



# THE RIVER WEEKLY NEWS

**FREE**  
Take Me Home

Vol. 21, No. 5

From the Beaches to the River District downtown Fort Myers

JANUARY 28, 2022



Dr. Joel Ying



Mary Lou Williams



Rhonda Brazina



Marilyn Graham

## Storytellers Bring Tales Of Love

Live storytelling is back at Alliance for the Arts on Friday, February 4 from 7 to 9 p.m. Storytellers of the Round Table and The Elephant Showcase Storytellers will take the stage to tell their tales of love lost and love gained. Tickets are \$18 for Alliance members and \$20 for non-members.

The tellers, in order of appearance, will be Dr. Joel Ying, Mary Lou Williams, Rhonda Brazina and Marilyn Graham. Dr. Ying will tell two folk tales, *Three Sacks of Truth* and *The Spring of Youth* that originate from Asian folklore. Williams will

tell two fractured fairy tales, humorous retellings of *Kermit, the Frog Prince* and *The Porcelain Man*, one based on a Grimm's Brothers tale, the other on a modern day fairy tale. Brazina will tell two personal stories, *Left Behind* and *Circle of Love*, that link her life as an infant to her life as a mother. Graham will also tell two personal stories, *Trombone Tale* and *Requted Love*, the first about unrequited love and the second about requited, as the title declares.

The stories will be followed by a Talk Back session with the audience.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. To purchase tickets, visit [www.artinlee.org](http://www.artinlee.org) or call 939-2787. ☆

## Antique Car Show At The Estates



Many models of antique Ford cars will be on display

photo provided

Edison and Ford Winter Estates will host its annual Antique Ford Car Show on Saturday, February 5 from 10 a.m. to 2 p.m. Each year, classic car owners exhibit their cars on the Ford estate lawn as a tribute to Henry Ford, the pioneer of the automobile industry. Model Ts, Mustangs, Thunderbirds and other models will be on display.

Along with the car show, there will

be a disc jockey on site playing music and refreshments will be available for purchase. Visitors can also tour the gardens, museum, laboratory and see the historic homes. The site includes more than 20 acres of botanical gardens along the Caloosahatchee with plants and trees from all around the world.

This family event is free for Edison

continued on page 14



*Silence of Violence* by Beau Wild

images provided

## The Female Spirit Subject Of New Art Exhibits

There will be an opening night reception during Art Walk for two women-themed exhibitions at the Sidney & Berne Davis Art Center on Friday, February 4 from 6 to 10 p.m.

The Women Take Issue exhibit features the work of Patricia Anderson Turner, Fran Gardner and Beau Wild in the Grand Atrium. It highlights three thought-provoking, educational and celebratory works by women and about women using



*Wounds* by Patricia Turner

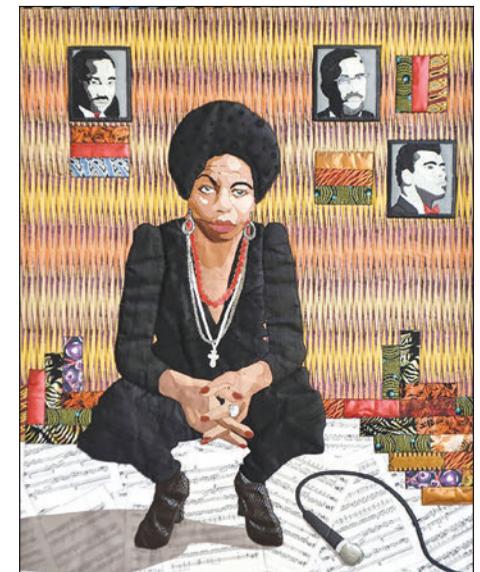
quilts, mixed media and paint.

Highlights from the Female Spirit exhibit featuring Linda Hoffmeister and Katty Smith will be on display in the Capital Gallery on the second floor.

Both shows will be on display through Friday, February 23.

The Women Take Issue exhibit directly takes on the difficult issues that

monopolize newsfeeds and dominate American and world politics and culture. The endless list of societal issues that plague this culture – school, church and nightclub shootings, domestic violence, the nation's history of racism, mistaken views and language used about women's bodies – remain difficult to resolve. This exhibit confronts these issues, documents the



*Nina A Theme with Variations* by Sherri Culver

artists' views, asks the tough questions and poses the hard conversations.

The Female Spirit exhibit is a collaboration of ceramic sculpture and fiber art that focuses on women around the world. The essence of the exhibit is to convey the commonalities shared by women regardless of their heritage.

A nationally traveling collection featuring strong women throughout history will hang in the Conservatory Gallery and features quilts from the HerStory and the OurStory collections

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Historic Downtown Fort Myers, Then And Now:

# Boom-Time Apartments Get A Makeover



by Gerri Reaves, PhD

The Rountree Apartments, pictured here circa 1959, is one of the last downtown “modern” apartment buildings built in the 1920s boom.

Named for the architect and builder, Albert C. Rountree, it was constructed in 1925 on the west side of Fowler Street, just north of Second.

Apartments were in high demand in that decade of unprecedented growth, and most in the Rountree were rented

well before it opened.

Unlike the boardinghouses prevalent throughout the town’s early decades, “efficiency” apartments such as the Rountree offered the latest conveniences, as well as privacy, such as private baths and kitchenettes.

The two-story, eight-unit Rountree featured Murphy beds and sun porches. By the 1950s, each unit also included a carport.

Originally from Georgia, Rountree had come to Fort Myers mid-1925 after nearly four years in St. Petersburg.

The contractor, engineer and architect advertised as a “builder of homes and apartments” and worked from an office on Hendry.

He found plenty of work, some of it still with us, such as the Robb & Stucky Building on Hendry and the building on its south side that’s remembered as the former location of Ryals Drug Store.

He received particular praise for his work on the 1925 Mediterranean-style Elk’s Club on First Street. It later became the Town Club and, lastly, the American Legion Post 38.

He also built the riverfront home of Hugh MacDonald, developer of the MacDonald, or Woodford Park, subdivision, as well as the modern Rayhill Apartments on Second.

In late summer 1925, he commenced construction of the frame-and-stucco Rountree in the Gardner subdivision.

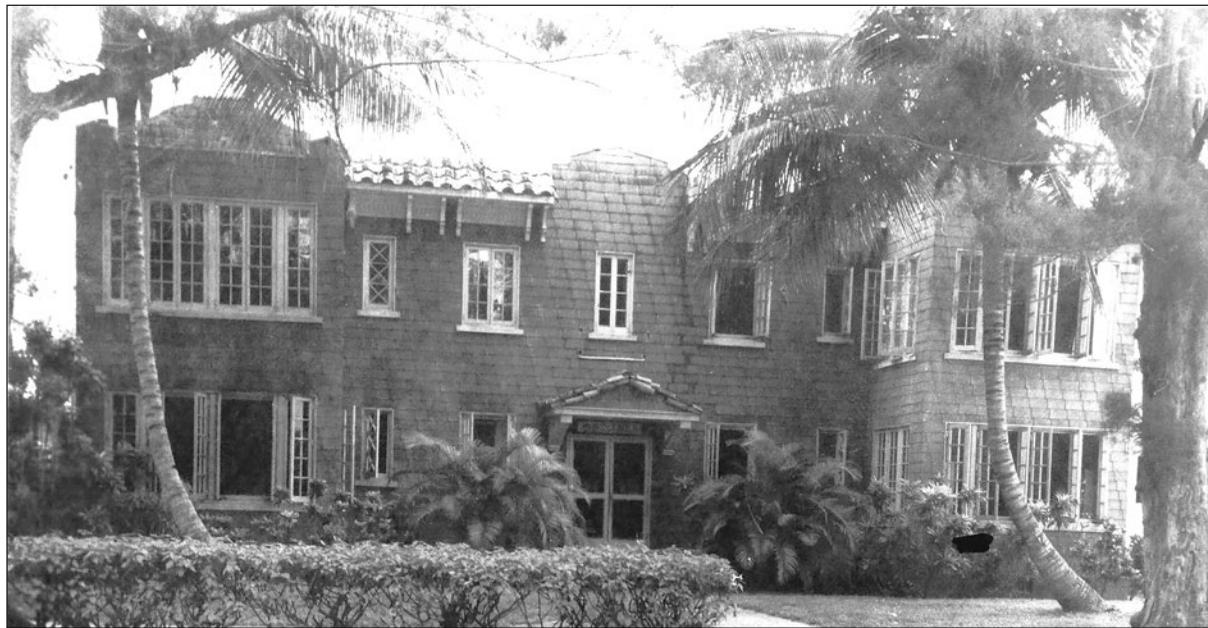
The building has undergone façade changes many times since then. About 20 years ago, it was painted an attractive muted lavender. The recent changes endow it with a streamlined look.

Long gone are the original casement windows, as well as the barrel tiles on the roof, not to mention the pretty coconut palms.

Stroll down Fowler and check out the Rountree, one of the trendiest places to live in the mid-1920s.

Then visit the following research centers to find out just how many 1920s apartment buildings remain in the historic district.

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.



Albert C. Rountree built this apartment building on Fowler Street in 1925

photo courtesy SWFL Historical Society



Rountree Apartments, nearly a century old, gets yet another new look

photo by Gerri Reaves

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 and the *Fort Myers Press*.☆☆

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# Local Students Win Awards At Theater Festival

Students representing Florida Rep Education, Creative Theater Workshop and Melody Lane Performing Arts Center won national awards and earned other recognition at the 2022 Junior Theater Festival Atlanta (JTF Atlanta). The monumental weekend dedicated to rewarding and celebrating student-driven musical theater programs happened online and in-person from January 14 to 16.

Florida Rep Education won Freddie G Outstanding Production. As a production recipient, the group performed for all festival attendees during the closing ceremonies.

Melody Lane Performing Arts Center won a Freddie G award for Excellence in Acting. They also presented selections from *The Big One-Oh! JR.* for all festival attendees during the festivals New Works showcase.

At the festival, each group performed 15 minutes of a Broadway Junior musical for adjudicators.

Florida Rep Education presented *Legally Blonde The Musical JR.* to producer and librettist Daniel Stoddart and Theatre Macon Artistic Director Richard Frazier.

Stoddart said, "Florida Rep's presentation of *Legally Blonde JR.* was by far my favorite performance



Florida Rep Conservatory performs *Oh My God* from *Legally Blonde JR.* during Junior Theater Festival photo by Marcus Woollen/JTF Atlanta

that I have ever seen at JTF. The professionalism of the young performers would be something I would easily have mistaken for something on Broadway. Not only was their performance outstanding, but the young performers were humble and grateful to receive feedback on their hard work."

Creative Theater Workshop presented Disney's *Aladdin JR.* for music director and iTheatrics Master Teacher Derek Bowley and Michael J. Bobbitt, executive director of the Massachusetts Cultural Council.

Bowley said, "The songs were exciting

thanks to the tight execution of the harmonies in the score. The presentation was full of contrasts, from the frantic energy of *High Adventure* to the beautifully executed magic carpet created by the actors' bodies and staging. Even with masks, the expressive eyes of the actors helped add depth and meaning to the scenes throughout the performance."

Melody Lane Performing Arts Center presented Disney's *Beauty and the Beast JR.* to composer and lyricist Rob Rokicki and choreographer and educator Shay Rodgers.

Rokicki said, "Melody Lane

Performing Arts had fantastic physical comedy and strong commitment to their characters. You can tell how well Melody Lane trained these talented young people of all ages to work together to create great storytelling. There were some fantastic smart choices that actors made that showed they developed poise and confidence from the program."

Florida Rep Education students Isabel Isenhower and Aiden Johnson, Creative Theater Workshop student Mia Henley, and Melody Lane Performing Arts Center students Athena Belis and Elijah Grant made it to the callback for future video shoots for "how-to" choreography videos.

Florida Rep Education students Macy Magas and Kristen Noble, Creative Theater Workshop students Mia Henley and Emma Kane, and Melody Lane Performing Arts Center students Elijah Grant and River Reed were distinguished as all-stars, an outstanding group of young performers at the festival.

For more information about the festival, visit [www.juniortheaterfestival.com](http://www.juniortheaterfestival.com).✧

## President's List

Six students from Fort Myers have been named to the president's list for the fall 2021 semester at Southern New Hampshire University.

Alison Lanoie, Jeremy Nichols, Sarah Treida, Bassandre Villard, Reymundo Portalatin and Lauren Pemberton earned a minimum grade-point average of 3.700 and above to achieve the honor.✧

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Fort Myers Art:

# Figuratives Of Russian Artist At Gallery Show



by Tom Hall

**D**AAS Co-op Art Gallery & Gifts is showcasing the artwork of Russian artist Ilya Stolyar during the month of February. Stolyar is an expressionist artist who is known for culturally

influenced figurative subjects contrasted against abstract backdrops that really make them pop.

Where his earlier work was characterized by dark colors and self-conscious subjects affected by depression, his current oeuvre focuses more on figures that express cultures, beliefs and traditions that have attracted Stolyar's attention and study.

"My work progressed into bright and vibrant colors, with open-minded concepts, filled with love," he said.

Stolyar was born in a small Baltic town of Kaliningrad (formerly Koenigsberg, prior to World War II when it was part of Germany). He moved to the United States in 2001. He lived in New Jersey for 15 years before relocating to Southwest



Artwork by Ilya Stolyar  
photo courtesy www.artswfl.com

Florida seven years ago.

"I've changed a lot of addresses in 21 years of living in United States," Stolyar concedes.

"I have met a lot of different people ... (and) have done different types of work, while studying a variety of different subjects. All of those experiences shaped me into the person (and artist) I am right now."

Some view art as the expression or

application of creative imagination and skill in a visual form such as painting or sculpture, or music, literature and dance. Stolyar's definition of art is a bit different. "I create for the sake of living, for the sake of self-exploitation and an internal conversation with God."

The opening reception is scheduled for Friday, February 4 from 6 to 9:30 p.m. in conjunction with Fort Myers Art Walk. The exhibition will be on display through February 27.

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

## A Comedy For Anyone Who's Ever Been Hangry

*Slow Food* is playing at the Joan Jenks Auditorium at Golden Gate Community Center through Sunday, January 30. Wendy MacLeod's latest is a comedy for anyone who's ever been hangry.

Ever notice how when your tummy is rumbling, you're more likely to lash out at unsuspecting family, friends, co-workers and even innocent bystanders? This sudden, irrational rage is often referred to as "hanger" (a combo of hunger and anger). It's a thing. Just ask Peter and Irene.

Peter and Irene are out for a nice meal on their big anniversary in Palm Springs. But not only won't their highly neurotic waiter bring them their food, Stephan has them examining everything from their menu choices to their very future together!

"The lower your blood sugar goes, the hangrier you are," said Deena Adimoolam, MD, an assistant professor in the Division of Endocrinology, Diabetes and Bone Disease at the Icahn School of Medicine at Mount Sinai. The explanation is based on sound physiology. When your blood sugar falls, cortisol and epinephrine are released in an attempt to raise it back to normal. But those hormones lead to irritability and a third hunger hormone, Neuropeptide Y, which is linked to aggression.

"It's our body's defense mechanism to get food ASAP," Dr. Adimoolam is quick to add.

Will Peter and Irene's shared desperation get them their spanakopita or end their marriage? The proof is in the pudding. You'll have to catch a performance of *Slow Food* to discover how it all works out.

Kevin Hendricks directs Kevin Kimball

as Peter, Betsy Greenblatt as Irene and Robert Armstrong as Stephan, the waiter.

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.✪

## Deans List Honors

**F**ive students from Fort Myers were named to the dean's list during the fall 2021 term at the University of Alabama.

Athena Addis, Rory Chappuis, Julie Peart, Aden Phoenix and Elle Schwartz received the honor by achieving a grade point average of 3.5 or above.

Elizabeth Belcastro of Fort Myers has been named to the dean's list for the fall 2021 semester at Emerson College in Boston, Massachusetts. She is majoring in business creative enterprises and is a member of the Class of 2025.

To qualify for the dean's list, a student must maintain a grade point average of 3.7 or higher for that semester.

John Whyte of Fort Myers has been named to the dean's list for the fall 2021 semester at The Citadel in Charleston, South Carolina.

The dean's list is a recognition given to cadets and students who are registered for 12 or more semester hours and whose grade point average is 3.20 or higher, with no grade of I (Incomplete) and no grade below C for work in a semester.

Maxwell Aciri of Fort Myers has been named to the dean's list for the fall 2021 semester at Siena College Loudonville, New York.

To qualify for the dean's list, a student must have a grade point average between 3.5 and 3.89 for the semester.

Peter Woods of Fort Myers has been named to the dean's list for the fall 2021 semester at Curry College in Milton, Massachusetts.

Nolan Nguyen of Fort Myers has been named to the dean's list for the fall 2021 semester at Buena Vista University in Storm Lake, Iowa.

Dean's list recognizes full-time students achieving a 3.5 grade point average or higher for the semester.✪

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## Models Sought For Runway Show



Models during a previous Art Walks The Runway

photo provided

Live auditions for models for the 10th annual Art Walks the Runway Weekend of Fashion are being held at Sidney & Berne Davis Art Center on Thursday, February 10 at 6 p.m.

Organizers are looking for the most bold, sexy, edgy and fiercest models in Southwest Florida. If you are age 15 and older, are five foot, eight inches or taller in height and think you have what it takes to walk the runway, you are invited to audition. Bring stilettos and a comp card to accelerate your audition.

Models must register at [www.sbdac.com/art-walks-the-runway-2022](http://www.sbdac.com/art-walks-the-runway-2022) and attend one of the audition dates.

Southwest Florida's premiere runway showcase features local, national and international designers for a two-night fashion extravaganza on Friday, March 18 and Saturday, March 19.

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.\*

## Environmental Art Contest Winners

Four winners and 12 honorable mentions have been named in the 33rd annual Keep Lee County Beautiful, Inc. (KLCB) Leave The Scene Clean Art Contest. Students were asked to visualize a correct environmental action and transfer that mental picture into a work of art. Submitted work was judged on artistic execution and originality as well as environmental theme, such as litter prevention, recycling, community cleanup and protecting the environment.

The four first place winners and their respective schools are:

Kindergarten through Grade 3 – Blaire Metevia of St. Francis Xavier

Grades 4 to 6 – Julia Humble of North Fort Myers Academy for the Arts

Grades 7 to 9 – Aaliyah Tourgee of Estero High School

Grades 10 to 12 – Jamison Albertorio-Acevedo of Cypress Lake High School

Honorable mention winners and their respective schools are:

Kindergarten through Grade 3 – Cecelia Spanberger of St. Francis Xavier; Marissa Simard of St. Francis Xavier; Diana Gomez of St. Francis Xavier

Grades 4 to 6 – Asia Melendez of North Fort Myers Academy for the Arts; Frank Valenti of Oasis Middle School; Ashley Punyahotra of Diplomat Middle School

Grades 7 to 9 – Kate Giesel-Sharp of Cypress Lake High School; Elizaveth

Martinez of Veterans Park Academy for the Arts; Jamie Lowry of Cypress Lake High School

Grades 10 to 12 – Morgan Moravec of Cypress Lake High School; Amy Le-Hoang of Cypress Lake High School; Makayla Rotz of Estero High School

The four overall winning illustrations will be enlarged and appear on the side of a Lee County Waste Pro truck and printed on reusable tote bags. The overall winning and honorable mention artwork will be on display at the Lovers Key State Park Discovery Center during April in honor of Earth month.

Keep Lee County Beautiful will host an award reception at the Lovers Key State Park Discovery Center on April 4 from 4:30 to 7:30 p.m. at which time the artwork will be exhibited, and the winners will receive their awards.

The reusable tote bags will be released in the fall and can be purchased for a \$5 donation. They will be available through participating Lee County Schools, which retain all proceeds collected with the funds being used to support on-campus environmental projects.

The Leave the Scene Clean project is made possible through corporate sponsorships. Sponsors for the 2022 art contest include Lee County Solid Waste, Covanta Energy, Advanced Disposal, Coca-Cola Beverages Florida, Greenfield Marketing & Media, LCEC and Waste Pro. Sponsorship spaces are still available. Call Tisha at 334-3488 for more details on how to become a sponsor.\*



BAILEY-MATTHEWS

NATIONAL SHELL MUSEUM

## 2022 NEW EXHIBITS AND PROGRAMS



### NEW EXHIBITS

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

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

Photo by Andrew West/The News-Press

### LECTURES

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

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

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

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

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



### CLASSES

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

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

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

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

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

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Open Daily, 10-5

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



## Program On Meaningful Change

**M**ark McCurties, a practitioner of Christian Science healing, will present a talk titled *Making Meaningful Change: How God's Love Can Change Your Life and the World at First Church of Christ, Scientist* on Saturday, February 5 at 2:30 p.m.



Mark McCurties

The ideas in this lecture are based on the teachings of Jesus as recorded in the Bible, and as discussed in *Science and Health with Key to the Scriptures* by Mary Baker Eddy. This book will be given to those who attend.

"The desire to change ourselves, to improve our character, our relationships, our life prospects can also go beyond just the boundary of our own lives and the four walls of our home. Many men and women around the world have a sincere yearning to improve the collective experience of mankind," said McCurties. "In this lecture, I will explain how God's loving and saving power is the greatest agent for change, and that through a right understanding of

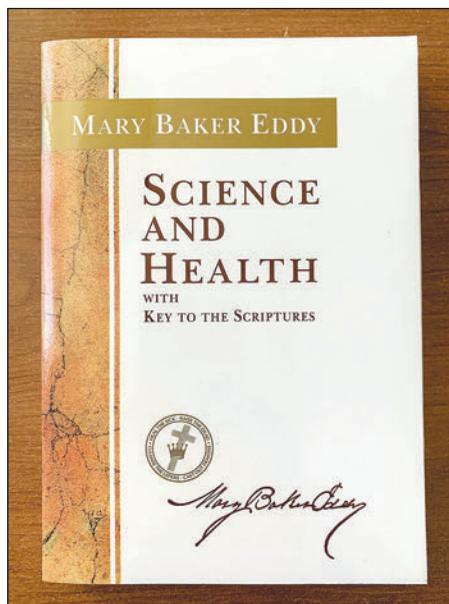


photo provided

God, His power can be seen and felt right here and now, bringing health and peace to the world."

McCurties has had a life-long love of the Bible and its inspiring message of individual triumph over adversity. After graduating from college, he spent a number of years in the field of education where he worked as a camp director, experiential educator, resident counselor and athletics coach. While working with young people, he had many opportunities to witness the healing power of God, and these inspiring experiences eventually led him into the

full-time public practice of Christian Science.

McCurties is a member of the Christian Science Board of Lectureship. He travels from his home in Ann Arbor, Michigan.

First Church of Christ, Scientist is located at 2390 West First Street in Fort Myers. To preview this lecture, visit [www.christiansciencefortmyers.net](http://www.christiansciencefortmyers.net).✳

## Enrollment Open For Early Learning Classes

**R**egistration is now open for families who wish to enroll their children in summer voluntary prekindergarten (VPK) classes. To qualify, students must be 5 years old by September 1 and not have already accessed a VPK program.

The program for incoming kindergartners is taught by certified teachers with a focus on school readiness and social and emotional wellbeing. Classes are Monday through Thursday, June 7 through July 29, from 7:30 a.m. to 5:30 p.m. and are available at Sunshine Elementary School, 601 Sara Avenue North, in Lehigh Acres; and Early Childhood Learning Center, 3650 Michigan Avenue, in Fort Myers. Limited transportation is provided to some students.

The summer VPK program aids in

helping children and families transition smoothly to kindergarten. VPK provides children with access to high-quality early learning experiences and makes learning fun. Teachers will introduce children to language, literature and social skills in a play-based environment.

To register, families must first apply for a VPK voucher through the Early Learning Coalition online at [www.elcofswfl.org](http://www.elcofswfl.org) or in person by appointment only at 2675 Winkler Avenue in Fort Myers. Then families need to bring the voucher, receipt of enrollment in kindergarten, child's birth certificate and proof of address to the Early Learning Childhood Center at 3650 Michigan Avenue in Fort Myers.

Summer VPK seats are limited and available on a first come, first served basis.✳

## Flea Market At Bayside Estates

**T**he popular Bayside Estates Flea Market will be held inside and outside the clubhouse on Friday, February 4 from 8 a.m. to 2 p.m. and Saturday, February 5 from 8 a.m. to noon.

The annual sale features appliances, furniture, consignment, bakery and farmers market, clothing, collectibles, jewelry, linens, seasonal, tools, toys and includes a raffle and lunch.

Bayside Estates is located at 17601 San Carlos Boulevard in Fort Myers.✳

## Churches/Temples

### ALL FAITHS UNITARIAN CONGREGATION

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

### ALL SAINTS BYZANTINE RITE CATHOLIC

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

### ANNUNCIATION GREEK ORTHODOX

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

### BETH YESHUA MESSIANIC SYNAGOGUE

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

### BIBLESHARE

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

### CHABAD LUBAVITCH ORTHODOX

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

### CHAPEL OF CYPRESS COVE

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

### CHAVURAT SHALOM

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

### CHURCH OF THE CROSS

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

### COVENANT PRESBYTERIAN

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

### CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

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

Pkwy, 482-2315.

### REDEEMER CHURCH

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

### CYPRESS LAKE PRESBYTERIAN

Sunday 9 and 11 a.m. English, 10 a.m. Spanish. [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.fpcfmyers.org](http://www.fpcfmyers.org), 2438 Second Street, 239-334-2261

### IONA-HOPE EPISCOPAL CONGREGATION

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

### JESUS THE WORKER CATHOLIC

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

### LAMB OF GOD

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

### NEW HOPE PRESBYTERIAN

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

### PEACE COMMUNITY

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

### PEACE LUTHERAN

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

### REDEEMER LUTHERAN

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

### RIVER OF LIFE ASSEMBLY OF GOD

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

### SAMUDRABADRA BUDDHIST CENTER

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

### SAINT COLUMBKILLE CATHOLIC

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

### ST. FRANCIS XAVIER CATHOLIC

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

### SAINT JOHN THE APOSTLE METROPOLITAN

Sunday 10 a.m., 3049 McGregor Boulevard, 344-0012.

### SAINT MICHAEL LUTHERAN

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

### SAINT NICHOLAS MONASTERY

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

### ST. VINCENT DE PAUL CATHOLIC

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

### SOUTHWEST BAPTIST

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

### TEMPLE BETH EL SYNAGOGUE

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

### TEMPLE JUDEA (CONSERVATIVE)

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

### THE FAITH CENTER

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

### THOMAS A. EDISON CONGREGATIONAL

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

### UNITARIAN UNIVERSALIST

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

### UNITY OF FORT MYERS

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

### WESTMINSTER PRESBYTERIAN CHURCH

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

### WORD OF LIFE

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

### ZION LUTHERAN

Saturday 5 p.m.; Sunday 8, 9:30 and 11 a.m., [www.zionfm.org](http://www.zionfm.org), 7401 Winkler Road, 481-4040.

*Email changes to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213.✳*

## Estates To Host Garden Festival

Edison and Ford Winter Estates will hold its annual Winter Garden Festival on Saturday and Sunday, February 12 and 13 from 9 a.m. to 4 p.m. More than 50 garden vendors from around the state of Florida will have tropical and native plants and trees for sale. The festival takes place outdoors, under large shade trees and features food trucks and live music.

Vendors will have many types of plants and trees, including air plants, bromeliads, butterfly plants, cacti, fruit trees, herbs, hibiscus, orchids, palms, succulents and many hard-to-find species. Vendors will also offer garden supplies, such as fertilizer and worm castings. The Edison Garden Shoppe will be open and have unusual tropical and Florida native plants that thrive in Southwest Florida. Ceramic flowerpots, vegetable and flower seeds, garden art and gardening gift items will also be available for purchase.

"This is a very special event at a historic site, offering gardeners everything from fruit trees to orchids to butterfly plants," said Debbie Hughes, horticulture director at Edison and Ford Winter Estates. "Whether someone is looking for edibles, Florida natives, or just something their neighbor doesn't have, this is the place to find it."

In addition, there will be a book signing during the festival. Jana Milbocker will

have her book *The Garden Tourist's Florida, a Guide to 80 Tropical Gardens in the Sunshine State* available for purchase and signing. Milbocker is an avid gardener, garden designer, lecturer and author. She is the owner of Enchanted Gardens, a landscape design firm in the Boston area. She is also the past president of the Holliston Garden Club, and she's active in the Garden Club Federation of Massachusetts, Massachusetts Horticultural Society and GardenComm International. *The Garden Tourist's Florida* is her third garden travel guide.

Edison Ford members will receive a discount on Garden Shoppe purchases; guests may purchase a membership during the event to receive the discount. Members also receive free, unlimited general admission throughout the year, plus free admission to many other museums and gardens across the country through the reciprocal program.

A limited number of garden carts will be available, so guests are encouraged to bring a cart or wagon for transporting plants. A designated plant holding tent and loading spot will be offered for anyone needing assistance. Parking and admission to the festival is free (tours of the homes, museum and lab are not included). In accordance with the Centers for Disease Control, masks are recommended for visitors attending the festival.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, call 334-7419 or visit [www.edisonford.org](http://www.edisonford.org).\*

## Dean's List

Daniel Ibarra of Fort Myers was named to the dean's list for the fall 2021 semester at Wheaton College in Wheaton, Illinois.

To earn dean's list honors, an undergraduate student must carry 12 or more credit hours and achieve a 3.5 grade point average or higher on the 4.0 scale.

Alexander Cubbage of Cape Coral has been named to the dean's list for the fall 2021 semester at Lehigh University in Bethlehem, Pennsylvania.

Dean's list is awarded to students who earned a scholastic average of 3.6 or better while carrying at least 12 hours of regularly graded courses.

Tessia Sumner of Cape Coral has been named to the dean's list for the 2021 fall semester at Springfield College in Springfield, Massachusetts. Her primary major is health science.

To qualify for the dean's list, students must have completed a minimum of 12 credit hours of graded coursework for the term and have a minimum semester grade average of 3.500.\*



Muskmelon is a naturalized creeping vine that produces edible fruit photo by Gerri Reaves  
Plant Smart

## Muskmelon

by Gerri Reaves

Muskmelon (*Cucumis melo*) is a member of the gourd, or cucumber, family and native to parts of Africa, Asia, the Indian Subcontinent and Australia.

This vine was introduced to the U.S., where it is found in most states, and has spread widely across the globe.

In Florida, it is naturalized, meaning that it sustains itself outside cultivation.

In its native range, it has a variety of uses, including animal food, poison, medicine and fuel, but most Americans are familiar with the species as the cantaloupes and honeydews sold in grocery stores.

Seeds left over from a picnic can result in a sturdy melon vine, and the species

often springs up in dumps or waste areas.

The vine pictured here was flourishing on a seawall near a pool.

There are many cultivars of this annual, both wild and cultivated, and their fruit varies greatly in texture, taste, color, size, odor and shape.

The alternative leaves can be palmate with three to five lobes or unlobed.

Leaf edges, or margins, can be smooth or serrated, and stems are covered with erect bristly hairs.

The five petals of the yellow flowers are fused into a tube. They develop into rounded or oval fleshy fruit, ranging from tan or yellow to green or orange, sometimes with stripes.

Sources: <http://floranorthamerica.org>, <https://gobotany.nativeplanttrust.org>, <https://powo.science.kew.org>, and [www.regionalconservation.org](http://www.regionalconservation.org).

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

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# Wow, It's Winter



by Capt. Matt Mitchell

Until this week, we have only had a few little brief brushes with the cold of winter before temperatures have rebounded. As I'm writing this and looking at the 10-day forecast, we will not see much more

than a chilly 70-degree high anytime soon. Although this is not the weather everyone heading south from the frigid north is hoping for, it's still possible to get outside and enjoy the Florida sunshine.

Sheepshead and black drum will be heading to fillet tables everywhere as water temperatures fall into the low 60s. My go-to this week will be fishing the many shell bottomed mangrove creeks both in the river and the southern end of Matlacha Pass. Many of these creeks with fast-moving current produce some of the most wide-open sheepshead bites we see all winter. St. James Creek and Punta Blanco, though both hard to access, have deeper holes between the many shallow oyster bars that load up with thousands of sheepshead.

Cold water means clear water, which is the perfect set-up for trout fishing. Look for trout in the many protected bays of JN "Ding" Darling National Wildlife Refuge as they move in from the more exposed flats of the sound. These fish will be in the transition areas where the shallow grass



Black drum are one of the area's many winter targets

photo provided

touches the edges of the deeper channels. Live shrimp under a popping cork is a hard method to beat, although anglers slow-bouncing soft plastic jigs across the bottom cover more water. As temperatures stabilize, look for these trout to move just to the outside of the creeks that feed Ding Darling. It's often possible to see them in the many white sand holes as your moving around.

Action on "Rat Redfish" will be both in the twisting mangrove creeks along with deeper holes against the mangroves and oyster bars. Bouncing a live shrimp on a jig head slowly across the bottom can

locate some of the best redfish action of the year. Though most of these blue tailed redfish of winter are between 16 to 20 inches, the bite can be every cast once located.

Fishing is going to change over the next week and switching gears to this winter pattern offers anglers different opportunities. I really enjoy winter along with the change of tactics required to catch these different species. Our cold water winter fishing is outstanding and requires a sharp fillet knife as most of these winter targets are legal to eat.

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). ❄️

## Flooding Risk Critical For Real Estate Industry

The Real Estate Investment Society (REIS) will take a hard look at flooding and insurance issues during a luncheon meeting in the Osprey Room at Pelican Preserve's Clubhouse on Tuesday, February 8 at 11:30 a.m.

Brian Chapman, founder and CEO of Chapman Insurance Group, will be leading the discussion. Flooding risk is an increasingly important issue for real estate development, financing and management in Southwest Florida.

The program will include updates on flood zone mapping, risk rating, mitigation strategies, the National Flood Insurance Program (NFIP) and the insurance industry. Chapman is also expected to offer insight on how lenders, builders and property owners are coping with the challenges. Following his presentation, he will respond to questions of specific interest to the real estate investment and development industry.

Admission is \$30 for members and \$45 for guests, which includes lunch. Reservations are required by Thursday, February 3. To register, visit [www.reis-swfl.org](http://www.reis-swfl.org). Midland 1031 is sponsoring the meeting

Pelican Preserve's Clubhouse is located at 9802 Pelican Preserve Boulevard in Fort Myers. For more information, call Lori Moore at 338-4248. ❄️

From page 1

## Exhibits

curated by Susanne Miller Jones and juried by Lies Elis and Cyndi Souder. This exhibition features 36 quilts and includes the stories of Sojourner Truth, Elizabeth Cady Stanton, Fannie Lou Hamer, Ann Richards and Barbara Jordan.

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

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Dave Doane with his co-worker Jesse

**CROW Case Of The Week:**  
**Black Racer**

by Bob Petcher



The black racer (*Coluber constrictor Priapus*) is a common nonvenomous snake in Florida. In fact, you can find one of these limbless reptiles in every county in the state,

even down in the Florida Keys.

Also known as the North American racer, the black racer ranges between 20 to 56 inches in length and has smooth scales in roughly 20 dorsal rows at mid-body area.

Black racers are defensive in nature, choosing to flee when approached. They are not known to bite, but they will if they are intentionally harassed. In Florida, they tend to feed on lizards, frogs and smaller snakes, and overpower their prey in their jaws while pressing it to the ground until it passes... or swallowing it alive if given that option.

At CROW, an adult black racer was admitted to CROW after being found caught in a landscaping mesh netting. Medical staff needed two different kinds of cutting devices to free the snake.

"Scissors were used to cut away the bulky mesh netting, then smaller surgical scissors were used to carefully cut the



**Patient #22-153 prior to being freed from the mesh netting**

photo by Alissa Shull

netting away from the snake where it was tightly wrapped around the body," said Dr. Charlotte Cournoyer, CROW veterinary intern.

After freeing the snake, veterinarians noted constriction wounds varying in depth down the length of its body.

"The constriction wounds were due to the netting being tightly wrapped around the snake's body," said Dr. Cournoyer. "They caused deep indents with surrounding edema, which is fluid buildup between tissue cells secondary to improper circulation. They were in multiple locations all down the body of the

snake, totaling about 10 wounds in five different sections of the snake.

An animal struggling in such netting can make matters worse.

"The netting being tightly wrapped around the snake caused the constriction wounds, and it is likely that as the snake struggled to free itself, it became more tightly entangled, increasing the severity of the wounds," said Dr. Cournoyer. "There were two areas on the bottom part of the snake where the netting cut deeper in between the scales, causing abrasions."

The snake was treated with injectable pain medication for the wounds and was

closely monitored while it recovered in the rehabilitative, temperature controlled reptile room – something needed for these cold-blooded vertebrates.

"Reptiles are ectothermic, meaning they regulate their internal body temperature using external environmental temperature," said Dr. Cournoyer. "We keep our reptile room temperature controlled for this reason."

Luckily for the black racer, its wounds were not too grave, and its stay at the clinic was short.

"The edema from the constriction wounds resolved, and the patient was very active, therefore the patient was released after only a few days in care," said Dr. Cournoyer.

Mesh netting while landscaping is not the best product to use when considering wildlife.

"If possible, we discourage homeowners and landscapers from using mesh netting as it can result in entanglement of wildlife," stated Dr. Cournoyer. "In this case, the snake was able to recover but it is possible if the snake had not been rescued in time, the wounds could have been far more severe or potentially fatal."

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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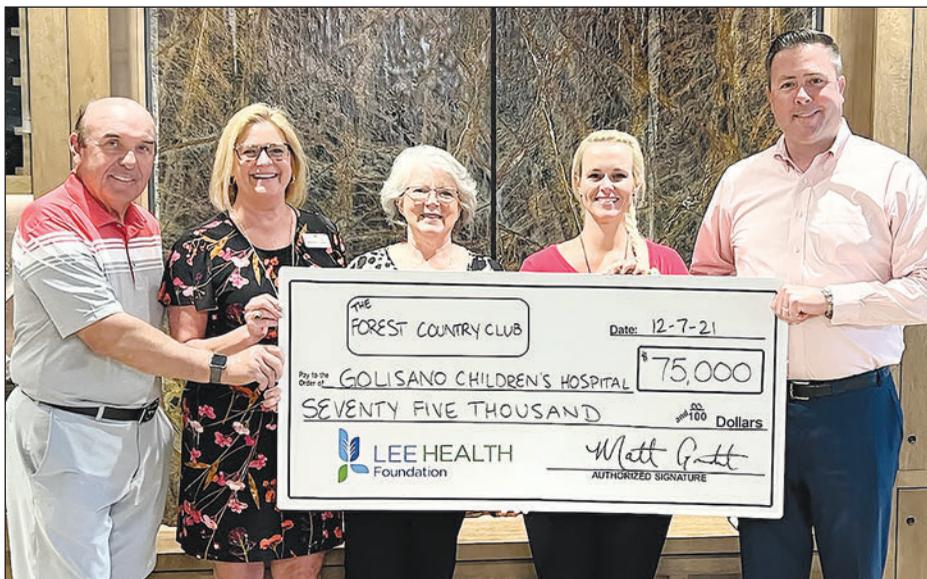
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Members of The Forest Country Club present a \$75,000 check to the Golisano Children's Hospital of Southwest Florida photo provided

## Country Club Donation To Golisano Hospital

Inspired by its members' goal to raise \$1 million for Golisano Children's Hospital of Southwest Florida, The Forest Country Club has donated \$75,000 to support pediatric healthcare. "The Forest Country Club has been a proud partner of Lee Health and the Golisano Children's Hospital for many years," said Matt Gaudet, general

manager of The Forest Country Club. "Our organization sees great value in supporting the causes of our local healthcare system. When areas impacting the health of our area's youth are identified, our members will continue to answer the call to action and make these programs, such as pediatric neurosurgery, a reality."

The \$75,000 donation puts the community more than halfway to reaching its \$1 million goal. Members have decided the donations raised will support Golisano Children's Hospital's pediatric neurosurgery program and

ensure Southwest Florida families have access to the quality services they need close to home.

The Pediatric Neurosurgery Program at Golisano Children's Hospital of Southwest Florida includes recruiting world-class pediatric neurosurgeon(s) to the region in collaboration with Johns Hopkins All Children's Hospital,

equipping operating suites and patient care units with state-of-the-art pediatric neurosurgical equipment, as well as providing critical training and simulations to the clinical team.

For more information on supporting Golisano Children's Hospital and how to make an impactful donation, visit [www.giveolisano.org](http://www.giveolisano.org).

## Free Youth Baseball Clinics

The Minnesota Twins will hold a series of free youth clinics at the Lee County Sports Complex and local youth league sites through February 12. Presented by the Minnesota Twins Community Fund, the clinics are open to youth (age 5 to 16) of all skill levels, or younger children who are accompanied by an adult.

The clinics feature Twins instructors and offer youth throughout Southwest Florida the opportunity to learn more about baseball and softball, further develop their skills and prepare for the upcoming season. Twins instructors will use drills to teach the fundamentals of throwing, hitting and fielding at each clinic, providing a hands-on, big-league learning experience. The Twins are also partnering with the NubAbility Athletics Foundation to host a clinic for youth with limb restrictions on February 4 at Hammond Stadium, while the club will visit the Tri-County Little League Challenger Division on February 12 for an adaptive clinic for individuals with physical and intellectual challenges.

A complete schedule of the 2022 Minnesota Twins Southwest Florida Youth Clinics is as follows:

Saturday, January 29, 9:30 to 11 a.m. – For ages 5 to 10; Buckingham Little League/Buckingham Community Park, 9800 Buckingham Road, Fort Myers. Contact Ryan Karth at [rkarth99@gmail.com](mailto:rkarth99@gmail.com)

Saturday, January 29, 11:30 a.m. to 1 p.m. – For ages 11 to 16; Buckingham Little League/Buckingham Community Park, 9800 Buckingham Road, Fort Myers. Contact Chris Risola at [c\\_risola@yahoo.com](mailto:c_risola@yahoo.com) or 1-203-829-5363

Friday, February 4, 8:30 a.m. to 4 p.m. – NubAbility Clinic/Lee County Sports Complex, 14100 Six Mile Cypress

Parkway, Fort Myers. Registration required; contact Sam Kuhnert at 1-618-357-0237

Saturday, February 5, 9:30 to 11 a.m. – For ages 5 to 10; Cape Coral Little League/Pelican Baseball Complex, 4128 Pelican Boulevard, Cape Coral. Contact Chris Risola at [c\\_risola@yahoo.com](mailto:c_risola@yahoo.com) or 1-203-829-5363

Saturday, February 5, 11:30 a.m. to 1 p.m. – For ages 11 to 16; Cape Coral Little League/Pelican Baseball Complex, 4128 Pelican Boulevard, Cape Coral. Contact Chris Risola at [c\\_risola@yahoo.com](mailto:c_risola@yahoo.com) or 1-203-829-5363

Saturday, February 12, 9:30 to 11 a.m. – Tri-County Little League Challenger Division/Three Oaks Park, 18251 Three Oaks Parkway, Fort Myers. Contact Rocky Barron at [rbarron1@comcast.net](mailto:rbarron1@comcast.net) or 292-7857

Saturday, February 12, 10 a.m. to noon – South Fort Myers Little League/Rutenberg Park, 6500 South Pointe Boulevard, Fort Myers. Contact Howard Gold at [howardgold1124@gmail.com](mailto:howardgold1124@gmail.com) or 851-2554.

## Upgrades Settled For Alico Road

A contract was awarded for street lighting and landscaping on the widened section of Alico Road from Ben Hill Griffin Parkway to Airport Haul Road. The committed project improves transportation infrastructure.

Construction was completed about a year ago and expanded the two-lane road into a four-lane divided highway with on-road bike lanes and a 12-foot, shared-use path on each side. New underground utility lines also were installed.

The \$2 million contract is with Alva-based P&T Lawn & Tractor Service, Inc. Work is expected to begin in February.

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

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**Buffy, last week's featured dog, has been adopted!**

**Darla** Female Hound Mix (Black w/ Tan)  
48lbs • 3 years old

## Foundation Names New Board Members

The Heights Foundation/The Heights Center has named three new members to its board of directors. Jamie Fautz, Carson Pearlman, and Susan Scott were installed at the December board meeting.

Fautz relocated to Sanibel Island in 2015 after living in Costa Rica with her husband, Christian, and daughter, Eden. While abroad, she taught at the La Paz Community School, a dual-language, IB-accredited school where all cultures and socioeconomic levels are openly embraced and celebrated. She is most excited to get to know the families in the Harlem Heights area and work alongside the other board members.

Pearlman was born and raised in Fort Myers, is a member of Westminster Presbyterian Church and attended high school at Evangelical Christian School. He is a United States Airforce veteran, graduated from the United States Air Force Academy Prep School and Jacksonville University where he played Division I college football. He has volunteered for the foundation's Thanksgiving outreaches and is thrilled to have the opportunity to help the organization grow.

Scott is the product of a West



From left, Jamie Fautz, Susan Scott and Carson Pearlman

photo provided

Point family and spent her younger years traveling the United States and Europe, attending an array of schools. She landed in the Virginia area and, having developed a love of the arts, graduated from Virginia Commonwealth University with a degree in fine arts. Her career in Washington centered around commercial design with a focus on restaurants and hotels.

"We are honored that these individuals have joined the board of directors of The Heights Foundation/The Heights Center," said Kathryn Kelly, founder, president and CEO. "They each bring expertise in their professional fields and a passion for supporting their community."

Besides Kelly, the Heights Foundation/The Heights Center 2022 officers are Jan-Erik Hustrulid, chair; Armando Llechu, vice-chair; and Tom Lytton, secretary and treasurer. The other 2022 board members are Tracie Bagans, Bryan Filson, Betsy Hinds, Doug Johnson, Chris Lopez, Teri Palmer, Beth Prather and Kevin Shimp. Dr. Deb Mathinos is chief programs officer, ex-officio, while Jim Sanger is chief operating officer, ex-officio and Victor Mayeron is chair emeritus.

The Heights Foundation/The Heights Center organization works to build strong, self-sufficient families in the Harlem Heights neighborhood of Fort Myers.\*

## Funds Offered For Environmental Programs

Interested organizations can apply for an LCEC Environmental Funding Award by March 15. Certain criteria must be met to be considered for the award: the funding must be utilized for projects/programs related to the environment and the utility industry; and there must be a demonstrated need for funds.

Funding is awarded twice a year with deadlines on March 15 and September 1. The September 2021 LCEC Environmental Funding Award recipients included ArtFest Fort Myers; Cape Coral Wildlife Trust; Cape Coral Friends of Wildlife; Monofilament Busters, Inc.; Cypress Cove Landkeepers, Inc.; Audubon of Southwest Florida; Audubon's Corkscrew Swamp Sanctuary; and Future Forestry Corporation.

More than \$186,000 has been awarded since the program's inception in 2013. To apply, visit [www.lcec.net/about-lcec/community-and-education/environment](http://www.lcec.net/about-lcec/community-and-education/environment) to download the application.

LCEC's Environmental Funding Award Program is just one of the many ways that LCEC positively impacts and supports wildlife and the environment. To learn more, visit [www.lcec.net](http://www.lcec.net).\*

## Unpaid Court Fine Assistance

Veterans and people experiencing homelessness will be able to get assistance with their unpaid court fines at CityGate Ministries on Saturday, January 29 from 9 a.m. to noon.

Attendees must register by January 26 at [www.trafficcourt.eventbrite.com](http://www.trafficcourt.eventbrite.com) and wear masks to participate. A valid government-issued ID is required, such as a DD214, VA card, birth certificate, or driver license.

"We're honored to work with our community partners to improve the lives of citizens in our community, especially

our veterans," said Kevin Karnes, Lee Clerk's chief operating officer. "We hope this event helps them get back on their feet."

Court services will be provided in the gymnasium to allow for safe distancing. Any issues related to license clearances will be handled the following business days.

The event is produced in partnership with the Lee County Homeless Coalition, JFCS of the Suncoast, 20th Judicial Circuit Administrative Office of the Courts and the Lee County Tax Collector.

CityGate Ministries is located at 1735 Jackson Street in Fort Myers. Visit [www.leehomeless.org](http://www.leehomeless.org) for more information.\*

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## Book Review

# The Dark Hours

by Di Saggau



**R**enee Ballard and Harry Bosch are a great combination, and they are back again in Michael Connelly's latest, *The Dark Hours*. Connelly takes an unflinching look at police work in the

post-George Floyd era, providing a gritty portrayal of the current social environment. Ballard and Bosch team up to find justice for an innocent victim. It's New Year's Eve and it's a chaotic time in Hollywood. Ballard, working her graveyard shift, seeks shelter at the end of the countdown to wait out the sky full of lead as hundreds of revelers traditionally shoot their guns into the air.

As the calls come in, Ballard ends up at the scene where an auto shop owner has been fatally hit by a bullet during a crowded street party. She quickly decides that the bullet did not fall from the sky. Her investigation leads her to work with Bosch on another unsolved murder. They team up to find out where the old and new cases intersect, wondering if a killer lain dormant for years has struck again.

Bosch is now a private detective, getting old and not happy about how he's being affected by the ravages of time. Both

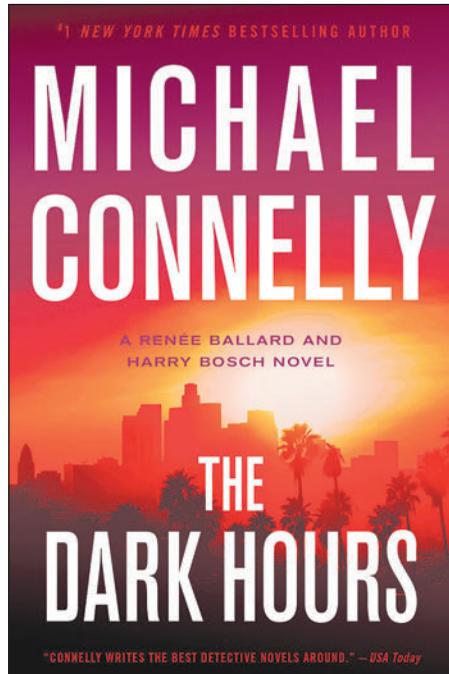


image provided

have street smarts and old-fashioned gut instinct which helps them work together. Ballard is on the lookout for a pair of serial rapists called the Midnight Men, who strike on holiday weekends, just after midnight.

*Readers Digest* says: "a veteran crime writer returns with a thrill-packed yet incisive look at present-day America." *The Real Book Spy* says: "Few writers have ever managed to grab and hold readers' attention the way Michael Connelly has the last three decades, and *The Dark*

*Hours* is yet another reminder that we're witnessing one of the all-time greats, who's shown absolutely no signs of slowing down

anytime soon." *The Dark Hours* is a book about our times, authentic, topical and terrifying and one of Connelly's best.✪

## School Smart



by Shelley M. Greggs, NCSP

**D**ear Shelley, I have second and third grade children who always have free reading as part of their homework. They must read 30 minutes a day

outside of school, log it and then, once a week, I sign off on it and they submit their work. This is getting harder to do as they become more involved in outside activities, and we become a busier family. What suggestions do you have to make this reading time fit our family better?

Thanks,

Julianna P, Cape Coral

**Julianna,**

Reading is so important for children. You are smart to develop a plan to have your children's required reading time more imbedded into your schedule despite the busy life you lead. It will take some planning and perhaps thinking about reading in a slightly nonconventional way to meet your goal. Here are some suggestions that might help.

Get your children started with audiobooks – Local libraries typically have a good, age-appropriate selection of audio books for kids. If they have a tablet or Smartphone, they can listen to an audio book anywhere, on the bus or in the car. At home, audio books can be accessed on a home computer. You could also make your own audiobook recordings for them as well. Listening to audiobooks requires focus and concentration, word recognition and comprehension skills. Studies show that listening to books is an important activity to build the skills for reading success.

Another activity that would certainly count as reading would be to attend a story time at the library or online. Most libraries have developed excellent programming, especially through the COVID crisis to help kids with their reading.

We all must cook meals – Reading

recipes with your children while preparing dinner counts. It can help your child learn new words and see how reading is part of everyday life, and you might even sneak in a bit a math with the cooking process. You might also read the grocery flyers together as you make your shopping list or clip coupons.

You might consider asking their grandparents become reading buddies with your children – Your children and grandparents could read to each other. It's so easy now with video-calling to enjoy reading together when you can't be together in person.

You might recruit older siblings or neighbors to read with your children – Many older students would enjoy this activity with younger peers. If there aren't any older family or friends around to help, visit [www.kidsread2kids.com](http://www.kidsread2kids.com), where kids can watch videos of books read aloud by other kids. This is a great site that provides free video-audio books read by kids for kids – filmed chapter by chapter for easy listening.

Another great site for literacy is [www.improvingliteracy.org/kid-zone](http://www.improvingliteracy.org/kid-zone). It has an excellent selection of books/videos/audio and literacy games for kids age 3 to 10.

There are many times throughout the day that we have five to 10 minutes of in-between-time to use. It might be waiting for an appointment or waiting to pick up something or someone. You can use those moments wisely, by having a book or e-book with you. These moments are a great time to read to your children or have them read to you.

Reading to your child is great to connect and have fun. By having different ways to make that happen, you will encourage your child to read more and to enjoy reading more, plus they will meet their homework requirements more easily.

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).✪

# Chavurat Shalom of Southwest Florida

Fellowship of Peace

Speakers Series

Thursdays - 11:00 a.m.

✪ February 3 • DOUGLAS ALLEN

Professor Emeritus of Philosophy, University of Maine  
"Challenges to Living Non-Violently with Peace and Justice"

✪ February 10 • RABBI DAVID BURSTEIN

Director of religious school at Congregation Beth Adam, Cincinnati, Ohio  
"How to Educate our Youth to Deal with the Challenges of Life Jewishly"

✪ February 17 • RABBI MYRA SOIFER

Emerita, Temple Sinai, Reno, Nevada  
"Reform Judaism Responsa in the Time of Covid and What's Responsa Anyway??"

✪ February 24 • DR. ELLEN FEINGOLD

Sanibel physician, artist and Judaism explorer  
"King Solomon and Why He Was Israel's Best King"

To request to virtually join one or more of these free programs  
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celebration of our Jewish cultural heritage.

[www.chavuratshalomofsouthwestflorida.org](http://www.chavuratshalomofsouthwestflorida.org)

## Hope Healthcare Offers Creative Art Program

**P**eople struggling with grief after the loss of a loved one can explore a creative outlet for emotional release and self-expression during Open Studio, a six-week Zoom series designed for adults age 18 and older.

Participants will connect with their peers and discover new coping skills while engaging in a favorite artistic activity, such as singing, dancing, painting, writing, crafting or any creative practice. They will

learn to describe their journey through the process of writing and, if desired, share their story and reflect on their experience with fellow group members.

Led by Hope Bereavement Counselor Nicole Thoma, MSW, the group will meet virtually from 1 to 3 p.m. on Mondays beginning February 7. Participants will need a quiet setting with Wi-Fi access during the sessions; no prior art experience is required. Open Studio is provided at no charge, thanks to generous community support.

Space is limited, and registration is required before Thursday, February 3. If interested in participating, contact Nicole at [nicole.thoma@hopehcs.org](mailto:nicole.thoma@hopehcs.org) or 415-7219.✪

## Forum To Spotlight Real Estate Market



Randy Thibaut



Denny Grimes

Local real estate experts will convene in Southwest Florida to present Market Trends 2022 at Caloosa Sound Convention Center on Wednesday, March 16 from 4 to 7:30 p.m.

The theme of Southwest Florida's largest real estate forum is The Thrill of the Chase – What Now? following a record year in real estate that was predicted in both the 2021 spring and fall forums. With booming demand and fierce competition, the year 2022 will be all about the chase for inventory across Southwest Florida.

The real estate summit explores the latest market trends data, research and fact-based analysis and how they will impact the big picture for homeowners, homebuyers, real estate professionals and the region as a whole in 2022. The area's leading voices in real estate



Justin Thibaut

will present facts and extensive market knowledge to lead a state-of-the-industry discussion.

Speakers for Market Trends 2022 include:

LSI Companies Founder Randy Thibaut – land, new home sales and development expert;

Residential real estate expert Denny Grimes – president of Denny Grimes & Team at Keller Williams Realty; and

Commercial real estate expert Justin Thibaut – CCIM, president and partner of LSI Companies.

Tickets are \$50 for general admission and include a comprehensive data book. VIP armbands can also be purchased for \$45 and include access to a VIP area that includes free food and complimentary drinks during an exclusive networking hour. Reserved and VIP tables ranging from \$600 to \$1,200 are also available for groups of eight to 10 people. Virtual tickets are \$50 and include access to view the livestreamed event and the market data book.

Presenting sponsors for the spring Market Trends event are LSI Companies, Lee Building Industry Association, Collier Building Industry Association and Charlotte Desoto Building Industry Association. Premier sponsors include *Business Observer*, NBC2 and *Florida Weekly*. Henderson, Franklin, Starnes & Holt, PA is a platinum sponsor. Barraco & Associates, Busey Bank, DR Horton and Priority Marketing are gold sponsors. Cameratta Companies, Lennar, Pulte Homes and Sanibel Captiva Community Bank are silver sponsors.

Additional sponsorship opportunities are available and include varying levels of recognition in the Market Trends data book, marketing materials, during the event and more.

For more information and to register, email [info@markettrendsswfl.com](mailto:info@markettrendsswfl.com) or visit [www.markettrendsswfl.com](http://www.markettrendsswfl.com).

## Resource Center Now Open For Tornado Victims

The Lee Board of County Commissioners has opened a Multi-Agency Resource Center to aid residents impacted by the January 16 tornado with the opportunity for one-stop service.

The center will be open 10 a.m. to 5 p.m. Monday through Saturday at the Wa-Ke Hatchee Recreation Center, 16760 Bass Road in Fort Myers.

Participating organizations include American Red Cross; Lee County Human & Veteran Services; Lee County Tax Collector; The Salvation Army; Harry Chapin Food Bank; Goodwill Industries of Southwest Florida; United Way; Center for Progress and Excellence; and Catholic Charities.

The center will provide residents directly impacted by the tornado with easy access to assistance organizations.

State and federal partners continue to mobilize long-term recovery assistance.

Organizations at the center will assess individual needs and work to allocate available resources. Identification and proof of residency will be requested at the site. Examples include driver's licenses, utility bills, insurance cards, mortgage statements or any other documents that match the address at which the impacted property is located. Staff will have a list of impacted residences for those who do not have documentation.

For transportation assistance to the center, call 211. For more information and resources related to the storm, visit [www.leegov.com/storm](http://www.leegov.com/storm).

The latest damage assessment from the storm is 74 homes destroyed, 61 homes with major damage and 58 with minor damage.

Lee County residents not impacted by the storm but in need of agency services should call Lee County Human & Veteran Services at 533-7930 or visit [www.leegov.com/dhs/assistance](http://www.leegov.com/dhs/assistance).

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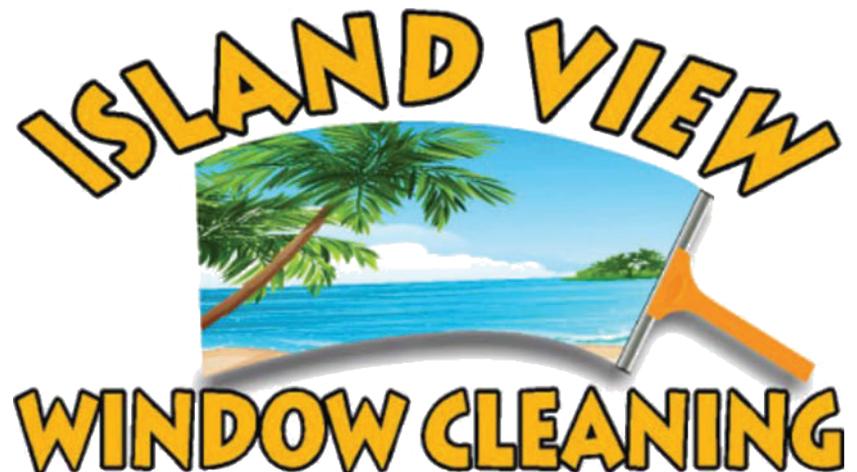


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## Will Power

## What Is A Testamentary Trust?



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

**M**y office frequently interacts with compliance officers of major banks and brokerage firms. From time to time, we receive curious inquiries from their offices after a client dies. This is because the deceased client's trust may subdivide into one or more "testamentary trusts" that continue on to benefit the client's spouse, children or other beneficiaries. The brokerage office will ask me for a copy of the trust for the spouse, children or other beneficiaries – when they already have it! You see, the testamentary trust was built inside of the revocable trust that they already possess.

If compliance officers inside of major banks and brokerage offices don't understand what a testamentary trust is, I thought that this might be a good topic for today's column.

A testamentary trust (sometimes referred to as a trust under will) is a trust which arises upon the death of the testator, and which is specified in his or her will or revocable living trust. A will or revocable living trust may contain more than one testamentary trust and may address all or any portion of the estate.

There are four parties involved in a testamentary trust: (1) the person (referred to as the "grantor" or "settlor") who specifies that the trust be created, usually as a part of his or her will or revocable living trust – from which the testamentary trust "springs into being" upon the settlor's death; (2) the trustee, whose duty is to carry out the terms of the testamentary trust; (3) the beneficiary(s), who will receive the benefits of the testamentary trust; and possibly (4) The probate court where the testamentary trust is created by a will as opposed to when a testamentary trust automatically is created under the terms of an inter vivos (commonly referred to as a "revocable living") trust.

A "marital trust" that benefits a surviving spouse inside of someone's will is a testamentary trust, as is a "credit shelter" trust, which may be used to consume the decedent's federal estate tax exemption. A continuing trust for a child or grandchild for educational, health or general needs is another example of a testamentary trust. So is a charitable remainder trust that springs out a revocable trust or will as of the settlor's death.

So, you can readily determine now that a testamentary trust is one that doesn't come into being until the settlor's death and is usually found inside of an existing document such as a revocable living trust or a last will and testament.

When the compliance office of the bank or brokerage house asks for a copy of the testamentary trust instrument, I can usually tell them that they already have it. They just need to look inside of the revocable living trust to one of the Articles. An Article that is entitled "Marital Trust," for example, is a testamentary trust. Same for a "Family Trust" or "Educational Trust" found within the pages of the original instrument.

The trustee of the testamentary trust may be a different party than the one who serves as the trustee of a revocable living trust. Typically, the settlor of a revocable living trust serves as his or her own trustee during the course of his or her lifetime. Upon the settlor's death, however, that person can obviously no longer serve as their own trustee. When the trust therefore divides into the testamentary trust shares, another person, bank or trust company serves.

There may even be a different trustee for each testamentary trust formed. The spouse, for example, might be named as the trustee of the marital trust. An adult child who is the beneficiary of a continuing general needs trust, formed for his or her own benefit, may serve as the trustee of his or her own trust share.

Testamentary trusts are usually irrevocable, meaning that the terms cannot be changed or altered. This is because the settlor who created the trust has died. Even if the settlor reserved the power to amend the trust, since he or she is now dead, the trust becomes irrevocable. The exception to this is when the testamentary trust grants a "power of appointment" to a beneficiary to change the terms of the trust. I've written about powers of appointment in other columns.

Testamentary trusts all have different estate and income tax ramifications. Particularly with the higher federal estate tax exemptions, it's often better to review whether a marital trust is now more appropriate than a credit shelter or a family trust. Since many estates aren't taxable under the federal law, we can minimize taxes for your children and other beneficiaries by planning to eliminate the capital gains through a step-up in tax cost basis. Credit shelter trusts and family trusts do not receive another step-up at the surviving spouse's death.

After reading this, I hope that you are better informed as to what a testamentary trust is. If so, I offer you my hearty congratulations! You're ahead of several compliance officers at major banks and brokerage houses that I've dealt with in the past few months.

©2022 Craig R. Hersch – The Sheppard Law Firm. Learn more at [www.floridaestateplanning.com](http://www.floridaestateplanning.com).✧

## Marketing Firm Official Honored

**T**he Florida Gulf Coast University (FGCU) Alumni Association has named Samantha Scott, APR, president of Pushing the Envelope, Inc. (PTE), its 2022 Alumna of Distinction, their most prestigious award.



Samantha Scott

Each year, the alumni association's board of directors recognizes one distinguished graduate who has upheld the tradition of excellence through personal accomplishment, professional achievement, or humanitarian service. The FGCU Alumni Association will celebrate Scott among other award recipients and nominees at an awards dinner on Friday, February 11.

"I am honored to receive this esteemed award," said Scott. "I consider FGCU to be a university that strives to impact more than just its students, but our community and beyond. As a proud alum, I am privileged to live out this principle."

Scott is also an honorary member of FGCU's Soaring Eagles Society, another alumni recognition. Acknowledged in the community and the marketing communications industry, Scott has been honored by both *Gulfshore Business*

and *Business Observer* in their separate 40 under 40 awards, received the Uncommon Friends Ethics Award in 2017, was named the Public Relations Professional of the Year in 2015 by the Florida Public Relations Association SWFL Chapter and, with the PTE team, has won more than 35 industry awards.

Scott believes strongly in giving back and helping others. As such, she gives of her time as a board member for several organizations, including the FGCU Foundation Board of Directors, Gulf Coast Humane Society and Greater Fort Myers Chamber of Commerce.

Visit [www.fgcualumniawards.com](http://www.fgcualumniawards.com) to learn more about the FGCU Alumni Awards.✧

## Senior Vice President Named

**D**an Cronin has been promoted to senior vice president at Sanibel Captiva Community Bank. Based in the bank's McGregor Branch, Cronin was previously a vice president and residential loan officer.

Originally from Michigan, Cronin is a University of Michigan graduate and spent the first half of his career in the automotive industry working with General Motors, Ford and



Dan Cronin

Dodge Daimler Chrysler. In 2005, he relocated to Southwest Florida and began his mortgage lending career in 2008, helping to create the bank's residential lending division. He is a member and former vice president of the Florida Association of Mortgage Professionals.

"Year after year, Dan has proven to be one of our highest residential mortgage producers," said SanCap Bank President and Senior Loan Officer Kyle DeCicco. "This promotion is a recognition and acknowledgement of his hard work and dedication to our institution."✧

## Regional Trauma Center Relocated

**A**s part of a major expansion to better serve the Southwest Florida community, Lee Health has relocated its Regional Trauma Center from Lee Memorial Hospital to Gulf Coast Medical Center.

To prepare for the relocation, Gulf Coast Medical Center underwent a \$315 million expansion project, which added 268 new inpatient beds, bringing the hospital's total bed count to 624 from 356. The project also includes an expanded emergency department and intensive care unit (ICU) spaces.

Lee Health made history in the state by becoming the first health system in the state to move a trauma program.

"We are committed to caring for our community and, by relocating our Regional Trauma Center to Gulf Coast Medical Center, we are ensuring that we

have adequate treatment space to serve the trauma service needs of our growing population," said Dr. Larry Antonucci, president and chief executive officer of Lee Health. "Along with the additional space, Gulf Coast also offers a more centralized location to provide these services."

The trauma center serves only the most complex and life-threatening cases. More than 90 percent of those cases are from blunt trauma from falls, motor vehicle crashes and motorcycle crashes.

The emergency department at Lee Memorial Hospital will remain open and will continue to serve the community 24 hours a day. Any member of the community who needs emergency care should continue to visit their nearest hospital's emergency room.

For more information, visit [www.leehealth.org](http://www.leehealth.org).✧

From page 1

## Car Show

Ford members and \$25 for non-members, which includes a self-guided tour of the entire site. General admission tickets may be purchased on the website or at the ticket counter.

Antique car owners wanting to participate can register their car (any Ford model, 1980 or older) for display in the show by Friday, January 28.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, tickets or to register your car, visit [www.edisonfordwinterestates.org/events/annual-antique-car-show](http://www.edisonfordwinterestates.org/events/annual-antique-car-show).✧

Superior Interiors

# Small Statement Can Make A Big Impact



by Linda Coin

**R**efreshing your home's style doesn't always mean giving each room a full-on makeover. You don't have to knock down walls, paint and buy new furniture to switch things up.

In fact, there are plenty of simple changes you can make that can impact the atmosphere without all the heavy lifting.

Before you call the contractor and start the demolition, consider all of the small changes you can make that will produce a huge effect on the look and feel of your home. Consider a few simple upgrades you can make in each room.

Standard switch plates often go unnoticed, mostly because they're in a shade of white or another pale, neutral color. However, switch plates are easy to swap, offering the perfect opportunity for a new set that's equally eye-catching and stylish. Take a risk and choose switch plates in vibrant textures, patterns and colors that match the room.

Much like switch plates, the knobs and pulls found throughout your house can make each room seem outdated, even if the rest of the space is modern and upgraded. Change out the old knobs and pulls that came with the dressers, desks, cabinets and drawers throughout your home for options that are more stylish but still fully functional.

It's easy to get caught up in hanging decor and changing up accessories around the house and then completely forget about dressing the windows. Much like wall art contributes to the style of each room, window treatments can help complete the space and make it feel more finished.

Take a look around the house and consider your use of accessories. Do you have a combination of decor that just sits on the mantel, while others lay across the lounge chair and offer full functionality?

Add accessories that serve a purpose, rather than simply looking nice. Throw blankets, for example, have a way of making the end of a bed look more complete while also acting as an extra level of comfort if necessary.

Whether the floors in your home are bare or each room is fully carpeted, you still need to consider area rugs. This piece of decor has a reputation for pulling a room together and providing comfort where you'd least expect. A room without an area rug has a tendency to look like it's missing something. The second you drop down that beautifully textured adornment onto the floor, the space becomes cozier and inviting. It's the true meaning of making a big impact with a small statement.

The best part of adding throw pillows to your chairs, sofas and beds is that they're so versatile. Changing things up doesn't necessarily require an entirely new set of pillows. They help make any seating arrangement look more comfortable, welcoming, stylish and complex. It's truly amazing what a difference a few small pillows can have on the style of a chair.

Making these subtle changes can have a huge impact, but not if you don't execute things correctly. If you need help pulling all of these ideas together and more, consult a design professional to evaluate the space you want to improve. From there, he or she will offer guidance and advice based on the statement pieces you would like to include.

*Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindeciden.com.\**

## Airport Board Chair Elected

**T**he Lee County Board of Port Commissioners elected Cecil L. Pendergrass as chair for 2022 during its first meeting held on January 20. Ray Sandelli was elected as vice chair.

The board, composed of the five Lee County Commissioners, meets bi-monthly as the Board of Port Commissioners to set policy and direct the operations of Southwest Florida International Airport and Page Field in Fort Myers. The other commissioners include Brian Hamman, Frank Mann and Kevin Ruane.\*

## Pharmacy Holds Grand Opening

**S**oZo Wellness Pharmacy recently held a ribbon-cutting ceremony to mark the new Dunbar pharmacy's official opening.

Located at 3510 Dr. Martin Luther King Jr. Boulevard in Fort Myers, SoZo Wellness Pharmacy is a lifestyle brand which provides solutions that lead to wholeness in mind, body and spirit. SoZo's focus is on improving healthcare and social outcomes in underserved communities, through exposure to integrative approaches to healing.

SoZo Wellness is operated by Dr. Shadreka McIntosh, a fifth generation Dunbar resident who has always dreamed of bringing a pharmacy to her community.

Collaboratory, with the collaboration of Catalyst Community Capital, Inc. approved SoZo Wellness Pharmacy as its first impact investment to fund a wellness pharmacy in Dunbar.

This was the first impact investment from Collaboratory's new revolving loan fund. Money that is repaid from these investments or loans is recycled to help other nonprofit and for-profit social entrepreneurs.

Dr. McIntosh is a doctor of pharmacy and has a master of science degree in integrative medicine. She is passionate about the use of mind-body medicine and conventional medicine, where



**Kelinda Gary and Dr. Shadreka McIntosh**  
photo provided

appropriate, to close the gap in healthcare disparities of chronic diseases that plague minority communities.

SoZo Wellness Pharmacy fills a gap that has long been present in this area of healthcare services. There is no pharmacy within a two-and-a-half mile radius of the 33916 zip code.

For more information, visit [www.sozo-pharmacy.com](http://www.sozo-pharmacy.com) or call 488-2580.\*

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## Frankly Speaking

by Howard Prager



I had a whole different column written for today, interviewing a former MLB team owner, thinking that last weekend's NFL playoff games would be just OK. But that column is on hold until

next week, for now. While I like NFL football, I have always thought college ball is where it's at. The marching bands, cheerleaders, students and athletes, the pageantry and the chance for any team to win, for the walk-on to shine, that's what it's all about. The NFL was a bunch of overpaid, selfish players and owners, in a league where money was all that mattered, especially over the health and safety of players. The latter is probably still true, but otherwise I was wrong. The NCAA has come down to four super teams and then ALL the rest. If you're not Alabama, Georgia, Clemson or Ohio State, don't even apply. They keep blowing out everyone. As I watched the transfer portal, those were the teams that appeared to pick up the best transfers, so the rich keep getting richer. Sayonara NCAA, this past weekend the NFL won me over and has outdone, outperformed and outshined your whole FBS playoffs. (I do admit the Georgia-Alabama

championship was excellent, but here we go, two of the big four). When the two biggest NFL QBs (Aaron Rodgers and Tom Brady) lost last weekend, all reporters wanted to know who was retiring afterwards.

Seven of the eight teams in the NFL playoffs aren't "regulars," one of whom was in their first playoff game in 33 years and recorded their first win (Bengals). Six of whom are from small to middle markets where, if it wasn't for the NFL's revenue sharing, they wouldn't even be in this sentence let alone the playoffs. Every game of the weekend came down to the last second and amazing comebacks. The first three games were won on last second field goals by the visiting team, not the favored one. Each one a thrilling ending. The last game took all of that and said we can top this, with the Bills and Chiefs trading five scores in the last two minutes, the most ever scored in that short of a time in a playoff game. No turnovers, only four penalties all game. The best offense against the best defense. How did Buffalo lose? On a coin toss as to who got the ball first in overtime! Because with just 13 seconds and 50 yards to go at the end of regulation, QB Patrick Mahomes was able to move his team in just two plays into position to kick a tying field goal. This was such a rollercoaster that fans for either team had to go through a bottle of antacids just to watch. This is what we want, what we hope for and what we expect from playoff games.

Fun, exciting, back-and-forth action. In a sense, this was the NBA meets the NFL, where the team with the ball at the very end wins.

Will we see this type of weekend in the future? As a fan, we can only hope so. This is sports at its best. They were "lay it all on the line, hang on to your hat, stay in your seat" type matches. You pick your favorite cliché. Other leagues can only try to match the excitement we watched in the NFL. The network ratings should be through the roof. No one left the stadiums early. And, may I say, boy did we needed this.

We've had two years of a pandemic changing the rules, changing who can play, changing seasons and taking over our lives. We've had our health and the health of our family and friends front and center for our attention. And, too much tension and anger in the country surround that. What can pull us all together and help us forget other worries? Last weekend could. Thank you NFL for doing that. A lot of times if I don't care who wins the game, I cheer for the team whose city needs it the most. In this case, I cheered for our whole country, something we get to do again in a couple of weeks with the Olympics. We all needed this joy and excitement. A weekend where nothing else mattered and we could watch transfixed as each game went down to the wire. Where (almost) every underdog came out on top (sorry Buffalo). Where new legends got to be made. Sports fans, this was your weekend. Savor it.

The good news story of the week is from the Good News Network. "Students in Western Pennsylvania had a snow day on Monday, but instead of staying home, players on the high school football team were instructed by their coach to get outside and help their neighbors. Coach Brian DeLallo at Bethel Park High School near Pittsburgh took to Twitter to announce he had an alternative assignment for the young men. "Due to the expected severe weather, Monday's weightlifting workout has been cancelled. Find an elderly or disabled neighbor and shovel their driveway... that's our Monday workout." He also told the boys not to accept any

money. By mid-morning, more than 27 of the athletes were texting photos to the coach. What better workout than shoveling driveways," said Braedon Del Duca, a junior on the team who paired with teammate Colton Pfeuffer. "It's just nice getting out here, just helping out others that need help," Pfeuffer told WTAE-TV News in Pittsburgh. "We'd love to do it for everybody that we can," echoed Del Duca. That's the spirit.

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@islandnews.com](mailto:press@islandnews.com).✪

## Stay Active With Free Exercise Program

The Area Agency on Aging for Southwest Florida (AAASWFL) will offer a free Arthritis Foundation Exercise Program (AFEP) at the Wa-Ke Hatchee Recreation Center on Wednesdays from 1 to 2 p.m. February 9 through March 30.

The Arthritis Foundation Exercise Program is an evidence-based program designed for adults age 60 and older to reduce arthritis pain and stiffness, build muscle around joints, increase energy and prevent other health problems. The gentle exercises can be done either sitting or standing and help to improve mobility, muscle strength and coordination, and to reduce fatigue, pain and stiffness.

Space is limited and advance registration is required. To register, contact Sarah Gualco, AAASWFL's health and wellness coordinator, at [sarah.gualco@aaaswfl.org](mailto:sarah.gualco@aaaswfl.org) or by calling the Elder Helpline toll-free at 866-413-5337. Funding for the Arthritis Foundation Exercise Program is provided by the Department of Elder Affairs.

Wa-Ke Hatchee Recreation Center is located at 16769 Bass Road in Fort Myers. For more information, visit [www.aaaswfl.org](http://www.aaaswfl.org).✪

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## SPORTS QUIZ

1. What sports apparel manufacturer debuted the 1992 "Dan & Dave" marketing campaign centered around U.S. decathletes Dan O'Brien and Dave Johnson?
2. Name the pop star who was in a relationship with former Dallas Cowboys quarterback Tony Romo from 2007-09.
3. What stadium, demolished in 1960, was home to the Brooklyn Dodgers from 1913-57?
4. Name the U.S. figure skater who won men's singles gold medals at the 1948 St. Moritz and 1952 Oslo Winter Olympics and five straight ISU World Championship titles from 1948-52.
5. What businessman and former racecar driver started his own CART team in 1990 with Eddie Cheever as driver and Target as the primary sponsor?
6. According to sportscaster and author Brian McFarlane, what Hockey Hall of Fame defenseman from the 1920s and '30s "started a thousand fights and never won one"?
7. What football trick play was famously used by the Nebraska Cornhuskers against the Miami Hurricanes in the 1984 Orange Bowl and resulted in Huskers offensive lineman Dean Steinkuhler running for a touchdown?

## ANSWERS

1. Reebok. 2. Jessica Simpson. 3. Ebbets Field. 4. Dick Button. 5. Chip Ganassi. 6. King Clancy. 7. The fumble-rook.

Doctor and Dietician

## Homemade Healthy Pizza



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

Most people love pizza. It is by far one of the most popular dishes around the world, wouldn't you agree? Historians say that the origins of pizza date back to first century BC where a flattened bread was used by European cultures. The history of pizza comes from the 16th century arrival of tomatoes from the New World. Who knew tomatoes were once considered a "poor man's vegetable?" Although this is debatable, the island of Sicily is said to be the earliest home of ancient pizza. Rome and the surrounding areas of Naples and Pompeii used pizzas in their everyday meals.

One of our most favorite active vacations was when we traveled to the "Fort Myers of Italy" or the Southwest Italy region of Campania where we experienced

true Italian pizza including San Marzano tomatoes that were plucked right from the volcanic soil.

What we learned from the famous Italian pizza maker was that simple and fresh is best. The pizzas we tasted that day were out-of-this-world delicious, made with fresh Italian flour thin crusts, tomatoes, fresh herbs and fresh vegetables and meats.

We too love pizza and have tried replicating our Italy experience as well. We have made diverse kinds of pizza to make them healthier and less carb-heavy. We love experimenting with pizza, that is for sure! Here are some ways to make homemade pizza healthier that we have used:

1. Make a thin crust versus a stuffed or thick, breaded crust. We purchase artisan Italian flour online (Antimo Caputo gluten-free flour) and it is so delicious. It even smells like Italy.

2. Switch to a more paleo flour such as almond flour.

3. Try making a cauliflower or zucchini crust. The key to success with these is to drain out the excess water prior to using them for the crust. We like to add some shredded cheese and/or some almond flour to bind them.

4. Make your own sauce. Fresh garden tomatoes or organic canned San Marzano tomatoes taste wonderful on pizza. Add fresh herbs such as basil, oregano, parsley and garlic (lots of garlic.)

5. Choose toppings wisely. Our favorites are fresh mushrooms, spinach, onions, peppers, broccoli and/or asparagus. We like to lightly cook them

prior to topping the pizza. Go a little crazy and try eggplant, squash, or Brussels sprouts on your pizza. Go easy on fatty high calorie meats. Prosciutto is wonderful on pizza, as well as leftover chopped pieces of steak or chicken.

6. Go easy on the cheese. Believe it or not, not all pizzas are topped with cheese. Try a pizza with no cheese. When choosing cheese, try fresh buffalo mozzarella, or go a little wild with goat, blue, or feta cheese.

Pizza is a fun thing to make at home with the family or with a group of friends. It is a great activity for hosting a get-together. Time shared in person with other

people is so healthy for us.

We need each other. And what better way to get together than to host a pizza party!? Gather some fresh ingredients and make a variety of pizzas. Serve with a delicious salad loaded with veggies and/or fruits and some homemade dressing. Mangia bene!

*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

## Thyroid Myths And Facts



by Suzy  
Cohen, RPH

**Dear Readers:**

Do you have unexplained fatigue, hair that is falling out quickly, are you feeling cold, and concerned that you're losing your mind? These

are pretty hallmark symptoms of thyroid illness, which goes undiagnosed due to poor standards for testing. The tiredness, hair loss, thermal dysregulation and brain fog are very common but not exclusive to this condition.

It's true this a topic that may not interest a person until the doctor says you have a "thyroid problem." So today, I wanted to show you that it's not necessary to wait until the diagnosis is upon you. It's possible that you can notice the hallmark symptoms yourself, and get help before it becomes too serious. To do that, I'd like to take five minutes and make sure you can separate the myths from facts.

Myth: You need a physician to find out if you have thyroid illness.

Fact: No, you can self-order blood tests today and ask for a thyroid profile. This is the basic test to take. You may do that test, along with other specialized blood test such as TPO antibodies. You do need a physician for proper treatment and help. This is not something you can self treat.

Myth: A natural approach using a diet can manage hypothyroidism, or hyperthyroidism.

Fact: No, this alone will not cure anyone. Low (or high thyroid hormone) production requires natural or conventional

medication, or a little bit of both. The two common meds used for this include natural desiccated thyroid (NDT) or levothyroxine. You will need a physician to get a prescription for medication and to receive proper treatment.

Myth: Thyroid disease does not affect fertility.

Fact: False, thyroid problems make it harder to become pregnant, and the risk for miscarriage is higher.

Myth: You can't eat cauliflower, broccoli or Brussels sprouts if you have thyroid disease because it can enhance goiter formation.

Fact: No. It's the raw consumption that has a small potentially negative impact, but you'd have to eat a lot. If you cook your vegetables, you can eat them with no problem, and they are very healthy.

Myth: If you've been taking a medication and it has stopped working, that means you are getting worse.

Fact: False. If you are taking a medication and you no longer respond, you may need a different dosage, or adrenal support. The thyroid gland and the adrenal glands work together. You may need natural herbal adaptogens to improve adrenal fatigue. Once adrenals are balanced, your thyroid medication will begin to work like magic. If you have been stressed for a very long time, you may benefit more from a desiccated thyroid pill than levothyroxine, which is T4. The T4 doesn't convert very well to active thyroid hormone.

I hosted a worldwide Thyroid Summit and interviewed many doctors and experts on thyroid disease. I offer a flash drive with all of those interviews as well as a book on the topic called *Thyroid Healthy*. For more information, visit my website or Amazon.

*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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## Blood Donations Needed

Lee Health is seeking blood donations to help replenish supply levels. Current blood supplies are critically low, and Lee Health's blood centers are in urgent need of donors.

As home to the region's only trauma center, it is vital that the health system's blood supply remains at healthy levels in

order to quickly care for patients needing an urgent transfusion. Blood and blood products are not only used in the trauma center, but also to treat cancer patients, premature babies, anemia and a variety of other conditions.

All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida.

For more information on how and where to donate, visit [www.leehealth.org/our-services/blood-centers](http://www.leehealth.org/our-services/blood-centers).\*

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

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

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

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

Answers on page 23



"Willie, are you in some kind of \_\_\_\_\_?"

## 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!

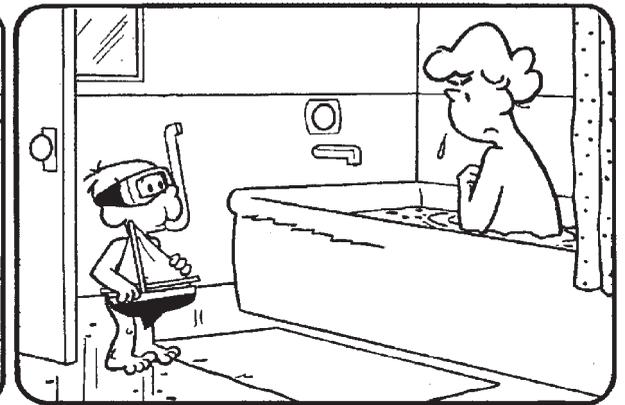
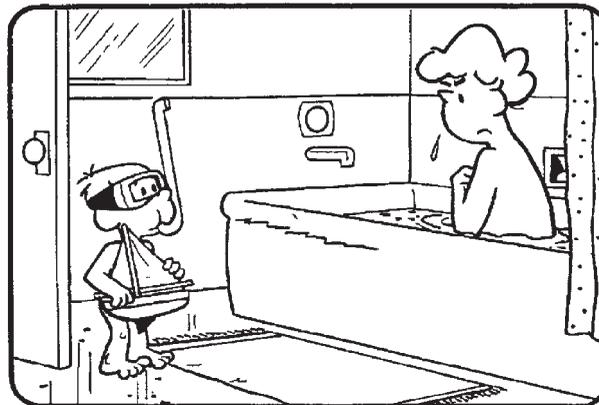
- Gasp: **BATHER** [ ] [ ] [ ] [ ] [ ] [ ]
- Course: **UTERO** [ ] [ ] [ ] [ ] [ ] [ ]
- Compositor: **RIPTERN** [ ] [ ] [ ] [ ] [ ] [ ]
- Resound: **ABLER** [ ] [ ] [ ] [ ] [ ] [ ]

**TODAY'S WORD**

\_\_\_\_\_

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Mirror is smaller. 2. Tube is shorter. 3. Mat is different. 4. Boat is different. 5. Soap dish is missing. 6. Curtain is shorter.

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

## To Play Sudoku:

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

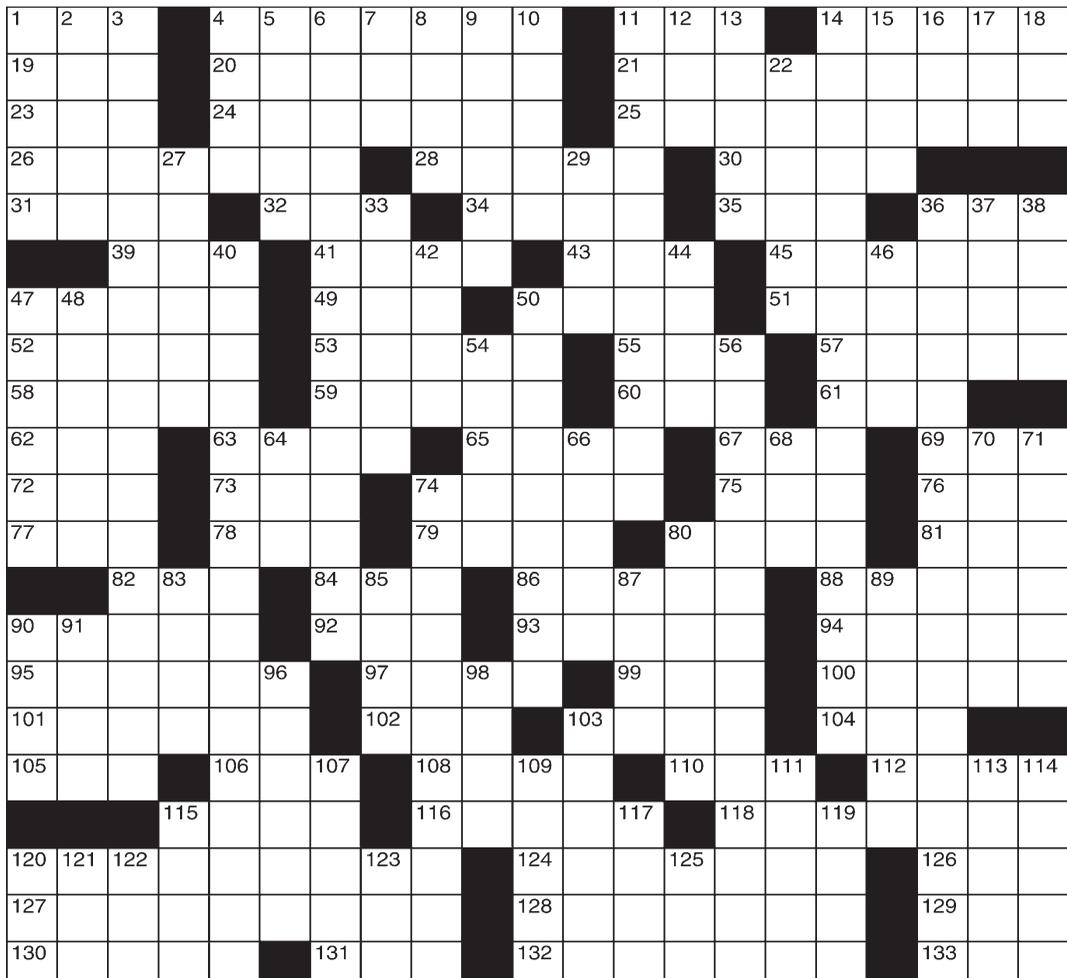
# PUZZLES

Answers on page 23

## Super Crossword

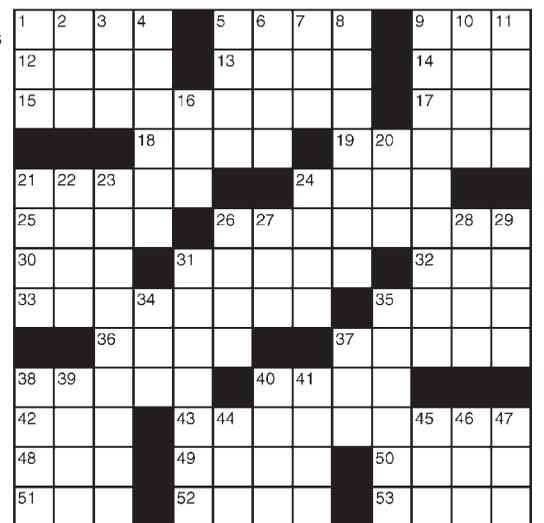
GO WITH THE FLOW

- ACROSS**
- 1 Tax doc. whiz
  - 4 Vietnam Veterans Memorial architect
  - 11 Facility with a Jacuzzi
  - 14 "Deathtrap" star Michael
  - 19 Skirt edge
  - 20 Worship
  - 21 "Can do!"
  - 23 "Deathtrap" dramatist
  - 24 Gotten out of dreamland
  - 25 Tons
  - 26 Inca conqueror
  - 28 Natural skill
  - 30 Radio shock jock Don
  - 31 Hog food
  - 32 Ltr. insert
  - 34 Nobelist
  - 35 Obama's party: Abbr.
  - 36 Deg. for a Wall Streeter
  - 39 Con's vote
  - 41 Light blows
  - 43 Some small batteries
  - 45 Conan of TBS
  - 47 Dumas' "Le — de Monte-Cristo"
  - 49 Suffix with polyethyl-
  - 50 "Explorer" of kids' TV
  - 51 Daytime nap
  - 52 "— and the Night Visitors" (Menotti opera)
  - 53 Sonata segment
  - 55 "Well well well!"
  - 57 Church recesses
  - 58 Cinematic
  - 59 Give fresh life
  - 60 Final: Abbr.
  - 61 Final Greek consonant
  - 62 Moose's kin
  - 63 Singer
  - 65 See
  - 67 Mai —
  - 69 With
  - 72 Casual top
  - 73 Adroit humor
  - 74 U.S.-Canada air-watch org.
  - 75 Bit of an oval
  - 76 Title for Ringo Starr
  - 77 Baseball great Mel
  - 78 "Selena" star, familiarly
  - 79 "What's — for me?"
  - 80 Loretta of "M\*A\*S\*H"
  - 81 Deep anger
  - 82 Virtuoso
  - 84 Minister's study: Abbr.
  - 86 Big name in motor scooters
  - 88 Detach, as a badge
  - 90 Pacific Ocean nation
  - 92 "— -haw!"
  - 93 Actor Rob
  - 94 Snared with a lasso
  - 95 Like a clear night sky
  - 97 Angry mutt's sound
  - 99 Poetic tribute
  - 100 Arab chiefs
  - 101 Mysterious
  - 102 Great Lakes' — Canals
  - 103 Whirled
  - 104 Actor Neill
  - 105 — kwon do
  - 106 Foe of Liston
  - 108 Have the gall
  - 110 Touch gently
  - 112 A bit wet
  - 115 Cure- — (elixirs)
  - 116 Lawn growth
  - 118 Ties tightly
  - 120 Casual affair
  - 124 Rescue financially
  - 126 Even one
  - 127 Former Honda SUV
  - 128 Put under water
  - 129 TV's Jean- — Picard
  - 130 Serpent stuff
  - 131 Super Bowl stats
  - 132 Ceases
  - 133 Volcanic stuff
  - DOWN**
  - 1 Casino disks
  - 2 Hazard
  - 3 Alternative to eBay or Etsy
  - 4 Bryn — College
  - 5 Worship
  - 6 Canadian expanse on the border with Alaska
  - 7 Brighton beer
  - 8 Tall and thin
  - 9 Apple media player
  - 10 Kathmandu's country
  - 11 Coil about
  - 12 "Wham!"
  - 13 Garden pest
  - 14 Major film studio
  - 15 \$5 bills, slangily
  - 16 Not well
  - 17 Prefix with orthodox
  - 18 First-aid ace
  - 22 Ladies' men
  - 27 Unconcern
  - 29 "So long!"
  - 33 Kayaks' kin
  - 36 1991 film about a family exiled from Uganda
  - 37 — noire
  - 38 Santa — (hot winds)
  - 40 Much tabloid reportage
  - 42 Actor Sean
  - 44 Comic Mort
  - 46 Gym units
  - 47 Attended
  - 48 Brunch order
  - 50 With the current ... or what appears at the starts of eight long answers in this puzzle?
  - 54 Dual-sport
  - 56 2007 Stanley Cup losers
  - 64 Up to, in ads
  - 66 Hall & —
  - 68 Jackie's #2
  - 70 Less stuffy
  - 71 Fads, e.g.
  - 74 Co-founder of the band Chic
  - 80 Accelerated
  - 83 — avis
  - 85 Brain wave tests, in brief
  - 87 Cease
  - 89 Roving types
  - 90 Jrs.' exam
  - 91 Razor name
  - 96 Scold loudly
  - 98 Act like a lion
  - 103 Bagel seed
  - 107 Ain't right?
  - 109 Overzealous
  - 111 Have faith
  - 113 Dish lists
  - 114 Pump (up)
  - 115 As well
  - 117 Family of PC games
  - 119 Plains natives
  - 120 Nero's 605
  - 121 "How — ya?"
  - 122 Chaney of chillers
  - 123 A cow chews it
  - 125 Oahu wreath



## King Crossword

- ACROSS**
- 1 Hula swivelers
  - 5 Kvetch
  - 9 Comedian Margaret
  - 12 Inky stain
  - 13 Stead
  - 14 Bond rating
  - 15 Sooner State native
  - 17 "The A-Team" actor
  - 18 Trails
  - 19 Rose parts
  - 21 Halloween disguises
  - 24 Rating unit
  - 25 iPhone downloads
  - 26 Skunk relatives
  - 30 "— was saying ..."
  - 31 Passion
  - 32 — tai
  - 33 Olympic winner
  - 35 Poet of yore
  - 36 Dutch cheese
  - 37 Arm bones
  - 38 Peer in a box
  - 40 The Emerald Isle
  - 42 Branch
  - 43 Intermediary
  - 48 "Patience — virtue"
  - 49 Thus
  - 50 Corn recipe
  - 9 TV station employee
  - 10 Injure
  - 11 Feed-bag filler
  - 16 Possesses
  - 20 Tic- — -toe
  - 21 Sir's counter-part
  - 22 Church section
  - 23 Peter Parker's alter ego
  - 24 Coin aperture
  - 26 Prudish
  - 27 Takes too much, in med.
  - 28 Skater
  - 29 Faction
  - 31 Fear-stricken
  - 34 Big fuss
  - 35 Censors
  - 37 Internet address
  - 38 Hoosgow
  - 39 Celestial bear
  - 40 Jittery
  - 41 Altar vows
  - 44 Roth svgs. plan
  - 45 Extinct bird
  - 46 Picnic crasher
  - 47 Born
- DOWN**
- 1 "Veep" aier
  - 2 Sort
  - 3 D.C. figure
  - 4 Celery servings
  - 5 Drain block-age
  - 6 Intends
  - 7 Actor Stephen
  - 8 Groan-inducing humorist



## MAGIC MAZE ● GRAPHS AND CHARTS

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

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

- |            |           |            |            |
|------------|-----------|------------|------------|
| Axes       | Grid      | Line chart | Title      |
| Bar chart  | Histogram | PERT       | Tree chart |
| Data       | Labels    | Plot       | Variables  |
| Flow chart | Legend    | Scale      |            |



**Grilled Romaine Salad**

photo courtesy Fresh From Florida



**Grilled Romaine Salad**

- 2 heads romaine lettuce, split lengthwise
- 2 ears sweet corn, cut off cob
- 1 pint cherry tomatoes, halved
- 1 cup plain yogurt (whole or skim)
- 3 tablespoons red wine vinegar
- 1 teaspoon Dijon mustard
- ¼ cup fresh herbs (such as parsley and thyme), finely chopped
- ⅓ cup Parmesan cheese, grated
- Oil for cooking

Sea salt and fresh ground pepper, to taste

In a small bowl combine cheese, yogurt, vinegar, mustard, herbs, salt and pepper. Mix and adjust seasoning as needed. Store in refrigerator until ready to use.

Preheat grill pan to medium-high. Brush both sides of lettuce halves and season with salt and pepper. Place on hot grill pan for 1 to 2 minutes per side. Remove and set aside. In the same pan add 1 tablespoon oil and sauté corn for 5 minutes or until corn starts to caramelize. Add tomatoes and cook a few minutes more. Spoon mixture over romaine halves and drizzle with yogurt dressing. Top with more cheese if desired. Serve warm.✪

**PETS OF THE WEEK**



Autumn ID# A903739 photos provided Lee County Domestic Animal Services



Franny ID# A903949

**Autumn And Franny**

Autumn is a 2-year-old German shepherd mix. This affectionate girl is quite inquisitive and loves to watch the action in the shelter. She quietly sits back with her head tilted and waits for her turn to go outside with the volunteers. She is very well-mannered and likes to go for walks. Her adoption fee is \$25.

Franny is a 1-year-old domestic shorthair patch tabby. She is a goofy ball of fur that will amuse herself if you are busy and does not even need toys to do so. She will play with whatever she can find. She will even find fun rolling around in her cat hut. If a frisky

feline is who you are looking to add to your family, she is the girl for you. Her adoption fee is \$10.

Adoption fees are reduced to \$25 for adult dogs and \$10 for adult cats through January 31, with an approved application.

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

**My Stars ★★★★★ FOR WEEK OF JANUARY 24, 2022**

**Aries** (March 21 to April 19) You're eager to take on that new opportunity opening up as January gives way to February. Now all you need to do is resist quitting too early. Do your best to stay with it.

**Taurus** (April 20 to May 20) Doff a bit of that careful, conservative outlook and let your brave Bovine self take a chance on meeting that new challenge. You could be surprised at how well you do.

**Gemini** (May 21 to June 20) You might not want to return to the more serious tasks facing you. But you know it's what you must do. Cheer up. Something more pleasant will soon occupy your time.

**Cancer** (June 21 to July 22) As you dutifully tidy your end-of-the-month tasks, your fun self emerges to urge you to do something special: A trip (or a cruise, maybe?) could be just what you need.

**Leo** (July 23 to August 22) Your achievements are admirable as you close out the month with a roar. Now you can

treat yourself to some well-earned time off for fun with family or friends. (Or both!)

**Virgo** (August 23 to September 22) Be sure you know the facts before you assume someone is holding back on your project. Try to open your mind before you give someone a piece of it.

**Libra** (September 23 to October 22) You might feel comfortable in your familiar surroundings, but it might be time to venture into something new. There's a challenge out there that's just right for you.

**Scorpio** (October 23 to November 21) Your love of things that are new gets a big boost as you encounter a situation that opens up new and exciting vistas. How far you go with it depends on you.

**Sagittarius** (November 22 to December 21) That recent workplace shift might not seem to be paying off as you expected. But be patient. There are changes coming that could make a big difference.

**Capricorn** (December 22 to January 19) While few can match the Goat's fiscal wizardry, you still need to be wary in your dealings. There might be a problem you should know about sooner rather than later.

**Aquarius** (January 20 to February 18) Easy does it when it comes to love and all the other good things in life. Don't try to force them to develop on your schedule. Best to let it happen naturally.

**Pisces** (February 19 to March 20) A surprise decision by someone you trust causes some stormy moments. But a frank discussion explains everything, and helps save a cherished relationship.

**Born This Week:** Sometimes you forget to take care of yourself, because you're so busy caring for others. But you wouldn't have it any other way.

**MOMENTS IN TIME**

- On February 1, 1884, the first portion of the Oxford English Dictionary (OED) is published. Originally begun in 1857, it was estimated the project would take 10 years to finish. In fact, it took over 40 years. The OED covers all vocabulary from the Anglo-Saxon period (1150 AD) to the present.

- On February 2, 1913, New York City's Grand Central Terminal opens for the first time. The terminal, with a towering white marble facade, took 10 years to construct and more than \$4 billion in today's money. It needed

a \$100 million restoration starting in 1980.

- On February 5, 1937, President Franklin Roosevelt announces a plan to expand the Supreme Court to as many as 15 judges. Critics immediately charged that Roosevelt was trying to "pack" the court and thus neutralize Supreme Court justices. The Senate struck down the bill by a vote of 70 to 22.

- On February 3, 1959, rising American rock stars Buddy Holly, Ritchie Valens and JP "The Big Bopper" Richardson are killed when their plane crashes in Iowa. Singer Don McLean memorialized the musicians in the 1972 hit *American Pie*, which refers to "the day the music died."

- On February 6, 1985, in his State of the Union address, President Ronald Reagan defines some of the key concepts of his foreign policy of supporting freedom fighters around the globe. These included covertly supporting the Contras in their attacks on the leftist Sandinista government in Nicaragua.

- On January 31, 1990, the Soviet Union's first McDonald's fast-food

continued on page 22

 <b>FRIDAY</b> Partly Cloudy High: 67 Low: 54	 <b>SATURDAY</b> Sunny High: 70 Low: 59	 <b>SUNDAY</b> Sunny High: 73 Low: 60	 <b>MONDAY</b> Mostly Sunny High: 69 Low: 58	 <b>TUESDAY</b> Partly Cloudy High: 68 Low: 55	 <b>WEDNESDAY</b> Cloudy High: 69 Low: 57	 <b>THURSDAY</b> Partly Cloudy High: 71 Low: 58
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**Redfish Pass Tides**

Day	High	Low	High	Low
Fri	8:51 pm	4:14 am	None	None
Sat	9:56 pm	5:16 am	None	None
Sun	10:59 pm	6:09 am	None	None
Mon	2:55 pm	6:56 am	11:56 pm	4:57 pm
Tue	3:07 pm	7:37 am	None	6:02 pm
Wed	12:50 am	8:13 am	3:19 pm	7:03 pm
Thu	1:41 am	8:45 am	3:33 pm	8:03 pm

**Point Ybel Tides**

Day	High	Low	High	Low
Fri	7:56 pm	4:16 am	None	None
Sat	9:01 pm	5:18 am	None	None
Sun	10:04 pm	6:11 am	None	None
Mon	2:00 pm	6:58 am	11:01 pm	4:59 pm
Tue	2:12 pm	7:39 am	11:55 pm	6:04 pm
Wed	2:24 pm	8:15 am	None	7:05 pm
Thu	12:46 am	8:47 am	2:38 pm	8:05 pm

**Punta Rassa Tides**

Day	High	Low	High	Low
Fri	11:15 am	3:54 am	8:44 pm	2:57 pm
Sat	11:59 am	4:55 am	10:10 pm	4:00 pm
Sun	12:32 pm	5:51 am	11:14 pm	5:05 pm
Mon	1:06 pm	6:41 am	None	6:02 pm
Tue	12:03 am	7:27 am	1:42 pm	6:57 pm
Wed	12:48 am	8:10 am	2:21 pm	7:52 pm
Thu	1:35 am	8:48 am	3:02 pm	8:47 pm

**Cape Coral Bridge Tides**

Day	High	Low	High	Low
Fri	11:01 pm	7:30 am	None	None
Sat	None	8:32 am	None	None
Sun	12:06 am	9:25 am	None	None
Mon	1:09 am	10:12 am	5:05 pm	8:13 pm
Tue	2:06 am	10:53 am	5:17 pm	9:18 pm
Wed	3:00 am	11:29 am	5:29 pm	10:19 pm
Thu	3:51 am	12:01 pm	5:43 pm	11:19 pm

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# LCEC Program Helps Neighbors By Rounding Up

If you are a Lee County Electric Cooperative (LCEC) customer with a New Year's resolution to help others, enroll in the Power to Share by Rounding Up program.

LCEC's initial Power To Share program was created in 2009 to assist financially strained customers having difficulty making electric payments.

The partnership between LCEC and the United Way is funded through donations by LCEC employees, business partners and customers.

In 2020, LCEC expanded this program with the introduction of the Power to Share by Rounding Up program.

This program allows participating customers to round up their monthly electric bill to the nearest dollar. Customers also have the option to make an additional monthly contribution or make a one-time donation to their bill.

With many ways to donate, giving is easy. Customers can enroll and unenroll easily through the LCEC SmartHub, online at [www.lcec.net](http://www.lcec.net) or by calling LCEC Customer Care at 656-2300.

For more information on the program or other ways that LCEC positively impacts the community, visit [www.lcec.net](http://www.lcec.net).

From page 20

## Moments In Time

restaurant opens in Moscow. Throngs of people lined up to pay the equivalent of several days' wages for Big Macs, shakes and french fries.

• On February 4, 2004, a Harvard sophomore named Mark Zuckerberg launches The Facebook, a social media website he had built in order to connect Harvard students with one another. The previous year, he had created FaceMash, a website where students could vote on which of two randomly selected Harvard women was more attractive, quickly running afoul of both the administration and several women's groups.

### NOW HERE'S A TIP

• To soften food that is stuck on a pan, try soaking it overnight with fabric softener. Just fill the pan with enough water to cover the burned-on food, then lay a dryer sheet of fabric softener in the pan (poke it down so it will stay under the water). The next morning, you should be able to wipe the food right off. You can even use the fabric softener sheet as a scrubber. – AS in Maryland

• I installed rivet rings in the corner of my bathroom towels. Now, when I hang a towel up, it stays hung up. – IS via e-mail

• Ways to avoid spam, that nuisance e-mail that comes to fill your e-mail box in droves: Use a name that has both words and numbers. Keep a separate "free" e-mail address for bill-paying and one for shopping. Be sure to report

spam to your e-mail provider. Up your filter and add everyone you know to your address book or "safe" list. – via e-mail

• To keep thread straight when threading needles, I run the end across a cheap glue stick. It works very well, and the glue washes right out of the thread. Or, if you are afraid it will be sticky, you can just clip the end off before you start sewing. – TE in Kentucky

• To make butter easier to spread on bread or toast, we keep a stick in a plastic sandwich baggie. We just handle the butter a bit through the bag. It softens, but doesn't overmelt, like when you put it in the microwave. You can just reseal the baggie and put it back in the fridge. – NU in Florida

• To make your carpets look clean in a hurry, like if you are having company over, just sweep them with your broom. — CC in Pennsylvania

### STRANGE BUT TRUE

• In 2016, KFC released edible nail polishes in Hong Kong. They came in Hot & Spicy and Original flavor.

• The main reason why Mickey Mouse, Donald Duck, Pinocchio and other early Disney characters wore gloves is because it was easier to animate them and helped the characters appear to be more humanlike.

• It is illegal to name your pig Napoleon in France.

• Eighty-year-old Tatsuo Horiuchi has created paintings in Microsoft Excel for over 15 years, using vector drawing tools developed primarily for graphs

and simple shapes to make panoramic scenes of life in rural Japan.

• More salt is used to remove ice from roads than for eating.

• A Tennessee judge ordered a name change for a baby named "Messiah." She was later fired after the decision was found unconstitutional on appeal.

• Hexakosioihexekontahexaphobia is the fear of the number 666.

• There was a tree in Glastonbury, England, that was known to flower on Christmas Day. Locals were disappointed that it did not obey the switch to the Gregorian calendar in 1752.

• George HW Bush's hatred of broccoli was so intense that he mentioned it 70 times during his presidency, banned it from the White House, and blamed the extinction of the dinosaurs on it.

• Speaking of those famous reptiles, in 1992 after paying for entry to the "Dinosaurs Live!" exhibition at the Memphis Zoo, six visitors demanded a refund. Their grounds? It didn't contain live dinosaurs.

### THOUGHT FOR THE DAY

"For pilgrims walking... every footfall is doubled, landing at once on the actual road and also on the path of faith."

– Robert Macfarlane

### TRIVIA TEST

- Food & Drink:** What grain is the Japanese wine sake made from?
- Medical:** What is the common name for the condition called

# CLASSIFIED

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1/26 \* TFN

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6/5 \* TFN

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1/28 \* 3/4

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12/24 \* 3/11

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12/3 \* 2/18

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4/20 \* TFN

## HELP WANTED

### CAREGIVER

We are seeking a caregiver for an elderly woman with experience, for two 24 hour shifts every other week and PRN (as needed). Must be caring and compassionate, and able to complete personal care tasks like bathing, dressing, eating, grooming and daily med intake.

Also assist with physical transit.

Contact Lisa 239-395-0153.

1/21 \* TFN

## HELP WANTED

### NEWSPAPER PRODUCTION

Full- or Part-time in-house position at Island Sun on Sanibel. Must be detail oriented, proficient in Adobe InDesign and pagination. Wage commensurate with experience. Tolls paid. Email resume to: [islandsunlorin@aol.com](mailto:islandsunlorin@aol.com).

1/14 \* TFN

### NOW HIRING-HELP WANTED

Heidrick & Co. Insurance is hiring for two full-time positions in our busy, Sanibel office. Please visit our website at [www.sanibelinsurance.com/aboutus/careers](http://www.sanibelinsurance.com/aboutus/careers) for details.

1/28 \* 2/18

### FULL/PART-TIME SALES ASSOCIATE

Sanibel Sole is seeking an additional sales associate to join our great team! We have expanded in the Tahitian Gardens plaza and offer a wide variety of clothing and footwear. We offer competitive wages, benefits, and perks. No evenings required.

Please email a resume to [sanibelsole@gmail.com](mailto:sanibelsole@gmail.com).

11/19 \* TFN

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### WHIMS NEEDS PART TIME OR FULL TIME HELP PLEASE!

We are hoping to find an upbeat and energetic person to come have fun with us working 2 or 5 days a week at Whims on Periwinkle.

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Thanks, Beth

1/7 \* TFN

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1/21 \* 1/28

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1/28 \* 1/28

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- aphonia?
- Animal Kingdom:** What is a gastropoda?
  - History:** In what city was the United States' Declaration of Independence signed?
  - General Knowledge:** What word does the "R" movie rating stand for?
  - Music:** How old was Mozart when he began composing music?
  - Movies:** Who voiced Mufasa in the animated movie *The Lion King*?
  - Astronomy:** What is the largest moon orbiting a planet in our solar system?
  - Television:** What is the family's last name in drama series *Blue Bloods*?
  - U.S. States:** Which state goes by the nickname "Green Mountain State"?

**TRIVIA ANSWERS**

- Rice
- Complete loss of voice
- A small
- Philadelphia, Pennsylvania
- Restricted
- 5 years old
- James Earl Jones
- Ganymede
- Reagan
- Vermont

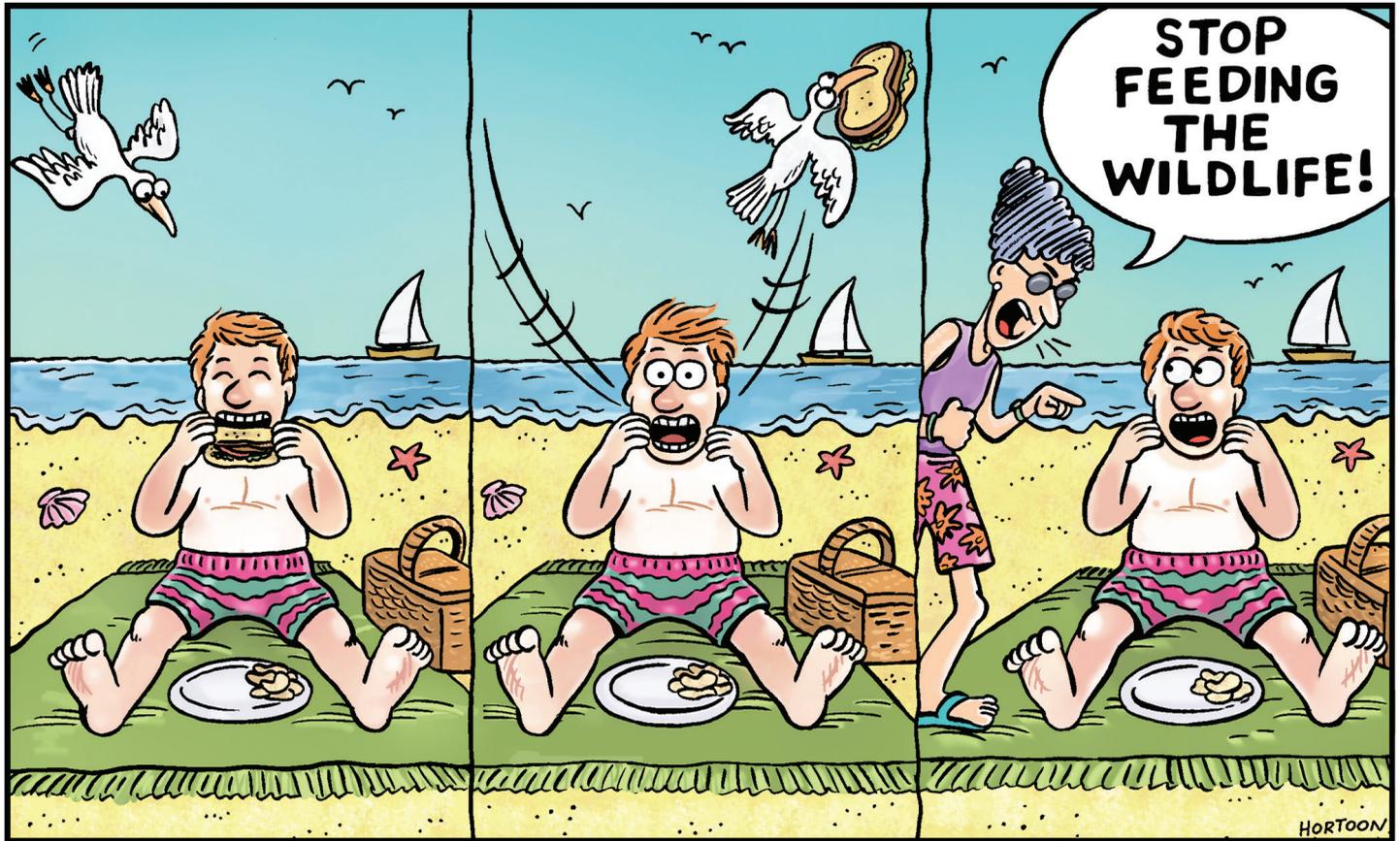
**SCRAMBLERS ANSWER**

- Breath
- Route;
- Printer;
- Blare

Today's Word

**TROUBLE**

**HORTOONS**



**PUZZLE ANSWERS**

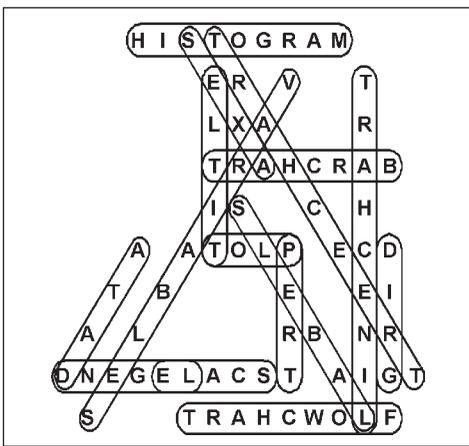
**SUPER CROSSWORD**

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V	E	N	O	M	T	D	S	D	E	S	T	S	T	S	A	S	H	

**KING CROSSWORD**

H	I	P	S		C	A	R	P		C	H	O	
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L	A	N			D	A	Y	S		S	A	T	E

**MAGIC MAZE**



**SUDOKU**

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

**Top 10 Real Estate Sales**

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Edgewater	Fort Myers	2005	10,907	\$6,495,000	\$6,000,000	17
Costa Amalfi	Miromar Lakes	2018	4,354	\$3,300,000	\$3,300,000	0
St. Charles Harbour	Fort Myers	2001	5,166	\$3,389,000	\$3,200,000	21
Shell Harbor	Sanibel	1976	2,389	\$2,358,000	\$2,000,000	141
Summerfield	Estero	2000	3,759	\$1,695,000	\$1,850,000	2
Cape Coral	Cape Coral	2020	2,642	\$1,800,000	\$1,800,000	9
Cape Coral	Cape Coral	2016	2,217	\$1,895,000	\$1,600,000	8
Tradewinds	Sanibel	1969	1,090	\$1,498,000	\$1,400,000	67
Shell Harbor	Sanibel	1973	1,872	\$1,399,000	\$1,330,000	12
Little Hickory Shores	Bonita Springs	1971	1,760	\$1,375,000	\$1,326,000	106

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