Winter Garden Festival Opens Next Weekend

Edison and Ford Winter Estates will host its annual winter Garden Festival on Saturday, February 8 from 9 a.m. to 5 p.m. and Sunday, February 9 from 9 a.m. to 4 p.m.

The festival is the largest of its kind in Southwest Florida with more than 40 garden vendors from around the state. Growers will have unusual tropical plants and trees, as well as Florida natives for sale. The festival will also feature food trucks and live music.

“Gardening enthusiasts will find many unique and hard-to-find species of plants at this festival,” said Debbie Hughes, continued on page 18

ACT Gallery To Host Opening Receptions

Arts for ACT Gallery will hold an opening reception for Rick Plummer in the main gallery and for The Heron’s Glen Artist Group in the White Gallery on Friday, February 7 from 6 to 10 p.m.

Other than the first decade or so of his life, Plummer has considered Fort Myers home. He grew up loving to sketch and paint and has continued those efforts over his entire life. After he married and served in the Navy Hospital Corps, he proceeded to dental school and then practiced in Fort Myers for 40 years. Now retired, he has devoted his time more intensely to art, recently illustrating a 100-year anniversary book for the famous Los Angeles restaurant Musso and Frank’s Grill (featured in Once Upon a Time in Hollywood).

In his artist statement, he said, “The paintings in this show represent different phases of my artistic endeavors. One group derives from the Musso and Frank collection, displaying the giclees that comprised the centerfold and a grouping of vignette headers. A second group is from a series named Brakes and Accelerators, which references the personality types of the characters depicted. The last group is from paintings on metal that illustrate Florida scenes, largely, on Dibond, which is the aluminum material from which highway signs are made. These last paintings additionally represent a sort of ‘pre-vision’ of objects and attempt to capture what objects might look like to the brain just before they are completely understood. While the brain is trying to decide its story about what it is viewing, some interesting mistakes can pop up as fascinating distortions. My hope is to use color, basic geometric shapes and data control to render interesting surfaces and provoke laughter, puzzlement and, occasionally, wonder.”

The Herons Glen Artist Group was founded by three artists in 1997: Gary Olson, Art Williams and Jean Purins. Their goal was to bring together those who shared an active interest in visual arts, to provide opportunities for exhibiting members’ work and to stimulate the arts in the Herons Glen community. Besides offering classes, the group also gives back to the community by using their talents to paint murals at various locations throughout the community. The group has displayed at several other venues in the area such as the Broadway Palm gallery, Lee County Courthouse and Cape Coral Cultural Center. The group’s annual fine art show continues on page 16

Two New Exhibits At Davis Art Center

The Sidney & Berne Davis Art Center will showcase two new art exhibitions with an opening reception during Art Walk on Friday, February 7 from 6 to 10 p.m.

Fort Myers High School will present the 2020 International Baccalaureate Senior Visual Arts Exhibition, showcasing the creativity of 48 students. During the past two years, students have not only created unique works of art, they have explored the works of historical and contemporary artists, investigated critical thinking processes, and developed their own personal style.
By Gerri Reaves, PhD

Circa 1917, young Robert Carlyle “Bob” Halgrim was photographed astride a horse on Garrett Street just north of Anderson Avenue.

Unless you’re a Fort Myers old timer or a history buff, the location shown in this historic photo might not ring a bell.

For quick orientation, here’s the location using the streets’ current names: Halgrim and his horse are on today’s Broadway. Anderson Avenue was renamed Dr. Martin Luther King, Jr. Boulevard in 1991.

While Anderson has undergone only one name change in the town’s history, Broadway’s name history is more complicated.

First of all, the block that Halgrim is on – between Second and Anderson – went by more than one name in those early years, sometimes Southard or Southern and sometimes Garrett.

Actual Garrett Street, however, was one block north, the block between Oak Street (now named Main) and Second – the block that borders the Lee County Courthouse.

It’s important to remember, too, that the very name Broadway did not exist until 1924, when the block between First and Main opened.

The Post Office Arcade (later renamed the Collier Arcade) was the first structure on Broadway.

Once Broadway opened, residents on Garrett Street petitioned to have their street broadened and improved to conform to the new street.

So, eventually the three-block stretch from First to Anderson was called Broadway. But back to that boy on the horse… Halgrim had come to Fort Myers in 1914 with his family. Born in 1905, he would have probably been 11 or 12 years old when the photo was taken.

His father, Cornelius, was known as Colonel. Among other achievements, he helped to start the Lee County Fair, an event that evolved into the Lee County Fair at Terry Park and later the Southwest Florida & Lee County Fair.

Young Halgrim became friends with Thomas A. and Mina Edison and worked on today’s Broadway. Anderson Avenue, which is in the background, is the Fix-All Repair Shop (right) facing Anderson Avenue. On the left is a private home.

Today, the street where Halgrim’s horse stood is Broadway just north of MLK, Jr. Boulevard, photo by Gerri Reaves summer vacations in the Edison gardens and laboratory.

Before completing his studies at Cornell University, he decided to return to Fort Myers and take a permanent job with the inventor.

When Mina Edison bequeathed the estate to the city in 1947, she stipulated that Halgrim be supervisor. Thus, he became the first curator of the Edison home and museum from 1948 until he retired in 1971.

He was active in community and civic affairs over his long life, including serving as the first president of the Southwest Florida Historical Society when it organized in 1963.

In 2005, the year he died, Cornell University awarded him an honorary certificate for his work at the Edison Winter Home.

More a century since Halgrim rode his horse on Garrett, Broadway extends far south of downtown, and Anderson bears the name of an American civil rights icon.

Walk down to the former Garrett and Anderson intersection and imagine a time when a boy could safely pose with his horse in the middle of the street.

Then learn more about the many changes of street names during Fort Myers history at the following research centers.

The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m. 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. Hours for the nonprofit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only. For more information, call 332-5778 or visit www.leecountyblackhistorysociety.org.

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

Sources: The Archives of the Southwest Florida Historical Society, Fort Myers Press and The News-Press.
Famous Opera Company To Perform Classic

The most successful opera company in Europe and the U.S. will be in Fort Myers to perform La Traviata, one of the world’s most famous stories of unrequited love, on Monday, February 3 at 7:30 p.m.

Teatro Lirico D’Europa will perform at the Barbara B. Mann Performing Arts Hall on the Fort Myers campus of Florida SouthWestern State College, as part of the Fort Myers Community Concert Association 2018 season.

Prices are $35 for lower balcony and $25 for upper balcony seats. A limited number of orchestra and mezzanine seating is available at $55 each.

Tickets are available by visiting https://barbarabmann.ticketsoffice.org or by calling the box office at 481-4849.

“This is an amazing and very rare opportunity to hear these musicians in concert,” said Fort Myers Community Association President Mary Lee Mann. “La Traviata has been playing to rave reviews throughout the country.”

La Traviata is the classic tale of unrequited love taking place in and around Paris during the 1840s. Teatro Lirico D’Europa travels with a full orchestra of 47 to 50 members and a chorus of 40 singers.

Teatro Lirico D’Europa was created in 1988 by the late Yves Josse, a former ballet dancer and French arts promoter, and George Lalva, a young Bulgarian opera singer. The collaboration was a huge success in a very short time, resulting in tours with more than 250 performances in a single season throughout France, Belgium, Switzerland, Germany, Japan, the Netherlands, Denmark, Spain, Italy, Sicily and Portugal.

La Traviata is the third of five classical performances to be presented this season by the Fort Myers Community Concert Association.

The two remaining concerts are Russian State Symphony Orchestra on February 10; qand Russian National Ballet on March 2.

The Fort Myers Community Concert Association, now in its 71st concert season, is an all-volunteer not-for-profit organization founded by the legendary Barbara B. Mann in 1949 to bring world-class entertainment to Southwest Florida at affordable prices. For more information, visit www.fortmyerscommunityconcerts.org.

Backpack Group Increases Food To Help Students

How do you feed 5,000 school children who otherwise might go hungry on the weekends?

Blessings in a Backpack of Southwest Florida knows the answer: awareness to a need and open hearts.

The donations of a generous community has enabled Blessings in a Backpack to feed an additional 700 children since August, increasing the number of total children in Lee and Collier counties to over 5,000 for the first time.

Schools recently added to the list of children who receive a backpack full of food – two breakfasts and two lunches – on Fridays to help them and their families through the weekend are Christa McAuliffe Charter, Tropic Isles, Harlem Heights Charter and RCMA in Immokalee, which is the first school in Collier County to get food.

“This is huge,” Blessings in a Backpack Executive Director Cecilia St. Arnold said. “When we took over in the 2014-15 school year, we did 2,300 kids, so it has more than doubled in five years. There are so many wonderful donors stepping up to help in this epidemic occurring all over the country. We aren’t a big non-profit, and there are not a lot of people aware of us or how great the need is. There are food insufficient
Craft station participants at a previous Punk Brunch

photo by Jesi Cason Photography

Bands, Art And Food At Next Punk Brunch

Punk Brunch, featuring music, food, interactive art, crafts and live artists, will be held during Fort Myers Art Fest in the amphitheater at Fort Myers Regional Library on Saturday, February 1 from noon to 3 p.m.

Local and regional indie punk bands, like Roxx Revolt and the Velvets and the Wyolas as well as popular Southwest Florida eateries, Green Bites Go and Chocolatess Coffee & Roasting, will be on hand. Attendees are invited to participate in a sidewalk and street art chalk project on Richmond Street.

Artist Pam Trent of Wicked Apple Art will create a custom chalk art piece alongside the community project.

Other artists, like Shelby Finger, will be creating original works as bands play.

Love Your Rebellion will host two craft stations. The Start Them On Art craft table will be for ages 10 and younger. It will include activities like drawing and stamp art projects. Ages 11 and older can participate in the Zine Making Station, where folks can make their own art and writing books to take home using original art, collages, writing, stamps and more.

Punk Brunch is free to enter, but donations will be accepted for Love Your Rebellion, the 501(c)3 nonprofit hosting the event. It is sponsored by Joe’s Records and the Lee County Library System. To learn more about Lyr, visit www.loveyourrebellion.org.

The Fort Myers Regional Library is located at 2450 First Street in Fort Myers. For more information, visit www.facebook.com/events/500586523894025.

Logiscool Kids

Sparking Your Student’s Love For Technology

The IMAG History & Science Center and Logiscool recently announced their exciting new educational Logiscool programs for students focused on coding and programming technology.

“In a world where technology touches every aspect of our lives,” said Shelby Baucom, deputy director at the IMAG, “it is crucial that our children become active creators of technology, not just passive users. As such, we are excited to offer Logiscool programs for students after school at the IMAG."

The experience-based teaching methodology of Logiscool opens doors for elementary and middle school students to logical thinking, problem solving, designing processes and their own creativity. Logiscool programs teach children the joy of computer coding and programming by helping them write their own cool computer animations, applications and games. What’s more, Logiscool programs even help students improve results with their other schoolwork and studies.

Sparking students’ love for technology and creativity, IMAG and Logiscool are offering monthly sessions with each session comprised of four weeks.

Beginning in February and running to the end of May, sessions for elementary students are scheduled on Wednesdays from 4:15 to 5:45 p.m. while sessions for middle school students are scheduled on Wednesdays from 5:45 to 7:15 p.m. Because sessions are limited in size, the IMAG recommends early registration. The special IMAG rate for each four-week session is $150; members of the IMAG History & Science Center, however, receive a 10 percent discount off their registration.

The IMAG History & Science Center is located at 2000 Cranford Avenue in Fort Myers. For more information, visit www.theimag.org.

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Spontaneous motion that codifies sacred emotion, aesthetic and spirituality
but a harmonious and philosophical time passed, the art spread among the members of noble families. But as an essential part of the education of paper. In those days, calligraphy was during the Han dynasty and came to China in the sixth century, along with the calligraphy.

Shodo is a form of calligraphy in which an ink-dipped brush is used to create Chinese kanji and Japanese kana characters. Practitioners are admired for the accuracy of the characters they create, the balance with which they handle the brush while performing the calligraphy.

The art of shodo originated in China during the Han dynasty and came to Japan in the sixth century, along with methods for making brushes, ink and paper. In those days, calligraphy was an essential part of the education of members of noble families. But as time passed, the art spread among the common people. Today, shodo is not just a celebrated and revered art form, but a harmonious and philosophical process that fuses poetry, literature and painting by possessing rhythm, emotion, aesthetic and spirituality in one unique art form. It’s such an important aspect of Japanese culture and ideals that it is even introduced to Japanese children as early as elementary school.

Mariapia has modified this ancient form (hence, shodo-pia) by substituting a tool of common use for the bamboo brush traditionally employed in shodo. To create her art, Mariapia employs a broom to craft beautifully balanced, spontaneous motion that codifies sacred value in each stroke and line. To see the results of this unique, Zen-like technique, you’ll just have to see the exhibit.

Solids & Berne Davis Art Center is located at 2301 First Street in Fort Myers. For more information, visit www.sbdac.com.

Tom Hall is both an amateur artist and aspiring novelist who writes art quest thrillers. He is in the final stages of completing his debut novel titled Art Detective. A former tax attorney, he lives in Estero with his fiancé and their four cats.

Estates Robotics Team Qualifies For Regionals

The Edison and Ford Winter Estates (EFWE) homeschool robotics team, Assembly Required, placed among the top teams at the first LEGO league qualifier tournament and won an award for its robot mechanical design. The team is now advancing to the regional competition that will be held at the Wa-Ke-Hatchee Park and Lexington Middle School on Saturday, February 1.

During the competition, each team gets three attempts (each at a scheduled time and table) to complete as many missions as possible on the robot challenge field. Spectators are invited to watch the teams compete. TLC Engineering Solutions is the EFWE team sponsor.

EFWE offers many programs for children throughout the year, including Science Scholars, an ongoing homeschool series for grades 1 to 8. The program runs from September to April, with the following schedule: grades 1 to 3 – second Thursday of each month from 9:30 to 11:30 a.m.; grades 4 to 6 – second Thursday of each month from 1 to 3 p.m.; grades 7 to 8 – second Wednesday of each month from 10 a.m. to noon.

The sessions focus on the following:

1. The Telegraph and Communication: history, code and electronics
2. Motors and Movement: history, physics and energy
3. Simple Machines: history, simple machines and mechanics
4. Sound Waves: history, sound waves and harmonics
5. Light Waves: light science and space science
6. Designing Light Systems: history, light science and design
7. Field Research: history, chemistry, biology and ecology
8. Innovation & Collaboration: history, problem solving and teamwork

Classes for EFWE members cost $15, or $105 for the eight-class series. For non-members is $25, or $175 for the eight-class series and includes one adult and one child. Registration opens this summer at www.edisonford.org. Tours and admission to the museum and lab are not included.

Wa-Ke-Hatchee Park and Rec Center is located at 16760 Bass Road in Fort Myers. The Lexington Middle School at 16351 Summerlin Road in Fort Myers.

Model Call For Runway Fashion Show

Calling all models! Live auditions for models for the 9th annual Art Walks The Runway Weekend of Fashion are being held at the Sidney & Berne Davis Art Center on Wednesday, February 5 and Thursday, February 13 from 6 to 7:30 p.m.

The most bold, sexy, edgy and fiercest models in Southwest Florida are being sought. If you are age 15 and older, are 5’8” or taller, and think you have what it takes to walk the runway, you are invited to audition. Bring your stilettos, you are going to need them. Also, bring a comp card if you have one – it will accelerate your audition.

Art Walks The Runway is a star-studded event featuring local, national and international designers. Models must register at www.sbdac.com/awr-model-call and attend one of the audition dates.

The local fashion show is slated for Friday, March 13. Tickets are $25 in advance and $30 the day of the event. The couture fashion show will be held Saturday, March 14. Tickets are $40 in advance and $45 the day of the event. For both events, doors open at 7 p.m.

For more information, visit www.sbdac.com or call 333-1933.
FGCU To Offer Two Research Roadshows

When challenged to turn complex research and scholarship into a performance, Florida Gulf Coast University (FGCU) faculty, staff and students responded with the Research Roadshow. This high-tech, multimedia production features faculty and students engaging with the audience about frogs and their link to wetland health, historic hurricanes and what they can predict, and an entrepreneurial student’s effort to build a successful business.

The Research Roadshow is slated to be held at the Alliance for the Arts, 10091 McGregor Boulevard in Fort Myers, on Wednesday, February 5 and The Community House, 2173 Periwinkle Way on Sanibel, on Wednesday, March 18 in Sanibel. Both sessions are from 5:30 to 7 p.m.

“The FGCU Research Roadshow is a one-of-a-kind event something that no other university provides its community,” said Billy Gunning, FGCU’s director of undergraduate research, who helped found the Research Roadshow. “At its core, the Research Roadshow shares some exceptional examples of the scholarly work that student and faculty collaborators undertake at FGCU. The community will learn about the research, but they will also discover the motivation, the passion and the joy that inspires these student and faculty teams. In addition, the Research Roadshow combines exceptional audio and video production so that the audience becomes fully immersed in the experience.”

The three featured presentations for the second installment of the Research Roadshow are:

The Silence of the Frogs, which focuses on a 20-year study of Southwest Florida’s frog population by FGCU professors and students that paints a picture about the state of the environment. An army of student and professional researchers and citizen scientists took on this study to better understand how the urbanization of Southwest Florida affects the frogs that fill our night with croaks and ribbits.

Performers/Presenters: Dr. Win Everham and recent graduate Taylor Hancock.

Digging into the Past to Forecast the Future, which looks at the work of researchers who have developed ways to track water temperature, as well as the frequency and intensity of storms that hit Florida’s shores more than 1,000 years ago, using hurricane sediment and the fossil record of microbes that lived in the mud. Besides the “wow” factor, these data when combined with other research dramatically improve scientists’ ability to understand future storms.

Performers/Presenters: Dr. Joanne Muller, students James Javaruski and Illexis Morales.

Marriage, Music & Money, which features a student entrepreneur and her sister who turned a love of music into a thriving wedding and special-occasion performance business that employs a dozen musicians. These sisters extraordinary illustrate the research process of discovery and creation perfectly as they harnessed the scholarly soul of entrepreneurship to help them translate their love of music into a private enterprise.

Performers/Presenters: Dr. Sandra Kauanui, recent graduate Jade Gibson, sophomore Sapphire Gibson and members of Jade Strings.

“The Research Roadshow grew from a desire to tell the FGCU story in new and different ways,” said Deborah Willtrout, FGCU’s associate vice president for marketing and communications and a founder of the Research Roadshow. “We are constantly looking for ways to convey complex ideas to the public, and this concept has really worked well. You take passionate students and their faculty mentors and pair them with script writers, numerous production personnel, videographers and a theatrical director to create a show that’s unlike anything you’ve ever seen. I can’t wait for this year’s show.”

With a runtime of 50 minutes, the Research Roadshow is both entertaining and informative. Each presentation blends intellectual and personal narratives so that the audience understands why these individuals pursue these projects. Video and acoustic elements complement each presentation to create an immersive experience.

“The audience will also learn about some of the many different faces of research,” said Gunning. “Research is a process of inquiry, creation and discovery. The roadshow will demonstrate some different ways that research can be pursued.”

Seating is limited and free registration is required to attend.

“The Research Roadshow really demonstrates the wonderful relationship our students have with the faculty,” said FGCU President Mike Martin. “And, it gives us the chance to inform the community both about what we do here and also about topics that they may not have otherwise given much thought to. We bring them a little education and a little exposure to the institution.”

For more information and to reserve a seat for any of the three shows, visit https://fgcu.edu/researchroadshow.
ArtFest Fort Myers, Southwest Florida’s premier fine arts festival, returns to the River District in downtown Fort Myers this weekend with art, entertainment, food, drink and children’s art activities.

Opening night is this Friday, January 31 and participants will have a chance to shop and mingle with more than 60 of the artists in a relaxed and intimate setting. There will be entertainment, food and drinks from 6 to 9 p.m.

The free festival continues this Saturday from 10 a.m. to 5 p.m. and Sunday from 10 a.m. to 4 p.m. There will be high quality, original art in the juried show featuring more than 200 artists in tents and booths lining Edwards Drive at Hendry Street in downtown Fort Myers. Family fun includes the Publix Art Yard, the Under 20 High School Exhibit and Competition tent, Chalk Block for high school artists and a Kids Tag Arts display.

As in years past, a wide array of genres and media will be represented in this year’s festival, including works in sculpture, painting, ceramics, photography, printmaking, drawing, digital, mixed media, fibers, glass, jewelry, metal, wearable fiber and wood.

Upwards of 90,000 people visit this premiere outdoor art festival. For more information, visit www.artfestfortmyers.com.

Edison and Ford Winter Estates will host musician Steve Farst for the first Rhythm on the River of the new year this Friday, January 31. The event will take place on the Ford estate lawn, along the Caloosahatchee. Gates open at 5:30 p.m. and the concert starts at 6 p.m.

Tickets are $35 per person or $25 for Edison Ford members. Tickets at the door will be $40. Tickets include one signature drink and appetizers. A cash bar will also be available.

Guests should bring a folding chair and a sweater if the weather is chilly. No coolers are permitted. Free parking is available in the main Edison Ford parking lot at 2350 McGregor Boulevard. For more information or to purchase tickets online, visit www.edisonford.org or call 334-7419.

The Sidney and Berne Davis Art Center will host the 2020 Bluegrass/Newgrass series beginning with the David Mayfield Parade this Friday, January 31 at 8 p.m.

Grammy and Emmy nominated producer David Mayfield leads the band, which includes two-time National Bluegrass Banjo Champion Steven Moore, Christine King on fiddle and vocals and multi-instrumentalist Andrew Bonnis on bass and vocals.

Tickets are $25 or $60 for all three concerts.

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

Roses And Love Notes For Our Seniors

The professionals at VIP America Home Health Referrals is urging southwest Florida residents to gather Valentine’s Day roses and love notes for seniors in Southwest Florida.

“Valentine’s Day should be a special day for everyone. That’s why we are urging area churches and schools to gather roses and send love notes to homebound seniors,” said Jill Ball, president of VIP America.

If your church, school or organization cannot take part in the Valentine’s Day Roses and Love Notes drive, there are other ways you can help bring Cupid to our seasoned residents:

- Frame an old photo of you with your loved one, include a recent photo and a special note saying how much you love them
- Gather a special breakfast or lunch and share something yummy
- Share a special story or a recent photo of yourselves
- Create a special treat for your loved one
- Continue a tradition they may have shared with their late spouse — make it a new tradition
- Just be there for them! Your time and presence can add happiness to a day that may otherwise be lonely

These are simple but effective ways to let our senior citizens, or anyone, know they are important and loved on Valentine’s Day,” said Ball.

Edison and Ford Winter Estates will host its annual Antique Ford Car Show this Saturday, February 1 from 10 a.m. to 2 p.m. Each year, classic car owners and club members exhibit more than 100 cars on the Ford estate lawn as a tribute to Henry Ford, the pioneer of the automobile industry.

Along with the car show, there will be music and a food truck, and visitors can tour the gardens, museum, laboratory and see the historic homes. Swampie, the Everblades Mascot, is expected to make an appearance and will give away a prize.

This family event is free for Edison Ford members and $25 for non-members, which includes a self-guided tour of the entire site. A portion of the proceeds will benefit the restoration of the antique Ford car collection.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, tickets or to register a car, visit www.edisonford.org or drop by the ticket counter.

Calusa Blueway Speaker Series

A program called Curious Tales of the Lee County Waterways will be the third talk in a series of free Calusa Blueway-related programs at the Wa-Ke Hatchee Recreation Center on Tuesday, February 4 at 6:30 p.m.

Presenter Joanne Semmer, the president of the Ostego Bay Foundation, a Florida Master Naturalist instructor and a local historian, will share tales of the eclectic history of the Lee County waterways.

Every time I visit Joanne at the Ostego Bay Marine Science Center, she shares a new story with me about an area along the Calusa Blueway,” Calusa Blueway Coordinator Mike Hammond said.

The fourth talk of the Calusa Blueway Speaker Series will be held at the center on March 3. Victoria Burgess will speak on Cuba to Key West on a Standup Paddleboard.

Wa-Ke Hatchee Recreation Center is located at 16760 Bass Road in Fort Myers. For more information or directions to the program, call the center at 432-2154. Trail information is at www.calusablueway.com or www.leeparks.org/blueway.

Online, visit www.edisonford.org for more information or to purchase tickets online. Visit www.sbdac.com or call 334-7419.
Local Students Win Awards At Theater Festival

Students from Melody Lane Performing Arts Center in Cape Coral, and Creative Theater Workshop and Florida Rep Education in Fort Myers recently won national awards and earned recognition at the 2020 Junior Theater Festival Atlanta. The Junior Theater Festival Atlanta united 7,000 students and educators from 128 educational musical theater groups representing 31 states, as well as Australia, New Zealand and United Kingdom (U.K.).

Melody Lane Performing Arts Center won a Freddie G Excellence in Ensemble Work award and a Freddie G Fellowship award.

Creative Theater Workshop won a Freddie G Excellence in Music award.

Florida Rep Education and Magic Curtain Productions won a Freddie G Excellence in Dance award.

Melody Lane Performing Arts Center students presented selections from Disney's and Cameron Mackintosh's Mary Poppins and Disney's and Cameron Mackintosh's Fiddler on the Roof JR. for John Prignano, chief operating officer and Froin of John Prignano, chief operating officer and

Register For PR University Forum

The Southwest Florida Chapter of the Florida Public Relations Association (FPRA) is bringing its annual professional development conference to Florida SouthWestern State College on Friday, February 21 from 8 a.m. to 5 p.m. This year’s event PR University 20/20: Focus on Best Practices will include presentations on crisis communications, internal communications, social media, working with influencers and more. PR University sponsors include CONRIC PR & Marketing, PartnerMedia, Lee County Electric Cooperative and M&M Multimedia.

PR University is open to the public and provides seasoned and young professionals, business owners and anyone who communicates to internal or external customers, real-world tools they can use in their daily work. Attendees will gain clarity and insight into today’s changing marketplace and enhance their communication skills to effectively integrate new media with traditional communication elements. Professionals accredited with their APR earn two continuing education points toward maintenance requirements.

Speakers for PR University include Mary Briggs, APR, CPRC, system director, strategic communications and public relations, Lee Health; Betsy Clayton, APR, director of communications, Lee County Government; Aria Hoyos, area director – Southeast U.S. and Latin America, Melwater; Lenny Rocina, CEO, Media Relations, Inc.; Kristin Mc Clement, director, public relations and social marketing, Chico’s FAS; Alyson Seligman, owner/president, SBS Agency; and Breanne Winter, CEO and training specialist, Speak Up Consulting & Coaching.

Along with presentations from a lineup of dynamic speakers, PR University offers valuable education, professional development and networking opportunities.

Early registration is open now through January 31 and is $75 for FPRA members, $95 for future members and $55 for students. The price after early registration closes is $99 for FPRA members, $129 for future members and $65 for students. Event registration closes February 14.

Florida SouthWestern State College is located at 8099 College Parkway in Fort Myers. For more information and to register to attend, visit www.fpraswfl.org.

Parent-Free Time At Valentine Fun

Parents, do you need a night out? Then you don’t want to miss this. The City of Cape Coral will be offering Valentine Fun – a parents’ night-out activity for children – at Four Freedoms Park on Friday, February 7 from 6 to 8 p.m.

Valentine Fun will feature an evening of heartfelt arts and crafts, games, snacks and more. Parents do not need to stay at the event, instead they can go to dinner, do some shopping, or go to the movies, while the kids are kept entertained.

Cost is $20 per child. For preparation purposes, pre-registration is preferred by Friday, January 30.

Four Freedoms Park is located at 4818 Tarpon Court in Cape Coral. For more information, call 574-0804.

From left, Melinda Sullivan, Kody C. Jones, Christina DeCario, Wedler Lor deus and Nicholas Christopher.
Dr. Will Tuttle, visionary author of the international best-seller The World Peace Diet, will lecture at the Unitarian Universalist Church of Fort Myers on Monday, February 3 at 6:30 p.m. He will give an inspiring talk about the hidden dimensions of our culture’s food system and how we can acquire radiant health, awaken awareness and bring healing to our world.

Dr. Tuttle is a featured expert in Conspriacy and other documentary films, and a recipient of the prestigious Conscience Award and Empty Cages prize. His University of California, Berkeley doctorate focused on educating intuition and altruism, and he has taught college courses in creativity, comparative religion and philosophy.

Dr. Tuttle is a former Zen monk and Dharma Master in the Zen tradition and the author of Islands of Light and the editor of Circles of Compassion and Buddhism & Veganism. He’s also created 10 much-loved CD albums of original piano music. His inspiring presentations often include his music as well as evocative animal paintings by his spouse, Madeleine, a visionary artist from Switzerland. There is a suggested $10 donation at the door.

Unitarian Universalist Church of Fort Myers is located at 3411 Shire Lane in Fort Myers. For more information, visit www.worldpeacediet.com.
CROW Case Of The Week:
Eastern Cottontail Rabbit

by Bob Petcher

The eastern cottontail rabbit is the most common of its species, which can be easily identified by its cotton ball tail. While these mammals would rather live on the outskirts of populous areas, such as farms, fields and other rural places, they do adapt to more urban spots.

Eastern cottontail rabbits often forage at night. These herbivores like to look for garden vegetables to fill up on. During the day, they tend to hide in thicker brush or meadows. Like other rabbits, they will zigzag away from prey and can reach up to 20 miles an hour if they need to.

At CROW, an adult eastern cottontail rabbit was admitted after becoming stuck in motor oil at a Porsche dealership in Fort Myers. The workers at the dealership saved the rabbit from a bucket of motor oil after it fell in, attempting to get out of the garage. The quick-thinking workers immediately washed the rabbit in dish soap. Upon intake, the rabbit had a cool temperature and was thin.

“A rectal temperature was not obtained upon intake, however, the rabbit was cool to the touch,” confirmed Dr. Mariah Lancaster, CROW veterinary intern. “This was likely due to the patient being wet with oil, soap and water – making it less able to thermo-regulate, control its own temperature. The patient was also in shock, which causes the vessels closest to the surface of the skin to shrink down, making the skin feel cool.”

CROW staff worked to remove the remaining oil from its fur, and it was given warm fluids and heat. On intake, paper towels were used to absorb the majority of the oil and remaining water. Dry towels were used to clean and wrap the patient, but the patient was not immediately re-bathed due to the lack of responsiveness in the patient and the cold temperature, said Dr. Lancaster.

“It was deemed that another bath (warm water and liquid soap) would take place the following morning, as rabbits can suffer spontaneous heart attacks if too stressed. A water pick was considered to help lift the oils from the skin and fur; however, this method was not able to be attempted.”

The rabbit was placed into an oxygen chamber before an intravenous catheter was placed. Artificial tear ointment was also administered to flush any oil from the eyes.

“Immediately upon intake, the eyes were flushed and examined for ulcers, which were not seen. Artificial tears were then used every eight hours to prevent oil from irritating the eyes,” said Dr. Lancaster. “The patient markedly improved throughout the course of initial treatment. An IV catheter was placed, and warmed fluids were given to help warm the patient and fight the shock the patient was suffering from. In oxygen, the patient began to stand and was eating on his own.”

Unfortunately, the rabbit quickly went downhill health-wise and died in its cage overnight.

“The most likely, and suspected, cause of death following this kind of exposure to motor oil, a hydrocarbon, is severe aspiration pneumonia. The chemicals interfere with the natural function of the lungs, both causing chemical irritation and inflammation – pneumonitis – and interfering with the lungs’ ability to clear themselves of contaminating materials,” said Dr. Lancaster. “Rabbits are also extremely sensitive to the ingestion of improper substances, and the rabbit may have experienced GI stasis – a lack of forward gastrointestinal motility – that contributed to its untimely passing.”

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.

Patient #20-189 succumbed during its first night after intake

by Brian Bohiman

Photo by Brian Bohiman

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Cold Water Surprises

by Capt. Matt Mitchell

As forecast, the coldest weather we have seen in over two years dropped the water temperature in the sound into the high 50s. The sheepshead fishing was on fire after bundling up and fishing all but on the coldest day. This cooler water pushed our big concentration of larger spawners into the sound so far this winter.

Black drum are a species that we seldom target though we do catch them while fishing for other species on shrimp. This winter has brought some of the most consistent black drum fishing I can remember, along with even some low tide, sight-fishing opportunities on this underrated species. Several deeper channels going into St. James City have held these fish day after day.

Redfish action has also heated up with the cold water and minus low tide set-up. On just about every trip this week, we came across a different place that had great numbers of these fish ranging from 16 to 24 inches. The bite was often nonstop while bouncing a live shrimp across the bottom in some of the deeper holes. Seeing so many redfish is comforting. The closure has let these fish rebound in great numbers.

This week, I had a group from New York in town that planned on doing a shark fishing trip. We had spoken several times over the past few weeks, but with cold water temperatures, I did not think our chances of getting 10-year-old Joe his first shark in the cold water were very good. As we headed up towards Rocky Channel in the northern sound, we talked about giving it an hour and having a plan B.

Within a hour of setting up, Joe caught two large blacktips on cut mullet. His first shark was five feet long and his second about four feet. I was surprised at how many runs we had in such cold water. Joe was all smiles after catching his first sharks.

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.

Send Us Your Fish Tales

We would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to press@islandsunnews.com or call 395-1213.
Invasive cogon grass forms dense colonies with a fibrous root system

**Plant Smart**

**Cogon Grass**

by Gerri Reaves

Those silvery white plumes wafting in the breeze might look like cotton candy, but there’s nothing sweet about cogon grass (*Imperata cylindrica*). The perennial grass from Southeast Asia is listed by Florida and the U.S. as a noxious weed.

The council defines such plants as “altering native plant communities by displacing native species, changing community structures or ecological functions, or hybridizing with natives,” a determination based “on the documented ecological damage caused.”

This invasive grass is drought-tolerant and simply takes over and crowds out other species. There’s a reason it’s considered a pest in 73 countries.

In 1911, cogon grass was introduced accidentally into the U.S., but was later purposely planted for erosion control and livestock forage. By the time the mistake was realized, cogon grass was invading native habitats.

It is particularly known for degrading the state’s habitat for the native gopher tortoise and indigo snake, both protected species.

The grass forms dense colonies with extensive fibrous root systems. In fact, the roots comprise the majority of the plant’s biomass.

The tufts grows one to six feet high and have long slender serrated leaves, pointed tips and off-center midribs.

The silky plumes usually bloom in winter and seed in spring, but can appear almost any time of year. They are two to eight inches long and cylindrical, thus the term *cylindrica* in the botanical name.

To top off the list of damaging qualities, the grass is aggressive and a fire hazard. The sharp-edged leaves make it undesirable as a food source for wildlife or livestock.

It spreads via the rhizomes and airborne seeds, as well as a result of human activity. Mow it and it just sprouts back.

So severe is the threat that scientists have long been exploring and employing a variety of methods to eradicate it, but it’s tricky because some solutions introduce other real or potential environmental problems.


Plant Smart explores the diverse flora of South Florida.

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www.gulfshoreopera.org
Adopt A Manatee For Valentine’s Day

This Valentine’s Day, give a gift with heart and adopt a manatee from Save the Manatee Club. Choose a real, living manatee from the club’s adoption program and receive a certificate with a photo and biography of your manatee, along with newsletters and social media updates. Membership adoptions start at only $25, and membership gifts, like a handmade manatee heart ornament, are included at the $35 and higher level. To read about the real manatees available, visit www.savethemanatee.org/adopt.

Christina Schiffer Santschi surprised her husband David with his very own manatee last Valentine’s Day, after adopting different manatees for herself over the years. “I decided to adopt Philip for David for Valentine’s Day, since he wouldn’t be expecting a manatee for that holiday,” she explained. “I thought Philip would be a sweet sign of my love for David, since manatees are gentle, sociable, and loving creatures.” David put up Philip’s picture, along with the Save the Manatee Club calendar, in their California home. They hope to visit Florida someday to see manatees in their natural habitat.

Not only does your adoption make a cute, thoughtful gift, it also helps protect manatees and their habitat. Funds from the Adopt-A-Manatee program support Save the Manatee Club’s efforts to increase public education; sponsor manatee research, rescue, and rehabilitation; and advocate for strong protection measures to protect manatees and their habitat. The club also supports rescue, rehabilitation, research and education efforts in the Wider Caribbean, Central and South America, and West Africa. These efforts work to prevent human-related manatee deaths and promote the recovery of this imperiled species.

Save the Manatee Club was founded in 1981 by former Florida Governor and U.S. Senator Bob Graham and singer/songwriter Jimmy Buffett. For the past 39 years, Save the Manatee Club, an international 501(c)(3) nonprofit, has educated millions around the world about imperiled manatees and the threats to their long-term survival.

For more information about manatees and to Adopt-A-Manatee as a Valentine’s Day gift, visit www.savethemanatee.org, call 1-800-432-5646, or write to 500 North Maitland Avenue, Suite 210, Maitland, FL 32751.

Grant For North Fort Myers Water Quality Project

The Lee Board of County Commissioners recently voted to accept a state grant of $774,000 from the Florida Department of Environmental Protection for construction of water quality improvements to the Powell Creek bypass canal.

The 10.5-acre project site is southwest of Old Bridge Road, near the Caloosahatchee, and is designed to improve water quality in the Powell Creek bypass canal. The project will divert water through a detention area/filter marsh to remove nutrients before the water flows into the Caloosahatchee, which has a total maximum daily load for nitrogen.

The Caloosahatchee Estuary Basin Management Action Plan (BMAP), adopted November 2012, includes this project as part of its goal to reduce elevated nitrogen levels in the estuary.

In September 2019, the board approved a contract with Kimley Horn to design the project. Funding for the design is budgeted in the current fiscal year.

For more information on Lee County Natural Resources’ efforts to protect and improve water quality, visit www.leegov.com/naturalresources/waterquality.

From page 3

Backpack Group

children and families. There is an education component to this.”

The food is distributed by Sysco to each of the 23 schools in the program. “A lot of people still suffer even in a good economy,” St. Arnold said. “That’s kind of a big message for us. I think there is synergy right now. There is momentum. The doors just keep opening for us. But we have barely scratched the surface. We could feed 60,000 children between Lee and Collier counties.”

A tax-deductible donation of $100 provides a child with food on the weekends for an entire school year. The organization seeks volunteers and corporate partners as well. Visit www.blessingsinswfl.org to see how you can make a difference.
Ron Magill has photographed wildlife throughout Africa, Asia and the American tropics

Refuge To Host Zoo Miami Ambassador

Wildeambassador Ron Magill brings his experiences to life with stunning imagery and stories that range from the incredible migration of monarch butterflies to the struggle for survival in the African bush. On Friday, February 7, he will be presenting two free programs at 10 a.m. and 1 p.m. at JN “Ding’ Darling National Wildlife Refuge. Magill’s From Butterflies to Lions: A Walk on the Wild Side slide presentations are part of the 2019 “Ding” Darling Lecture Series that take place in the admission-free “Ding” Darling Visitor & Education Center.

Currently the “goodwill ambassador” for Zoo Miami, Magill has worked with wildlife for more than 40 years. He hosts New York-based Hispanic Information and Telecommunication Network’s national wildlife documentary program and has made frequent television appearances on programs such as National Geographic Explorer, Today Show, Good Morning America, The Late Show, CBS This Morning and Dateline.

Magill’s award-winning photographs have appeared in publications and galleries around the world. He has traveled throughout Africa, Asia and tropical America while developing and directing conservation projects and Emmy Award-winning wildlife documentaries.

“My stories will help connect people to nature on an emotional level while hopefully inspiring them to protect it for future generations,” said Magill.

HighTower/Thomas & Swartz Wealth Management and Sanibel Carts co-sponsor the free 12-lecture series with support from the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS). The free lectures take place every Friday at 10 a.m. and 1 p.m.

Seating is limited and available on a first-come basis. Staff will begin handing out free-admission wristbands to those in line for the lectures at 9 a.m. for the morning lecture and 11:30 for the afternoon lecture. Wristband wearers can save seats with personal items and then can explore the Visitor & Education Center or Indigo Trail before the lecture starts. Saved seats must be filled 15 minutes before lecture. DDWS will be filming Magill’s lectures and broadcasting them on Facebook Live at www.facebook.com/dingdarling.

Dr. Magill said as usual, Wildlife Drive closes on Friday, but visitors are welcome to enjoy the Visitor & Education Center, Indigo Trail, Bailey Tract and recreational opportunities at Tarpon Bay Explorers, the refuge’s official recreation concession located at its Tarpon Bay Recreation Area.

Note: Opinions expressed in guest lectures do not necessarily reflect the views of refuge and DDWS management, staff, and board of directors.

JN ‘Ding’ Darling National Wildlife Refuge is located at 1 Wildlife Drive on Sanibel. For more information, call 472-2329 ext. 241 or visit www.dingdarlingsociety.org/articles/lecture-and-film-series.

Bank Official Named Finalist For Advisor Awards

Sanibel Captiva Community Bank official Kyle DeCicco was honored as a finalist for the 2020 Cape Coral Community Foundation Power Players Professional Advisor Awards in the banker category at a recent breakfast at Crowne Plaza Fort Myers at Bell Tower.

Seven distinguished Southwest Florida professional advisors were recognized during the event. Each of the Power Players were identified as top advisors who perform their duties with integrity and honesty and make a substantial impact in Southwest Florida.

DeCicco is senior vice president and senior loan officer for SanCap Bank, focusing on the expansion of the bank’s lending division in Southwest Florida. He is responsible for overseeing the solicitation, negotiation, underwriting and coordination of closing major and complex consumer, residential, equipment, SBA, commercial building and business loans.

DeCicco joined the bank in 2016 as vice president and commercial loan officer working in commercial real estate lending and developing relationships with local businesses and investors. With over a decade of banking experience, he has worked in commercial real estate and lending, credit analysis, portfolio management of performing and nonperforming loans, and management of FDIC insured loss-share assets. His efforts have resulted in the bank closing more than $160 million in commercial loans in four years – the majority of which support local individuals and businesses looking to launch a business, grow operations or purchase real estate.

Founded in 2003, Sanibel Captiva Community Bank has two locations on Sanibel and five locations in Fort Myers. To learn more, visit www.sancapbank.com.

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Give your wall some dimension. Perhaps the color and texture of your walls look just fine. Maybe you just need to add a shelving unit to reinvent your design scheme. This is an easy way to transform the space with style and functionality in mind. You can display a wall of novels, flowers, or mix things up and showcase both. Perhaps an old collection can come out of hiding and be enjoyed each day.

Bringing your walls to life is simple, it just takes some organized planning. Consider consulting a design professional. He or she will visit your home, evaluate your space and help you come up with the best strategy for giving the walls of your home the makeover they deserve.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindecden.com.

New Hires In Health Care

Lee Sar and Cooperative Services of Florida, Inc. (CSF) recently welcomed Jonathan Girmys, PharmD, MBA, BCFS, vice president of pharmaceutical services, and Phillip Amos, executive director of plant operations.

Girmys has leadership responsibility and oversight of all pharmaceutical initiatives ensuring member hospitals achieve optimal value through superior pricing performance of a diversified contract portfolio, access to high quality compounded pharmaceutical products, mitigation of medication shortages and evidence-based best practice clinical alignment partnering with pharmacy system directors, clinicians, purchasing specialists and subject matter experts from each member health system.

Girmys first came to Lee Sar/CSF in 2019 as executive director of pharmacy through a recent partnership with Vizient, a national group purchasing organization (GPO). His knowledge of pharmacy supply chain, clinical experience and project management have helped enhance CSF’s pharmacy contracting portfolio and value services.

Amos is responsible for providing strategic leadership necessary to maintain and continuously improve the physical structure, HVAC, mechanical, electrical, plumbing, utilities, steam, fire safety, elevators, janitorial, painting and grounds keeping throughout all Lee Sar/CSF locations.

Amos was previously director of facilities for AdventHealth Sebring, where he was responsible for facilities management of three hospitals, an outpatient surgery center and nearly 40 office buildings across three counties. He managed multiple construction and renovation projects ranging up to $31.5 million, including the construction of a new critical access hospital in Wauchula. Amos was also responsible for overseeing safety, security, engineering, biomedical equipment, courier services and environmental services.

Amos has served more than 20 years in the U.S. Navy.

Lee Sar/CSF recently completed a $20 million expansion to accommodate growth. The operation runs 24/7 with a dedicated workforce of approximately 500 employees. In 1998, Lee Health and Sarasota Memorial Healthcare System developed Lee Sar/CSF as a means to reduce costs for medical goods and services while providing safe, high quality patient care. They have since been joined by Central Florida Health and most recently Jupiter Medical Center.

From page 1

Davis Art Center

theories in art and created extensive documentation of their art making processes in a series of sketchbook entries. Students will be presenting works of art created in fulfillment of their 2019 International Baccalaureate Visual Arts requirements. Works presented will explore a wide range of visual media including traditional and digital photography, acrylic and oil painting, printmaking, fiber arts, sculpture and ceramics.

Showing on the second floor in the Capital Gallery is the most recent work of creative artist Mariapia Malerba, using a technique that is inspired by shodo, a Japanese word used for the art of calligraphy. “Shodopia is a fusion of the way I paint and the philosophy of the Japanese calligraphy where I explore the connection between east and west culture,” said Malerba. “A work of shodo is considered a work of art. I am fascinated and inspired by shodo and the zen philosophy behind it.” Malerba makes her own technique “Shodopia” using a tool of common use, the broom.

Inspired by the size of the art gallery, Malerba decided to completely cover all of its walls. Her solo exhibit will feature 208 feet of artwork. She has created an impactful visual, a storytelling about nature and the extinction of animals.

Both shows will be on display through Friday, February 28.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District. For more information, visit www.sbdac.com or call 333-1933.
Noted Director Of
Former President
To Give Lecture

The Sidney & Berne Davis Art Center will host the second in the Famous Author Lecture Series on Monday, February 10 from noon to 2 p.m. The event begins with lunch then continues with a lecture by Karna Small Bodman. Bodman is the author of five published thrillers that have hit No. 1 on Amazon and won several international awards. These stories were inspired by Karna’s six years serving on President Reagan’s White House staff, later as Deputy Press Secretary and Press Secretary.

Karna’s White House National Security Series includes her newest thriller Trust But Verify as well as Castle Bravo, Checkmate, Gambit, Final Finesse and her short story The Agent. She is currently working on Affairs Of The State.

In addition to her government service, Karna was on the air for 15 years as a television news reporter and anchor in San Francisco and Washington, DC. She also did political commentary for the ABC Network in New York. She and her husband maintain homes in Naples, Washington, DC and Rancho Santa Fe, California.

The Famous Author Lecture Series is sponsored by FineMark Bank. Tickets are $40 per person or $300 for a table of eight.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, visit www.sdbac.com/author-lecture-karna-small-bodman.

Organization
Achieves Millions
In Shared Savings

Best Care Collaborative (BCC), a wholly-owned subsidiary of Lee Health, achieved $15.7 million in shared savings in performance year 2018 as a participant in the Next Generation Accountable Care Organization (ACO) Model created by the Centers for Medicare & Medicaid Services (CMS).

BCC, which is led by local physicians and providers, was one of 50 Next Generation ACOs in the country selected to participate in the initiative, the highest risk accountable care organization model. Next Generation ACOs differ from traditional models in requiring physicians to take financial risk of the total cost of care for their patients. This structure incentivizes physicians to coordinate care, develop innovative care models, improve quality and reduce cost to the Medicare program. BCC achieved these cost savings by utilizing robust data analytics, high-risk care management and improved care coordination between primary care physicians, specialty physicians, hospitals, home health agencies and local nursing homes.

"Participation as a Next Generation ACO provided us with the opportunity to seek innovations in treating Medicare patients. With innovation comes risk, and our physicians and community partners did not shy away from finding improved ways to care for patients in Southwest Florida," said John Chomeau, Lee Health chief population health officer. "Our Lee Physician Group participants and partner providers were instrumental in achieving these savings while improving the quality of care for our region’s Medicare patients. We look forward to continuing to lead the way in provider-led innovation for Southwest Florida.”

ACOs participating in the Next Generation Model preselect savings benchmarks, and are committed to providing those savings to Medicare. If the savings are met, the ACO shares in the savings with CMS, while ACOs who fail to reach their savings threshold must reimburse CMS for the difference.

BCC’s share of the total savings is used to cover operating expenses, and the remaining amount is distributed among participating partners, including Lee Physician Group (LPG), Florida Cancer Specialists and Shell Point Retirement Community, for the 2018 performance year. BCC also participated in the Next Generation ACO Model in 2019 and will remain a participant in the model through 2020.

Retail Chain Store
Supports Respect For Law Camp

Three area Wal-Mart stores have banded together to donate $6,750 to support the Fort Myers Police Department’s 2020 Respect for Law Camp. Wal-Mart’s charitable contribution will assist with scholarships for deserving campers and other expenses.

The Respect for Law Camp is a nonprofit program open to children ages 11 to 14. The goal of the camp is to bridge communication between law enforcement and youth. The campers learn respect for laws, develop leadership skills and engage in team work. During the four-day/three-night experience, children will participate in or observe live police scenarios, SWAT and K-9 demonstrations, obstacle course, dodgeball, hands-on equipment displays, and learn about social media and Internet safety. Campers experience some of the challenges and expectations that come with being a member of law enforcement, in a fun and relaxed setting.

For more information on the camp, upcoming registrations or support opportunities, contact Sgt. Jacquelyn Garrett via email at jgarrett@fmpolice.com.

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The Giver Of Stars

by Di Saggau

The Giver of Stars by Jojo Moyes is about a group of female horseback librarians in 1930s Kentucky who face challenges from the landscape, the weather and the men who live there. The book delivery is part of First Lady Eleanor Roosevelt’s mission to bring reading to the masses. Along their travels, the women discover deep friendships, independence and, of course, adventure. Universal Pictures has optioned the rights of a film adaptation of the book.

Alice thought marrying handsome American Bennett Van Cleve would be her escape from a stifling life in England. However, Baileyville, a small-town in Kentucky, offers her a boring existence and getting yelled at constantly by her overbearing father-in-law. Just as she is about to resign herself to a life of boredom, she meets Margery, the library’s leader, who doesn’t care what anyone thinks of her. Margery refuses to marry and is happier on horseback than in a kitchen. This doesn’t make Margery popular in the town, but Alice quickly grows to admire her. Along with several other women, they bring magazines, Bible stories and copies of books like “Little Women” to the poor residents who live in remote areas of Kentucky. Alice’s marriage is failing, but she is happy in her work. Bennett’s father does everything he can to shut their library down.

Moyes brings this forgotten slice of history to life in a powerful story about the bonds between the women of the library. The Giver of Stars is funny, heartbreaking and enthralling. In recent news, Moyes has been accused of publishing a novel with “alarming similarities” to another author’s book, something she denies. I won’t get into that, you can google it if you like. Meanwhile, I loved every page of this book and highly recommend it. ©

School Smart

by Shelley M. Greggs, NCSP

Dear Shelley,

My two teens have sensory processing issues and are struggling with social interactions with their peers both in and outside of school. Do you have any tips for me to help them or ways they can help themselves when they feel that they are losing control?

Isabel M, Sanibel

Sensory processing refers to the way nervous system receives messages from the senses and turns them into responses. Children (and adults) with sensory processing concerns do detect sensory information but the sensory information gets “mixed up” in their brain and therefore the responses are inappropriate in the context in which they find themselves.

For your kids and other teens who also experience sensory concerns, the middle and high school social environments and their peers in that environment can be unpredictable, which is not typically a good thing when someone is experiencing sensory processing difficulties. Predictable, structured routines and responses are much easier to process when kids have sensory overload.

Sensory strategies can truly help kids on overload to feel calmer and regain their equilibrium more quickly. When working with teens and older children with sensory processing needs, it is important to understand what appeals to them, and then work this into sensory strategies.

Explaining the “why” behind the strategies you are suggesting is important for teens and often helps with compliance. For example, you could say that a particular strategy will help calm their body so they can sit and focus on homework.

Here are some suggestions:

Try a chair ball for extra movement during homework time

Use lavender scented sheets, a heavy blanket and/or a body pillow to help with sleeping

Experiment with foods that change arousal levels: crunchy, sour and spicy tend to be alerting and warm foods are often calming

Use scented lotions or a calming essential oil spray to support the olfactory sense

Suggest an eye mask, kaleidoscope or lava lamp to visually calm

To provide proprioceptive feedback, use a mini massager, weighted blanket/cushion, compression clothing, or mini-trampoline

There are many other strategies as well, a google search will lead you to websites that can suggest them. Find the ones that work best for your children and make sure they understand when, where and why they should use them.

Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to : smgreggs@gmail.com. Not all questions submitted can be addressed through this publication. ©

Flea Market

The annual Bayside Estates Flea Market will be held inside and outside the clubhouse on Friday, February 7 from 8 a.m. to 2 p.m. and Saturday, February 8 from 8 a.m. to 12 p.m.

The sale features appliances, a bakery, books, clothing, collectibles, furniture, jewelry, linens, seasonal items, sporting goods, tools and toys, large items on consignment, a Chinese raffle and lunch refreshments.

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

From page 1

Garden Festival

horticulture director. “There will also be some scrumptious chicken wings and other tasty treats, so visitors can shop for plants, get something to eat and enjoy some music with us.”

Vendors will have many types of plants and trees, including palms, fruit trees, bromeliads, hibiscus, butterfly plants, African violets, orchids, air plants, herbs, succulents, cacti and more. Vendors will also offer garden supplies, such as mulch and special fertilizers. The Edison Garden Shoppe will be open and stocked with unusual tropical and Florida native plants. Ceramic flower pots, vegetable and flower seeds, garden art and gardening gift items will also be available for purchase.

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

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, call 334-7419 or visit www.edisonford.org. ©
Marketing Firm Captures Four Davey Awards

Priority Marketing has earned four Davey Awards for its outstanding creative design work in developing brand identities for four clients across Southwest Florida.

Produced by the Academy of Interactive and Visual Arts (AIVA), the Davey Awards is an international competition among advertising agencies, digital agencies, production firms, in-house creative professionals, graphic designers, design firms and public relations firms.

Priority Marketing, a full-service marketing, advertising, public relations and digital marketing agency, won two gold awards and two silver awards, all in the Design/Print category for corporate identity and logos.

The firm’s gold winners include logos for The Ingenuity Lab, a workplace consultancy firm operated by Dave Fleming, and Hoke Fishing Charters, a fishing charter boat company.

Priority Marketing won silver awards for logos developed to promote the 2019 Southwest Florida Wine & Food Festival, a fundraising event that benefits SWFL Children’s Charities, and Pine Manor’s Food Forest, a community garden that serves as both a source of nutrition and education.

“Our design team creates brilliant works of art on a daily basis, and it’s extremely gratifying to see our talented graphic designers and artists recognized by the AIVA as the top professionals in the industry,” said President and Creative Director Teri Hansen. “Developing a new logo isn’t just about adopting a bright color palette or creating a splashy design, the logo also must help convey a message. Each of these award-winning logos had a clear connection to the client’s overall mission and purpose.”

The firm has won 20 international Davey Awards since 2006.

“We are proud to once again showcase the outstanding work that comes from small shops across the globe,” said AIVA Executive Director Derek Howard. “The Davey Awards recognize those who utilize flawless execution, groundbreaking technology and a fresh approach to the thought process to produce top-tier content.”

Contracts For Operation Of Triage Center

The Lee Board of County Commissioners recently authorized contracts with The Salvation Army and SalusCare to support operations of the Bob Janes Triage Center.

Open since April 2008, the Bob Janes Triage Center provides emergency shelter to people who are experiencing homelessness and might otherwise enter the criminal justice system. An estimated 800 people will receive shelter in the center during the fiscal year ending September 30, 2020.

The center operates as a multi-agency community collaboration. It is located on the campus of SalusCare, a community-based provider of substance abuse/mental health treatment services. It is managed by The Salvation Army 24 hours a day.

Lee County Human & Veteran Services provides administrative services.

The center provides an alternative to incarceration or inappropriate use of hospital emergency departments for individuals experiencing a behavioral health crisis. People served at the center, in addition to being in crisis, are at risk of being charged with a minor ordinance violation or non-violent offense, such as open container, disorderly conduct, disturbing the peace, loitering/prowling or trespass charges. More than 5,300 people have been served by the center.

Additional contracts may be executed with nonprofit agencies as specific needs are identified in the Homeless Continuum of Care Strategic Plan and/or the Gap Analysis.

Food Bank Officer To Speak At Dinner

The Imperial River Chapter of the American Business Women’s Association (ABWA) invites the public to hear Barbara Evans, chief development officer at the Harry Chapin Food Bank, speak on fundraising at their monthly networking and dinner meeting at Holiday Inn Fort Myers Airport on Wednesday, February 12. Networking begins at 5:30 p.m. followed by dinner and speaker. Tickets are $35.

Holiday Inn Fort Myers Airport is located at 9931 Interstate Commerce Drive in Fort Myers. For tickets, visit www.abwaimperialriver.eventbrite.com.

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My 30 Secrets To A Successful Marriage

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

Like focusing on estate planning in this article, I plan on sharing the wisdom from clients who have successfully navigated many years of successful marriage. I’m grateful that Patti and I have been together for 30 years behind us. I suppose, is a great accomplishment these days.

Nevertheless, all of us have a lot to learn from those who have travelled a longer path. So over the years, I wrote down these nuggets from those who had been married 50 years or more.

1. Be a good listener and don’t offer an opinion unless asked.
2. If you think marriage would have been easier with someone else, think again.
3. Grow together. You’re both going to change, but do so on the same path rather than taking separate paths.
4. While you want to grow together, also have some separate interests and friends. It’s okay to take some time away from one another every now and then.
5. Everyone has their own quirks that make us difficult to live with. Do your best to minimize your own, and accept those of your spouse.
6. Marriage is an “on the job training” proposition. When the going gets rough, it’s a sign that we may need new skills, not a new spouse.
7. Remind yourself daily why you fell in love in the first place.
8. Don’t let the kids become the No. 1 priority. Your marriage is your first responsibility.
9. When you’re angry, it is not the time to fight.
10. If you are thinking, “I really shouldn’t say this” – Don’t.
11. Be the first to apologize and the first to forgive.

For Southwest Florida, this includes a stop-out initiative targeting students previously enrolled at Florida Gulf Coast University (FGCU) and Florida SouthWestern State College (FSW) and personalized advising for credit options for degree programs designed to provide flexibility and interdisciplinary study.

According to Owen, the designation connects Coalition partners with a national learning community striving to increase attainment among individuals who face the greatest challenges to attainment. Given more than half of Southwest Florida’s working-age adults do not hold a credential beyond high school, this is a tremendous boon to businesses, economic development, communities and the citizens in our region.

With the one-time award, the coalition will work with FGCU and FSW to propel the region’s attainment numbers over the next 15 months. A portion of the award, $15,000, will go to the FutureMakers Fund at the foundation to support efforts to increase outreach and retain students.

The remaining dollars will go to FGCU to support a position and marketing to recruit former FGCU students – adult learners who have stopped-out – back to FGCU or FSW to complete a degree in an effort to significantly increase attainment in the near-term.

“FGCU is excited to work with the FutureMakers Coalition and Lumina to take advantage of this grant and help increase attainment among adults who are already part of our community,” said FSW President Dr. Jeff Allbritten.

Lumina encourages residents to join and support the community-changing initiative. For more information, visit www.futuremakerscoalition.com, call 274-5900 or email Tessa LeSage at tlesage@floridacommunity.com.

From page 1

ACT Gallery

art show, at Herons Glen Golf and Country Club, is in March and presents a great opportunity for the member artists to display and sell their work. The exhibit runs through Monday, March 2.

Arts for ACT Gallery is located at 2265 First Street in downtown Fort Myers. For more information, visit www.artsforactgallery.com.

Twins players, coaches and alumni

**Frankly Speaking**

by Howard Prager

On a weekly column, it’s hard to report on a breaking event. The sudden loss of Kobe Bryant – the Los Angeles Lakers star who cared greatly for both his family and community – and his daughter is just shocking. As the outpouring of tributes from so many who admired this man for both his athletic prowess and humanity continues, I’ll share more in the future.

With Super Bowl week upon us, let’s look at the NFL at 100. The *New York Times* ran a great supplement on the NFL at 100 before the playoffs started. Here’s some NFL history, facts and figures.

The league was started in an auto showroom in Canton, Ohio in 1920 (hence the focus on Midwestern teams and location of the Pro Football Hall of Fame). The first teams were Akron, Decatur (Illinois), Buffalo, Chicago, Rock Island, Dayton, Rochester, Canton, Detroit, Cleveland, Hammond, Muncie, Columbus and Chicago (yes, Chicago had two teams, neither of which is around today.) The Decatur Staleys became the Chicago Bears in 1921 when Player-Coach George Halas moved them to Chicago, and the Chicago Cardinals (eventually) became the Arizona Cardinals. The league was first called the American Professional Football Association, becoming the NFL in 1922 at the same time the Staleys changed their name to the Bears (or for those of you who remember, Da Bears.) The Green Bay Packers entered the league in 1921, beginning their famous rivalry with the Bears. The Super Bowl bound 49ers were founded in 1946, and the Chiefs in 1969. The first president of the ALPA? The great Jim Thorpe. He was succeeded in 1921 by Joe Carr, who was president until 1939. In 1941, the owners created the title of commissioner. Paid attendance in the first year it was recorded, 1934, was 927,743. The league record is 18,137,224 in 2007. Football is the most popular sport in the country favored by 37 percent of Americans as compared to basketball (11 percent), baseball (6 percent), and lastly ice hockey (4 percent) and rising fast is soccer (7 percent). Frank Deford, former *Sports Illustrated* writer said, “Baseball is what we used to be. Football is what we have become.” Given the popularity, where does the average football salary compare? The NBA leads this category with $7.7 million average, MLB follows with $4.51 million, the NFL is third at $2.91 million and the NFL trails slightly at $2.78 million.

Speaking of money, of which these NFL teams is the most highly valued? 1) Dallas Cowboys; 2) New York Giants; 3) New England Patriots; 4) Los Angeles Rams? (Answer at the end of the column.)

And where does that football money come from? TV revenue for one. $15.2 billion from ESPN, $9.9 billion from Fox, $9 billion from CBS and $8.5 billion from NBC. The largest league sponsors includes Verizon ($300M), Anheuser Busch ($20M), Pepsi ($120M) and Pepsi ($100M). On the flip side, the NFL Foundation has donated $430 million to charities since 1973.

Some other interesting statistics. Before 1959, there were no 300-pound players in the NFL. They didn’t appear until 1960, and in 1999, there are 416. None of the 416 are over 350 pounds. Thinking about the size and speed in the modern era maybe sheds some light on the greater tendency of players to suffer from chronic traumatic encephalopathy (CTE) and other neurological problems after their careers. It’s such a dilemma to enjoy the sport and yet worry about the seriousness of injuries so many players suffer.

The only undefeated teams? In the modern era, it’s the 72 Dolphins. Before that, the Packers in 1929 at 12-0-1, the Canton Bulldogs in 1923 at 11-0-1, Canton in 1922 at 10-0-2 and, in the very first season, the Akron Pros went 8-0-3. And to learn more interested and excited today, more than 47 million people play fantasy football. My pick for the Super Bowl? The Chiefs by 6.

Feel good story of the week has to be Derek Jeter’s entry to the Hall of Fame. He won the American League MVP five times, scored 100 or more runs 13 times, hit .300 or more 12 times, scored 100 or more runs 13 times, stole 15 or more bases 12 times, and hit .308 with a .383 OPS and 111 runs in 158 postseason games. Jeter played the great steroids era. When asked why he was able not to succumb to the temptation to use steroids, he simply said that his father, Charles, was a drug and alcohol counselor.

I always took a lot of pride in preparing myself and doing everything I could to help my team,” Jeter said in a Baseball Writers conference call after the announcement. “I know the game has been through a lot across the years and (the sign-stealing scandal) is just another thing. People made mistakes, and they’re going to pay for them. But the game will go on and, in time, will be in a better place for it.”

Answer: The highest valued NFL team? The Dallas Cowboys at $5.5 billion.

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 or questions to press@islandsunnews.com.

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**SPORTS QUIZ**

1. Who was the last Montreal Expos pitcher to lead the National League in saves for a season?
2. Pitcher Nolan Ryan had the most strikeouts in the decades of the 1970s (2,678) and 1980s (2,167). Name either pitcher who finished second to him in those decades.
3. In 2018, Notre Dame’s Brian Kelly became the third person to win the AP College Football Coach of the Year Award since 1998. Name either of the other two to do it.
4. Which NBA team was the first to visit the White House after winning a championship?
5. Who holds the NHL record for most Game Seven career points in the NHL playoffs?
6. When was the last time before 2019 that Denny Hamlin captured a spot in the NASCAR Cup Series Championship?
7. Who, with 15 points, was the 2014 NBA All-Star Game MVP?

**ANSWERS**

1. 1975: Steve Carlton (Philadelphia) with 28 saves.
2. Tom Seaver (2,304 strikeouts in the 1970s) and Fernando Valenzuela (1,644 strikeouts in the 1980s).
4. The Boston Celtics.
5. Mark Messier.
7. Derick Roy.
The challenges and triumphs of deaf culture were the subject of a comedy performance by Selena Minogue and Casavina, two drag queens who make up the deaf duo Deafies in Drag, at a recent event at the Collaboratory.

Portraits of program participants donated by photographer Brian Tietz were on display at the fundraiser. A post-event gathering was hosted by Millennial Brewing.

The Sally J. Pimentel Deaf & Hard of Hearing Center provides a wide range of services to the deaf and hard of hearing community, including education, advocacy and community involvement in Lee, Charlotte, Collier, Hendry, Glades and DeSoto counties. The event raised $5,100 for center programming.

Sponsors of the event were SVRS, Millennial Brewing Company, Glory Days Grill, Wildlife Task Force, Edison National Bank, Studio+, Sanibel-Captiva Community Bank, Jessica Harris Interpreting Services Inc., All Heart Entertainment, Kelly Tawley, Brittany Carroll and Carolyn Dahlman Writes.
Grieving Hockey Player Visits Valerie’s House

Florida Everblades player Hunter Garlent is building connections with children of Valerie’s House, while at the same addressing his own grief. The 24-year-old visited the organization’s Fort Myers grieving center recently and shared his experience of losing his father six years ago to a heart attack.

“I have never been embarrassed about losing a parent, and you shouldn’t either,” Garlent told the children. “It is good to keep their memories alive and find someone to talk to about your feelings. Don’t keep it bottled up inside.”

At Valerie’s House, Garlent met with a group of about 40 middle and high schoolers who’ve also suffered the loss of a parent. He answered questions from the group about how he stayed strong when he was sad and how his father’s death has motivated him to be successful in hockey, a sport his father also played.

“Hunter’s presence during our group nights has enabled children to see that if he can rise out of his pain and loss, maybe they can too,” said Valerie’s House Founder and CEO Angela Melvin. “He’s a big deal to them and people we love.”

Garlent said he wants to provide opportunities for Valerie’s House families to attend Florida Everblades games regularly and go behind the scenes at Hertz Arena, where the team play. Garlent is going to be visiting several Valerie’s House group nights over the month, and is hopeful to become a volunteer and work directly with the children he identifies with.

“I’ve really grown from my grief,” Garlent told the children. “We learn to cherish every moment we have with the people we love.”

Lee Health Gains Top Marks For Stroke Care

Cape Coral Hospital, Gulf Coast Medical Center and Lee Memorial Hospital each earned the American Heart Association/American Stroke Association’s Get With The Guidelines – Stroke Gold Plus Target Stroke Elite Plus Honor Roll Quality Achievement Award – the highest possible level.

HealthPark Medical Center received Get with the Guidelines Gold Plus Target: Stroke Elite Honor Roll Quality Achievement Award.

These awards are based on the proper use of medications and other stroke treatments aligned with the most up-to-date, evidence-based guidelines for a speedy recovery and reducing death and disability for stroke patients.

“We’re thrilled that all of our adult, acute care hospitals earned high-level awards for stroke care,” said Cindy Drapal, DNP, system director, Lee Health neurosciences. “Every second matters when treating stroke and by continuing to incorporate the best evidence-based guidelines into our processes, we’re ensuring our patients receive the best care possible.”

According to the Centers for Disease Control and Prevention, stroke is one of the leading causes of death and serious, long-term disability in the United States. On average, someone has a stroke every 40 seconds, someone dies of a stroke every four minutes and nearly 800,000 people suffer a new or recurrent stroke each year.

Get With The Guidelines – Stroke is an in-hospital program for improving stroke care by promoting consistent adherence to the latest scientific treatment guidelines. It uses the “teachable moment” after a patient has a stroke and when they are most likely to listen to and follow their health care professionals’ guidance. Before discharge, patients receive education on managing their health, schedule a follow-up visit and other care transition interventions.

“Studies show that patients who are taught how to manage their risk factors while still in the hospital reduce their risk of a second stroke,” said Dr. Michael Horowitz, Lee Health medical director for neuroscience and stroke. “Our aim is to prevent patients from having another stroke because it drastically increases the risk of death and other long-lasting health impacts.”

To achieve the Target: Stroke Honor Roll – Elite Plus recognition, hospitals must administer clot-buster tissue plasminogen activator (tPA) medication within 60 minutes of arrival to the facility in 75 percent or more of eligible acute ischemic strokes and within 45 minutes of arrival in 50 percent of eligible acute ischemic stroke patients treated with IV tPA.

Offering 24/7 neurointerventional coverage with a full team of specialists, support staff, a dedicated neuroscience intensive care unit for stroke patients and a dedicated neurointerventional suite equipped with state-of-the-art biplane angiography systems, Gulf Coast Medical Center provides lifesaving care around-the-clock and close to home. Gulf Coast Medical Center also is Lee County’s only certified comprehensive stroke center.Ø

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Ross Hauser, MD and Marion Hauser, MS, RD, CEO are the owners of Caring Medical Regenerative Medicine Clinics, dedicated to helping people avoid unnecessary joint surgeries and find curative treatments to complex chronic pain conditions. They are authors of over 30 medical research articles and 9 books, including their best known book Prone Your Pain Away!

The Community House

THURSDAY FEBRUARY 6
5:30-7:30PM

RSVP Izzy Ehelebe at 239-303-4069 or Ehelebei@caringmedical.com

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Surprising Benefits of Deer Nut Oil
by Suzy Cohen, RPh

There is a plant that has beautiful foliage that also provides year-round food for deer, so they call it the deer nut plant. But you might know it as jojoba.

Just like cactus plants, jojoba is one of those plants that is a desert plant which can tolerate high heat, long hours of sunlight and very little water. It’s botanically known as Simmondsia chinensis. Other delightful, hilarious names include goat nut, pignut and quinoa nut. Call it what you will, this is still an exceptional ingredient to find in your lotion, face cream and serum.

It’s so similar to your own sebum that jojoba absorbs immediately into your skin, penetrating deep into the skin’s layers where it can enhance the absorption of other topical treatments, nutrients or medication. I think jojoba is one of the healthiest, most moisturizing, skin-healing, and wrinkle-reducing oils one can use on the skin. It’s available nationwide and online, and I’ve put it in a facial serum that I formulated for anti-aging benefits. Here are six scientifically proven benefits of jojoba oil:

1. Collagen synthesis – In several studies, jojoba oil has been used to accelerate the production of both keratinocytes and fibroblasts. This could mean improved skin-wound healing, reduced scar formation and hair growth.

2. Anti-inflammatory – Jojoba-based products may be useful for rosacea, psoriasis, dermatitis, acne, sensitive skin and redness.

3. Hair Growth – If you are currently dealing with some eyebrow loss due to aging, dieting or hypothyroidism, jojoba oil might be good to apply to your brows.

4. Strengthen the Barrier – Our skin’s barrier is termed the stratum corneum, and it traps moisture inside while keeping out pollutants, environmental toxins, dirt and pathogens. This strength of your barrier can wear you down, as many of you sometimes hurt. Yes, I may feel worse afterwards, but if I don’t keep moving, things are going to be a lot worse. Movement is life. Joy is life. We are blessed to live in this beautiful place.

5. Strengthen the Barrier – Our skin’s barrier is termed the stratum corneum, and it traps moisture inside while keeping out pollutants, environmental toxins, dirt and pathogens. This strength of your barrier can wear you down, as many of you sometimes hurt. Yes, I may feel worse afterwards, but if I don’t keep moving, things are going to be a lot worse. Movement is life. Joy is life. We are blessed to live in this beautiful place.

6. Nourishing – Jojoba oil contains a natural source of skin-loving nutrients such as Vitamins E, zinc, iodine, copper, selenium and chromium. Zinc is known to help with acne. Vitamin E protects us from sun damage and free radicals. Copper and selenium may help with collagen formation. Iodine is a natural type of skin antibiotic.

Jojoba is a perfect oil, and you can simply buy a plain bottle of it to use for manucures or pedicures, or even a massage. You can add any essential oil to jojoba as well. One of my favorite things to do is rub jojoba oil onto my dry, itchy or cracked heels. It keeps my feet looking pretty and softer. Be well and pamper yourself like crazy with this hydrating, natural oil.

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.

Health Classes Offered At Estates

Health and wellness classes, including meditation and massage are being offered at Edison and Ford Winter Estates. On February 1, Yomassage classes will be offered at 11 a.m. and Full Moon Meditation Alchemy of the Senses will be held at 1:30 p.m. Classes will be held in the air conditioned lecture hall of the South Florida Water Management building, located at 2301 McGregor Boulevard in Fort Myers. Parking is available in the lot behind the building.

Yomassage is a fusion of relaxing and supported restorative yoga positions with hands-on massage therapy. During the class, participants hold each position for approximately eight to 10 minutes while a massage therapist performs manual massage techniques. Participation is limited to five students per class and each class lasts approximately 90 minutes.

Benefits of Yomassage can include improved joint range of motion and neuromuscular balance, and reduced joint surface compression, all of which can lead to a reduced chance of injury. Yomassage classes are $45 for Edison Ford members and $55 for non-members. Tickets can be purchased at the membership desk, the ticket counter or online at www.edisonford.org.

The Hope Parkinson Program: Decade Of Support

In 2020, Hope Parkinson Program celebrates ten years of support provided to nearly 4,000 engaged members of the local Parkinson’s community.

Throughout the past decade, Hope has built a robust Parkinson Program offering conferences and symposia with renowned Parkinson’s experts and motivational speakers; educational events with community partners; professionally led support groups and workshops; movement classes, from tai chi and dancing to water aerobics; and friendship-fostering events like the annual sunset cruise and holiday ice cream social. The program also offers a Young Onset Parkinson’s Dinner to connect those seeking support after an early Parkinson’s diagnosis.

In 2020, Hope Parkinson Program recently launched a new mobile-friendly website that makes it easy to sign up for events like the annual Symposium at Boulevard Palm Dinner Theater on Friday, February 7. The program’s quarterly newsletter provides its growing membership with information, resources and inspiration.

Doctor and Dietician

Are You Healed?

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

People commonly ask, “Are you completely healed” from the bike crash sustained in February 2019 where my foot did not come unclipped, thus I broke my pubic ramus and landed on the concrete on my right side while going over 20 mph on a bicycle. They say things like, “I see you rode 20 miles on your bike or walked five miles on the beach from your Facebook posts. You must be fine now?”

My answer is, “I am healing, but I am not 100 percent yet.” As I reflect on the end of the year and the beginning of a new year, I am thankful that the crash did not result in more severe injuries. Yet, I do pray for complete healing, pain-free living, and the ability to run, bike and perform all activities without restriction. I am not there yet but have made amazing progress. I received 12 prolotherapy treatments, as well as other therapies and exercises that I continue to do on a daily basis.

I base supplements, use a Bemer, massage, eat right, do pool therapy and keep working at it.

But yet, I am not 100 percent healed. I cannot fully feel my abdominal muscles or my right arm. If my right arm is painful much of the time. The pelvic area still experiences a weird pressure that moves around. But, yes, I can work full time, walk, hike, bike ride, swim and trot, but sometimes I tire more easily and have to sit down. Some days are better than others. Pain can wear you down, as many of you know. I am so thankful to have received prolotherapy – because it has patched me up and put me back on the road. Left to traditional means, I may still be using a walker.

God is using this injury for a higher purpose. Many blessings have arisen out of it. I learn more about myself each day. But, I am not going to sit around and do nothing until I am completely pain-free. I can still do a lot. Yes, it sometimes hurts. Yes, I may feel worse afterwards, but if I don’t keep moving, things are going to be a lot worse. Movement is life. Joy is life. We are blessed to live in this beautiful place.

I am keeping the faith and continuing to work towards that day of complete healing. And if you are in a similar situation, I encourage you to keep the faith too! I’ll see you out there on the bike path.

This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.

“The Hope Parkinson program educates our members – many of whom are care partners – and provides opportunities to connect with one another,” said Samira K. Beckwith, president and CEO of Hope Park. “Our participants share their successes and learn from each other’s experiences. Within our caring community, our goal is to make the road less lonely. As we navigate the Parkinson’s journey together, our members find comfort in knowing they are not alone.”

Miriam Dieppa, a Hope Parkinson Program member since 2015, shared, “Hope has improved my quality of life and helped me meet other great people in my community with Parkinson’s.”

The Hope Parkinson Program works closely with like-minded community organizations to provide a network of resources and education for people affected by Parkinson’s disease and related movement disorders.

After purchasing the Hope Parkinson Program in 2009, the Hope Parkinson Program has enabled nearly 4,000 people in Lee County to experience the fullness of life through knowledge, movement and fellowship. As a community service provided by Hope Healthcare, the program is offered at no charge to participants and care partners. For more information or to donate, call 985-7727 or visit www.hopeparkinson.org.
**PETS OF THE WEEK**

**Lee County Domestic Animal Services**

**Dude And Max**

Dude ID# A767587

Max ID# A803224

Looking for the perfect date for Valentine’s Day? My name is Max. I am a 4-year-old male shorthair that has a built-in tuxedo and will travel. My lack of opposable thumbs will make giving you flowers a problem, but my cuddle-buddy skills will more than make up for it. My adoption fee is $25, and you can adopt me and get a feline friend free.

Lee County Animal Services kicks off Give Love promotion with adoption discounts. Take a departure from the traditional roses and chocolates and give love this year by adopting a furry Valentine from Lee County Animal Services. From February 1 through February 29, all adoptions of adult dogs and cats will be just $25 with an approved adoption application.

The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.

**Haven on Earth Animal League**

**Eve**

Hello, my name is Dude. I am a 13-year-old male rottweiler/rhodesian ridgeback who is definitely laid-back. I may be 13 in years but not in attitude. I do not look or act my age and have plenty of love left to give my new family. This handsome fellow loves to chill outside with the volunteers and has impeccable manners that you would expect a gentleman to have.

My adoption fee is $25.

Hello, my name is Eve -- perfect for Christmas Eve and New Year’s Eve. I’m only about two or three years old, so I’m still young and playful. I’ve had a rough life so I’m looking for someone to love me forever. I was found in a garden center, trying to protect my five kittens. I was emaciated, full of tapeworms and missing fur. Luckily, someone from Haven on Earth Animal League took me in and fostered me. I’m all better now and ready to spend my life being pampered, as I should be. I am very affectionate and like to cuddle in bed or on the sofa with my human. I get along with other cats, and I even like the dogs in the house – but don’t tell anyone. If you want to meet me, call Aviva (my foster mom) at 204-6849 or email Haven on Earth Animal League at havenonearthanimalleague@yahoo.com.

For more information, call Diane at 860-833-4472 or email havenonearthanimalleague@yahoo.com.

**PAWS Of Sanibel**

**One Kitten Remaining**

PAWS, in conjunction with VCA Coral Veterinary Hospital in Fort Myers, is down to only one of three beautiful kittens up for adoption. The male kitten is approximately 14 weeks old; his brother and sister were adopted last week. He has had his first round of shots; worming and combo test were negative. For a $50 adoption fee, he will be spayed/neutered but remaining shots will be at owner’s expense. Medical records will be provided.

Call Pam at PAWS at 472-4823, if you’d like to take one, two or all three of these gorgeous kittens home in 2020.

The remaining male of three kittens to be adopted

**Emergency** ................................................. 911  
Lee County Sheriff’s Office ................................ 472-1200  
Florida Marine Patrol ................................... 332-6966  
Florida Highway Patrol ................................ 278-7100  
Poison Control ........................................... 1-800-222-1222  
HealthPark Medical Center ................................. 1-888-336-5332  
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 ............................................... 1-866-257-9770  
Visitor & Convention Bureau .............................. 338-3500  

**ARTS**

Alliance for the Arts ........................................ 939-2787  
Arts For ACT Gallery & Studio ............................ 337-5050  
Art League Of Fort Myers ................................ 275-3970  
Barbara B. Mann Performing Arts Hall .................. 481-4849  
BIG ARTS .................................................. 489-0900  
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 ................... 438-9535  
Gulf Coast Symphony ...................................... 489-1800  
Harmony Chorus, Charles Sutter, Pres ................... 481-8059  
Naples Philharmonic ....................................... 239-597-1112  
The Schoolhouse Theatre .................................. 472-6862  
SW Florida Symphony .................................... 418-0996  
Theatre Conspiracy ........................................ 936-3239  
Young Artists Awards ...................................... 574-9521  

**CLUBS & ORGANIZATIONS**

American Legion Post #38 ................................ 239-332-1833  
Angel Flight ............................................... 1-877-4ANGEL  
Animal Refuge Center ..................................... 731-3535  
American Business Women Association ................. 357-6755  
Audubon of SWFL .......................................... https://www.audubonswfl.org/ 
Caloosahatchee Chapter DAR .............................. 482-1365  
Caloosahatchee Folk Society .............................. 321-4620  
Cape Chorale Barbashop Chorus .......................... 1-855-425-3631  
Cape Coral Stamp Club ..................................... 561-6552  
duPont Colony Retirees .................................... 454-1083  
Edison Porcelain Artists ................................... 415-2484  
Embroiders Guild of America - Sea Grape Chapter .... 239-267-1990  
FM UDC Chapter 2614 - United Daughters of the Confederacy 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  
NAFHS Native American Active & Retired Federal Employees ............................. 428-1366  
Navy Seabees Veterans of America ....................... 731-1901  
Paradise Island Club of SWFL ............................. 667-1354  
Sons of Confederate Veterans, Inc ........................ 362-3254  
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 ................................ 694-1058  
Kiwanis Fort Myers South ................................ 691-1405  
Iona-McGregor .............................................. 482-0869  
Lions Club Fort Myers Beach ............................. 463-9738  
Lions Club Fort Myers High Noon ......................... 466-4226  
Lions Club Estero/South Fort Myers ...................... 898-1921  
Norte Dame Club of Lee County ......................... 768-9417  
Organ Transplant Recipients of SW Florida ............... 247-3073  
Polo Club of Lee County ................................... 477-4096  
Rotary Club of Fort Myers ................................ 332-8158  
Sanibel-Captiva Orchid Society ........................... 472-9840  
United Way of Lee County ................................. 433-2000  
United Way 211 Helpline (24 hour) ....................... 211 or 433-3900  

**AREA ATTRACTIONS**

Bailey-Matthews National Shell Museum ..................... 395-2333  
Burroughs’ Home .......................................... 337-9505  
Calusa Nature Center & Planetarium .................... 275-3435  
Edison & Ford Winter Estates ............................. 334-7419  
Fort Myers Skate Park .................................... 755-8400  
Imaginarium Hands-On Museum & Aquarium ............. 321-7420  
J N “Ding” Darling National Wildlife Refuge ................. 472-1100  
Koreshan State Historic Site .............................. 239-301-301  
Langford Kingston Home .................................. 239-334-2550  
Oldo Bay Foundation Marine Science Center .......... 765-8101  
Skatium .................................................... 321-7510  
Southwest Florida Historical Society ................... 239-7430  
Southwest Florida Museum of History .................. 239-7430  
True Tours ............................................... 945-0405  

To be listed in directory, email your information to: press@riverweekly.com
PUZZLES

Super Crossword

ACROSS
1. Tostada relative
2. 5. Canoized nun of Assisi
12. Blind as
16. Run — (rap hit)
19. At the crest
20. Clung
21. "Ticklish" doll
22. Prefix with
23. Result of an error in DNA replication
25. "— Enuff" (1986 top 10 hit)
26. Pantry pest
27. Put back to
000, perhaps
28. "You Needed Me" singer
31. Hit song whose title means "kiss me a lot"
37. Kaput guy
39. Dogma
40. Comma indicates them
42. Ventilative native
46. "I'm cold"
47. Reactions to baby pictures
50. Tree cultivated to feed silkworms

52. "Psam"!
53. Stylishness
55. Instant, in some product names
56. Guinean — (African country)
57. Month no.
58. Giant statues
59. T.S., e.g.
63. Edible fungus cultivated in felled logs
67. Spanish muralist Joan
71. Acorns, e.g.
72. Notion, to
73. — and bred
74. Beelzebub
80. Bygone U.S. gas name
86. Output of R.E.M. or Nirvana
89. R&B great
92. S. Hematite, etc., for a one
94. Hex-endings
96. Crop further
98. "Hang on ..."
99. Spore — (jazz band)
100. Former J.K.F. carrier
101. What a "discovery center" may be

DOWNTOWN
1. Gift stick-on
2. Swallowed
3. Scam
4. "Carmen" and "Elektra"
5. "— me?" ('Wahdja say?)
6. Tribal figure
7. Talk to flirtatiously, to a Brit
8. — sleeping dogs lie
9. D-backs, on scoreboards
10. Vintage car
11. Novelist
12. Really love
13. Perelman of "Hillboy"
14. Fancy affair
15. Statement about the bird hidden in nine answers in this puzzle
17. Pindar works
18. Fitness pioneer Jack
19. Roof edge
20. Equine beast
21. "Cager Curry
22. Triumph
23. Swab in a makeup kit
24. "Gloin" scroll
25. Vegan staple
26. Quaint formal letter opener
27. 1961-68 defense secretary
28. Arizona's rival on the field
29. "D"-day
30. Ceremonial routine
31. "Cabinet" director
32. Embellishments
33. Pledges
34. Raven's cry
35. "How's that?"
36. Egyptian god of the dead
37. "Summer in Britain"
38. "Tuesdays With Morrie" author Mitch
39. Kobe's teardrop
40. Big Apple sch.
41. Nos. on bank statements
42. "Slow down!"
43. In a smooth, lustrous way
44. Studying secondarily, with "in"
45. Mixed college squad
46. "Pal of Hook"
47. Litigious sort
48. Truck processes
49. Bridal vow
50. Relative of an i-beam
51. " — Rootlet"
52. Egyptian — (cat breed)
53. "Don't fall for that!
54. Stab swept away in a downpour
55. Every 24 hours
57. Lipstick slip
58. Big name in insurance
59. " — in life insurance"
60. Police officers'acket
61. Letters on a radio switch
62. Vegan staple
63. " — in life insurance"
64. Mixed college squad
65. bridal vow
66. Relative of an i-beam
67. " — Rootlet"
68. Egyptian — (cat breed)
69. "Don't fall for that!
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71. Every 24 hours
72. Lipstick slip

ACROSS
1. Venomous viper
4. Incense
8. Pop
12. Ball-bearing item
13. Beelzebub's doing
14. From square one
15. Supreme Court Justice Thurgood —
17. Camp before the storm
18. Comedian Rivers
19. Refugee
20. Downtown
22. Road's shoulder
24. Hard to find
25. Armond confection
29. " — Got a Secret"
30. Left-hand page
31. Osirian's cousin
32. Union
33. Valhalla VIP
35. Los Ange
36. Locomotion
37. Drive away
40. "Wozzick" compass
41. Summertime treats
42. — Thatcher
46. Command-

GROUNDED FOR LIFE

1. U.K., Est. or Lith., once
2. "Kewl!"
3. Chicago's business district
4. "Old and —?" (Spanish greeting)
5. Wall of "Article 99"
6. Give me lunch at "Beverly Hills Cop" star
7. "Runaway!"
8. " — dogs lie"
9. D-backs, on scoreboards
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King Crossword

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MAGIC MAZE

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

<table>
<thead>
<tr>
<th>Magic Maze Words</th>
<th>Magic Maze Words</th>
</tr>
</thead>
<tbody>
<tr>
<td>H L I F C M Z W T Q N K I F C</td>
<td>Y Z W U R P A M J H E C Z X U</td>
</tr>
<tr>
<td>S D Q R O B E R T S Y N L J G</td>
<td>E C A Z X C H A S E E V T R P</td>
</tr>
<tr>
<td>N L J R H N F E I H N C A Y W</td>
<td>V T R P B T O U W G A N R L L</td>
</tr>
<tr>
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<td>Z X W U A R S N H R Z L P O</td>
</tr>
<tr>
<td>S Q P O N L N E R R A W F K J</td>
<td>S Q P O N L N E R R A W F K J</td>
</tr>
</tbody>
</table>

Answers on page 28

BYRDO, Waite
Burger, Hughes
Chase, Marshall
Fuller, Rehnquist
Hazel, Roberta
Hughes, Stone
Marshall, Taney
Rehnquist, Vinson
**SUDOKU**

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.

Answer on page 28
PUZZLE ANSWERS

SUPER CROSSWORD

KING CROSSWORD

MAGIC MAZE

SUDOKU

TRIVIA TEST

1. U.S. States: Which two states share no borders with any other U.S. state?
2. Television: What is Richie’s last name in the 1970-80s series Happy Days?
3. Food & Drink: What is whey?
4. Games: What are “bedposts” in bowling?
5. Animal Kingdom: What kind of creature is an ocelot?
6. U.S. Presidents: By how many Senate votes was President Andrew Johnson spared removal from office after he was impeached by the House?
7. Literature: What is the end of the nursery rhyme that starts: “Humpty Dumpty sat on a wall...”
8. Astronomy: Which is the largest planet in our solar system?
9. Bible: Who was John the Baptist’s father?
10. Music: How many Top 10 songs were released on Michael Jackson’s Thriller album?

TRIVIA ANSWERS

My Stars ★★★★★

FOR WEEK OF FEBRUARY 3, 2020

Aries (March 21 to April 19) Mixed signals could create problems. Make sure your views are presented clearly, and insist others do the same. Don’t let an unanswered question go by without a full explanation.

Taurus (April 20 to May 20) Financial pressures ease, allowing for more budget flexibility. But as the money-wise Taurus appreciates, thrift still beats out splurging. Expect news from someone special.

Gemini (May 21 to June 20) Getting things done is what you do so well. But be careful not to overtax your energy reserves. Take time out to relax or to do something different to help keep them at optimum levels.

Cancer (June 21 to July 22) This is a good time to satisfy the Moon Child’s growing sense of wanderlust. Choose a really special place to go to, with a very special person to share it all with you.

Leo (July 23 to August 22) You love being in the spotlight. But be careful it doesn’t blind you to the truth behind a seemingly wonderful opportunity. Look closer and you might be sadly surprised at what you find.

Virgo (August 23 to September 22) Isn’t it time to take a break from your hectic schedule? Sure it is. And the sooner you do, the sooner you can return fresh and more than ready to take on all those new projects.

Libra (September 23 to October 22) A recent family incident can help bring everyone closer, and there’s no one who’s better at making that happen than you. Accept (indeed, insist on) help from others to get things off and running.

Scorpio (October 23 to November 21) Long-held habits are often difficult to break. But the change from how you always did things to how you can do them now can become liberating. So, be flexible and give it a try.

Sagittarius (November 22 to December 21) Someone you met in your professional world last year and thought you would never hear from again could make a sudden reappearance in your life, along with an interesting offer.

Capricorn (December 22 to January 19) Once again, you delight everyone by coming up with a solution for a problem that actually works. On another note, it’s not too early to get started on those travel plans.

Aquarius (January 20 to February 18) Before you go ahead with finalizing your plans for your new project, check them over to see if you can make some improvements or if you can find ways to cut costs.

Pisces (February 19 to March 20) The Fabulous Fish might have been out of the social swim for too long, and it’s time you plunge back in. Reinforce your old friendships and be open to starting new ones.

Born This Week: Your creative talents help bring beauty to the world and the people in it. On their behalf, thank you.

MOMENTS IN TIME

- On Feb. 8, 1587, after 19 years of imprisonment, Mary Queen of Scots is beheaded at Fotheringhay Castle in England for her complicity in a plot to murder Queen Elizabeth I. In 1542, while just six days old, Mary had ascended to the Scottish throne upon the death of her father, King James V.
- On Feb. 4, 1913, Rosa Parks—born Rosa Louise McCauley in Tuskegee, Alabama—parks’ name has become synonymous with her refusal to give up her seat to a white man on a segregated bus in 1955.
- On Feb. 6, 1928, a woman calling herself Anastasia Tschakovsky and claiming to be the youngest daughter of the murdered Russian czar Nicholas II Romanov arrives in New York City. It wasn’t until 1994 that Anastasia’s DNA showed her to be Franziska Schanzzkowska, a Polish-German factory worker.
- On Feb. 5, 1934, Henry Louis Aaron Jr., the baseball slugger who broke Babe Ruth’s legendary record of 714 homers, is born in Mobile, Alabama.
- On Feb. 3, 1950, Klaus Fuchs, a German-born British scientist who helped develop the atomic bomb, is arrested in Great Britain for passing top-secret information to the Soviet Union. His arrest led authorities to Julius and Ethel Rosenberg and their subsequent execution.
- On Feb. 9, 1960, Adolph Coors disappears while driving to work from his Morrison, Colorado, home. Adolph, grandson of Coors’ founder and the chairman of the Golden, Colorado, brewery, was kidnapped and held for ransom before being shot to death.
Buffalo Hot Wings
24 Chicken wings (separated into 2 pieces)
1 (12-ounce) bottle hot sauce
1 stick unsalted butter
1 teaspoon Worcestershire sauce
1 teaspoon garlic powder
¼ teaspoon cayenne pepper (optional)
1 tablespoon all-purpose seasoning
Sea salt and fresh ground pepper, to taste
Preheat oven to 300 degrees. In a small saucepan over low heat combine hot sauce, butter, Worcestershire sauce, garlic powder, cayenne, salt and pepper and cook for 5 minutes. Remove from heat and set aside. Spray a baking sheet with nonstick spray. Spread out wings in one layer, season with all-purpose seasoning and bake for 45 minutes. Turn oven up to 425 and bake for additional 15 minutes or until golden brown and crispy. Remove from oven and toss with buffalo sauce and garnish with chopped fresh herbs. Serve with vegetables on the side.

Buffalo Hot Wings
photo courtesy Fresh From Florida
Red Kettles At Bank Branches Secure Donations

Last month, Achieva Credit Union hosted Salvation Army “red kettles” at the credit union’s Lee County branches from Thanksgiving until Christmas Eve. The campaign raised a total of $20,294.89, which included donations from Achieva members and the general public who visited Achieva branches, along with contributions from Achieva.

The 2019 holiday season was expected to be a challenge for The Salvation Army that relies on donations during the period, because there were six fewer days between Thanksgiving and Christmas to accept donations.

“Achieva’s culture is perhaps best displayed through our community partnerships and contributions,” said David Oak, Achieva’s chief marketing officer. “We’re extremely pleased that we could help contribute to the Salvation Army’s funding goals, and we want to thank our members who contributed so generously.”

The Red Kettle campaign is The Salvation Army’s single largest fundraiser of the year. Funds raised during the holiday season go towards its programs all year long. Programs are wide-ranging, including services as Emergency Transitional Services, Family Shelter, Meals with Compassion and sending children to Summer Camp.

“We were so overjoyed when we were informed of the blessings provided by the Achieva locations,” said Major Carlyle Gargis, area commander for The Salvation Army of Lee, Hendry and Glades counties.

“That amount can help fulfill more than 1,400 food pantry orders for those in need right here in our community.”

In addition to the Red Kettle campaign in Lee County, Achieva partnered with The Salvation Army to support its Angel Tree program with trees at branches in Pasco County, Pinellas County, Bradenton, Sarasota, Venice and North Port. The Angel Tree program provides new clothing and toys for children of needy families during the holiday period.

Our email address is press@islandsunnews.com

Grant For Program To Bring Deaf Awareness

Sally J. Pinerentel Deaf & Hard of Hearing Center (DHHC) recently received a $5,000 grant from the Southwest Florida Community Foundation for Sign the City, a program to provide lunch and learning opportunities to businesses throughout the community.

As part of the Community Foundation’s Community Impact Grants, DHHC received funding to bring lunch for 15 to 20 people and teach employees how to sign the alphabet, common introductions and specific words related to business to help with communication with any deaf clients. In addition to lunch, an American Sign

To advertise in the Island Sun and The Riverv Weekly News call 395-1213
Language instructor and all materials are provided.

“We are excited to get this grant and launch this program that will raise awareness and help the deaf community,” said Alicia Miller, executive director of the center. “There are about 36 million hard of hearing and deaf people in the United States. By learning even a little sign language, you can communicate with 17 percent more of the population than you did before.”

Any business interested in scheduling a lunch and learn program can call 461-0334 (voice phone) or 247-5821 (video phone).

From page 28

Moments In Time

• On Feb. 7, 1984, while in orbit 170 miles above Earth, Navy Capt. Bruce McCandless becomes the first human to perform an untethered spacewalk. McCandless flew up to 320 feet away from the space shuttle Challenger while testing a rocket backpack of his own design.

• It was noted Irish author and wit Oscar Wilde who made the following sage observation: “There are only two tragedies in life: one is not getting what one wants, and the other is getting it.”

• The very first CD of a musical recording was made in 1982. The album was The Visitors by Swedish pop superstars ABBA.

• Immigrants arriving at New York’s Ellis Island in the early years (1892-1920s) were given bananas to eat. Many had never seen a banana and didn’t know how to eat one – some ate the whole thing, peel and all.

Top 10 Real Estate Sales

<table>
<thead>
<tr>
<th>Subdivision</th>
<th>City</th>
<th>Year Built</th>
<th>Square Footage</th>
<th>Listing Price</th>
<th>Selling Price</th>
<th>Days On Market</th>
</tr>
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<tr>
<td>Captiva Beach</td>
<td>Captiva</td>
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<td>6,979</td>
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<td>Venetian Gardens</td>
<td>Fort Myers Beach</td>
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<td>$1,313,000</td>
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<td>Bonita Springs</td>
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<td>2,991</td>
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<td>Catalpa Cove</td>
<td>Fort Myers</td>
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<td>5,679</td>
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<td>$1,070,000</td>
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<td>Upper Captiva Shores</td>
<td>Upper Captiva</td>
<td>1997</td>
<td>3,441</td>
<td>$1,200,000</td>
<td>$750,000</td>
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<td>Anchors Aweigh</td>
<td>Sanibel</td>
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<td>$1,150,000</td>
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<td>Shell Harbor</td>
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<td>1,792</td>
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<td>Sanibel</td>
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<td>1,800</td>
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<tr>
<td>Cape Coral</td>
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<td>2003</td>
<td>3,717</td>
<td>$998,000</td>
<td>$970,000</td>
<td>145</td>
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<td>Cape Coral</td>
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<td>2006</td>
<td>3,334</td>
<td>$924,900</td>
<td>$885,000</td>
<td>46</td>
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</tbody>
</table>

Fake Pills Can Cause Overdoses

Narconon warns friends and family that even the pharmaceutical drugs are dangerous. Dealers are now pressing pills to look identical to the ones you get from your local pharmacy. They are recklessly adding fentanyl to not only heroin, but making their own homemade pills, posing as another drug. In this case, you don’t have to take a handful of the pills you buy to overdose and die. One little pill is killing people.

Visit www.narconon-suncoast.org/blog/fake-xanax-kills-9-people-in-florida-what-else-was-in-it.html to learn more about the dangers of homemade pills.

THOUGHT FOR THE DAY

“To be capable of embarrassment is the beginning of moral consciousness. Honor grows from qualms.” – John Leonard
“FOR THE SUN-KISSED & SUN-DESIROUS ALIKE, A VACATION ON A PLATE.”

The New York Times Magazine

Sanibel • Captiva • Ft. Myers Beach • Downtown St. Pete (Coming Soon)

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