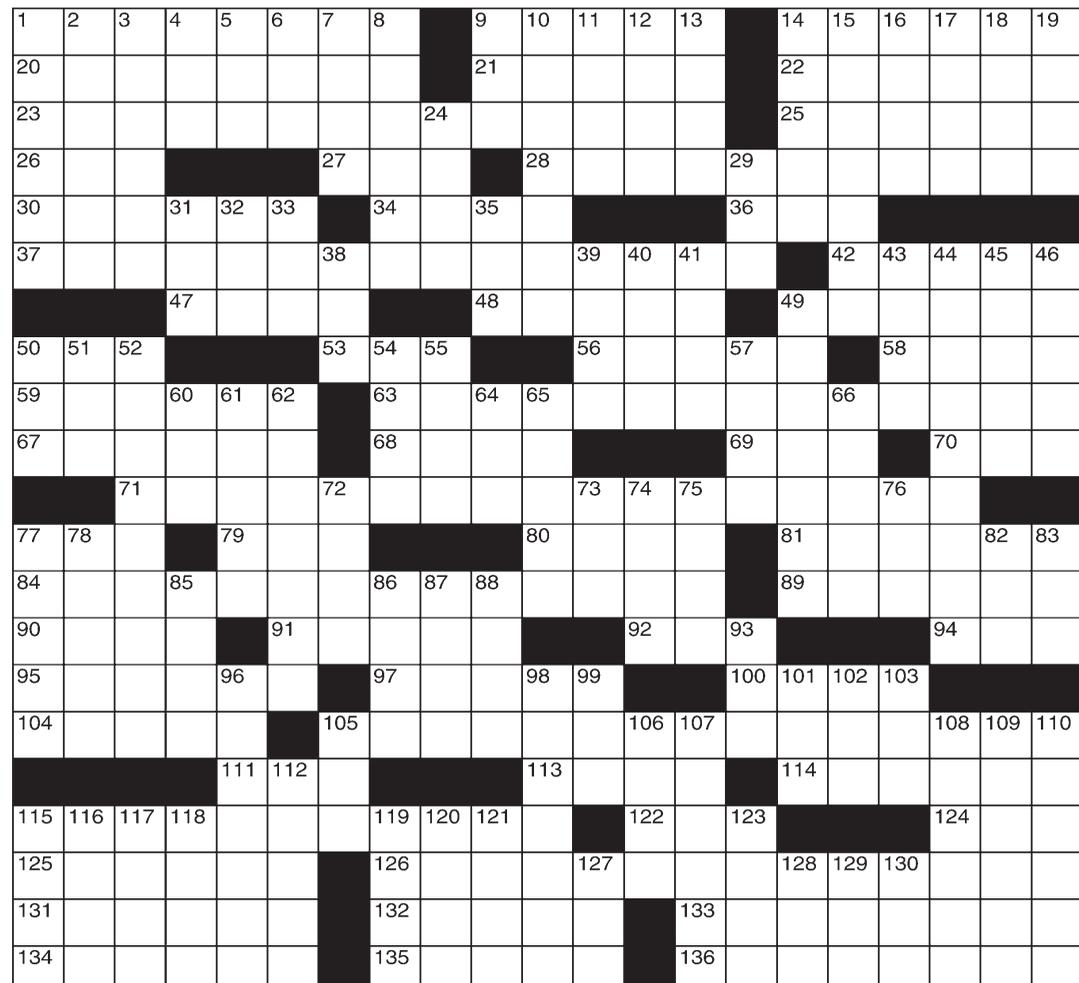
# PUZZLES

Answers on page 23

## Super Crossword

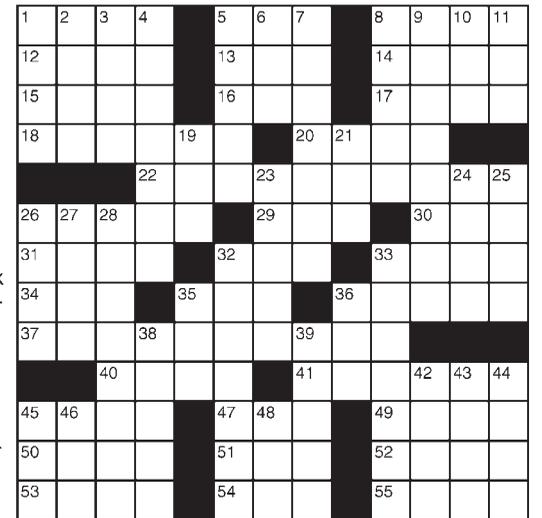
BROODING SEASON

- ACROSS**
- 1 Examined by touching
  - 9 Smart — (know-it-all)
  - 14 Alphas' opposites
  - 20 All across the region
  - 21 Indian city on the Yamuna River
  - 22 "Gil Blas" novelist Alain-René —
  - 23 Blemish-resistant bar seat?
  - 25 Male flower part
  - 26 Earth lighter
  - 27 Autumn chill
  - 28 Sentry allowing nobody to nap?
  - 30 Monet, say
  - 34 Interstices
  - 36 — roll (hot)
  - 37 Shoulder-hugging, horn-honking driver?
  - 42 Thin and supple
  - 47 Duck cousin
  - 48 Actress Messing
  - 49 More plucky
  - 50 Lt.'s inferior
  - 53 "I see mice!"
  - 56 Ear-related
  - 58 Indian city on the Yamuna River
  - 59 Vehicle in a chase scene
  - 63 Decorative pins worn by jockeys?
  - 67 Yellow-and-black bird
  - 68 16-Down, to Jacob
  - 69 Flagged auto
  - 70 Mao — -tung
  - 71 Bit of pasta that's really hard to find?
  - 77 Bodily pouch
  - 79 Spanish for "that"
  - 80 Big pet food brand
  - 81 "Infinite" rapper
  - 84 Have pain from bending forward too sharply?
  - 89 Tire type
  - 90 Tolkien terrorizers
  - 91 Up — (stymied)
  - 92 — Lanka
  - 94 Butter holder
  - 95 More hideous
  - 97 — liver (meat product)
  - 100 Harvestable
  - 104 Work layoff, slangily
  - 105 Dive to attack with perfect form?
  - 111 Texter's "I think ..."
  - 113 Neeson of "Darkman"
  - 114 GMC pickup
  - 115 Decide on Domino's for dinner?
  - 122 Taylor of "Cleopatra," for short
  - 124 Los Angeles' Playa — Rey
  - 125 Regular practices
  - 126 Botching an April 1 prank?
  - 131 Crops up
  - 132 Ickily sticky
  - 133 Enlarge
  - 134 Quick
  - 135 In any way
  - 136 Power-supplying socket
  - DOWN**
  - 1 Volkswagen model
  - 2 Maestro Toscanini
  - 3 Simple shed
  - 4 — gow (casino option)
  - 5 Grain beard
  - 6 Up to, informally
  - 7 Paradise
  - 8 Blueprint
  - 9 TV spots
  - 10 "Show me"
  - 11 College town in North Carolina
  - 12 Toy train, when doubled
  - 13 Quantity in a narc's bust
  - 14 Former NFLer Merlin
  - 15 Annual ritzy NYC fundraising event
  - 16 Biblical birthright seller
  - 17 Explorer Vasco da —
  - 18 Antiquing aid
  - 19 Ship off, say
  - 24 Petty quarrel
  - 29 Saldana of the screen
  - 31 "— so you!"
  - 32 Hem, e.g.
  - 33 Lilted syllable
  - 35 Prof's deg.
  - 38 United
  - 39 Israel's Abba
  - 40 Opiate, e.g.
  - 41 Raiment
  - 43 Apple option
  - 44 Close, as a community
  - 45 "— to you!"
  - 46 Rub out
  - 49 Person rubbing it in
  - 50 Prefix with warrior
  - 51 And not say
  - 52 Final washer phase
  - 54 Noted Deco master
  - 55 Furry fruit
  - 57 Rocket paths
  - 60 Pigeon noise
  - 61 Balm plants
  - 62 Betelgeuse or Antares
  - 64 Clangor
  - 65 How balloons float
  - 66 Trump replaced him
  - 72 Thief's bagful
  - 73 "Bali —"
  - 74 Autos such as Gremlins and Pacers
  - 75 Belgian river
  - 76 Spain's El —
  - 77 Teapot part
  - 78 "I'm so frustrated!"
  - 82 Water, to Gigi
  - 83 Rangers' and Rays' gp.
  - 85 Brunei locale
  - 86 Mean whale
  - 87 High point
  - 88 One-named sports legend
  - 93 Lyric penner Gershwin
  - 96 Lived inferior
  - 98 Ball of mashed chickpeas
  - 99 — -fi movie
  - 101 Electees, say
  - 102 Greek letter
  - 103 She baas
  - 105 Swab
  - 106 Film score composer Schifrin
  - 107 Iago's wife
  - 108 Hard trial
  - 109 Bully's threat ender
  - 110 Warehouse platform
  - 112 Hardly tidy
  - 115 Cartoonist Addams
  - 116 Celestial instrument
  - 117 Off-Broadway prize
  - 118 French river or department
  - 119 TV actress Swenson
  - 120 — suit (1940s duds)
  - 121 Reverse alphabetical order
  - 123 Bronze metal
  - 127 Olive of "Popeye"
  - 128 Lt.'s inferior
  - 129 "Despicable Me" villain
  - 130 Dewy, e.g.



## King Crossword

- ACROSS**
- 1 Earring site
  - 5 Smack
  - 8 Blog entry
  - 12 Regrettably
  - 13 Fuss
  - 14 "May It Be" singer
  - 15 Dealer's foe
  - 16 Moving-day rental
  - 17 Aviation prefix
  - 18 Energetic person
  - 20 Galley supply
  - 22 Strikers' queue
  - 26 Manhandled
  - 29 Chemical suffix
  - 30 Hobbyist's abbr.
  - 31 Rue the run
  - 32 German conjunction
  - 33 Lavish party
  - 34 — Paulo
  - 35 Fuel stat
  - 36 Devil's domain
  - 37 Playgoer's souvenir
  - 40 Writer Quindlen
  - 41 Short jacket
  - 45 Gambling game
  - 47 Jay follower
  - 49 San —, Italy
  - 50 Help a crook
  - 51 Hosp. sections
  - 52 Author Sheehy
  - 53 Striped fish
  - 54 Perched
  - 55 Deco artist
  - 6 Greek mountain
  - 7 Ad nauseam
  - 8 Oyster's prize
  - 9 Biased
  - 10 Aleppo's land (Abbr.)
  - 11 Eastern "way"
  - 19 Central
  - 21 Consumed
  - 23 Monarchs
  - 24 Evening, in an ad
  - 25 Peepers
  - 26 Bygone days
  - 27 Exotic berry
  - 28 "So what?"
  - 32 Chimney pipes
  - 33 Maker of ornate eggs
  - 35 Gents
  - 36 Coloration
  - 38 Shoelace woes
  - 39 Secret rendezvous
  - 42 Dread
  - 43 Send forth
  - 44 Portrayal
  - 45 "Terrific!"
  - 46 Lawyers' gp.
  - 48 Altar constellation
- DOWN**
- 1 Crow's-nest cry
  - 2 Skin care brand
  - 3 Hoedown site
  - 4 Jailbreak participant
  - 5 Mayhem



## MAGIC MAZE ● — YOU

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
 Unlisted clue hint: SAID WHEN SOMEONE SNEEZES

- |             |         |          |               |
|-------------|---------|----------|---------------|
| Glad to see | I ask   | Says     | What have     |
| Good for    | Mind    | Shame on | What's eating |
| Good on     | Over to | Thank    | Will          |
| How are     | Same to | Up to    |               |



Miami Vice photo courtesy Fresh From Florida



**Miami Vice**

- 1 ½ ounces rum
- 1 ½ ounces coconut rum
- 1 cup fresh strawberry, plus 1 whole strawberry for garnish
- 2 limes, juiced and divided
- 2 ounces cream of coconut
- ½ ounce simple syrup
- 2 ounces pineapple juice

Rinse blender and make sure all the parts are clean and ready to use. Add rum, strawberry, half of the lime juice, simple syrup and 1 cup of ice. Blend until smooth and pour strawberry mix into a cup. Place cup of freshly made strawberry mix into freezer while making the other half of the drink. Rinse blender to remove strawberry mixture. Reset blender and add coconut rum, cream of coconut, the rest of the lime juice and 1 cup of ice. Blend ingredients until smooth. To serve, try to alternate layers of the strawberry and coconut mixtures in a hurricane or collins glass. Add a straw and strawberry for garnish. Drink responsibly.\*

# PETS OF THE WEEK



Gumdrop ID# A900382 photos provided Lee County Domestic Animal Services

## Gumdrop And Monty

Hello, my name is Gumdrop. I'm a white 3-year-old female pit bull mix. I would be the sweetest addition to your family in 2022. I'm a lovely, little lady who is shy at first, but once I warm up to you, I'll quickly become your best friend. I love to sit beside you and have my ears scratched or my belly rubbed. My adoption fee is \$25.

Hi, my name is Monty. I'm a gray and white 14-week-old male domestic shorthair. I'm a curious little guy who likes to bounce around the kitten room



Monty ID# A891490

and check things out. I would do best adopted with a feline friend, and with the shelter's adopt one get a feline friend at no additional charge special – now is the perfect time. You can add me to your family and another feline personality as well. My adoption fee is \$10.

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

## My Stars ★★★★★ FOR WEEK OF DECEMBER 27, 2021

**Aries** (March 21 to April 19) With the new year's opportunities almost within reach, the Arian's courageous aspects are raring to go. And don't be surprised if a lot of people follow the zodiac's most trusted leader.

**Taurus** (April 20 to May 20) Change lies ahead for the brave Bovine who is ready to shuck off the tried and true to try something new. But appearances can be deceptive. Check it all out before you charge into anything.

**Gemini** (May 21 to June 20) This week promises a peek into what the new year holds for the Gemini Twins, both in love and careers. Family matters continue to be a factor in decisions you're going to be facing.

**Cancer** (June 21 to July 22) As you move into the new year, your travel aspects grow stronger, and you might find yourself making decisions about a destination and a traveling companion sooner than you'd expected.

**Leo** (July 23 to August 22) The new year holds both glitter and gold. This means Leos and Leonas should begin

getting the facts they'll need to separate the real thing from the sham in order to make important decisions next year.

**Virgo** (August 23 to September 22) A good way to start the new year might be to arrange for a visit to someone you haven't seen in a long time. You also might want to pick up that project you put off a while back.

**Libra** (September 23 to October 22) As you contemplate the new year's potential, you might want to talk things over with people who are or have been where you want to go. Their experience and advice can be helpful.

**Scorpio** (October 23 to November 21) Someone close to you might feel like you have no more room for him or her in your life. This calls for immediate reassurance of your love so you can start the new year on a high note.

**Sagittarius** (November 22 to December 21) The coming year will bring more people into your life. Some situations might not work out as well as others. But overall, everyone earns something, and that's always a good thing.

**Capricorn** (December 22 to January 19) The new year could find you indulging in one or more of the

hobbies you've always wanted to take up. And don't be surprised if they ultimately direct you toward a new career.

**Aquarius** (January 20 to February 18) The artistic Aquarian should find more opportunities in the new year. You might even make some potentially helpful contacts as you gather to ring in the year 2022.

**Pisces** (February 19 to March 20) The new year offers challenges for Pisceans who want to make better use of the skills they now have and learn new ones. Personal relationships show stronger positive aspects.

**Born This Week:** Although at times you tend to be a bit judgmental, you are generous and caring and very much beloved.

### MOMENTS IN TIME

- On January 9, 1493, Christopher Columbus, sailing near the Dominican Republic, sees three "mermaids" and describes them as "not half as beautiful as they are painted." They were in reality manatees. Mythical mermaids have existed in seafaring cultures since the time of the ancient Greeks.
- On January 6, 1759, a 26-year-old

George Washington marries Martha Dandridge Custis. Historical documents have revealed that Martha may not have been the great love of his life. Washington wrote cryptic yet passionate love letters to Sally Fairfax, the wife of a friend.

• On January 4, 1847, Samuel Colt rescues his faltering gun company by winning a contract to provide the U.S. government with 1,000 of his .44 caliber revolvers. Though never cheap, by the early 1850s, Colt revolvers were inexpensive enough to be a favorite with Americans headed westward during the California Gold Rush.

• On January 5, 1945, Japanese pilots receive the first order to become kamikaze, meaning "divine wind." They needed little training to take planes full of explosives and crash them into ships. At Okinawa, they sank 30 ships and killed almost 5,000 Americans.

• On January 7, 1959, six days after the fall of the Fulgencio Batista dictatorship in Cuba, the U.S. government believes it can work with Fidel Castro and protect American interests in Cuba. Less than two years later, the U.S. severed diplomatic

 <b>FRIDAY</b> Sunny High: 75 Low: 62	 <b>SATURDAY</b> Sunny High: 77 Low: 66	 <b>SUNDAY</b> Sunny High: 75 Low: 62	 <b>MONDAY</b> Partly Cloudy High: 74 Low: 63	 <b>TUESDAY</b> Partly Cloudy High: 75 Low: 62	 <b>WEDNESDAY</b> Mostly Cloudy High: 76 Low: 64	 <b>THURSDAY</b> Mostly Cloudy High: 75 Low: 62
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**Redfish Pass Tides**

Day	High	Low	High	Low
Fri	1:05 pm	5:13 am	10:10 pm	3:25 pm
Sat	10:53 pm	6:08 am	None	None
Sun	11:44 pm	7:00 am	None	None
Mon	None	7:50 am	None	None
Tue	12:37 am	8:38 am	None	None
Wed	1:31 am	9:22 am	5:04 pm	7:36 pm
Thu	2:26 am	10:02 am	5:25 pm	9:00 pm

**Point Ybel Tides**

Day	High	Low	High	Low
Fri	12:10 pm	5:15 am	9:15 pm	3:27 pm
Sat	9:58 pm	6:10 am	None	None
Sun	10:49 pm	7:02 am	None	None
Mon	11:42 pm	7:52 am	None	None
Tue	None	8:40 am	None	None
Wed	12:36 am	9:24 am	4:09 pm	7:38 pm
Thu	1:31 am	10:04 am	4:30 pm	9:02 pm

**Punta Rassa Tides**

Day	High	Low	High	Low
Fri	11:49 am	5:03 am	10:10 pm	4:20 pm
Sat	12:37 pm	5:58 am	11:02 pm	5:07 pm
Sun	1:20 pm	6:50 am	11:51 pm	5:59 pm
Mon	2:09 pm	7:42 am	None	6:53 pm
Tue	12:36 am	8:31 am	3:03 pm	7:53 pm
Wed	1:25 am	9:16 am	3:53 pm	8:54 pm
Thu	2:32 am	9:58 am	4:37 pm	9:54 pm

**Cape Coral Bridge Tides**

Day	High	Low	High	Low
Fri	3:15 pm	8:29 am	None	6:41 pm
Sat	12:20 am	9:24 am	None	None
Sun	1:03 am	10:16 am	None	None
Mon	1:54 am	11:06 am	None	None
Tue	2:47 am	11:54 am	None	None
Wed	3:41 am	12:38 pm	7:14 pm	10:52 pm
Thu	4:36 am	1:18 pm	7:35 pm	None

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# Financial Aid Tip Of The Month

High school students can get an idea of how much it may cost to attend college using a school's net price calculator, according to the Kentucky Higher Education Assistance Authority (KHEAA).

The U.S. Department of Education requires all colleges to have a calculator on their websites. Online calculators are a useful tool in determining what the estimated costs may be, including scholarships, as well as low-interest loans. It's important to remember that the calculation is only an estimate, but it can be helpful as students pick the right school for their education.

Students and parents must enter information about the student's academic record and the parents' finances to get a net price estimate for the cost of attending a trade school, two-year community college or four-year school.

Families should look for the net price, not the net cost.

The net price is how much a family can expect to pay toward a student's technical or college education, including any loans. The net cost will be lower than the net price because the net cost doesn't include loans, which have to be repaid.

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

# Help For Addicts

Narconon reminds families that an addict or alcoholic does not need to hit rock bottom before they reach out for treatment. Get them help

now, so you don't lose your loved one.

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

From page 20

# Moments In Time

relations and launched the Bay of Pigs invasion.

- On January 8, 1962, at the National Gallery of Art in Washington, DC, Leonardo da Vinci's masterpiece, the *Mona Lisa*, is exhibited for the first time in America.

- On January 3, 1990, Panama's Gen. Manuel Antonio Noriega, after hiding at the Vatican embassy in Panama City, surrenders to U.S. military troops to face charges of drug trafficking and is flown to Miami. In 1992, the former dictator was convicted and sentenced to 40 years in prison.

## NOW HERE'S A TIP

- To prevent candle wax from sticking to a candleholder, swipe the inside with a little olive oil. It'll do the trick.

- Make your own gift wrap from everyday items like newspaper (think color comics) and children's drawings, which can be glued together along the edges. For a really unique wrapping, try inexpensive fabric.

- Cookies are so fun to make (and to eat). To save some of your favorites for the new year, simply place dough balls on a cookie sheet and freeze. Pop into a freezer-safe bag, and you can have freshly baked cookies pretty much anytime!

- JoAnn

- "I have two carafes that I use for

my breakfast bar. I keep coffee in one, and the other holds milk or cream. On holiday nights, I prep the cream carafe and put it in the fridge. In the morning, while the first pot of coffee is brewing, I fill the coffee carafe with hot water and let it sit until the coffee is ready. It keeps the coffee hot longer. Then guests can serve themselves some coffee while the next pot is brewing." - DA in Ohio

- "Wine: Nobody I know is wasting it. But if you're done before the bottle is, pour the leftover wine into ice-cube trays to save it. You can use it later in recipes or (my favorite) to chill a glass of wine!" - E. in Florida

- A can opener's crevices can be cleaned by "opening" a length of waxed paper. Kitchen scissors can be sharpened by folding a piece of aluminum foil and cutting through it with the scissors.

## STRANGE BUT TRUE

- The Greek playwright Aeschylus was killed in 455 BC when an eagle, mistaking his bald head for a rock, dropped a tortoise on it. According to Pliny, Aeschylus was spending a lot of time in the open to avoid a prophecy that he would be killed by a falling object.

- Rats cannot vomit. Neither can horses.

- Soviet tenor Victor Ivanovich Nikitin had such an appealing voice that when he sang to his Soviet comrades during World War II, German troops on the Eastern Front ceased fire to listen.

- The human heart can squirt blood up to a distance of 30 feet.

- The American football huddle was invented in 1892 by Paul Hubbard, a quarterback from then all-deaf Gallaudet University, to stop the opposing team from reading their signs.

- A woman who was blinded in an accident developed multiple personalities - some of which could see.

- An average raindrop falls at a speed of roughly seven mph.

- When it comes to educating future billionaires, Harvard University holds the lead with an astonishing 29 billionaire alumni as of 2021.

- A town named Hell in Norway freezes over quite regularly.

- Do your lips get annoyingly dry in the winter? Better read the ingredients in that lip balm, as quite a few of them contain salicylic acid, which can exacerbate the problem and cause your lips to peel - necessitating even more lip balm.

- The first plant to flower and produce seeds in space was *Arabidopsis thaliana*, grown in 1982 by the crew of the Soviet Salyut 7 on the International Space Station.

- It is illegal to step on money in Thailand because you would be insulting the king by treading on his picture.

## THOUGHT FOR THE DAY

"The only path wide enough for us all is love." - Kamand Kojouri

## TRIVIA TEST

1. **Movies:** What is the name of the department store where Kris Kringle works in the 1947 *Miracle on 34th Street*?
2. **Language:** What is the English equivalent of the Latin phrase, "Cui bono"?
3. **Television:** Why do the other reindeer tease Rudolph in the Christmas TV movie?
4. **Ad Slogans:** Which family restaurant advertises itself as a place

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11/19 \* TFN

## PSA

### AL-ATEEN HELP LINE

Are you concerned with a friend or family member's drinking? Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit [www.southfloridaal-anon.org](http://www.southfloridaal-anon.org).  
4/24 \* TFN

- “where a kid can be a kid”?
- Astronomy:** What is a sunspot?
  - U.S. Presidents:** Which president was a classically trained pianist?
  - Theater:** What musical features a group of women called The Schuyler Sisters?
  - Food & Drink:** What is a smorgasbord?
  - Geography:** In what body of water does the island of Barbados lie?
  - Literature:** Which famous 19th-century novel begins with the line, “Christmas won’t be Christmas without any presents.”

**TRIVIA ANSWERS**

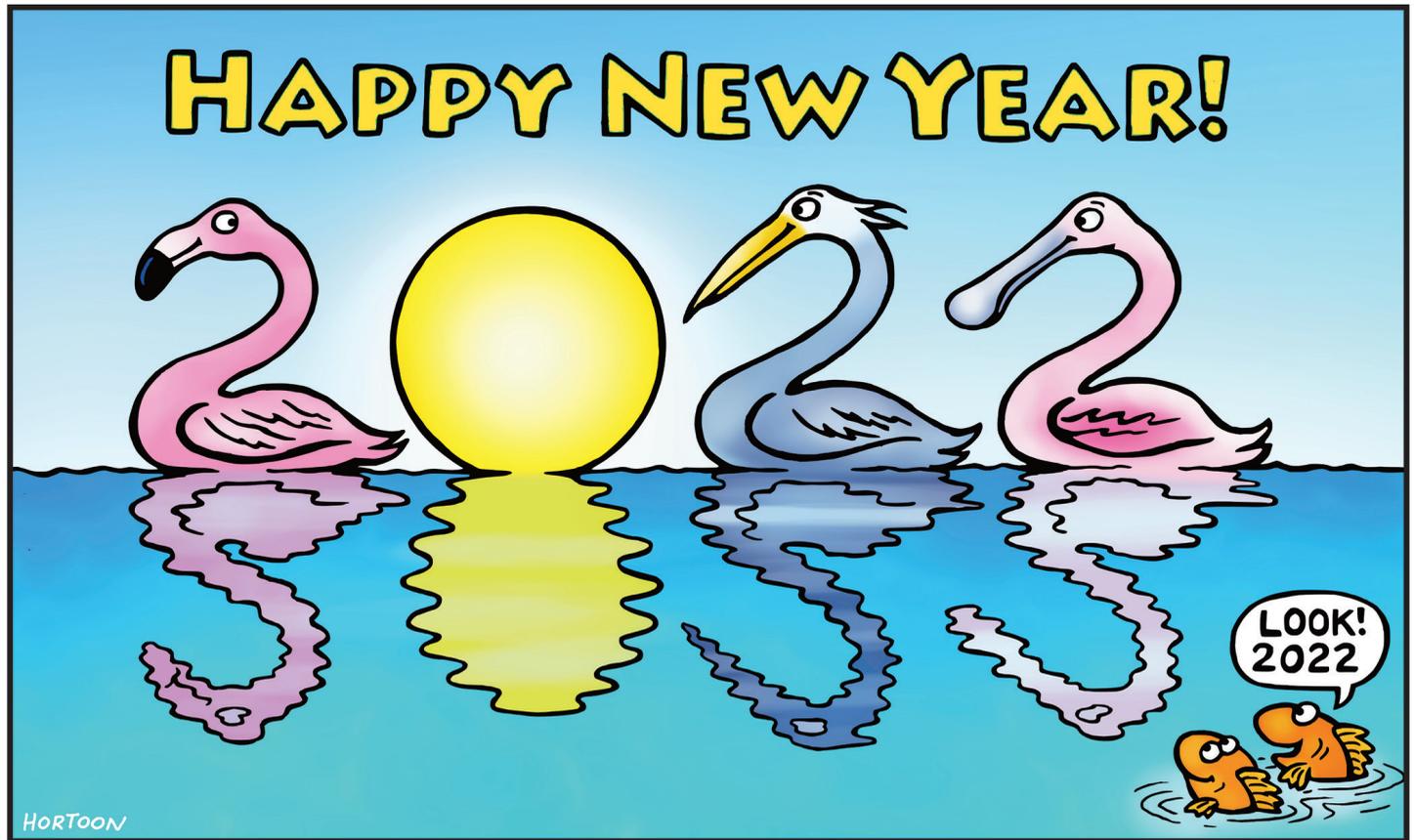
- Macy's
- Who benefits?
- Rudolph has a shiny red nose
- Chuck E. Cheese
- A cooler, darker area on the surface of the sun
- Richard Nixon, who also could play four other instruments
- Hamilton
- A buffet with a variety of dishes
- Caribbean Sea
10. Little Women, by Louisa May Alcott

**SCRAMBLERS ANSWER**

- Earth
- Hustle;
- Equal;
- Romp

Today's Word  
**HOUSE**

**HORTOONS**



**PUZZLE ANSWERS**

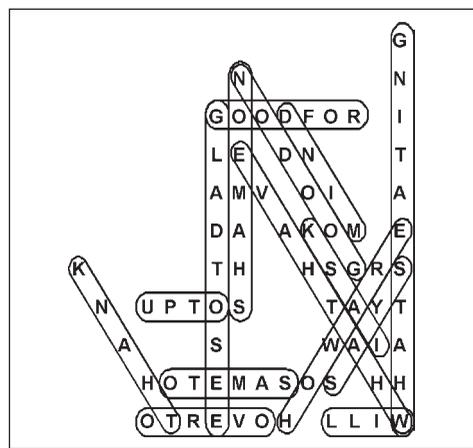
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4	1	5	8	6	3	2	7	9
7	8	6	5	2	9	1	4	3
9	3	2	7	4	1	6	8	5
5	6	7	1	9	8	4	3	2
8	4	3	6	5	2	9	1	7
1	2	9	3	7	4	5	6	8
6	5	4	9	8	7	3	2	1
2	7	1	4	3	5	8	9	6
3	9	8	2	1	6	7	5	4

**Top 10 Real Estate Sales**

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Seaspray Subdivision	Sanibel	1983	3,639	\$4,195,000	\$3,765,000	113
Cassina	Miromar Lakes	2018	3,880	\$3,700,000	\$3,634,000	24
Cases	Fort Myers Beach	1951	1,488	\$2,500,000	\$2,500,000	0
Trevi	Miromar Lakes	2020	3,222	\$2,500,000	\$2,500,000	7
Laguna Shores	Fort Myers Beach	1957	2,439	\$2,300,000	\$2,300,000	6
Mcphie Park	Fort Myers Beach	1952	1,144	\$2,300,000	\$2,300,000	67
Cape Coral	Cape Coral	2006	4,199	\$1,999,900	\$1,925,000	257
Chartwell	Estero	2003	4,093	\$1,699,000	\$1,700,000	51
Edgewater	Fort Myers	1995	3,799	\$1,599,000	\$1,600,000	31
Cape Coral	Cape Coral	2001	2,482	\$1,450,000	\$1,430,750	19

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