



Shell Festival Returns To Sanibel

submitted by Linda Friedrich

Shell enthusiasts from all over the United States will soon be coming to the Sanibel Shell Festival to be a part of the longest running and most prestigious competitive shell show in the country. This year, the 85th annual Sanibel Shell Festival will be held on Thursday, Friday and Saturday, March 3, 4 and 5 at The Community House. The Sanibel Community Association hosts the activities on the festival grounds and the Sanibel-Captiva Shell Club hosts the Sanibel Shell Show inside.

The Sanibel Shell Show has everything – science and beauty. Competitive scientific displays provide information about shells from around the world and the mollusks that create them. These exhibits may consist of a single shell or they may have multiple shells and be up to 40 feet in length. Each exhibit tells a story of its own.

The artistic division competition includes fascinating and exquisite works of art made from shells, such as floral bouquets and the ever-popular Sailor's Valentines. The intricacy of these exhibits



The scientific room features the Sanibel-Captiva Shell Club's judged shell show inside The Community House photo provided

is incredible.

An Authors' Table will feature local authors who will be on hand throughout the festival for book signings and to talk about their books with visitors. Specimen shells, jewelry, shell related items and children's books will also be for sale.

If you love shells, but don't have the

time to look for them on the beach, head for the big shell tent. There you will find thousands of shells for sale, and prices start at 25 cents. Large, impressive shells and fossils are also for sale.

Next door to the shell tent, the Sanibel Shell Crafters can be found selling shell jewelry, mirrors, flower arrangements

and "shell critters." The crafters meet every Monday at The Community House throughout the year to make the objects that are sold at the festival.

The live tank area is where the sixth graders of The Sanibel School shine. Prior to the Sanibel Shell Festival, the students study about shells and mollusks. If they pass the course test, students have the opportunity to share their knowledge with visitors while they view multiple aquariums containing live mollusks.

There is no entrance fee to the shell festival grounds, but a \$5 donation is requested to attend the inside shell show. Festival hours are 9 a.m. to 4 p.m. each day. Safety protocols will be in place. Masks are suggested on the festival grounds. All attendees must wear masks while inside the shell show.

Proceeds from activities on the festival grounds are used for maintenance of The Community House. The Sanibel-Captiva Shell Club awards grants from the proceeds of its annual show. Grants are given towards education and research in the fields of conchology and malacology, as well as for conservation and water quality projects, primarily in Southwest Florida.

The Community House is located at 2173 Periwinkle Way on Sanibel. For more information, call 472-2155.*



The finale of *Escape to Margaritaville*

photo provided

A Fun-Filled Musical Getaway

by Di Saggau

Broadway Palm Dinner Theatre has been transformed into a Caribbean island paradise where theatergoers can experience an evening of Jimmy Buffet songs and a lot more. *Escape to Margaritaville* is pure enjoyable escapism. The plot is simple, the songs and talent of those in the production are amazing. Singer-songwriter Tully (Dale Obermark),

who has never taken a relationship seriously, suddenly finds himself attracted to Rachel, a career-minded tourist (Caiatlin Lesster-Sams).

Tully performs at the Margaritaville resort bar on a remote tropical island. Rachel is focused on her science project to utilize potatoes as an alternative source of energy. She's only on the island because her friend Tammy (Shannon Connolly) wants to have one last holiday with her best friend before marrying her questionable fiancé, Chadd (Joel Kaimakani Libed). When Tammy meets

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A Softhearted Irish Comedy



From left, Karen Goldberg, Jim Yarnes and Lauren Drexler

photo provided

by Di Saggau

Now playing at Theatre Conspiracy is *Outside Mullingar*, a comedy with a few dark reflections, written by John Patrick Shanley, author of *Moonstruck* and *Doubt*, and directed by Bill Taylor. The cast couldn't be better.

Basically, the story is about two middle-aged neighbors in rural Ireland, Anthony (Derry Woodhouse) and Rosemary (Karen Goldberg.) It's told with a rich tapestry of

language, along with a few surprises.

First, we meet the parents. Tony (Jim Yarnes) is Anthony's father and Aoife (Lauren Drexler) is Rosemary's mother. They have a drink together after Aoife's husband's funeral and discuss their children. Tony's health is failing and he plans to disinherit his son. He has avoided a loving relationship with him because he resembles his wife's father. He delivers a

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Historic Downtown Fort Myers, Then And Now:

Gazebo On Edwards Drive



by Gerri Reaves, PhD

On December 20, 1981, this attractive gazebo was the site of a ribbon-cutting ceremony celebrating the city's \$200,000 revitalization of the Fort Myers Tourist Center. The dedication and grand opening were perfectly timed for the holiday and high tourist season.

The gazebo at the corner of Edwards Drive and Jackson Street functioned as a modern complement to the renovated historic structures on that block facing the Fort Myers Yacht Basin.

That Sunday evening after the ribbon-cutting, the Suncoasters, directed by Phil Lester, gave an outdoor concert. New benches on a grassy area provided seating for music lovers.

During its short life, the multi-purpose gazebo was a focal point for events large and small, public and personal.

Countless free Sunday afternoon band concerts were held there, as were quite a few marriages.

On the serious side, events such as a 1985 candlelight vigil held by the Lee County Chapter of Mothers Against Drunk Driving paid tribute to victims of drunk drivers.

Little remains of that tourist center complex today but, beginning in 1943, it was a focal point for civic and social life.

The first stage of the property's conversion into a civic center was the relocation in 1943 of a second-story auditorium from the 1927 Moorish-style Pleasure Pier from the foot of Heitman Street. It was the only part of that grand historic pier to survive.

The auditorium was meant to serve, at least in part, as a social and entertainment



This gazebo at Edwards Drive and Jackson Street was the site of band concerts, community meetings, marriages, and more. It was the site of the ribbon-cutting for the dedication and grand opening of the revitalized Fort Myers Tourist Center City in December 1981.

courtesy Florida State Archives



The gazebo is gone, as is most of the once vibrant Fort Myers Tourist Center. Only the Hall of Fifty States, a remnant of the 1927 Pleasure Pier, remains (right). Above it in the distance is the Luminary Hotel.

photo by Gerri Reaves

venue for soldiers stationed at Buckingham Army Air Force Base and Page Field during World War II. For years, it was the place for dances and other special events.

Simultaneously, a one-story civic center was built on the auditorium's west side. Over the decades, it served a variety of purposes, including the Chamber of Commerce, the USO and the Fort Myers Tourist Center.

Strategically located as it was, it made sense to build other amenities, such as the shuffleboard courts, which are visible behind the gazebo in the photo.

The 1981 revitalization marketed the center as a venue for banquets, parties, conferences and dances. It also had catering facilities.

Another major change was renaming the historic auditorium the Hall of Fifty States. The work infused new life into the center, and it lasted another 20 years or so.

In 2007, the civic center and shuffleboard courts were demolished. The Hall remains, its fate debated ever since.

The once vibrant block has never been the same.

Walk down to Edwards and Jackson and imagine a pretty gazebo, where bands play, people marry, or friends just meet.

Then visit the following two research centers to learn more about the history of gazebos in Fort Myers, starting in the mid-1880s.

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

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

Also stop by the IMAG History & Science Center at 2000 Cranford Avenue or at www.themag.org.

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

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Estates To Host Floral Art Show



Winnie Stone of the Fort Myers-Lee County Garden Council stands next to her floral design at a previous Art in Bloom art show photo provided

Edison and Ford Winter Estates will host the Art in Bloom art show in partnership with the Fort Myers-Lee County Garden Council on Sunday, March 6 from noon to 4 p.m.

This unique one-day art show features floral designs and works of art from the Sustainable Conceptions exhibit and will be on display in the Edison Caretaker's House. Prior to the show, participating garden council members are paired with a piece of artwork and create a floral display based on their interpretation of the art – using the same colors and

design feel.

The Sustainable Conceptions exhibit includes 2-D and 3-D works of art that are made from recycled materials to emphasize the importance of reusing materials for a sustainable future.

Art in Bloom is included with general admission; tickets may be purchased at www.edisonford.org. Visitors may vote for their favorite floral design and winners will be announced at the end of the show.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers✪

Yappy Hour Inaugural Event

Arts & Eats Café, the Union Artist Studios, Vibes and Spice and Pawz4Dayz are joining forces with the Alliance for the Arts to host their inaugural Yappy Hour event inside and around the Edwards Building on the Alliance campus on Thursday, March 3 at 5 p.m.

The event will focus on the love for dogs and animals in general. The lawn area across from Arts & Eats Café will be transformed into a chill and fun doggy park with lounging areas and a playful pet-friendly ambiance. The Vibes and

Spice mobile bar will be onsite, serving beer, wine and liquor during the event.

Vendors from different organizations will set up to provide product samples, supplies, services information and adoption advice, as part of the night's allure. In addition, the Arts & Eats Café will be offering a special evening menu during the event hours.

All guests are encouraged to bring their dogs on a leash. The event coordinators are hoping to make this a monthly activity and are inviting all dog lovers to help make this a reality.

The Alliance for the Arts is located at 10051 McGregor Boulevard in Fort Myers. For more information, visit www.artinlee.org.✪

Parents' Night Out Program

Better Together, a nonprofit dedicated to helping families in crisis and preventing the need for foster care, is hosting a Parents' Night Out at Christ Community Church on Friday, March 4 from 6 to 8:30 p.m.

The program offers parents access to a couple of hours of no-cost care for children ages infant through age 17. Better Together will provide background-checked volunteers in addition to dinner, games and fun for children to enjoy while

parents are away.

"As a parent, it's important to dedicate some time to enjoy together as adults or to simply get things done that have been on the back burner," said Megan Rose, CEO of Better Together. "Parents' Night Out provides a couple of hours for parents to go on a date night, takesome time alone or run errands while their children are under the supervision of background-checked volunteers. It's a time to do whatever helps you while we entertain the kids."

Christ Community Church is located at 4050 Colonial Boulevard in Fort Myers. To register, visit www.bettertogetherus.org/pno-registration or call 470-2733.✪

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Proceeds Benefit the
Sanibel Community House
& the Sanibel-Captiva Shell Club

Masks are highly recommended on
festival grounds, and required when
inside the Sanibel Shell Show building.

(239) 472-2155
Sanibel Community House
2173 Periwinkle Way

Fort Myers Art:

Musical Comedy
On Sixth Grade
Spelling Bee



by Tom Hall
The 25th Annual Putnam County Spelling Bee is known for its edgy humor, effortless wit, originality and heartfelt story. And it comes to Cultural Park Theater

for eight shows beginning Thursday, February 24.
The story revolves around a group of misfit sixth graders who are engaged in a winner-take-all competition.
Olive Ostrovsky: Sweet and shy, Olive brings her only friend (the dictionary) to the bee;
William Barfee (pronounced with an accent aigu): Bold and hyperallergic, the “insufferable genius” uses his “magic foot” to propel him to greatness;
Logainne Schwartz-and-Grubenierre: The youngest competitor in the spelling bee, the adorably precocious “Schwarzy” only wants to impress her gay parents;
Marcy Park: One of those annoying people who is good at everything, this



image provided

overachiever derives no joy from her incessant success;
Leaf Coneycbear: Like his family and friends, this kindhearted simpleton is convinced he doesn’t deserve to be in the spelling bee at all; and
Charlito Tolentino: The former champion, “Chip” is distracted by his burgeoning puberty.
As they make their way through the competition, the spellers reveal their hopes, struggles and passions in a series of hilarious, touching and catchy songs. With an engaging score by William Finn and a sweet, funny book by Rachel Sheinkin, *The 25th Annual*

Putnam County Spelling Bee will cause you to fall in love with the show and its “perspicacious,” “jocular” and “effervescent” spellers. Alas, there can only be one winner. But don’t fret, the losers do get a juice box.
In addition to the competitors, the show features such memorable characters as successful real estate agent Rona Lisa Peretti, her hopeless (hapless) suitor Vice Principal Douglas Ranch and an ex-con by the name of Mitch Mahoney.
“This is one of the funniest and most inventive musicals to come along in decades,” said one prominent artistic director when his company produced the show several years ago. “It is smart, irreverent, full of heart and keeps you laughing. It is a really refreshing coming-of-age story that will take audiences back to ‘tween years to relive the triumphs and defeats with a great score and clever characters. This will be the hottest ticket in town, so don’t miss out.”
So grab your dictionary. With only eight shows and limited seating, tickets to this multiple Tony-winning show won’t last long.
Cultural Park Theater is located at 528 Cultural Park Boulevard in Cape Coral. For tickets, visit www.culturalparktheater.com or call 772-5862.
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.**

**Beach Cleanup
Yields Over 850
Pounds Of Trash**
Kee Lee County Beautiful Inc., (KLCB) and the Tunaskin Beach Keepers Club recently held their 7th annual beach cleanup on Fort Myers Beach. More than 300 volunteers and beachgoers scoured the beach and gathered over 850 pounds of trash and debris. This popular event is hosted at the Tunaskin Aquatic Apparel.
According to KLCB, these locally driven cleanups provide a great opportunity for the people of Southwest Florida to step up and help preserve our beaches. Each year, KLCB engages over 5,000 volunteers in more than 250 community improvement initiatives, to improve the environmental health and natural beauty of the places we call home.
“Our partnership with Tunaskin Aquatic Apparel brings people in the community together working towards a positive change, and we were able to make an immediate impact in protecting the place we live, work and play,” said Trish Fancher, executive director of KLCB.*

BE WOWED BY OUR GIANT PACIFIC OCTOPUS

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AT 11 A.M. DAILY

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OF MOLLUSKS AND SHELLS

ENCOUNTER **LIVE ANIMALS**
IN OUR TOUCH POOLS

WIN A PRIZE ON OUR
SCAVENGER HUNT

BAILEY-MATTHEWS
**NATIONAL
SHELL
MUSEUM**

From page 1
Musical Getaway
a shy bartender, Brick (Victor Legarreta), there is an immediate chemistry between them. Meanwhile, sparks are flying between Rachel and Tully. All four actors had a chemistry that works.
Adding to the show’s lighter moments are the solid supporting cast of old barfly JD (Paul Thompson), bar owner Marley (Leiah Lewis) and bar patron Jamal (Jabriel Shelton).
There are no surprises in the storyline. The show is pure enjoyment with songs and dance numbers that make you want to jump up and join the cast. It’s all told through the music of Jimmy Buffett.
Songs include *Margaritaville*, of course, and there’s also the wonderful *Son of a Son of a Sailor*, *Cheeseburger in Paradise*, *Volcano*, *It’s Five O’Clock Somewhere* and many more.
If “getting back to normal” has left you longing for a vacation paradise, then make plans to see *Escape to Margaritaville*, where you can switch off all critical thinking and relax with over two hours of great songs with a little romance. It’s a non-stop musical escape for all theatergoers. The show runs through April 2 at Broadway Palm. For tickets, call 278-4422, visit www.broadwaypalm.com or stop by the box office at 1380 Colonial Boulevard in Fort Myers.*

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Pamela Minton



Mary Lou Williams



Marilyn Graham



Dr. Joel Ying

Storytellers Bring Tales Of Luck To The Alliance

By Mary Lou Williams

The storytelling series at the Alliance for the Arts got off to a great start in February with Stories of Love. The audience loved the storytellers, and the storytellers loved the audience. It was a love fest.

The second performance will be held on Thursday, March 3 from 7 to 9 p.m. The Storytellers of the Round Table and the Elephant Showcase Storytellers will take the stage to tell their stories of luck – good and bad – and how one can sometimes be mistaken for the other.

The storytellers for this session will be Pamela Minton, Mary Lou Williams, Marilyn Graham and Dr. Joel Ying. Minton will tell two personal stories: *No Part Too Small*, in which bad luck turns

out to be good, and *The Kitten*, about good luck getting better.

Williams will tell a personal story, *Sister Regina* and a fable called *The Rabbi and the Miser*.

Graham will tell a personal story called *Unexpected Luck*, a tale of love found late in life.

Ying will tell two Greek myths: *Pandora's Box* and *The Midas Touch* that both involve unintended consequences.

Tickets are \$18 for members and \$20 for non-members.

Experience the power of the spoken word. Captivating, spellbinding and entertaining. The stories will be followed by a Talk Back, a question-and-answer session with the audience that proved to be popular at the February event. Meet the storytellers. Discover the stories behind the stories.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. To purchase tickets, visit www.artinlee.org or call 939-2787.*



Rodney Marsalis Philadelphia Big Brass

World-Class Brass Performance

The internationally acclaimed Rodney Marsalis Philadelphia Big Brass will perform at the Barbara B. Mann Performing Arts Hall as part of the 72nd Fort Myers Community Concert Association season on Thursday, March 3 at 7:30 p.m.

Tickets are \$25 for upper balcony seating; \$35 for lower balcony seating; and \$55 for orchestra/mezzanine seating.

The Rodney Marsalis Philadelphia Big Brass breaks the usual barriers between genres playing everything from Handel and Sousa to New Orleans traditional. The ensemble is

composed of some of America's top brass musicians who have appeared on the world's most prominent stages and performed with the Metropolitan Opera Orchestra, the Chamber Music Society of Lincoln Center and the Boston Brass.

The Rodney Marsalis Philadelphia Big Brass is the third concert of the season for the Fort Myers Community Concert Association, an all-volunteer not-for-profit organization founded by the legendary Barbara B. Mann in 1949 to bring world-class entertainment to Southwest Florida at affordable prices.

Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers. For tickets, call the box office at 481-4849 or visit www.bbmannpah.com.*

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School Related Employee Of The Year

Catherine Mayorga is the School Related Employee of the Year for the School District of Lee County. Mayorga is the media paraprofessional at Colonial Elementary School in Fort Myers.

“I can’t believe that I won,” Mayorga said after being surprised with the award. “I am so grateful for everyone in this district because as young as I am, I was able to find a job in this district. I can’t wait to become a teacher.”

Superintendent Dr. Ken Savage, district administrators, school board members and Colonial Elementary staff presented Mayorga with the award recently.

Mayorga was nominated by her school administrators for all the work she puts in on top of her regular duties in the media center to benefit her co-workers and students. She helps with parent drop-off and pick-up, monitors the cafeteria and hallways, covers classes when teachers are out, facilitates small group discussions, leads physical education (PE) activities and translates for parent/teacher communications when needed.

“Ms. Mayorga is a committed, loyal and highly motivated individual who brings a sense of pride to not only the school but also to the students,” said Colonial Elementary Principal Eric



Catherine Mayorga photo provided

Washington. “She has a willingness about herself to do whatever it takes to make the day go as smoothly as it can. She has the talent, skills and gifts to be whatever she inspires to become.”

Currently studying at Florida SouthWestern State College, Mayorga said she’s always wanted to be a teacher. She volunteered at Villas Elementary while a student at Cypress Lake High and worked last year as a PE paraprofessional at Rayma C. Page Elementary.

“Catherine has earned the respect of her peers, teachers, students and staff with her hands-on approach, hard work

and dedication,” said Colonial Elementary Assistant Principal Yelennes Ochoa. “She is a single mom, college student, media paraprofessional, community volunteer, excellent role model and a very responsible young lady.”

As School Related Employee of the Year, Mayorga is awarded the following:

- Three day/two night gift certificate at South Seas Resort;
- \$500 VISA gift card from Suncoast Credit Union Foundation;
- Custom pin by Mark Loren Design;
- Floral bouquet from Ruth Messmer Florist; and

Custom name tag from Fred’s Award World.

The School Related Employee of the year represents the thousands of dedicated staff members that work in Lee County Schools every day. They are the bus drivers, technical support staff, social workers, teacher helpers, paraprofessionals, secretaries, cafeteria staff, custodians and more.

Mayorga’s nomination will now be sent to the Florida Department of Education for consideration as the 2022 Florida School Related Employee of the Year.✧

Lee Parks Summer Camp Registration

Lee County Parks & Recreation Summer Camp registration opens on Monday, February 28 at 7 a.m. Registration is expected to draw thousands of youngsters to programs, outings and activities at the department’s traditional camps, middle school camps and specialty camps.

Parents are encouraged to sign up early. Each year, the allotted spaces at Wa-Ke Hatchee, Lakes Park and Estero Recreation Center fill up well before school ends. Camp registration is ongoing as long as space is available.

Registration for swimming lessons and

other aquatics programs begins Tuesday, March 1. Summer camp runs for seven weeks from June 13 through July 29.

Helpful tips from the registration desk:

To register for camp at one of the four large recreation centers – Wa-Ke Hatchee, Estero, North Fort Myers or Veterans Park in Lehigh Acres – obtain a membership first.

A household account at www.webtrac.lee.gov is needed to register online.

Camp sites will participate in countywide initiatives, such as service learning projects, fitness and wellness programs and National Park and Recreation Month.

For more information about Lee County Parks & Recreation locations, camps, amenities and other special events, visit www.leeparks.org, call 533-7275 or email leeparks@lee.gov.✧

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

Service 10:30 a.m. in house and live on Facebook. Adult Ed Forum 9:15 a.m. in Sanctuary, 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, 8210 Cypress Lake Drive, 481-2099.

BETH YESHUA MESSIANIC SYNAGOGUE

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

BIBLESHARE

10 a.m. Sunday and 7 p.m. Tuesday, www.simplysimpleworship.com, 7050 Winkler Road, Suite 121, 437-8835.

CHABAD LUBAVITCH ORTHODOX

Friday 6:30 p.m., www.chabadswf.org, 5620 Winkler Road, 433-7708.

CHAPEL OF CYPRESS COVE

Sunday 10 a.m., www.revtedalhouse@aol.com 10200 Cypress Cove Circle, 850-3943.

CHAVURAT SHALOM

Friday Shabbat services every week 7:30 p.m. Other programs on vacation. ChavuratShalom@gmail.com.

CHURCH OF THE CROSS

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

COVENANT PRESBYTERIAN

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. www.

crownoflifelutheran.com. 5820 Daniels Pkwy, 482-2315.

REDEEMER CHURCH

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

CYPRESS LAKE PRESBYTERIAN

Sunday 9 and 11 a.m. English, 10 a.m. Spanish. www.clpc.us, 8260 Cypress Lake Drive, 481-3233.

CYPRESS LAKE UNITED METHODIST

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

FAITH UNITED METHODIST

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

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

FORT MYERS CHRISTIAN CHURCH

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

11 a.m. Sunday, www.fpcfortmyers.org, 2438 Second Street, 239-334-2261

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

LAMB OF GOD

Sunday 7:45 and 10 a.m., www.lambofgodchurch.net, 19691 Cypress View Drive, 267-3525.

NEW HOPE PRESBYTERIAN

Sunday 8, 9:30 and 11 a.m., www.newhopefortmyers.org, 10051 Plantation Road, 274-1230.

PEACE COMMUNITY

Sunday 10:30 a.m. www.peacecommunitychurch.com, 17671 Pine Ridge Road, 267-7400.

PEACE LUTHERAN

Sunday 8 and 10 a.m., www.peaceftmyers.com, peace@peaceftmyers.com. 15840 McGregor Boulevard, 437-2599.

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

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

SAMUDRABADRA BUDDHIST CENTER

Meditation classes. www.MeditationInFortMyers.org, 567-9739.

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

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

SAINT JOHN THE APOSTLE METROPOLITAN

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

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., www.saintnicholasmonast

ery.org, 111 Evergreen Road, 997-2847.

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETH EL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE FAITH CENTER

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

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Sunday 10:30 a.m., www.taecc.com, 1619 Llewellyn Drive, 334-4978.

UNITARIAN UNIVERSALIST

Sunday 10:30 a.m., www.uucfm.org, 13411 Shire Lane, 561-2700.

UNITY OF FORT MYERS

Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 278-1511.

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

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

ZION LUTHERAN

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

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



Native West Indian meadowbeauty loves sunny moist sites and attracts bees and butterflies
photo by Gerri Reaves

Plant Smart

West Indian Meadowbeauty

by Gerri Reaves

In the wild, West Indian meadowbeauty (*Rhexia cubensis*) grows in wet prairies, flatwoods and meadows, as well as along roadsides.

Showy pink flowers make it a good choice for a wildflower garden, where it will attract bees and small butterflies.

This long-lived perennial is found throughout the state and is one of 10 meadowbeauty species native to Florida.

A member of the Melastome family, it grows up to two feet tall with erect stems that have tiny stiff hairs.

The opposite leaves are narrowly elliptic, toothed, three-veined and up to three inches long.

The four-petaled flowers are up to two inches wide and have extended curving yellow anthers, the part of the stamen that produces pollen.

This wildflower prefers full to partial sun in a moist spot. It has tuberous roots and will form colonies. It is not tolerant of salt water or spray.

Propagate it with the seeds from the

urn-shaped seed capsules or from cuttings.

Sources: *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, www.flawildflowers.org, www.fnps.org, and www.hawthornhillwildflowers.blogspot.com.

Plant Smart explores the diverse flora of South Florida.✱

Childhood Hunger Benefit

The 2nd annual Brews for Blessings will be held at Millennial Brewing Company on Saturday, February 26 from 4 to 8 p.m. This family-friendly event will help support Blessings in a Backpack's mission to provide food to local school children.

The free, family-friendly event will feature a special children's area with a bounce house, face painting, games and more. There will also be a large selection of brews, food trucks, a silent auction and live music from Eddie and the Fat Fingers. Families will learn about food insecurity in Southwest Florida and how they can help feed a child for a school year. A donation of \$115 will provide meals for 36 weekends for one school-age child.

"We are very grateful for the community and local businesses who support our efforts to provide nutritious meals to children in our area who otherwise might not have food over the weekend," said Cecilia St. Arnold, executive director for Blessings in a Backpack. "Many of these kids rely on school meals during the week and return to class Monday too lethargic and worried about a grumbling belly to concentrate. Our local residents and businesses are helping to ensure these children come back to school fed and ready to learn."

Every Friday afternoon, each child receives a backpack filled with nutritious, kid-friendly, ready-to-eat items. They return the backpacks on Monday, and each is

filled and ready for the next weekend.

Blessings in a Backpack's financial goal for Brews for Blessings is to raise \$30,000 – enough money to provide weekend meals for over 260 students for a full school year. Sponsors are still needed, with packages ranging from \$500 to \$2,500, including drink tickets, website link and logo, signage, swag and access to the VIP area. To become a Brews for Blessings sponsor, contact St. Arnold at 410-9592 or cecilia@blessingsinabackpack.org. All funds raised at this event are tax-deductible and will go directly to feeding local children in need.

Millennial Brewing Company is located at 1811 Royal Palm Avenue in downtown Fort Myers. To donate, visit <https://swfl.blessingsinabackpack.org> or mail to Blessings in a Backpack, P.O. Box 61402, Fort Myers, FL 33906.✱

Caloosa Carvers Demonstrations

The Mound House, a museum complex and cultural and environmental learning experience, will host the Caloosa Carvers during free public carving demonstrations on four upcoming Tuesdays: March 1 and 15, and April 5 and 19.

The Caloosa Carvers, who formed in the 1980s, meet year-round every Wednesday from 8:30 a.m. to noon at the Cypress Lake Presbyterian Church, 8260 Cypress Lake Drive in Fort Myers. For more information, call 368-0151, see

www.caloosacarvers.com or email info@caloosacarvers.com.

The Mound House is located at 451 Connecticut Street on Fort Myers Beach. Overflow parking is located at 216 Connecticut Street. For more information, reservations and a monthly programs schedule, call 765-0865 or visit www.moundhouse.org.✱

Free Clinic With Tarpon Hunters

The Fort Myers Beach Tarpon Hunters Club will offer its free annual Tarpon Fishing and Tackle Clinic at the Bonita Bill's Waterfront Cafe clubhouse on Wednesday, March 9 at 7 p.m.

This year is the 60th anniversary of the club, and members will be talking of their experiences. Members have won or placed in the Doc Ford's & "Ding" Darling Tarpon Tournament several years. Speakers will discuss how to find and catch the mighty "silver kings" using various fishing techniques. There will be tabletop and instructional displays on the essentials of rigging and choosing the right baits.

The Fort Myers Beach Tarpon Hunters Club is the oldest tarpon fishing club in the world. The club meets on the first Wednesday of each month in the Bonita Bill's community room.

Bonita Bill's Waterfront Cafe is located at 702 Fisherman's Wharf on San Carlos Island. Contact Don Taylor at 850-9569 or fmbtarponhunters@gmail.com for more information.✱

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Trout And Sheephead For The Win



by Capt. Matt Mitchell

With water temps slowly rebounding to the magical 70-degree mark, anglers had a few more options this week than just trout and sheephead. Shiners

slowly began to reappear as conditions warmed up, making snook fishing a good choice during the hottest part of the day. Although this bite was never great, it felt good to have shiners and catch a few snook here and there after almost a month of using shrimp for bait.

During higher tides, the eastern side of the sound had lots of scattered redfish. Once located in clean, clear water, these fish jumped all over a shrimp or even shrimp chunk. After returning to these same areas during the windy days, we simply did not do as well. While targeting sheephead around the passes, clients also managed a few larger redfish while soaking baits around docks.

Flats fishing for trout continues to be the best bite and action. From Fosters Point on North Captiva all the way back to the power lines, every grass flat seems to be loaded with trout. Often these fish



Mike from Peoria, Illinois with one of many sheephead caught while fishing with Capt. Matt Mitchell this week photo provided

are on the small side of the 15-inch slot, though once you find the bigger ones, a limit has come easily. Fishing for these trout with a live shrimp under a popping cork at times means a bite every cast. Recently, I have been starting my day on the water targeting these fish and quickly getting all my clients on the board before moving off to a species that's a little tougher to catch. Learning not to set the hook and just reeling until the rod bends

is the most effective way to catch these trout.

The sheephead bite was still strong this week even though fishing for them during warm days just does not feel right. Redfish and Captiva passes were the most productive. Getting the boat set just right to can keep the bait close to the pilings or structure was the difference between catching or not. Nuisance dolphins in these passes get very

aggressive and will even grab a fish while it's hooked. One morning this week, we lost several giant sheephead right next to the boat before I could get them in the landing net. Feeding dolphins is not only against the law but creates a problem for years to come.

All in all, it was a great week on the water with lots of trout and sheephead going home with happy clients. During these next few months of high season, most clients are more interested in taking home fish than they are in targeting our glamour species. Even though everyone likes a fresh fish dinner after a charter, it's extremely important to this resource to only take what you intend to eat even if the limit is higher.

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

From page 1 Comedy

charming yet cantankerous performance and finally warms into the man he should have been. Aoife believes she understands her difficult daughter and supports her decisions. For 36 years, Rosemary has owned a strip of land that has made for an uncomfortable entry into Tony's home. She refuses to sell.

The older couple of actors deliver a strong performance, and the final scenes are left to the younger actors who have some hidden secrets that finally come to light. They have to deal with the legacies of land and relationships through a series of confessions. Rosemary is the woman from the farm next door and she stubbornly holds her ground. Anthony is a man who's afraid to grow up and his final confession is a priceless mark of human behavior. Shanley based the story on the lives of his own uncle and cousin who worked a sheep and cattle farm outside Killucan, Ireland.

Outside Mullingar is a heartwarming and moving show with just the right touch of humor. It runs 90 minutes with no intermission and plays through February 27 at Theatre Conspiracy within Alliance for the Arts, located at 10091 McGregor Boulevard in Fort Myers. For tickets, call 939-2787 or visit www.artinlee.org.

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Northern Raccoon



by Bob Petcher

The Northern raccoon (*Procyon lotor*) is a medium-sized carnivore with a black facial mask, grayish body and colored rings on a bushy tail.

At CROW, four infant northern raccoons were admitted from Cape Coral after their mother was trapped and removed from the location, leaving them orphaned.

"In most situations, people just don't want raccoons around their residence," said CROW Rehabilitation Manager Breanna Frankel. "What people don't realize is there are other, more ethical, ways to relocate raccoons that don't involve trapping them and potentially separating a family. You can easily buy raccoon deterrent off Amazon, which encourages mom to move her babies on her own instead of utilizing trappers."

The patients were severely dehydrated, thin and their eyes were barely open, which is normal for their age, reported to be roughly 3 weeks old at admittance.

"There isn't necessarily an 'age' where their eyes open," explained CROW



Patients #22-453, 454, 455, 456 with "mash"-taches

photo by Haillie Mesics

Hospital Training Coordinator Becca Wehmeier." Some raccoons come in and keep their eyes closed until 6 weeks old, some open their eyes as soon as 2 to 2 and half weeks old. It depends on the situation, and each situation is different."

Veterinarians provided fluids and placed them under rehabilitative care.

"We have a room dedicated to infant through juvenile raccoons. They receive feeds based on their age and development, which may include milk feeds, "mash" and regular diets," said Frankel. "At most, they may receive feeds from 6 a.m. to 10 p.m. every three hours

and, as they get older, they receive fewer and fewer feeds as they wean onto real food."

At this time, the patients have started mash school in between liquid feeds.

"Mash school is where we take their base diet – puppy chow – and soak it in water. It becomes soft and is able to be mashed into an applesauce consistency. We may add banana or other soft fruit pieces to it," said Frankel. "As their teeth begin to develop, they must start on soft foods in order to be able to swallow and digest it easily. They are put in a bathtub on a yoga mat, and we let them explore

the food, squish it in their paws, lap at it, and we will assist by putting small bits in their mouth so they get the taste of it. They transition onto it very quickly, and it encourages them to start becoming more independent."

Due to their age and size, the patients will have to spend some time at the clinic.

"Our youngest raccoons stay at CROW through a certain juvenile stage, which takes approximately six months," said Frankel. "These raccoons will likely be with us for a total of five to six months, depending when they reach certain developmental checkpoints. We release at a certain size only if they are capable of survival and uninterested in human companionship."

Since there appeared to be an issue where the patients were found, there will be a change of address.

"They will likely be relocated to a better area so they are far away from humans and less likely to come into harm's way again," said Frankel. "There is a chance they will be combined with another group once they move outside, so we will release in an area that is fit to take that number of raccoons without upsetting the natural balance of that ecosystem."

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.

Chavurat Shalom of Southwest Florida Fellowship of Peace

Speakers Series • Thursdays - 11:00 a.m.

☆ March 3 • **RICHARD WEISBERG**

Professor, University of Pittsburgh School of Law
"Anti-Semitism in Vichy controlled France"

☆ March 10 • **PETER GALBRAITH**

Ambassador, Advisor and Advocate
"Afghanistan: Why we lost? Who to blame? What next?"

☆ March 17 • **DR. PARVIS SADIGHI**

Cardio-vascular surgeon and Sanibel resident
"Purim holiday, Shushan and Persian Family Connections"

☆ March 24 • **RABBI MYRA SOIFER**

Emerita, Temple Sinai, Reno, Nevada
"Vashti: Purim Holiday's Other Woman"

☆ March 31 • **JOHN CASSINI**

Calusa Waterkeeper for Caloosahatchee River
"Water Quality in SWFL: Challenges and Opportunities"

To request to virtually join one or more of these free programs by ZOOM, send an email to: chavuratshalom@gmail.com

This Speakers Series is brought to you by Chavurat Shalom of SWFL, a welcoming, unaffiliated community created for the study and celebration of our Jewish cultural heritage.

www.chavuratshalomofsouthwestflorida.org

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NEW EXHIBITS

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Quality in Southwest Florida
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BLACKWATER MOMENTS:
Nocturnal Photography of
Open-Ocean Mollusks
Now through May 30

Photo by Andrew West/The News-Press

LECTURES

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

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

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



CLASSES

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

Mar. 17: Biodiversity and
Taxonomy of Mollusks

Mar. 31: Drawing & Illustrating
Shells

Apr. 13: Shell Morphology:
Understanding Shell Descriptions

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Reading Festival
To Host Authors,
Programs

The 23rd annual Southwest Florida Reading Festival will be held on the Fort Myers Regional Library campus on Saturday, March 5 from 10 a.m. to 4 p.m.

The festival is a free, all-ages outdoor event where book-loving fans are invited to listen to and meet a diverse lineup of bestselling authors, participate in contests and activities and find the latest in books and technology. In addition to author appearances and autograph sessions, there will be a free book for every child and teen, storytelling programs, youth writing contest awards, arts and crafts, and food truck vendors.

For a complete list of participating authors, visit www.readfest.org or download the festival's mobile app "SWFL ReadFest" at the App Store or Google Play.

For fans who prefer to experience author events virtually this year, festival organizer Melissa Baker said there will be livestreams of several of the adult author presentations during the festival and additional live virtual author presentations leading up to the festival. Authors offering online question-and-answer sessions ahead of the festival include Bonnie Kistler on February 25 and Tim Dorsey on March 1. For more information on pre-festival

events, visit www.leelibrary.net/events. Livestreaming on festival day will be available within the mobile app and on the Lee County Library System's YouTube channel. Details for livestreams and other preview events can all be found in the festival app.

The Southwest Florida Reading Festival is community-supported through donations, sponsorships and grants. To help ensure the continuation of this event, visit www.readfest.org to make a secure online donation.

The Fort Myers Regional Library is located at 2450 First Street in downtown Fort Myers. For more information, visit www.readfest.org or call 533-4832.✱

Community
Bag Program
Beneficiary

Keep Lee County Beautiful, Inc. (KLCB) has been selected as the beneficiary of the Winn-Dixie Community Bag Program for March.

The Winn-Dixie Community Bag Program is a reusable bag program that facilitates community support with the goal to make a difference in communities where shoppers live and work.

KLCB was selected as the March 2022 beneficiary for the program by store leadership at the Winn-Dixie located at 13334 South Cleveland Avenue in Fort Myers. KLCB will receive a \$1 donation every time the \$2.99 reusable community bag is purchased at this location during March, unless otherwise directed by the customer through the Giving Tag attached to the bag.

KLCB Executive Director Trish Fancher said: "The donations will support our community improvement initiatives that improve the environmental health and natural beauty of the place we love to call home."✱

Car Show
At University

Cars, from the classics to prototypes, will be on display during the Putting it in Gear Hodges University Car Show on the university's Fort Myers campus on Saturday, March 5 from 9 a.m. to 3 p.m. Admission is free and attendees will see a wide variety of vehicles, plus food trucks, music, raffle prizes and a 50-50 drawing.

The Title Sponsor is Hertz. Additional sponsors include B&I Contractors; Bond, Schoenick and King PLLC; State Farm – Michelle Losapio; Seminole Casino Immokalee; Playa 99.3; El Mensajero; Bob 102.9 FM; Mix 104.7; and Gator Country. All proceeds will benefit the Dr. Peter Thomas Veterans Services Program at Hodges University.

Hodges University is located at 4501 Colonial Boulevard in Fort Myers.✱



Joshua Seidman



Ryan Benefiel



Damini Parkhi



Andryanna Sheppard

Sponsors Sought For Mental Health Services Benefit

Hope Clubhouse is seeking sponsors for its annual Faces of Hope luncheon to raise awareness and support for adult mental health services in Southwest Florida.

The annual fundraising luncheon will be held from 11 a.m. to 1 p.m. on Thursday, March 10 at Broadway Palm Dinner Theatre, 1380 Colonial Boulevard in Fort Myers. Tickets are \$75 for adults, \$25 for students and \$15 for virtual attendees.

With a theme of Power of the Past – Focus on the Future, the event will feature lunch and a keynote address by Joshua Seidman, PhD, chief research and knowledge officer with Fountain House, a national organization that spearheaded the clubhouse movement. The keynote will be followed by a panel discussion with Seidman, Ryan Benefiel, a member of the board of directors for Hope Clubhouse, and Damini Parkhi, a community youth mental health advocate. The panel will be moderated by Andryanna Sheppard of WINK News.

Hope Clubhouse has announced six sponsorship levels with a variety of benefits that include tickets to the event and reserved seating. Title sponsorship is available at \$10,000, Impact sponsorships at \$5,000, Aspire sponsorships at \$2,500, Hope sponsorships at \$1,000, Table sponsorships at \$500 and Friend

sponsorships at \$300. Current event sponsors include Broadway Palm Dinner Theatre, Studio+, Priority Marketing, Scott White Advisors, Lee Health, George and Dottie Pacharis, Community Assisted and Supported Living, Carolyn Cusack, FineMark National Bank & Trust, Park Royal Behavioral Health Services, Kathleen Sager and Daleen O'Dell, Erin Broussard, Elite DNA Therapy Services, Academy at Glengary and SalusCare.

Proceeds from the event will support the expansion of Hope Clubhouse, a nonprofit that changes lives by focusing on adults with mental health challenges and sharing resources to help them grow, recover and thrive.

"The need for mental health services is greater than ever, yet we are currently unable to accommodate additional members at our facility due to lack of space," said Erin Broussard, CEO of Hope Clubhouse. "Funds raised during the Faces of Hope event will support Hope Clubhouse in expanding our 2,700-square-foot building into a 10,000-square-foot facility that can more effectively serve adults in our community who are facing mental health challenges."

Hope Clubhouse's evidence-based model provides opportunities for career development, paid employment and access to education, wellness services and housing assistance. As a result, members have fewer hospitalizations, acute episodes and encounters with law enforcement, and are able to maintain housing, employment and improved support systems across every aspect of their lives.*

assessment, then attend an interactive virtual career expo, exposing them to various industries, career opportunities and required education levels.

Industries include technology, business and finance, hospitality and tourism as well as health and life sciences. Those enrolled in private schools or being homeschooled can be enlisted in the program by contacting Junior Achievement of Southwest Florida at 225-2590 or info@jaswfl.org.*

Gold Star Honor

John Whyte of Fort Myers was awarded a gold star and placed on the dean's list during the fall 2021 semester at The Citadel in Charleston, South Carolina. Gold stars are awarded to cadets and students who achieved a 3.7 grade point average or higher.*

Virtual Career Exploration Fair

Junior Achievement of Southwest Florida will host its virtual career exploration fair, JA Inspire, for the second year in a row on March 11. Successfully launching in 2021, JA Inspire collectively provided more than 9,000 Collier and Lee students the unique opportunity to discover potential career paths and engage with local employers and high-wage and high-demand jobs in Southwest Florida.

Specifically targeting eighth-grade students, JA Inspire helps launch middle school students into their future, preparing them for high school, college and careers. Students will complete explorative lessons by integrating work and career readiness during the event, including a personalized career



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Book Review

Messing With Men



by Di Saggau

Author Christopher Brookhouse has lived in Sanibel on and off since the 1970s and has been a legal resident for the last four years. I recently contacted the author and asked

some questions about his new book *Messing with Men*, which is based on Sanibel. The book revolves around three aging men, all of whom are struggling with complicated pasts. Al Green, Sam Bishop and Landon Greer meet almost every day at happy hour at Tib's, a local watering hole to discuss current events and past experiences. I asked how many of the places and people are based upon island establishments and characters. He said, "Tib's is based on Traders, and Emma is formed by a kind and gracious lady who bartended there for many years." Another character, Mike Lear, is based on a former neighbor who was a Sanibel policeman and contractor. He also owned the electric alligator on the cover of the book, which will be a tell-all to some.

An important part of the plot deals

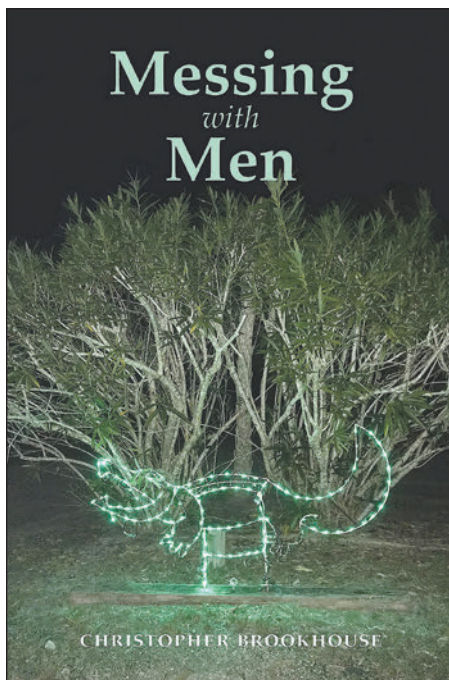


image provided

with a dilapidated historic house on the island, the Larkin house, that has secrets of its own. What becomes of this property puts Al and Sam at odds, while Landon looks on from afar. The home is listed at \$3 million and not everyone agrees it should be sold. When some original artwork is discovered in the home, it changes the outlook of some of the involved parties.

There is also a phantom thief who takes property from one home and

leaves it at another. Not to mention a nude beach that is the author's memory from an earlier Sanibel. Some of the characters are composites of people the author has known, but most are imagined. All seem quite real with what they have experienced in life and are facing in their future. When asked what he hopes readers will relate to most in his book, Brookhouse said, "Probably the possibilities of discovery, friendship and love in the long (if you're lucky) timeout of aging." He said, "It interests me how people arrive here and create new

routines and find new interests and meet new people, but what we become is, to some degree, what we were. Inventing a new life means inventing a story about your old life. Sometimes those narratives are wildly exaggerated, sometimes curiously modest."

Messing with Men is a delightful drama full of memorable characters in the winter of their years and situations that are often unpredictable on an island that means so much to so many. It is available at MacIntosh Books and Paper, 2340 Periwinkle Way, on Sanibel.*

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, I have two preschool children, and I want them to become good readers. Would you describe the reading process and what I can do

to help my children to become good readers.

Tina G, Cape Coral

Tina,

Learning to read well is a complex behavior. Reading is an important skill for all students to learn. It is essentially the basis of nearly all learning, and a basic requirement to progress in life. However, for students just beginning to explore reading, it can be an intimidating process. Parents can help their children by building a strong foundation of reading. Below is a brief discussion of the skills used in reading and some suggestions on how to help your children build their skills.

Reading is a skill that requires several abilities working together to be able to become proficient. If a child is weak in any of those abilities, it can impact the ability to read. Here are some of the skills and abilities required for a child to learn how to read. Each of these abilities can be broken down into even more specific aspects when necessary:

Visual processing – A reader must be able to correctly perceive what is seen in order to read. If one has difficulty remembering symbols or order of symbols, he or she may struggle with remembering site words. A person who has difficulty with spatial relations might also have difficulty viewing letters or words in the correct order. This might be the problem when the student struggles with reversals past the normal developmental period, or has difficulty remembering b/d, 6/9, etc.

Phonological processing – A reader will need to have good processing of sounds and be able to interpret what letters make each sound. Phonological processing includes blending words, rhyming and being able to differentiate between similar sounds. Phonological processing is particularly important in the early stages of learning to read.

Auditory processing – A reader must be able to correctly interpret auditory

information to learn basic reading skills. A child that struggles to understand what he or she has heard will have difficulty with learning the foundations for reading or understanding books that have been read aloud.

Processing Speed (fluency) – A reader will need to be able to quickly process the written information to derive meaning. When a student is a slow reader, it is often difficult to remember words from the beginning of a sentence. This often affects comprehension.

Working memory – A reader needs to be able to remember what has already been read, even while reading new words. A person must be able to remember the previous paragraph, even while moving on to the next paragraph. Early readers need to be able to remember the letter sounds and memorize site words to be strong readers.

Comprehension – A reader must be able to comprehend and interpret what is read. Even a person who can decode words easily must be able to make meaning of those words. Comprehension requires strong reasoning skills.

Here are some suggestions to help your child build their reading skills.

Teach an appreciation of words – Sharing stories is the easiest way to get students interested in reading.

Create language awareness – Before students can even begin to read, they must understand how books work. Show them the proper way to hold a book, how the story is read from left to right and top to bottom and use books with large print to get children accustomed to seeing words.

ABCs – The ABCs are an important part of learning to read. Help children to recognize letters and the sounds that they make through creative methods.

Instill phonemic awareness – Phonemic awareness is the idea that words are composed of sequences of sounds. Focus on how words are pronounced, focusing on the constant sounds, as well as long and short vowel sounds. Have them sound out different words on worksheets and identify the different sounds in simple words.

Share the relationship between sounds and letters – Once students are aware that words are made of sounds, you can introduce how each different letter makes a different sound or sounds. Start with commonly used letters like M or T, which are more distinct to pronounce.

Sound out words – As students learn that different letters make different

continued on page 14

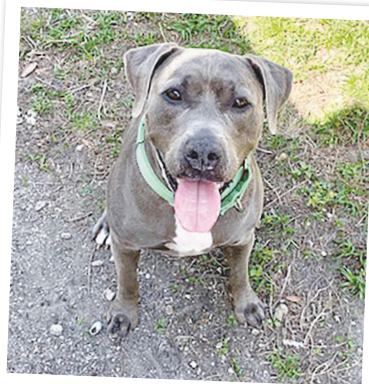


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New Slate Of Officers Named

The Horizon Foundation, a charitable organization which raises private sector funds to support the marketing efforts for Lee County Office of Economic Development, and the Horizon Council, the only public-private advisory board to the Lee County Board of Commissioners, named its board of directors recently.

Named to the seven-member executive board of the Horizon Foundation were: President Christopher Spiro of Spiro & Associates Marketing, Advertising, Public Relations, and Brand Architecture; Vice-president Matt Roepstorff of Gray Robinson; Secretary Ryan Carter of Scotlynn USA; and Treasurer Sandy Stilwell of Stilwell Enterprises.

The Horizon Council named Holly D. Smith, mayor of the City of Sanibel and Lee County hotelier, as council chair; Mark Stevens, president of Stevens Construction, as vice-chair/nominating committee; Kristy Knupp, SVP, of Ascend Wellness Holdings, as treasurer; and Guido Minaya, CEO of Minaya Global Learning Solutions, LLC, as secretary.

As president of the foundation, Spiro also is a member of this board. Smith serves as an ex-officio member and advisor to the foundation board.

Voting members of the Horizon Foundation board also include the immediate past president of the Horizon Foundation, Dan Eveloff of Regions Bank; the chair of the Lee County Industrial Development Authority, Robbie Roepstorff of Edison National Bank; and the director of the



From left, Dan Eveloff, Holly D. Smith and Christopher Spiro photo provided

Lee County Economic Development office, John Talmage. In addition, two new members-at-large were elected at the foundation's annual meeting. These two individuals will represent Horizon Foundation investors and were nominated and elected by peer investors. Fred Edman of Wright Construction Group and Matt Price of Seagate Development Group are the new at-large members. Dilman Thomas, executive director of the Horizon Foundation, is the organization's business community liaison and first executive director in the organization's history.

Over the past 30 years, the Horizon Council and Horizon Foundation have been instrumental in bringing major companies to Lee County, including Gartner, Arthrex, Chicos FAS, as well as numerous other businesses. The foundation continues to push for higher wages for workers, attainable housing and a better educational system, investing in infrastructure and raising the standard of living and quality of life for residents.*

www.dingdarlingsociety.org/articles/student-scholarships.

To learn more about the scholarship program or establishing a permanently endowed scholarship, contact Birgie Miller at 472-1100 ext. 4 or director@dingdarlingsociety.org.

Named scholarships to date for 2022 include:

Richard Bailey Memorial Scholarships
Mike and Terry Baldwin Scholarship
Dr. Andrew and Laura Dahlem Scholarship
Dr. H. Randall Deming Scholarship for Conservation and Environmental Studies, a permanently endowed scholarship
"Ding" Darling Conservation Scholarship
Hans and Leslie Fleischer Scholarship
Mary Elaine Jacobson Memorial Scholarship
Win and Marilyn Kloosterman Education Scholarship, a permanently endowed scholarship
Francine and Barry Litofsky Scholarship
Tarpon Bay Explorers Scholarships
Jane Werner Environmental Scholarship, DDWS' first permanently endowed scholarship**

Scholarship Application Deadline Nears

The application deadline for several scholarships amounting to more than \$20,000 from "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) is March 31. Ranging from \$1,000 to \$3,000 each, the scholarships are available to high school seniors, college students and graduate students in or from Lee, Collier, Charlotte, Hendry or Glades counties pursuing degrees in environmental-related studies.

DDWS will award the scholarships at a ceremony at JN "Ding" Darling National Wildlife Refuge on Sanibel in June, if prevailing pandemic guidelines permit.

Now in its 16th year, the DDWS scholarship program generated its first awards in 2006, donated by Tarpon Bay Explorers, the refuge's official recreation concession. To date, nearly \$200,000 has been awarded through the program.

For more information and printable application forms, visit

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Are Special Needs Trusts Always Appropriate?



Carl is a nephew of my clients. He's 23 years old and has learning and physical disabilities, living with his parents. They were told by several professionals that they should see me about building a Special Needs Trust into their estate plan for Carl. A Special Needs Trust in Florida describes any trust that includes provisions designed to protect a physically or mentally disabled trust beneficiary's eligibility for need-based government benefits such as Medicaid or Supplemental Security Income (SSI). The trusts include restrictions on how funds may be used so that distributions are not made to pay for items that are supposed to be provided exclusively by state assistance programs for which the beneficiary may qualify now or in the future.

Medicaid has a low ceiling on the amount of a recipient's countable assets – the limit is approximately \$2,500 this year, and the individual cannot have gross monthly income exceeding \$2,532. Assets held by a Florida Special Needs Trust are not counted for purposes of Medicaid eligibility. The trust agreement typically allows the trustee to distribute income or assets to a beneficiary only if the distribution does not disqualify or diminish a beneficiary's government benefits.

While trust assets are not counted for eligibility, trust income can be distributed to improve the recipient's quality of life by paying for living expenses not covered by Medicaid. Medicaid pays for a disabled recipient's basic needs such as mortgage payments, rent, food and utilities. A Florida Special Needs Trust cannot supplant or duplicate Medicaid's need assistance. If it does, the trust distributions may disqualify the beneficiary. A Special Needs Trust can supplement the government's provision of basic needs by providing additional benefits such as personal grooming, clothing and dry cleaning, computers and televisions, musical instruments, companionship, housekeeping and cooking, medical insurance, and medical therapies and equipment.

Are Special Needs Trusts always appropriate? That depends on whether the recipient's inheritance is sufficient to provide for him for his lifetime. Since Medicaid's aid is not terribly generous, a wealthy client may wish to forgo the eligibility concerns, and not constrain the trustee from making distributions for fear that it will disqualify the

Another factor to consider is whether the beneficiary resides in Florida. If you are a Florida resident but the individual who you wish to help is not, then you may want to direct your attorney to consult with a specialist in the beneficiary's home state. While Medicaid is a federal program, it is separately administered by each state. Consequently, the requirements may differ.

In Florida, for example, your homestead is an exempt asset when determining Medicaid eligibility. Also, most states have a payback requirement, meaning that the state has a claim against the beneficiary's estate when he dies. If a beneficiary can obtain adequate private health insurance, they are better off with that policy than Medicaid to avoid the payback requirements.

As you can see, there are many factors to consider when determining whether a Special Needs Trust is appropriate in your estate plan for a disabled beneficiary. Rather than directing your attorney to draft one into your plan, first ask if qualifying for government aid is worth the restrictions.

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Athletic Hall Of Fame Inductees

The Lee County Athletic Conference Hall of Fame inductees for 2022 will be honored at a banquet at the Crowne Plaza Fort Myers at Bell Tower Shops on Thursday, April 21 at 6 p.m. Six athletes, one coach and one contributor are being recognized for their outstanding athletic accomplishments for their school or their students.

The following are members of Lee County Athletic Conference Hall of Fame

Class of 2022 and their schools: Noel Devine, athlete, North Fort Myers High; Isaac Harvin, athlete, Cape Coral High; Jennifer Henshaw Seluk, athlete, Cypress Lake High; John Tolisano, athlete, Estero High; Kyle Waldrop, athlete, Riverdale High; Richard Washington, athlete, Fort Myers High; Robert "Bobby" Pringle, coach, Riverdale High; and Mac Kennedy, contributor, Fort Myers High.

The Showne Plaza Fort Myers at Bell Tower Shops is located at 13051 Bell Tower Drive in Fort Myers. If interested in purchasing tickets, email David LaRosa at davidpl@leeschools.net.✱

From page 12

School Smart

sounds, they can start to sound out small familiar words. Start at the left of the word, sounding out each letter and gradually blending them together until they can recognize the word.

Read daily – By encouraging children to read often, they will develop their own love of books. Get a library card and teach children how to check out books. Help

them find books in topics in which they are interested. Like any other skill, the more students read, the better they will become.

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

The advertisement is a vertical rectangular graphic with a blue sky background. At the top, a red banner contains the text "NOW SERVING Sanibel & Captiva Islands!". Below this, the company name "ALLIED AIR SERVICES" is written in a stylized, arched font with a red outline and white fill. Above the name are three stars: a large yellow one in the center, and two smaller ones, one white and one yellow, on either side. Below the company name, a red ribbon banner contains the text "HEATING • VENTILATING • AIR CONDITIONING". Underneath the ribbon, the phrase "Home of The Comfort Club!" is written in a cursive font. A dark blue horizontal band across the middle contains the website "WWW.ALLIEDAIR.BIZ" in white. Below this, a dark blue box contains the address "LOCATED JUST OFF PINE RIDGE AT KELLY RD" and the email "INFO@ALLIEDAIR.BIZ". To the right of this box, a yellow box contains the text "FAST SERVICE". Below the yellow box, a white horizontal line separates it from another yellow box containing "COMFORT CLUB". Another white horizontal line follows, leading to a yellow box with "34 YEARS EXPERIENCE". A final white horizontal line leads to a yellow box with "COMPETITIVE PRICING". On the left side, a red box contains the text "HVAC SERVICE | REPLACEMENTS", "APPLIANCE REPAIR & DIAGNOSTICS", and "COMMERICAL/RESIDENTIAL". Below this, a dark blue box contains the text "CALL ANYTIME" and "(239) 217-4111" in large, bold, yellow and white letters. At the bottom, a dark blue box contains the text "CALL FOR A", "MAINTENANCE CHECK", and "ON YOUR AC TODAY!" in large, bold, yellow and red letters.

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Superior Interiors

Tips For Making A Relaxing Master Bedroom



by Katie Frederick

The master bedroom should be a place for winding down after a long, productive day and waking up after a peaceful night's rest. It should be a space where you can retreat

and refresh; a room where you can leave your troubles and stresses at the door and cozy up in your bed for total relaxation.

Does your current design scheme and decor mirror this idea? You may find it more difficult to feel at ease with too many distractions in this space. Creating an atmosphere that encourages you to truly make yourself at home starts with reevaluating the current setup and deciding if there's potential for improvement.

Sometimes, the simplest act of tidying up can completely transform a bedroom into a more tranquil living space. Take some time to reorganize and declutter your room to let the space breathe, and you may find yourself suddenly at ease. This can involve everything from removing clutter from the tabletop surfaces to vowing to make your bed every morning. Tasks that involve reorganization can be the simple fix you need to feel more comfortable.

Get rid of potential distractions. Your master bedroom is meant to be a space where you can unwind. The last thing you want to do is compile the space with distractions. We recommend removing furniture that insinuates that the bedroom serves any other purpose than relaxation, such as a work desk or television.

If your master bedroom is in need of a quick refresh, let sensational scents do the trick. Subtly fragrant candles and fresh flowers can tantalize your senses and bring you peace after a long day in the office. Plus, they can add a touch of luxury to a space that's potentially

lacking elegance.

Perhaps it's your current room theme that's making it too difficult to relax. Look around your master bedroom and decide how your wall color, bedspread and accents make you feel. Do these decorative elements put you at ease or do they make you feel overstimulated? Calm, tranquil shades of gray, blue, or green can bring you peace after a long day, as radiant shades like orange or red may make it difficult to wind down.

Don't forget the room darkening window treatments. If you find yourself tossing and turning at night because your room simply isn't dark enough for total relaxation, it may be time to reevaluate your window treatments. Likewise, if you like to sleep in on the weekends but the sunrise has different plans, a set of room darkening shades can make all the difference.

When was the last time you treated yourself to a new collection of master bedroom furniture? If you find yourself staring at a set that's moved from one house to another, or you're simply holding on to a set of antiques passed down from a prior generation, now's a great time to consider something new and improved. You don't necessarily have to reinvest your entire setup, perhaps a new headboard and bed size can do the trick. If you've been sleeping on a queen-size mattress for as long as you can remember, moving to a king-size bed can be the difference between tossing and turning at night and getting the best night's sleep. Revamping your master bedroom is an exciting endeavor; it gives you an opportunity to improve not only your living space but also your mindset.

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

Blood Donors Needed

Lee Health is seeking blood donations to help replenish supply levels. 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.

Financial Firm Marks 20 Years Of Service

Uhler & Vertich Financial Planners is celebrating a milestone anniversary in 2022 with 20 years of providing independent, fee-based, concierge-level financial planning from offices in Fort Myers.

"We're thrilled to celebrate this anniversary with our dedicated team members and valued clients," said Corey Vertich, certified financial planner and founding principal of Uhler & Vertich Financial Planners. "The past 20 years have brought forward significant achievements and milestones – all of which would not be possible without our team and clients."

The firm's founding principals, Tom Uhler and Corey Vertich, serve numerous nonprofit organizations and support local causes. Both currently serve on the board of United Way of Lee, Hendry, and Glades, and Vertich is serving as co-chair of United Way's 2021-22 Back to the Future campaign. The firm has been a strong supporter of United Way for the past 20 years.

Uhler is serving his ninth term as chair of the Southwest Florida Symphony board of directors and also serves as treasurer of the Florida Cancer Specialists Foundation board. He is president of the Sanibel-Captiva Orchid Society and a member of the Kiwanis



Corey Vertich and Tom Uhler

photo provided

Club of Sanibel-Captiva. Uhler sits on the executive board of the Southwest Florida Council, Boy Scouts of America and is an Eagle Scout and lifetime member of the National Eagle Scout Association.

Vertich has long been active in the Boy Scouts of America. He is an Eagle Scout and life member of the National Eagle Scout Association and is on the Eagle Board of Review for the Southwest Florida Council. Vertich also serves as treasurer of the Southwest Florida Symphony Orchestra Endowment Foundation board.✪

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Frankly Speaking



by Howard Prager
If you could break a sports record, whose would you break? The Bambino? The Great Gretzky? Tom Brady (the ink isn't even dry yet!)? Jack Nicklaus or Tiger Woods? What about Roger Federer

or Serena Williams? For me, it would be Babe Ruth, the giant of the game who set so many records in his day. If you're a basketball fan, how about Wilt Chamberlain? DeMar DeRozan did just that. He's one of the new Chicago Bulls additions in the last year and a five-time All-Star. DeRozan shot over 50 percent and scored at least 35 points in seven consecutive games. MJ didn't do that, nor did Shaq, Kareem, or Bird. Then we had the All-star break, so we'll see how long this streak can last. The *New York Post* reported that, "Last Wednesday (before the All-star break), DeRozan scored 38 points on 16-for-27 (59 percent) shooting — making him the first player in NBA history to score at least 35 points while shooting better than 50 percent from the field in seven consecutive games. He surpassed Chamberlain, who twice in his career achieved the feat in six consecutive games, the last time coming in 1963.

What did you think of the Winter

Olympics? Certainly it was safe, with athletes in a tightly controlled bubble. And being in authoritarian China, it was both a physical and communication bubble, as no one dared raise up any human rights or other concerns. It was great to watch U.S. skater Nathan Chen win the first U.S. men's figure skating gold since 2010, Chloe Kim win her second gold medal in halfpipe and Erin Jackson, the first Black woman to win a speed skating medal, also gold. Mixed feelings as Eileen Gu, an American-born freestyle skier won three medals competing for China, her mother's country. And some sadness and farewells with snowboarder Shaun White just missing a medal in his fifth and final Olympics and American skier Mikaela Shiffrin missing the podium in all five of her events. The Russians are back at their old game, cheating with PEDs. Under scrutiny, brilliant young skater, 15-year old Kamila Valieva fell uncharacteristically several times in her final skate, and the world got to see her coach screaming at her afterwards. Not right. To me, coverage was great from a games standpoint. From a human rights standpoint, not so much.

Closer to home, a press release from the Mighty Mussels announced they have a new managing partner, Jonathan Martin, whom I hope to interview soon. Martin, previously a minority partner, now has the majority interest in the team, switching roles with Andrew Kaufmann, who remains a minority partner and special advisor to Martin. "I couldn't think

of a better person to lead the Mighty Mussels into the future than John Martin. His positive energy and love for the game make him a perfect fit to take over the team," Kaufmann said. "The 2022 promotional schedule is a great example of John's creativity and vision for the club."

Martin, 42, will oversee all club operations while maintaining his role as president of multiple agricultural companies in Illinois. "It's a humbling thought to realize that I have the opportunity to help shape the future of a franchise that has nearly 100 years of history and multiple hall of famers," Martin said. The club's trio of executives remains — with Chris Peters as president, Judd Loveland as general manager and Dan Lauer as vice president of sales and marketing. Peters, Loveland and Lauer have over 50 years of combined experience in minor league baseball, most of which has come in the state of Florida. "As someone who has been familiar with Southwest Florida for over 20 years, it is impossible not to notice the enormous population growth and incredible excitement that can easily be felt in the area," Martin said. "Our Mighty Mussels' team is poised to become one of the premier Minor League Baseball franchises in the United States." Born and raised in Illinois, Martin and his family made a living in agriculture while always maintaining a passion for sports. His earliest baseball memories include laying in a hammock on his family's farm while listening to Cubs games on his portable radio. "If I would've told the 10-year-old version of me that this was even possible, I'm not sure that I could've imagined how it would turn out," he said. "The best word to describe the way I feel about this opportunity is 'humbling.' This is truly a person living out his dreams. I honestly can't wait to get to work at the stadium."

The good news this week is a story from skater Karen Chen. On center ice waiting for the music to begin, "it's only me, my body and my mind and it just hits me that, ugh, I'm doing this by myself. That can be so scary." Yet as *The New York Times* reports, "A quick touch of her jade rabbit necklace and a glance at her costume remind her that it will be OK because her mother is there with her too." The rabbit was a gift from her

mother, her Chinese zodiac sign. Her costume was hand stitched, down to every glittering jewel, by her mother. "At this level of the sport, dresses can cost several thousand dollars or more, and a homemade dress that is made and fits well is a rarity." How did it come about? "When she was 7 she needed a costume and her mother bought one at the rink's pro shop. But Chen complained about it being too itchy and didn't fit well." Her mother wouldn't let her out of wearing it, but afterwards took apart the dress to learn how it was made, then put it back together so it would be more comfortable for her. Her mother's effort and sacrifices helped her reach the top of her sport. "I was so young and needed so much help, I couldn't have done it without her." Her mother spent 20 hours a day, four days straight, making her Olympic outfit. "I wanted to make something special and won't have this opportunity in the future" (when she retires from skating). Here's to the sacrifices all parents make to support their kids' dreams.

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

Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder (ASD) screening for toddlers 18 months to age 5 on Friday, March 18 from 9 a.m. to 2 p.m. at the Pediatric Specialist Office.

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders.

The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. To schedule a screening, call 343-6838.

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SPORTS QUIZ

1. Which of the placekicking Zendejas brothers had the most career NFL regular-season field goals made: Max, Joaquin or Luis?
2. Name the Baseball Hall of Famer and five-time World Series champion who pitched a perfect game on May 8, 1968, while a member of the Oakland A's.
3. In what 1984 fantasy film did Basketball Hall of Famer Wilt Chamberlain play a warrior named Bombaata?
4. What Buffalo Sabres player won the Vezina Trophy for best goaltender six times from 1993-2001?
5. Since 1977, what sporting goods manufacturer has supplied the official baseball used by Major League Baseball?
6. Name the soccer legend from the Netherlands who is credited with saying, "If you can't win, make sure you don't lose."
7. What team defeated Stanford 49-0 in the inaugural Rose Bowl game held in 1902?

ANSWERS

1. Luis, with 37 (Max had 34, Joaquin had zero). 2. Jim "Catfish" Hunter. 3. "Conan the Destroyer." 4. Dominik Hasek. 5. Rawlings. 6. Johan Cruyff. 7. The Michigan Wolverines.

Doctor and Dietician

Chia Seeds
Not Chia Pets

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

We recently received a baby Yoda Chia Pet as a Christmas gift from our nephews – wow, who knew those were still around!? Ch-ch-ch-chia! But seriously, the Chia Pet reminded us about Chia seeds, so we thought we would share some information about them. You have likely heard about them and/or seen chia seed puddings and the like on various menus around town.

What are chia seeds? Chia plant is related to the mint plant and is native to Guatemala and Mexico, where most of the world's supply originates. Although chia seeds are relatively new to the U.S. market, they have been used for years by native people for medicinal and culinary purposes. The word "chia" comes from the Aztec word "Chian" which means oily. Most people do not realize that chia seeds contain fats – primarily omega-3 fatty acids, particularly alpha-linolenic acid (ALA) and some omega-6s. These essential fatty acids are packed with nutrients, such as calcium, phosphorus and zinc, as well as fiber and protein.

Why add chia seeds to your diet? There are many reasons to think ch-ch-ch-chia! The alpha-linolenic acid (ALA) in chia seeds can be cardio-protective and lower heart disease risk by 10 percent, as well as aid in blood pressure control. Also, by providing fiber to the diet, chia seeds help stabilize blood sugar, promote feelings of fullness, may help lower cancer risk, as reported in a study published in the *Journal of Molecular Biology*, which showed that ALA slowed the growth of breast and cervical cancer cells, as well as promoted cancer cell death in liver cancer

cells. Finally, chia seeds are loaded with antioxidants, which we know help heal us from free radical exposure, naturally stimulating healthy skin and overall health.

How to incorporate chia seeds into your diet? We find that we use chia seeds in a variety of ways. One cool way is as an egg substitute: one tablespoon of chia seeds in three tablespoons of water, let it sit for about five minutes allowing the seeds to form a gel, and this can be used as one egg in baked goods. This is good to have on hand to use if you run out of eggs or if you have an egg allergy/intolerance. We also like to make chia pudding. Our latest favorite, coconut chia pudding, involves ¼ cup chia seeds, 2 tbsp. shredded unsweetened coconut, 1 ½ cups coconut milk, 1 tsp. vanilla, 1 tbsp. maple syrup. Mix all ingredients in a bowl and let sit on counter for 10 minutes, stirring every couple of minutes. Cover and place in fridge to firm for at least one to two hours. Served topped with berries and/or coconut chips. We like to use little mason jars for these puddings so we can take them on the go with us for a healthy snack at work.

We also like to add chia seeds to our post-workout smoothies, sprinkle them on salads, stir them into oatmeal or muffin mixes, add them to "overnight oats," as well as sprinkle them on top of savory food.

Chia seeds may be tiny, but they pack a lot of nutritional value. Pick some up and add a little ch-ch-ch-chia to your diet for an easy way to add fiber, protein, healthy fats, vitamins and minerals.

*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.**

Chronic Disease
Program

Lee Health and the Self-Management Resource Center will hold a free virtual research-based chronic disease self-management program for people age 18 and older on Fridays for six weeks beginning March 18 from 9:30 to 11:30 a.m.

For more information or to register, call 424-3121.*

dearRPharmacist

Five Natural
Inhibitors For
Heart Health

by Suzy
Cohen, RPh

Dear Readers: The topic of blood pressure has become very important now because heart attacks, strokes, myocarditis, hypertension and other cardiovascular conditions are on the rise.

One of the most effective and popular categories of medication to help support these diseases are called ACE inhibitors. ACE stands for angiotensin-converting enzyme.

The ACE receptor is where the spike protein (from coronavirus itself, or the vaccines) bind to, and enter the cell. ACE receptors sit on cells in the nose, mouth and lungs, which explains the potential respiratory distress with the virus. The ACE receptors are all over the body and in super high concentrations in the heart tissue. The enzyme is partially responsible for maintaining blood pressure.

The ACE inhibitor medications are a blockbuster category including these popular agents: lisinopril, enalapril, captopril and ramipril.

There are natural herbal extracts that act like ACE inhibitors but they're not as strong as the medications. If you see something below, ask your doctor if it's right for you. Start low and go slow with any new food supplement and always garner your physician's blessings.

Here are five strong natural ACE inhibitors, in alphabetical order:

1. Garlic – Garlic, a delicious spice that you can cook with, is also a natural ACE inhibitor. It helps to dilate arteries and supports the health of your heart, blood vessels and immune system.

2. Grape Seed Extract – The delicious grapes and their skins show ACE inhibition and you can also find dietary supplements of grape seed extract. It helps with cytokine balance too. Grapes are so easy to incorporate into your diet. In a study evaluating the benefits, grape seed extract

significantly reduced systolic and diastolic blood pressure over six weeks.

3. Lion's Mane mushroom – This is a mushroom you can eat and sauté, plus it's found in high-quality memory dietary (nootropic) supplement formulas. Most people know it is useful for the brain, but did you know it has mild ACE inhibition activity? Taking a comprehensive medicinal mushroom blend could help support your entire cardiovascular system.

4. Pomegranate Juice – We've known for about 20 years that pomegranate juice is an ACE inhibitor. Drinking it is easy and delicious, however don't combine it with warfarin (Coumadin) or other anti-hypertensives.

5. Royal Jelly – Worker honeybees produce a white-colored secretion that is used to nurture their Queen bee, and you can find this in dietary supplements of "royal jelly" at health food stores. Obviously, do not take this if you're allergic to bees.

Caution... While life-threatening occurrences of hyperkalemia (high potassium) are extremely rare, I still want you to be aware that ACE inhibitor drugs cause your body to retain potassium. So you should minimize or avoid eating too much of potassium-rich foods. For example, spinach, tomato sauce, bananas and others. Salt substitutes are often made of potassium, so those should be avoided as well if you take ACE inhibitors. If you'd like to read the longer version of this article with more tips, sign up for my newsletter at www.suzycohen.com.

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

Chronic Pain
Workshops

Lee Health and the Self-Management Resource Center will hold a free virtual research-based chronic pain self-management program for six weeks beginning March 16 from 1 to 3 p.m. Learn how to manage your medications; understand benefits of exercise; manage symptoms of stress, pain and fatigue. Participants will also receive a copy of the book *Living a Healthy Life with Chronic Pain*. For more information or to register, call 424-3121.*

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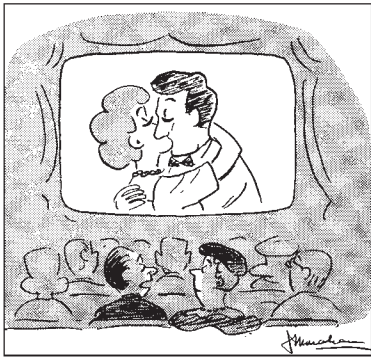


- Emergency 911
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Florida Marine Patrol 332-6966
Florida Highway Patrol 278-7100
Poison Control 1-800-282-3171
HealthPark Medical Center 1-800-936-5321
Ft. Myers Chamber of Commerce 332-3624
Foundation for Quality Childcare 425-2685
Fort Myers Beach 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
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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**
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Angel Flight 1-877-4AN-ANGEL
Animal Refuge Center 731-3535
American Business Women Association 357-6755
Audubon of SWFL <https://www.audubonswfl.org/>
Caloosahatchee Chapter DAR 482-1366
Caloosahatchee Folk Society 321-4620
Cape Chorale Barbershop Chorus 1-855-425-3631
Cape Coral Stamp Club 542-9153
duPont Company Retirees 454-1083
Edison Porcelain Artists 415-2484
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FM UDC Chapter 2614 728-3743
Friendship Force Of SW FL 561-9164
Garden Club of Cape Coral 239-257-2654
Horticulture and Tea Society 472-8334
Horticultural Society 472-6940
Lee County Genealogical Society 549-9625
Lee Trust for Historic Preservation 939-7278
Navy Seabees Veterans of America 731-1901
Paradise Iowa Club of SWFL 667-1354
Sons of Confederate Veterans 332-2408
Southwest Florida Fencing Academy 939-1338
Southwest Florida Music Association 561-2118
Kiwanis Fort Myers Beach 765-4254 or 454-8090
Kiwanis Fort Myers Edison 694-1056
Kiwanis Fort Myers South 691-1405
Iona-McGregor 482-0869
Lions Club Fort Myers Beach 463-9738
Lions Club Fort Myers High Noon 466-4228
Lions Club Estero/South Fort Myers 898-1921
Notre Dame Club of Lee County 768-0417
Organ Transplant Recipients of SW Florida 247-3073
POLO Club of Lee County 477-4906
Rotary Club of Fort Myers 332-8158
Sanibel-Captiva Orchid Society 472-6940
United Way of Lee County 433-2000
United Way 211 Helpline (24 hour) 211 or 433-3900
- AREA ATTRACTIONS**
Bailey-Matthews National Shell Museum 395-2233
Burrough's Home 337-9505
Calusa Nature Center & Planetarium 275-3435
Edison & Ford Winter Estates 334-7419
Fort Myers Skate Park 321-7558
Imaginarium Hands-On Museum & Aquarium 321-7420
JN "Ding" Darling National Wildlife Refuge 472-1100
Koreshan State Historic Site 239-992-0311
Langford Kingston Home 239-334-2550
Ostego Bay Foundation Marine Science Center 765-8101
Skatium 321-7510
Southwest Florida Historical Society 939-4044
Southwest Florida Museum of History 321-7430
True Tours 945-0405

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PUZZLES

Answers on page 23



"Now, that's what I call _____
They're married in real life, you know."

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!

Within
DRAWIN

Sparse
AMERGE

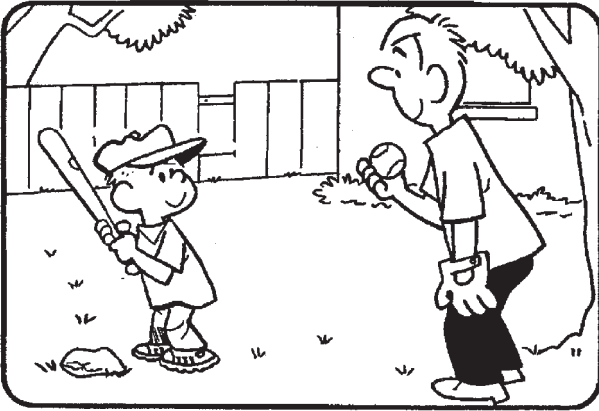
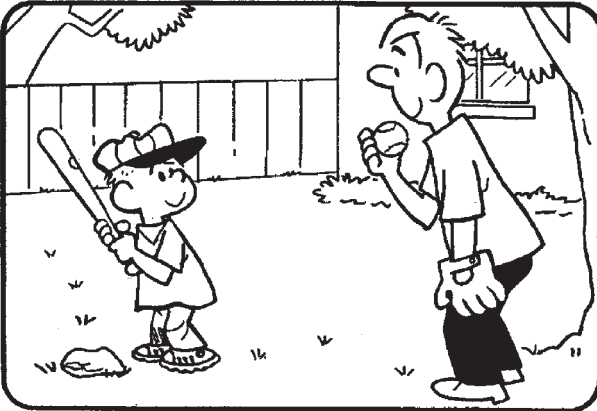
Touch
SCARES

Beyond
TEDIOUS

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Cap is different. 2. Shirt is lowered. 3. Glove is different. 4. Arm is lowered. 5. Panes are missing. 6. Fence board is missing.

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

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

MUNICIPAL APPLICATION

- ACROSS**

1 "Cabaret" performer Sally

7 Allowable

15 Egg-beating utensil

20 Carey of pop

21 Red wine, in Rouen

22 Sonja on ice skates

23 Start of a riddle

25 Western flick, in old slang

26 Like arias and anthems

27 "Go back to zero" button

28 Halloween's mo.

29 Titan orbits it

30 Other, to Juanita

32 Bible book before Jeremiah

34 Kingly title

35 Perp pursuer

38 Riddle, part 2

43 Giraffe's kin

45 Writer — Hubbard

46 1998 Disney musical set in China

47 Riddle, part 3

52 Rubber-stamping item
- 56 No, to Nabokov

57 Worn-down pencils, e.g.

58 Raise, as a building

61 Pie — mode

62 Maestro Kurt

64 Actress Debra

66 Second-rate flick

68 Riddle, part 4

73 Within easy reach

74 Sports facilities

75 Rudely brief

76 Chomp on

77 Begin

78 "Der —" (Konrad Adenauer's nickname)

80 General — chicken

83 Canonized Italian theologian

86 Riddle, part 5

90 Composer John Philip —

93 John Candy's old skit show

94 Bath sponge

95 End of the riddle

102 — -Ops (CIA tactics)

103 QED part
- 104 Nobel-winning "Mother"

105 Sleep furniture

107 Paid a visit

109 Feline cry

110 Credit card draw

113 Beef quality grader: Abbr.

117 Old arcade company

118 Riddle's answer

121 Like a well-pitched game

122 Audits, as a course

123 Actress Fawcett

124 Vestige

125 Mini-dictionary

126 Having soft, loose flesh
- 8 Funny — (racehorse)

9 Tech news website

10 Suffix with west

11 San Luis —, Mexico

12 Florence native, e.g.

13 Self-obsession

14 Rock's — Leppard

15 Horse halter?

16 Circuit-cooling device

17 Get a gut feeling about

18 With 39-Down, John Muir was its first president

19 Unit of corn

24 Briny bodies

29 Movie critic Gene

31 Taunt in good humor

32 "Money — object"

33 Lead-in to puncture

35 McCarthy lawyer Roy

36 Allowable

37 Sidewalk materials
- 39 See 18-Down

40 Meal scraps

41 Phone book listings: Abbr.

42 Skillet or wok

44 Wall-breaching bomb

48 "Movin' —" ("The Jeffersons" theme)

49 Most chaste

50 Group of brainiacs

51 Therefore

53 Store selling latex

54 "That is — ask"

55 "— Yankees"

59 Conger, e.g.

60 Like pizza

63 Articulate

64 Girth

65 Here, in Arles

66 Life story, in brief

67 Table — (pair's seating)

68 "— -Team" (2010 movie)

69 Cole — (footwear brand)

70 Tony winner Hagen

71 Citrusy

72 Amish "you"

77 Like prurient material
- 78 Joking Johnson

79 Tax

81 Clumsy sorts

82 Hotel visit

84 Mysterious

85 Hulk player Ferrigno

87 This, to Juan

88 I, to Merkel

89 Inuit vehicle

91 Cow or hen

92 Letters sent by plane

95 Pour, as wine from a bottle

96 Speechifier

97 Steinway rival

98 Really must

99 Sneaker brand

100 Lyft rival

101 Accompany to the airport, perhaps

106 Old Toyota

108 Chomp on

110 Penta- plus four

111 — about (roughly)

112 Big Apple blaze-control org.

114 Balkan native

115 Lacking color

116 Lacking color

118 Chinese menu abbr.

119 Family gal

120 Comrade

1	2	3	4	5	6		7	8	9	10	11	12	13	14		15	16	17	18	19
20							21									22				
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125																				
126																				

King Crossword

- ACROSS**

1 Fine, to NASA

4 "Misery" star James

8 Garbage barge

12 — -mo (replay speed)

13 Taj Mahal city

14 Ocean motion

15 Sunbather's goal

16 Insect organ

17 Oklahoma city

18 Patsy Cline song

21 Shoe width

22 Little rascal

23 Brilliance

26 6 on a phone

27 Gaiety

30 "Dream on!"

31 Ginormous

32 Flintstones' pet

33 Abolish

34 Curse

35 Summoned with a beeper

36 Frenzied

37 Jewel

38 Words of empathy

45 Made into lumber

46 Drescher or Tarkenton

47 TV schedule abbr.

48 Currier's
- partner

49 Plane-related

50 Debussy's "La —"

51 Antitoxins

52 Lincoln in-law

53 Farm pen
- 8 Precipitous

9 Title akin to POTUS

10 "Garfield" dog

11 Marries

19 Piece of lettuce

20 "As I see it," via text

23 Hearing thing

24 Hit CBS series

25 Cover

26 Blend

27 Pear-shaped fruit

28 French article

29 Affirmative
- action?

31 Adipose tissue

32 Slightly wet

34 Chum

35 Anise-flavored liqueur

36 High-IQ group

37 Sentry

38 Egyptian deity

39 Top choice, for short

40 Pitcher

41 Crunchy cookie

42 \$ dispensers

43 "Yeah, right"

44 Not even one

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

- Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: ROSA —
- Anthony Bond

Chavez

Douglass
- Du Bois

Evers

Friedan

Gandhi
- MLK

Paine

Paul

Stanton
- Tubman

Tutu

Wilkins



Cauliflower Antipasto Salad

photo courtesy Fresh From Florida



Cauliflower Antipasto Salad
1 head cauliflower, cut into florets
5-6 small mini bell peppers, sliced thin
¼ red onion, sliced thin
Various additions such as: olives, pickled vegetables, cheese, cured meats, greens, or hearts of palm
3 tablespoons fresh parsley, finely chopped
Sea salt and fresh ground pepper, to taste
Vinaigrette:
1 teaspoon honey
⅓ cup olive oil
¼ cup red wine vinegar
½ lemon, zested and juiced
1 tablespoon garlic, minced

½ teaspoon red pepper flakes (optional)
1 teaspoon dried Italian seasoning
Sea salt and fresh ground pepper, to taste
Prepare an ice bath by filling a bowl with 2 cups ice and filling with water and set aside. Fill a large pot with water and bring to a boil. Add in cauliflower and boil for 2 minutes. Remove from heat, drain, and add to ice water to stop the cooking process. When cooled completely, drain and transfer to large mixing bowl along with all other additional salad ingredients.
Prepare vinaigrette by placing all ingredients into a lidded jar and shake vigorously. Taste and adjust salt and pepper as needed. Pour over salad ingredients and toss to combine. Cover and place in refrigerator for at least 2 hours to absorb flavors or until ready to serve.*

PETS OF THE WEEK



Frida ID# A882452 photos provided Lee County Domestic Animal Services

Frida And Kole
Hello, my name is Frida. I am a black and tan 4-year-old female German shepherd. I am a petite shepherd weighing in the 50-pound range, which makes me a great fit for any family. I prefer a home with bigger dogs as playmates rather than small dogs or cats. I have the best head tilt when I am curious about anything including when you talk to me. My adoption fee is \$14.
Hi, I'm Kole. I am a cream tabby 2-year-old male domestic shorthair. I am as pretty as a picture. My beautifully patterned coat and amber-colored eyes will draw you in just enough to get you to fall in love with my personality. I am a spunky boy that has a zest for life



Kole ID# A906864
and loves adventure. Whether I find myself alone with toys in the cat room or with a feline friend, I will keep myself amused. My adoption fee is \$14.
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.*

Read us online at www.IslandSunNews.com

My Stars ★★★★★
FOR WEEK OF FEBRUARY 21, 2022

Aries (March 21 to April 19) Your ideas are finally reaching those who can appreciate them. But don't expect any immediate reactions. That will come later. Meanwhile, a personal matter needs your attention.
Taurus (April 20 to May 20) Your energy levels are rising, and you're feeling restless and eager to get into some activity, whether it's for profit or just for fun. In either case, the aspects are highly favorable, so go for it.
Gemini (May 21 to June 20) A relationship seems to be winding down from passionate to passive. It's up to you to decide what the next step will be. But don't wait too long to take the initiative. Delay could create more problems.
Cancer (June 21 to July 22) A decision looms. But be very sure that this is what you really want before you sign or say anything. Once you act, there'll be little or no wiggle room for any adjustments.
Leo (July 23 to August 22) Money matters improve, but you still need to be cautious with your spending. Also,

set aside that Leonine pride for a bit and apologize for contributing to that misunderstanding.
Virgo (August 23 to September 22) A tempting financial situation could make the usually unflappable Virgo rush in before checking things out. Be alert to possible hidden problems. Get the facts before you act.
Libra (September 23 to October 22) It's nice to know that you're finally getting due credit for your efforts. You also should know that new opportunities will follow. A family member brings important news.
Scorpio (October 23 to November 21) Any uncertainty that begins to cloud an impending decision could signal a need to re-examine your reasons for wanting to take on this commitment.
Sagittarius (November 22 to December 21) You benefit from taking time out of your currently hectic schedule to do more contemplation or meditation. This will help re-energize you, both in body and soul.
Capricorn (December 22 to January 19) Nursing hurt feelings can zap the energies of even the usually self-confident Sea Goat. Best advice: Move forward. Success is the best balm

for a painful ego.
Aquarius (January 20 to February 18) A display of temperament surprises you, as well as those around you. It could be all that pressure you're under. Consider letting someone help you see it through.
Pisces (February 19 to March 20) Some things don't seem to be working out as you'd hoped. Don't fret. Instead, take some time out to reassess your plans and see where changes could be made.
Born This Week: You enjoy traveling and meeting people. You are especially good with children and would make an excellent teacher.

MOMENTS IN TIME
• On March 6, 1776, a committee of the New York Provincial Congress instructs Major William Malcolm to dismantle the Sandy Hook lighthouse to prevent the lighthouse from helping the British by warning ships of the rocky shore. He succeeded.
• On March 3, 1845, Congress reins in President John Tyler's zealous use of the presidential veto, overriding it with the necessary two-thirds vote. This marked Congress' first use of the

Constitutional provision allowing veto overrides.
• On March 1, 1932, Charles Lindbergh, Jr., the 20-month-old son of aviation hero Charles Lindbergh, is kidnapped from the family's new mansion in New Jersey. The baby's body was found a mile from the home. One of the \$70,000 ransom bills was discovered and tracked to a German immigrant. He was tried, convicted and electrocuted in 1936.
• On March 4, 1944, Louis "Lepke" Buchalter, the head of Murder, Inc., is executed at Sing Sing Prison in New York. Lepke's downfall came when several members of his notorious killing squad turned into witnesses for the government.
• On Feb. 28, 1953, Cambridge University scientists James Watson and Francis Crick announce that they have determined the double-helix structure of DNA, the molecule containing human genes. The molecular biologists were aided significantly by the work of another researcher, Rosalind Franklin, although she did not share the subsequent Nobel Prize.
• On March 5, 1963, the Hula Hoop, continued on page 22

	FRIDAY Sunny High: 74 Low: 62		SATURDAY Mostly Cloudy High: 76 Low: 66		SUNDAY Partly Cloudy High: 75 Low: 64		MONDAY Mostly Cloudy High: 77 Low: 67		TUESDAY Partly Cloudy High: 75 Low: 63		WEDNESDAY Cloudy High: 72 Low: 62		THURSDAY Cloudy High: 75 Low: 63
--	--	---	--	---	--	---	--	---	---	---	--	---	---

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	7:17 pm	2:58 am	None	None	Fri	6:22 pm	3:00 am	None	None	Fri	7:13 pm	2:41 am	None	None	Fri	9:27 pm	6:14 am	None	None
Sat	8:48 pm	4:12 am	None	None	Sat	7:53 pm	4:14 am	None	None	Sat	12:11 pm	3:48 am	9:05 pm	3:05 pm	Sat	10:58 pm	7:28 am	None	None
Sun	10:09 pm	5:10 am	None	None	Sun	9:14 pm	5:12 am	None	None	Sun	12:08 pm	4:50 am	10:28 pm	4:15 pm	Sun	None	8:26 am	None	None
Mon	1:41 pm	5:57 am	11:15 pm	4:36 pm	Mon	12:46 pm	5:59 am	10:20 pm	4:38 pm	Mon	12:22 pm	5:42 am	11:24 pm	5:16 pm	Mon	12:19 am	9:13 am	3:51 pm	7:52 pm
Tue	1:48 pm	6:35 am	None	5:36 pm	Tue	12:53 pm	6:37 am	11:15 pm	5:38 pm	Tue	12:44 pm	6:25 am	None	6:08 pm	Tue	1:25 am	9:51 am	3:58 pm	8:52 pm
Wed	12:10 am	7:07 am	1:57 pm	6:28 pm	Wed	1:02 pm	7:09 am	None	6:30 pm	Wed	12:09 am	7:04 am	1:09 pm	6:57 pm	Wed	2:20 am	10:23 am	4:07 pm	9:44 pm
Thu	1:00 am	7:33 am	2:07 pm	7:16 pm	Thu	12:05 am	7:35 am	1:12 pm	7:18 pm	Thu	12:50 am	7:39 am	1:37 pm	7:45 pm	Thu	3:10 am	10:49 am	4:17 pm	10:32 pm

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

From page 20

Moments In Time

a hip-swiveling toy that became a huge fad across America when it was first marketed by Wham-O in 1958, is patented. An estimated 25 million Hula Hoops were sold in its first four months of production.

• On March 2, 1978, two men steal the corpse of the film actor Charles Chaplin from a cemetery in Switzerland. Chaplin’s wife refused to pay the \$600,000 ransom and police later arrested two auto mechanics who were convicted of grave robbing and attempted extortion.

NOW HERE’S A TIP

• Store plastic wrap in the refrigerator, or even the freezer, to keep it from sticking to itself.

• “Take your medication tablets on a spoonful of your favorite yogurt! Place the pills on top of yogurt and they slide down. Follow with a second spoonful and smile.” – A Reader in Pennsylvania

• Do you have a screw loose... in your eyeglasses? This is an easy fix. Paint the screw with a dab of clear nail polish and quickly re-screw. It works like glue. Dab the top of the screw for a little extra insurance.

• “I purchased a roll of reflective tape

to mark our basement stairs. It reflects the light from the open doorway at the top of the stairs, and I can turn the downstairs lights off before heading up. I had some left over, so I put a strip on my dog’s collar. When I let him out at night, I can shine a flashlight and spot him instantly, since the tape is more visible in the night.” – VR in Pennsylvania

• If you’re leaving your home for a few days, make sure you don’t turn off the heater altogether. Set it at a low 55 degrees F and open up the cabinets that have pipes exposed. This way, air will circulate, and it won’t get too cold to allow the pipes to burst. Have a neighbor turn your faucets to a trickle if below-freezing weather is expected.

• Wrap the metal collar of your paintbrush with masking tape before painting. Then you can peel it off and there’s no stuck-on paint.

STRANGE BUT TRUE

• Rapper Snoop Dogg tried to rent the country of Lichtenstein for a music video, but was rejected.

• The Vatican has its own telescope staffed by priests, and has even received awards for the pursuit of scientific research.

• Until they are large enough to sleep upright, baby owls sleep on their

stomachs because their heads are too heavy.

• Actual corpses were on the set and going to be used during the filming of *Apocalypse Now*. However, the man who supplied them turned out to be a grave robber and was arrested.

• Oceans around the world contain about 20 million tons of gold in the water itself, worth hundreds of trillions of dollars at current prices.

• In 1997, Motley Crue created a soda called “Motley Brue” to help promote their new album “Generation Swine.” For additional fun, they added enough blue dye to turn the drinker’s urine green.

• Walt Disney accidentally “kidnapped” Richard Nixon by dispatching his monorail train before the Secret Service could get on.

• When added together, the numbers on a roulette wheel add up to 666.

• M&Ms were created so military soldiers could enjoy heat-resistant and easily transportable chocolate during war.

• If your arm or hand falls asleep, try rocking your head from side to side. This will release the pressure on the nerves in your neck and wake up the limb.

• In 2003, PepsiCo offered Estonia \$25 million dollars to change the

spelling of one of its lakes, Lake Peipsi, to Lake Pepsi, but was turned down.

• A man legally named Santa Claus was elected to the city council in North Pole, Alaska.

THOUGHT FOR THE DAY

“I cannot believe the path to victory lies in staining our souls so black we become indistinguishable from those we fight.”

– Anthony Ryan

TRIVIA TEST

1. **History:** When did the first Winter Olympics take place?
2. **Psychology:** What is the extreme fear represented by a condition called ophidiophobia?
3. **Ad Slogans:** Which company featured this advertising campaign in the mid-1980s: “Quality never goes out of style”?
4. **Literature:** Which 19th-century novel begins with the line, “Whether I shall turn out to be the hero of my own life, or whether that station will be held by anybody else, these pages must show”?
5. **Movies:** Where were the park bench scenes from *Forrest Gump* filmed?
6. **Anatomy:** What is the common

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12/24 ★ 3/11

- name for the orbit in human anatomy?
7. **Measurements:** What does a hygrometer measure?
8. **U.S. States:** In which state was the movie *Children of the Corn* filmed?
9. **Language:** What does “fair dinkum” mean in Australian English?
10. **Science:** What is the common name for nitrous oxide?

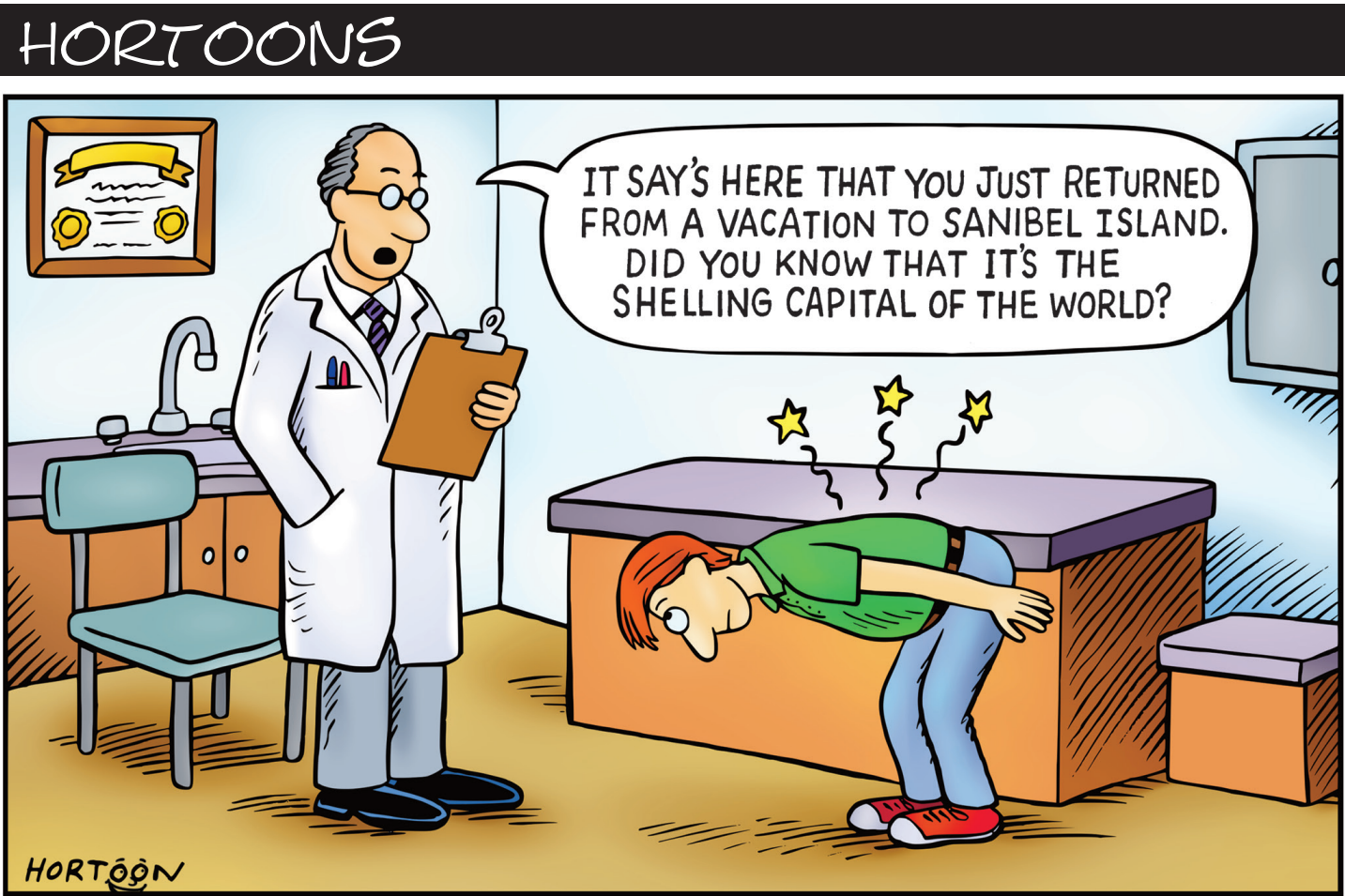
TRIVIA ANSWERS

1. 1924, Chamomix, France 2. Fear of snakes 3. Levi's 4. David Copperfield 5. Chipmunk Square, Savannah, Georgia 6. Eye socket 7. Humidity 8. Iowa 9. Unquestionably good 10. Laughing gas

SCRAMBLERS ANSWER

1. Inward 2. meager
3. Caress; 4. Outside

Today's Word
ACTING



PUZZLE ANSWERS

SUPER CROSSWORD

B	O	W	L	E	S	A	C	C	E	P	T	E	D	W	H	I	S	K	
M	A	R	I	A	H	V	I	N	R	O	U	G	E	H	E	N	I	E	
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KING CROSSWORD

A	O	K		C	A	A	N		S	C	O	W
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