



THE RIVER WEEKLY NEWS

FREE
Take Me Home

Vol. 20, No. 8

From the Beaches to the River District downtown Fort Myers

FEBRUARY 19, 2021

Outdoor Concert With Symphony Youth Orchestra

The Southwest Florida Symphony continues its revamped 2020-21 season presenting its recently resumed Youth Orchestra programming with a combination concert and fundraiser in the updated Bell Tower outdoor center courtyard on Sunday, February 28 at 4 p.m.

Programming includes works by Shostakovich, Brahms, Morton Gould, and a Harry Alshin arrangement of *Danny Boy*. There is no charge for general admission, but donations are appreciated. Some seating will be provided, but concert-goers are encouraged to bring their own chairs.

Priority table seating is available by purchasing tickets to the concurrent Music Bingo themed fundraiser. Attendees (maximum 72) will be seated at their own (safely distanced) table of four for the concert. Dinner and Music Bingo will follow, with meals provided by Burntwood Tavern. Tickets are \$30 per person.



Youth Orchestra members photos provided

The Southwest Florida Symphony Youth Orchestra and Sinfonietta are auditioned groups comprised of some of the finest young musicians in the area. An important educational arm of the Southwest Florida Symphony, it provides quality symphonic training and performance experience for young



Katrina Rozmus

instrumentalists. The Youth Orchestra program has been a unique and vital part of the symphony's educational outreach offerings since 1999.

The intermediate-level Sinfonietta is a string orchestra directed by Katrina Rozmus, a Southwest Florida Symphony violinist who also performs with the



Nathan Fish

Naples Philharmonic and the Sarasota Orchestra, and who is an in-demand private instructor as well. The Youth Orchestra, an advanced level full symphonic orchestra, is directed by Ida Baker High School Music Director Nathan Fish, an FGCU alumnus who

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An example of functional art

photo courtesy www.artswfl.com

Center Seeks Entries For Three Art Exhibitions

The Sidney & Berne Davis Art Center (SBDAC) is seeking artists to participate in three shows that will be opening in its two galleries in the upcoming months. Submissions are now open for the Functional Art, Recaptured

and Carded exhibitions.

Group Art Exhibition: Functional Art – Deadline for art submissions is Friday, April 23. The Functional Art show will be on display from May 7 through 27 in the Capital Gallery.

Functional art is generally applied art – art created for use, not necessarily everyday use, but designed to serve a purpose and with an aesthetic in mind. Occupying that tenuous space between fine art and the everyday, functional



The Carded exhibition features artist trading cards

image courtesy www.artswfl.com

art refers to aesthetic objects that serve utilitarian purposes.

The genre is remarkably inclusive: it encompasses everything from furniture and lighting to dishes and even books. While the terms “fine” or “high” art typically apply to traditional works of art on canvas, panel, paper or stone, functional art infuses these aesthetic ideals into things that you might never have expected

to view as art. Functional artworks, on the contrary, are highly crafted artistic creations that can perform utilitarian jobs, but that collectors might prefer to keep on the display shelf.

Today, many functional art objects are as avidly acquired by collectors as their fine-art brethren, and are appreciated just as much for their beauty as their use value.

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Historic Downtown Fort Myers, Then And Now:

Store Below, Courthouse Above

by Gerri Reaves, PhD



The two-story frame structure in this circa-1906 photo might look like a typical pioneer commercial building, but it was historically significant for at least two reasons.

It was home to one of the town's first major stores, Towles & Hendry, and it was Lee County's first "courthouse."

The building was located on the southwest corner of First and Jackson, where the Bank of Fort Myers Building stands today. Note the unpaved street and the trees growing fairly close, approximately where Main Street now is.

The photographer stood in Harvie and Florida Heitman's yard, located where the Sidney & Berne Davis Art Center stands

today.

At right is the catty-cornered façade of the Heitman Building, the town's oldest brick building, constructed in 1897 to 1898. Note the small iron-wrought balcony and deep awning.

Towles & Hendry mercantile was established soon after William H. "Wild Bill" Towles came to Fort Myers in 1884 and went into business with James E. Hendry, Sr.

The mercantile business sold a wide variety of dry goods, from fashionable millinery and dresses to shoes.

The partners also built the Jackson Street wharf, later also known as the City Dock, which was important in the town's commercial life for decades to come.

The store dissolved after only three years, evidently because the owners just wanted to go on to bigger, more interesting, endeavors.

A small book could be written about each man, but suffice it to say that cattle baron Towles excelled in politics and was a force to reckon with, especially during his tenure as county commission chair. "Larger than life" is a phrase his exploits bring to mind.

In 1914, he ensured that a modern courthouse would be built by ordering it dismantled in an infamous all-night session, despite major opposition.



Towles & Hendry mercantile was located on the ground floor of this building at First and Jackson for three years in the late 1880s. The upper floor was rented out as a temporary courthouse and commission chamber after Lee County was formed in May 1887.

courtesy Bill Turner Collection

Hendry, son of Capt. Francis A. Hendry, "the father of Fort Myers," was also a major player in the cattle industry, extending into the Key West and Cuban market.

Neither Towles or Hendry is remembered for his brief stint as a merchant at First and Jackson, but the business partners made an important decision that adds luster to the store's brief history.

When the Florida Legislature officially declared that Lee County was split from Monroe County on May 13, 1887, the new county was tasked with holding an election and finding a temporary courthouse, offices and meeting rooms.

The upper floor of Towles & Hendry was rented as a courthouse for \$250 per year. Other spaces, such as a county clerk's office, had to be rented elsewhere.

On May 17, 1887, five commissioners were elected, three of whom are identifiable in a historic photo (on the jump page) taken at the entrance to Towles & Hendry: Capt. Francis A. Hendry and William H. Towles (right doorway), representing Fort Myers; Frank J. Wilson of Orange River; Peter Nelson (second from right in front row) of Alva; and John Powell (in white jacket) of New Prospect (now called North Fort Myers).

Also elected were TW Langford as sheriff; JW Bain, clerk of circuit court; NL Langford, tax collector; IS Singletary, tax assessor; James E. Hendry, county treasurer; Robert Cranford, county judge; and DC Kantz, superintendent of schools.

The first commissioners' meeting was held on July 4, 1887.

The county continued to rent temporary courthouse space until the first permanent courthouse opened in 1894 on the same site where the 1915 Lee County Courthouse stands today.

Walk down to First and Jackson and visit the site where two pioneers sold fashionable clothing and the county commission met.

Then visit the following research centers and learn more about the origins of Lee County.

Hours might be affected by the coronavirus pandemic, so call first.

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In 1911, the Bank of Fort Myers Building was built on the former Towles & Hendry site at First and Jackson

photo by Gerri Reaves

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Read Online: www.IslandSunNews.com

Publisher
Lorin Arundel
Accounting
Mike Terry
Advertising
Bob Petcher

Graphic Arts/ Production
Ann Ziehl, Manager
Amanda Hartman
Willow Peterson

Reporters
Gerri Reaves, PhD
Kathy Kurtz Ferrari

Contributing Writers

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

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write to: The River Weekly News, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957
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A teacher assists young students with coloring

photo provided

Four Lee County Teachers Earn Local Grant

Teaching during a pandemic has posed countless challenges for educators who are adapting their methods to meet those issues in unique and creative ways. To that end, Cape Coral State Farm Agents Mike and Dawn Sullivan recently announced that four Lee County teachers are receiving a boost towards their innovative teaching methods as recipients of State Farm Teacher Assist program grants.

The local grantees are Marion Eidem, Pace Center for Girls; Anna Haag, Trafalgar Middle School; Dianna Quay, Cape Coral High School; and Joy Williams, North Fort Myers High School. Each of their schools will receive \$2,500 to implement their innovative ideas. In total, 40 grant recipients were selected statewide, a total of \$100,000 to Florida classrooms.

"Supporting teachers and schools helps the entire community, and it's particularly exciting to see four local teachers honored through Teacher Assist," said agent Mike Sullivan, who is a former educator. "The passion these teachers hold to help their students inspires all of us at the Sullivan Agency."

Two hundred Florida entries were submitted as part of the Teacher Assist Program. Entries were scored based on three criteria: how students benefit from the submitted project, how the project advances academic achievement and the innovation, creativity and engagement of the educational project.

Nationwide, State Farm is dedicated to fostering a sense of community among educators and being a resource for teachers across the country. Florida is one of five states that received a total of \$500,000 in Teacher Assist grant funding.

"The Teacher Assist grant program celebrates, rewards and inspires innovation by teachers," said agent Dawn Sullivan. "It recognizes education as a public good and helps address the societal impacts of the COVID-19 pandemic at our local level."

Supporting education is a high priority for the Sullivans. Mike is a former high

school and college math teacher, and still holds a passion for helping students excel. The pair founded Sully's House, a foundation that provides scholarships to deserving high school graduates across Southwest Florida. Sully's House has granted local students with scholarships to college, summer art programs and more.

For more information, call 541-3276.*

Heights Foundation To Host Casino Night

The Heights Foundation will host Luck of The Irish Casino Night on the outdoor pavilion at The Heights Center on Saturday, March 13 from 6:30 to 10 p.m. Guests will enjoy blackjack, craps, roulette and poker, music by DJ Michael B, a silent and live auction, and prize drawings.

Tickets are \$100 per person and include Irish-style food catered by Clancey's Restaurant and \$1,000 in funny money. A cash bar is available with specialty drinks. Masks are encouraged, and the event will be outdoors with limited tickets sold to provide social distancing.

"The poverty rate for children in Harlem Heights is more than twice the county average," said Kathryn Kelly, president, and CEO of The Heights Foundation/The Heights Center. "This event will support programs at The Heights Center, including School Success and our enriching summer camp."

The Heights Center is located at 15570 Hagie Drive in Fort Myers. For more information, visit www.heightsfoundation.org/casino or contact Brenda at 482-7706 or brenda@heightsfoundation.org.*

Local Named To Dean's List

Marc Taglieri was recently named to the Dean's List for the fall 2020 semester at Bryant University in Smithfield, Rhode Island. Taglieri is among the class of 2024.*

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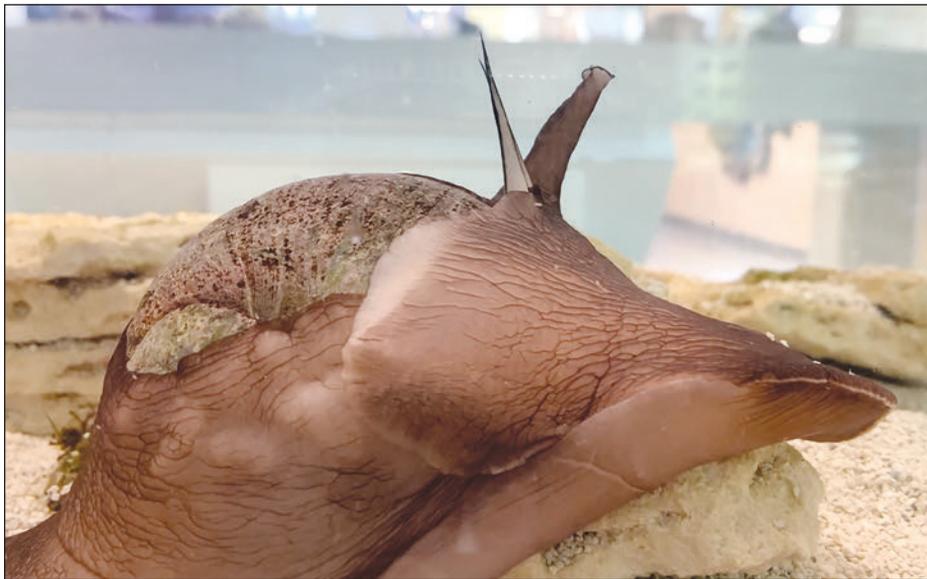
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Lewis' moon snail moves across the sandy bottom

photos by Joyce Matthys

A Look Behind The Tanks At Virtual Shell Show

The free 2021 Virtual Sanibel Shell Show will be held on the Sanibel-Captiva Shell Club's YouTube Channel on Friday and Saturday, March 5 and 6 from noon to 3 p.m.

A featured video, *Behind the Tanks*, will guide you through the Bailey-Matthews National Shell Museum's new aquarium gallery. Museum aquarists Rebecca Mensch and Carly Hulse will

take you on a special tour to learn how they keep these animals healthy and happy.

Watch as they prepare an extensive menu to match the diet of the mollusks, fish and corals in the wild. Explore the equipment and testing necessary to ensure the water is the right temperature and chemical balance. See the veterinarian do a monthly check on the animals. Learn which ones seldom reproduce in captivity and which ones reproduce repeatedly and rapidly. Find out which can live happily with each other and which must be protected from predators. Check out the toys provided to the octopuses for daily enrichment.



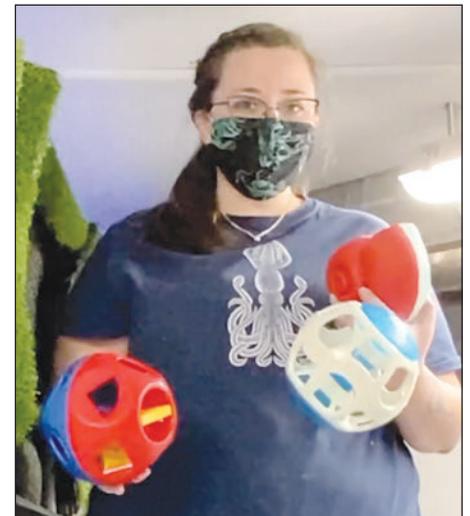
The two-spot octopus

Mensch and Hulse will also share what they most love about their work with the animals and the visitors to the museum.

Among the other 35 original videos is another by Mensch chronicling her work with the often-elusive live junonia. Her video includes footage that shows for the first time how junonias subdue their prey. Several other videos feature live mollusks such as horse conchs, lightning whelk, and other strange sea creatures such as a gulf fire worm.

The video *After The Storm* highlights the shells and animals that are often thrown up on the beaches after a perfect northwest wind. And *Mollusks 101* explores reasons for the multitude of shell shapes and colors, survival strategies and sexual orientations.

Clair Beckmann, virtual shell show chair, said, "There is something for everyone in the virtual shell show. In addition to these educational videos about mollusks, there are do-it-yourself projects, 101 ideas for displaying your shells, and tours of shell artists' studios. There is a virtual fossil field trip and updates on water quality research. Viewers will also see the more than 300 submissions made to the photo contest and vote for the People's Choice award. Door prizes will be awarded every half hour to a selected viewer who



Carly Hulse shows some of the toys given to the octopuses for daily enrichment

comments on our YouTube channel. Watch our website, Facebook, Instagram and this publication as we reveal more details about the programs and the schedule for each day of the show."

Museum officials are thankful for the more than 50 sponsors whose donations will enable them to continue the research grants program. Special thanks goes to the Presenting Sponsor, Beaches of Fort Myers and Sanibel.

For more information, visit www.sanibelshellclub.com*

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Pop Culture Convention Coming In May

The SW-FloridaCon, a collectors mecca convention located in Fort Myers, will be held at Crowne Plaza Hotel at Bell Tower on Sunday, May 2 from 10 a.m. to 5 p.m.

SW-FloridaCon strives to be Florida's best and truest comic con featuring fandoms of multiple genres. The show will have more than 125 exhibitors that cater to a wide-spectrum of interests including comic books, magazines, toys, gaming, video games, movies, records, wrestling, television, anime, manga, cosplay, artwork, sketches and apparel.

In addition, a roster of comic industry professionals and fandom-related celebrities will be in attendance for attendees to meet and greet.

Admission is \$20 per person, \$10 per child and kids under age 11 get in free. Parking is free.

You can purchase your Tickets online or at the door the day of the show.

Masks will be mandatory for admission to the show. Temperature will be taken at registration. Hand sanitizer stations will be available throughout the show.

Crowne Plaza Hotel at Bell Tower Shops is located at 13051 Bell Tower Drive in Fort Myers. For more information, ticket purchasing and to view term and conditions, visit www.swfloridacomicon.com*

A Tribute To Sam Cooke, The King Of Soul

by Di Saggau

BIG ARTS is bringing a fantastic new show depicting the life and music of one of America's most iconic and talented performers, the legendary Sam Cooke. Alongside a live big band, Bradd Marquis utilizes his soulful tenor to captivate and inspire audiences. He has graced sold-out stages all over the country, performing his signature classic tribute to Cooke. He will be here Friday, February 26, performing in Christensen Performance Hall at BIG ARTS. There are still good seats for his 4 p.m. performance, so call now to reserve your seats, 395-0900.

I asked Marquis to give us an idea of what his performance will include. He said, "My show takes you back to a time where society was struggling with racism and social unrest. We give you a peek through the eyes of a young gospel singer who initially only had aspirations of becoming a commercially accepted pop star but evolved into an unparalleled entrepreneur, social activist and the voice of the civil rights movement. We take you on this journey using Sam's own music to mark the times and the maturation of his inspirations, social consciousness and historical contributions to the world."



I asked when he decided to pay homage to Cooke and he said, "The seed was planted in 2008 by a producer I was working with. He said I looked like him and after reading Sam's autobiography, I immersed myself in everything Sam Cooke for several months and emerged with a tribute to 'The King of Soul.' My grandparents used to play Sam and the Soulstirrers throughout my whole childhood, I just didn't know who I was listening

to. They have since passed away but this show is a way for me to honor their memory as much as his. As I've matured, my understanding of the man, his music and his legacy has as well and so has the show."

As to why Cooke's singing earned him the title The King of Soul, Marquis said, "Sam Cooke and Ray Charles were the pioneers of soul music. They took traditional gospel songs and rewrote them into pop mainstream

songs. What made these songs soul was in the passion and conviction they are sung with, the same passion you hear in the black church when musicians are singing their praises to the Almighty. Sam mentored many of the greats such as Lou Rawls, Aretha Franklin, Johnny Taylor and Bobby Womack, and he was the first and only artist at that time to own his own record label. He set the blueprint for Motown and every artist that followed."

When asked if he ever feels Cooke's presence, he said, "I have definitely felt the spirit enter the room in a few of my shows. I'm not sure if it was Sam, my grandparents or God himself, but there have been a few times where I had to get out of the way and just be a conduit for the moment."

BIG ARTS visitors are required to wear masks and are asked to be mindful of social distancing. Only 50 percent of the seats in Christensen Performance Hall are being sold. Until further notice, only 200 seats will be available for any event in the hall. The air filtration system has been enhanced, all surfaces are wiped down between use, a professional sanitizing fogger is being used after each gathering and there are hand sanitizing stations throughout the ground floor.

BIG ARTS is located at 900 Dunlop Road on Sanibel. For more information, call 395-0900 or visit www.bigarts.org.

image provided



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Fort Myers Art:

Local Actor Leads Spring Camp At Lab Theater



by Tom Hall

The registration link is now active for Lab Theater's Spring Break camp, scheduled for March 15 to 19. This camp is for young campers, ages 7 to 11, and runs from 9 a.m. to 3:30 p.m.

with a 30-minute drop-off and pick-up period at the beginning and end of each day. It will be taught by local stage and film actor Gerrie Benzing, who has more than 20 years of experience teaching theater fundamentals, including musical theater, to young students.

Benzing has appeared in more than 15 productions at Cultural Park Theater, three shows at Lab Theater and made her debut at Theatre Conspiracy at the Alliance for the Arts in 2019 as Lucy and Tommy of No Consequence in Adam Szymkowicz's *Marian*, or the *True Story of Robin Hood*. Most recently, she starred for The Studio Players in *Circle Mirror Transformation*, a play that takes its name from theater games and exercises that actors often play in order to develop and improve their craft.

"I'm really looking forward to teaching



Gerrie Benzing photo provided

live again, and I'm excited to be working with the Lab for the first time," said Benzing, who starred in Lab Theater's production of Zalman Velvel's farce *DMV* and Rick Abbot's *Play On!*

Lab employs a "whole actor" philosophy in structuring its Spring Break curriculum and approach. What's that? Quite simply, it's the conviction that when actors understand all of the work that goes into a production, they emerge as team players, a quality that is highly desirable in an industry that requires dedication and long hours to bring a play to opening night. As a consequence, this camp embraces scene study, physical theater, character work and workshops in set and

lighting design, stage management, theater etiquette and theater games. There's also a workshop on Commedia dell'Arte!

As an added bonus, the camp will culminate in a showcase performance on Friday afternoon.

As the creative director of Monologues4kids.com, Benzing has written numerous children's plays and more than 500 monologues for clients worldwide, which dozens of children have used to win movie roles, theater auditions, talent shows, pageants and secure professional representation. She has authored *Duet Acting Scenes for Teens: Monologues4kids*, *Duet Acting Scenes for Kids: Monologues4kids* and *Monologues4kids Theater Camp Plays: Broadway Version*, and contributed original monologues to the book *Active Listening* by Michael Rost and JJ Wilson. She is also the co-author of the indie film *Perfect Pucker Lipstick* and serves as a judge for District 6 Thespian competitions and the Youth Theater Awards.

Due to Lab Theater's rigorous safety protocols, enrollment is limited to 10 campers. All COVID-19 safety precautions will be taken, including treating theater surfaces regularly with an anti-microbial treatment designed to kill the virus. Classes will be held outside for most sessions and in the main theater with a minimum of six feet maintained between campers. Masks will be required to be worn indoors and whenever working within six feet of other campers outside.

Campers need to wear closed-toe shoes and loose clothing, and pack a lunch. Spring Break Camp is \$175 per week per camper with a sibling discount available. There are a limited number of scholarships available. Lab is also looking for full and partial scholarship sponsors.

Check-in for Spring Break camp will be in the lobby of the main theater. Use the front lot to park for drop-off and pick-up. To protect campers and staff, everyone on theater grounds for any reason must be properly masked at all times.

Lab Theater is located at 1634 Woodford Avenue in downtown Fort

Myers. To register, visit www.labtheaterfl.org/exhibitions/spring-break-camp.

Gloria And Emelio Estefan Musical Opens At Broadway Palm

On Your Feet! is coming to the Broadway Palm main stage beginning Thursday, February 18. This is the sprightly musical based on the lives and music of 26-time Grammy Award-winning husband-and-wife team Gloria and Emilio Estefan. This thrilling production follows their incredible journey from anonymity in Cuba to stardom in the United States. With a book by Alexander Dinelaris Jr. and a score built around the Cuban-fusion pop music made famous by Gloria Estefan, *On Your Feet!* showcases such songs as *Get on Your Feet*, *Conga*, *1-2-3*, *Don't Want to Lose You Now*, *Coming Out of the Dark* and, of course, *Rhythm Is Gonna Get You*. The musical also features the original song *If I Never Got to Tell You* with lyrics by Gloria Estefan and music by her daughter, Emily Estefan.

After a pre-Broadway engagement in Chicago during the summer of 2015, *On Your Feet!* opened on Broadway on November 5, 2015 to positive reviews and box office success. The musical received seven Outer Critics Circle Award nominations, three Drama League Award nominations and a Tony Award nomination for Best Choreography.

"If you aren't humming a Gloria Estefan hit when you leave the theater, it might be time to check your pulse," raves the Associated Press.

On Your Feet! runs February 18 through April 10.

Broadway Palm is located at 1380 Colonial Boulevard in Fort Myers. For more information and tickets, visit www.broadwaypalm.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. ✨

Playhouse To Hold Broadway Cabaret Series

Gulfshore Playhouse will showcase bright stars from the theater world during its special Broadway Cabaret Series, which continues Thursday, February 18. All Broadway Cabaret Series performances take place at 7:30 p.m. at The Norris Center.

Performing for four nights each, Natalie Douglas and Lora Lee Gayer will entertain audiences with their performances of iconic and classic songs and stories from Broadway's greatest hits.

Douglas takes the stage February 18 through 21, transporting audiences to a decade reminiscent of the 1940s New York City nightclub scene. Called "a true force of nature" by the *Times* (UK), she is known for her refreshing, sultry award-winning voice. Douglas has performed in New York and London's most famous cabaret scenes such as *Birdland* and *Feinstein's/54 Below*. She's also been

honored multiple times with awards from the Manhattan Association of Cabarets & Clubs and BroadwayWorld. As an actor, she has appeared in *The Atrainplays* and off-Broadway in *The People vs. Mona*.

Gayer wraps up the Broadway Cabaret Series on February 25 through 28. As if plucked straight from Broadway's golden age, her incredible range will dazzle audiences with Broadway classics, jazzy tunes and contemporary hits. Gayer has graced the Broadway stage in hit musicals such as *Holiday Inn*, *Follies* and *Doctor Zhivago*. The award-winning performer is also the founder of The Hysterical Womxn's Society, a nonprofit focused on giving platforms to those fighting for human rights.

The February series will be hosted by emcee John McDaniel, who will also accompany the performers on piano. A Grammy and Emmy-winning music director, composer and conductor, McDaniel famously led the band on the Rosie O'Donnell talk show. He's worked on nine Broadway shows, such as *Annie Get Your Gun*, starring Bernadette

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San-Cap Art League



Sunday, Feb. 21

Inside Sanibel Community Center

9am to 3pm

Selling the diverse and colorful works of outstanding local artists

Free Admission



Suzette Heeres with her display of artwork

Art Fair Offers Original Works At Bargain Prices

Formerly known as the Clothesline Sale, the Sanibel-Captiva Art League's Art Fair will take place on Sunday, February 21 from 9 a.m. to 3 p.m. at The Community House. The exhibition will include original art by approximately 20 award-winning local artists.

A variety of painting mediums will be featured including watercolor, acrylic,

pastel, oil and mixed media. There will be bargains on framed and unframed works, and plenty of local interest art representing the island environment and lifestyle.

This year, all sellers will be situated indoors at The Community House, and COVID-19 protocols will be in place for everyone's safety. Masks will be required, temperatures scanned, and ingress/egress routes will be limited. The number of visitors will be monitored to enable social distancing.

Many of the artists will be on site to discuss their work and help guests make their selections. This is a once-a-year opportunity to view and purchase original works by some of the best artists in

photo provided



Sifted Conversations by Renee Chastant, watercolor

Southwest Florida. There is no admission charge and parking will be available at The Community House and across the street at the BIG ARTS Herb Strauss Theater.

The Community House is located at 2173 Periwinkle Way on Sanibel. For more information, visit www.sancapart.org.✧

Continental Women To Meet

The Continental Women's Club will hold a luncheon meeting at The Hideaway Country Club on Thursday, March 4 at 11:30 a.m. The guest speaker will be Eric Lane, campaign and partnership manager of The

Salvation Army. He will inform how this local charity is weathering the pandemic and continuing to contribute to the local community.

Tables will be socially distanced and masks are required. Cost to attend the luncheon is \$24.

The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. For more information, call Liz Paul at 691-7561.✧

Southwest Florida Living



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Vendor workers at a previous art event held at the Promenade

photo provided

Promenade Community Expo Next Thursday

Promenade at Bonita Bay has partnered with SWFL Inc. to host The Community Expo, a business-to-consumer networking event, at the open-air shopping center on Thursday, February 25 from 1 p.m. to 4 p.m.

Event participants can make face-to-face connections with more than 70 local businesses and nonprofit organizations.

There will be table displays under covered walkways.

Tables in the center court of the Promenade showcase include: DeRomo's Gourmet Market & Restaurant; Home Care Inc.; Finishing by Franco, Inc.; Your CBD Store; Everglades Wonder Gardens; and MY Shower Door.

The Promenade and SWFL Inc. will provide giveaways, food samples, live music and more to all guests during this signature event, which is free and open to the public.

In accordance with the Promenade's COVID policies, the Community Expo promotes social distancing and

encourages everyone to wear masks.

For a complete list of exhibitors or any business owner or nonprofit leader who is interested in purchasing one of four table types visit www.swflinc.com/community-expo.

Promenade at Bonita Bay is located at 26795 South Bay Drive in Bonita Springs. For more information, visit www.promenadeshops.com or call 949-1573.*

Coconut Point Art Festival All Weekend Long

The 15th Annual Coconut Point Art Festival will be held from 10 a.m. to 5 p.m. on Saturday, February 20 and Sunday, February 21.

The free, outdoor artistic affair includes new safety protocols. Residents and visitors are invited to stroll amidst paintings, one-of-a-kind jewels, photography, ceramics and life-size sculptures from local and visiting artists. The prestigious showcase offers the chance to meet each artist and to discover the inspiration and process behind every original piece while practicing social-distancing measures.

Presented by Howard Alan Events (HAE), producer of the nation's finest juried art shows, the Coconut Point Art Festival represents original artwork, handmade in America and selected by an independent panel of expert judges from

hundreds of applicants. HAE's careful vetting process also ensures a wide array of mediums and price ranges during the festival.

Safety measures in place during the Coconut Point Art Festival include the following:

All attendees are required to wear a mask while attending the festival, with the exception of children age 2 and younger.

Entrances and exits will be monitored for one-way traffic.

Visitors should reserve a free time slot at www.artfestival.com.

Social-distancing is required between artists and patrons, and patron groups.

Patrons are asked to stay home if they have been diagnosed with COVID-19, awaiting test results for COVID-19, or show any symptoms of the virus.

Guests are also asked to utilize hand-washing and sanitizing stations on a regular basis and avoid casual touching.

Coconut Point Mall is located at 23106 Fashion Drive in Estero. For more information, visit www.artfestival.com, email info@artfestival.com or call 561-746-6615.*

Dean's List

Lily Croke of Cape Coral and Landon Howell of Fort Myers were recently named to the dean's list for the fall 2020 semester at the University of Iowa.

Croke's primary area of study is speech and hearing science, while Howell's primary area of study is psychology.*

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

Service 9, and 11 a.m. Children's RE, Adult Education Forum 10 a.m., www.allfaiths-uc.org, 2756 McGregor Boulevard, 226-0900.

ALL SAINTS BYZANTINE RITE CATHOLIC

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

ANNUNCIATION GREEK ORTHODOX

Sunday 9 and 10 a.m., www.annunciation.fl.goarch.org, 8210 Cypress Lake Drive, 481-2099.

BETH YESHUA MESSIANIC SYNAGOGUE

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

BIBLESHARE

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

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

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

CHAVURAT SHALOM

(Fellowship of Peace) Friday Shabbat services led by members at 6 p.m. Saturday morning Jewish current events at 10 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact ChavuratShalom@gmail.com to participate on Zoom.

CHURCH OF THE CROSS

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

COVENANT PRESBYTERIAN

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. www.crownoflifelutheran.com. 5820 Daniels Pkwy, 482-2315.

REDEEMER CHURCH

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

CYPRESS LAKE PRESBYTERIAN

Sunday 8, 9, 10 and 11 a.m. www.clpc.us, 8260 Cypress Lake Drive, 481-3233.

CYPRESS LAKE UNITED METHODIST

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

FAITH UNITED METHODIST

Sunday 8:45 and 10:30 a.m., 15690 McGregor Boulevard, 482-2030.

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

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

FORT MYERS CHRISTIAN CHURCH

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

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

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

Friday and Saturday, 7 p.m.; Sunday 8, 10

a.m. and 6 p.m., 881 Nuna Avenue, 481-1143.

LAMB OF GOD

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

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

SAMUDRABADRA BUDDHIST CENTER

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

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

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

SAINT JOHN THE APOSTLE METROPOLITAN

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

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., www.saintnicholasmonastery.org, 111 Evergreen Road, 997-2847.

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETH EL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE FAITH CENTER

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

THOMAS A. EDISON CONGREGATIONAL

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

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

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

ZION LUTHERAN

Sunday 8, 9:30 and 10:45 a.m., www.zionfm.org, 7401 Winkler Road, 481-4040.

*Email changes to press@islandsnews.com or call 395-1213.**



A previous Babcock Ranch Art Show in Founder's Square

photo provided

Babcock Ranch Art Show Set For March

Guests at the Babcock Ranch Art Show can enjoy fresh air fun while being inspired by the work of more than 50 exceptional juried artists on Saturday, March 13 from 9 a.m. to 4 p.m.

Against the backdrop of Lake Babcock, the alfresco event in downtown Founder's Square will showcase watercolor, oil and acrylic painting, sculpture, photography, metalwork, jewelry, ceramics, and wood and fiber art. There will also be fare from a selection of Southwest Florida's favorite food trucks stationed along Lake Babcock Drive, along with refreshments from Babcock Ranch's Square Scoops, Slater's and Cup A Joe at Curry Creek Outfitters.

"Babcock Ranch's wide-open spaces in Founder's Square offer plenty of room for guests to spread out and enjoy the art show and explore the town," said Syd Kitson, chairman and CEO of Babcock Ranch's developer, Kitson

& Partners. "We work closely with the team from ArtFest Fort Myers to ensure the art show is a fun and safe event for our guests and residents."

Advance ticket purchase is required for all guests age six and older for \$5 per person at www.babcockranchartshow.com. Event parking is free.

Art show admission will be time-staggered through two entrances, and all guests over age 2 and vendors will be required to wear a mask and maintain social distancing. Hand-sanitizing stations will be available throughout the festival area. Signage will remind guests to abide by CDC recommendations in place for the safety of all.

A Builder Expo area in Founder's Square will offer information from Babcock Ranch's team of nine homebuilders about available home designs and the more than two dozen model homes now open or underway in the town's seven neighborhoods.

Babcock Ranch Road is located at 42850 Crescent Loop in Babcock Ranch. For more information, call 877-709-6620, or visit www.babcockranch.com.*

Partnership Feeds Students Through Art Proceeds

SH Modern Art has affiliations in Boston, New Orleans and San Francisco... and now in Fort Myers. Bringing over 30 years of experience in the art industry, SH Modern services include art advisory and consultation, artist representation and buying and selling artwork.

In the months of December and January, SH Modern and Maine-based non-profit company Veggies to Table have partnered together in hopes of decreasing the staggering number of children who rely on the school system for their next meal. SH Modern strongly believes in supporting unique projects that improve lives and has agreed to

donate a percent of their art sales directly to Veggies to Table until the end of March. This collection strengthens the art company's mission to make the world a better place through art.

"We decided to partner with Veggies to Table when we realized how aligned our core values are when it comes to health and environment," said Sallie Hirshberg, art historian and owner of SH Modern. "By supporting each other, we can help families in need and supply them with healthy, organic produce, all the while protecting the environment."

"Sallie's timing of our Veggies to Table/SH Modern Art collaboration was perfect. As an estimated over 20 percent of people in Maine go hungry daily and 43 percent of students need school meals, help is needed," said Erica Berman, founder of Veggies to Table, "and we are grateful for this opportunity."*

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Bald Eagle Released After Stay At CROW

The Clinic for the Rehabilitation for Wildlife (CROW) released an adult bald eagle in Cape Coral on February 12 after a three-month stint in rehabilitation.

The eagle was rescued on November 8 after it was spotted struggling in the water of the South Spreader Waterway just south of Veterans Parkway. The person who spotted the eagle contacted the Florida Fish and Wildlife Conservation Commission (FWC) and an officer arrived shortly after and pulled it from the canal before taking it to a CROW drop-off location.

When the eagle arrived to CROW's wildlife hospital on Sanibel the next morning, radiographs determined it had suffered a fractured coracoid, one of the bones in the shoulder that is essential for flight. Veterinarians placed the injured wing in a wrap to immobilize it and allow the bone to heal.

"Thankfully, this type of injury does not need surgery to heal," said Dr. Sasha Troiano, veterinary intern. "By limiting its use of the wing with the wrap, the bones are able to heal on their own."

After two months of care and rehabilitation, the eagle was cleared for release on January 7. A final check prior to release, however, revealed that the eagle had a cut on its right



Dr. Sasha Troiano of CROW releasing the bald eagle photo provided

wing. Due to the location of the injury near one of the joints, veterinarians postponed its release until the wound had healed.

"We cleaned the wound, sutured it closed and then bandaged it," said Dr. Troiano. "Since the wound was right at the carpus, or elbow joint, it was quite slow to heal."

After another month of wound management, bandage changes to keep it clean, and rehabilitation, the injury healed. Veterinarians once again cleared the eagle for release. It was transported back to the spot where it was pulled from the canal and this

time, the release was a success. After flying to a nearby perch and regaining its bearings, the eagle flew off into the distance.

If you find an animal in distress, contact FWC at 888-404-FWCC (3922) or CROW at 472-3644 ext. 222.✪

Lee County Parks Summer Camp Registration

Registration for Lee County Parks & Recreation Summer Camp starts at 7 a.m. Monday, February 22. Slots are expected to fill quickly with limited capacity.

All Lee County Parks & Recreation summer camp programs will be following Centers for Disease Control guidelines. Each camp will operate under a ratio of nine campers to one staff member for each group and adhere to six-foot social distancing. Campers will remain on-site for the duration of each day. Each site will be disinfected and cleaned frequently and routinely throughout the day.

Summer camp runs for five weeks – from June 28 through July 30. Camp is

offered on a weekly basis. Cost for each week is \$75 per participant.

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

Here's a tip from the registration desk: If you plan to register for camp at one of the four large recreation centers, you need to obtain a membership first. This applies to the centers at Wa-Ke Hatchee, Estero, North Fort Myers or Veterans Park in Lehigh Acres. Second tip: You need to have a household account at www.webtrac.leegov.com if you want to register online.

All campers will receive a specially designed Lee County Parks & Recreation T-shirt. Camp sites will participate in countywide initiatives, such as service learning projects, fitness and wellness programs, and National Park and Recreation Month.

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

From page 2

Historic Downtown



Lee County's first elected officials pose at the entrance to the Towles & Hendry Store, probably soon after being elected in May 1887; Commissioner William Towles is framed in the doorway on the right, Commissioner John Powell wears a white jacket and Commissioner Peter Nelson is second from right in the front row.

courtesy Southwest Florida Historical Society

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 332-8778 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, the Fort Myers Press, and *The Story of Fort Myers* by Karl H. Grismer. ✪

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CROW Case Of The Week:

Kemp's Ridley Sea Turtle



by Bob Petcher

The Kemp's ridley sea turtle (*Lepidochelys kempii*) is the smallest marine turtle in the world, weighing in at an average of 100 pounds and just over three feet

in length. That is a far cry from the largest living sea turtle, the leatherback, averaging six feet, 1,275 pounds.

While it is primarily found in the Gulf of Mexico, the Kemp's ridley is also active in the Atlantic Ocean from Key West to Nova Scotia. In fact, the sometimes-called Atlantic ridley sea turtle is named after Richard M. Kemp, a fisherman from Key West, who presented the species for identification in 1906.

At CROW, a juvenile Kemp's ridley sea turtle was admitted after being rescued by Florida Fish and Wildlife Conservation Commission (FWC) officers. The turtle was floating off Pine Island and was reported to have buoyancy issues which can be indicative of brevetoxicosis (red tide poisoning) or air in the GI (gastrointestinal) tract. Sea turtles affected by red tide have not been as abundant as



Patient #21-447 succumbed to its neurological illness

photo by Haillie Mesics

two years ago, when brevetoxicosis ran rampant in marine animals and birds.

"Last year, we only had one sea turtle with confirmed red tide poisoning and this year, we have had two suspected cases including this Kemp's and currently we have a loggerhead in ICU (intensive care unit)," said Dr. Robin Bast, CROW staff veterinarian. "During the extensive bloom of 2018, we saw several dozen sea turtles with red tide poisoning over the course of a few months."

Radiographs showed no abnormalities in the GI tract. Initially, the patient received intravenous lipid emulsion therapy, while barnacles were removed

from its shell, flippers and mouth.

"Red tide poisoning is caused by brevetoxins, which are produced by a specific algae, *Karenia brevis*. This toxin binds to fats, or lipids. So we can give lipids directly into the bloodstream to help bind any toxin so it can then be eliminated from the body," said Dr. Bast. "Intravenous lipid emulsion therapy or ILE is commonly used to treat humans, dogs and cats with other fat-soluble toxins. We have used this treatment successfully in birds and sea turtles affected by brevetoxins."

The patient was placed in shallow water where it seemed neurological

symptoms began to worsen.

"The toxin is processed by the liver and kidneys, and can cause damage that ultimately may result in organ failure in severe cases. Liver and kidney failure can result in neurologic symptoms," said Dr. Bast. "Additionally, brevetoxins primarily affect the nervous system and can affect a patient's sense of balance and coordination and, in severe cases, may even cause seizures."

The patient continued to receive rehabilitative and supportive care.

"In addition to the ILE therapy, the Kemp's received IV fluids to support the kidneys, and antibiotics," added Dr. Bast.

The Kemp's ridley was monitored for neurologic improvements. Unfortunately, its health deteriorated.

"Despite intensive care, this patient's neurologic signs worsened and the turtle went into respiratory arrest (and it) stopped breathing on its own," said Dr. Bast. "Despite intensive resuscitation efforts including placing the turtle on a ventilator for 12 hours, the turtle did not survive. A necropsy or post-mortem examination will be performed according to FWC regulations."

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.*

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Spring Fishing Has Arrived



by Capt. Matt Mitchell

The change of seasons in South Florida is very subtle, and the signs have certainly begun. Last week, we witnessed the first changes that spring has arrived. It's still too soon to think our cold fronts are completely done, though each front will be less extreme and temperatures will rebound much faster.

Our water temperature in the sound went from mid 60s to mid 70s over just a few days last week. When our water gets in the 70s, everything just comes back to life. After seeing very few manatees over the past few cold months, we are now seeing them all over the flats as they come out from their warm water winter

hangouts. Grass flats also came alive with shiners, feeding fish and bird life.

Mangrove creek fishing went off with some of the best snook and redfish action we have seen in years. Morning minus low tides are my favorite set up for fishing these small fast-flowing tidal creeks. Clear, shallow water made for great sight-fishing action. There is nothing as exciting as watching a hungry snook charge out and grab your bait. Having these creek systems explode on live shiners is something that has to be seen. Clients got to experience snook and redfish up to 30 inches along with several freight trains that just could not be slowed. This is a close quarter fishery that turns into full combat when you hook a big fish.

Landing big fish in tight creeks requires a different style of fishing than out in the open. It's all about steering these fish out to the middle of the creek from structures where these fish have a chance to break you off. Pulling low and often – and even putting the rod tip all the way down in the water – gives you a better angle to keep the line off the sharp barnacle-crusting roots. Solid short pumps of the rod, even if you are only gaining a few feet of line each time, can be the difference between smiles or heartbreak.

The average size and amount of the fish both in these creeks and throughout our area has been amazing over the past few years. I completely contribute this to the FWC closure letting these fish recover after what was a devastating red tide in 2016. With this prolific rebound in the populations of snook, redfish and trout, let's do everything we can to keep these fisheries a catch and release option only for at least another year. This would let more of these fish grow enough to be over the slot size and have a chance to spawn. Just imagine what another year of closure would do to help our long-term fishery. Visit www.myfwc.com and voice your opinion.

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.✪



Chris from New Jersey got to experience a wide-open snook bite while out with Capt. Matt Mitchell this week. photo provided

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Nonnative loquat is a popular ornamental tree with dense foliage and edible fruit photos by Gerri Reaves

Panicles of fragrant flowers bloom in fall and winter

Plant Smart
Loquat

by Gerri Reaves

Loquat (*Eriobotrya japonica*) is one of many nonnative but Florida-friendly trees long appreciated by homeowners who like turning the yard into a food source.

Like grapefruit, orange, banana, carambola, kumquat, mango and other fruit trees, it provides delicious fruit for little trouble.

As a member of the rose family, it is a relative of the quince, apple, peach and nectarine, as well as the common landscape shrub India hawthorn.

Also called Japanese plum, this ornamental evergreen tree grows to about 30 feet tall. It has a short trunk, upward-pointing branches and dense foliage.

Sometimes wider than tall with an attractive rounded crown, it makes a good shade tree.

The stiff deeply veined alternate leaves are oblong, with a base narrower than the terminal half.

Loquats are relatively large, as long as a foot, and up to five inches wide with pointed tips, fuzzy undersides and serrated edges.

During fall and winter, fragrant five-petaled creamy white flowers of about

a half-inch across appear on wooly branched inflorescences, or panicles. Clusters of yellow or orange pear-shaped fruit appear in spring. Measuring one to three inches long, the fuzzy fruit contains two to four dark brown seeds.

The fruit can be eaten raw, cooked, or used to make preserves or other treats. Birds enjoy it, too.

This tree adapts to almost any well-drained soil and prefers full sun, but will tolerate some shade. It is moderately drought- and salt-tolerant, but is sensitive to several diseases and pests, such as fire blight, mites and scales.

Plant experts are monitoring this species for invasiveness.

Sources: *500 Plants of South Florida* by Julia F. Morton; *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan; *Florida, My Eden* by Frederic B. Stresau; *The Florida Yards & Neighborhoods' Florida-Friendly Landscaping Guide to Plant Selection & Landscape Design; Flowering Trees for Central and South Florida Gardens* by Maxine Fortune Schuetz; *South Florida Shade Trees: Identifications and Selections* by Stephen H. Brown; www.edis.ifas.ufl.edu; and www.floridata.com.

Plant Smart explores the diverse flora of South Florida.✽

Refuge Offers Free Guided Tours



Check out the refuge's Eventbrite page to sign up for the Bailey Tract Tour and other guided weekly walks photo provided

JN "Ding" Darling National Wildlife Refuge on Sanibel has received the green light from federal officials to commence this season's free tours after an earlier pandemic freeze on refuge programming. Staff must limit the outdoor tours to 10 people or fewer.

There is no set schedule for the tours, which will run through April 11. The refuge posts its offerings weekly at www.dingdarling.eventbrite.com, where participants must pre-register free-of-charge.

Tours include a Birding the Refuge car caravan tour, Bailey Tract Tour, Indigo Trail Walk, Bike Tour, Beach Walk, Birds of the Refuge Walk, Endangered Species car caravan tour, Mindfulness Walk and Art Journal Walk. Participants must wear facemasks and bring their own binoculars and scopes.

"We are excited to be able to once more welcome visitors to our free educational tours," said Supervisory Refuge Ranger Toni Westland. "As

mandated by the U.S. Fish & Wildlife Service, we are observing strict compliance with CDC guidelines in the interest of everyone's safety."

Free educational tours are made possible through support from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). For safety guidelines and other information, visit www.dingdarlingsociety.org/articles/free-refuge-programs or call 472-1100 ext. 221.✽

Dean's List

Eight Southwest Florida students were recently named to the dean's list for the fall 2020 semester at Tallahassee Community College.

The honorees are Brian Opalensky, Carl Smart, Brady Koenig, Ethan Trombetti, Cameron Ruby and Kevin Harris of Fort Myers as well as Abigail Ferry of Cape Coral and Mark Richards of Nort Fort Myers.✽

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Designing A Vegetable Garden

Whether planning your first, second or 10th vegetable garden, it can be overwhelming. There are so many tasty vegetables and never enough space and time to grow them all.

Start with a plan. Locate your garden in a sunny location with moist, well-drained soil. Save those partially sunny areas for greens like lettuce, chard and kale as well as root crops like radishes and beets. These prefer full sun but will tolerate more shade than tomatoes, peppers, squash, broccoli and other plants we eat.

Review your favorite recipes and make a list of family favorites and those vegetables most often used. Then check the list to see which vegetables are suited to your climate and growing conditions and those that make the most economic sense to include in your garden.

Tomatoes and peppers produce lots of fruit from one plant and are common ingredients in many recipes. Sweet corn is fun to grow but needs lots of space for a relatively small harvest. If space is limited, consider buying your sweet corn at the farmers' market and use that space to grow other edibles.

Every gardener struggles with determining how many of each type of vegetable to grow. This depends upon the productivity of the variety selected, your family's eating habits and, of course, the impact of weather on the harvest. It is



Incorporate trellises into garden plants so plants can be trained to grow vertically

photo courtesy
Gardener's Supply Company

always better to start small, build on your successes and expand the garden in the future. Track your planting and harvesting results to help when planning future gardens.

You will need to plant more if you plan to preserve or donate a portion of your harvest. Purchasing vegetables from your local farmers' market is a way to ensure you have sufficient fresh produce when you are ready to can, freeze and ferment.

Sound overwhelming? Consider

enlisting help from Gardener's Supply by using one of their vegetable garden plans (www.gardeners.com). You'll find customized plans for those who like to cook, want to grow ingredients for a garden-fresh salad, salsa or cocktails, or are following a Mediterranean diet. Many come with seed packets for all the featured plants.

Maximize the available space by growing vertically. Train pole beans, peas, tomatoes, cucumbers and even squash and melons up trellises. Growing vertically not only saves space, but also increases disease resistance by increasing light and airflow through the plants. And picking beans at waist height is much easier than harvesting from low-growing, bushy plants.

Increase space with containers. Consider growing some of your

frequently used herbs and vegetables in pots on the patio, balcony, or deck for convenience. You can quickly grab what you need when creating your favorite meal.

Grow multiple plantings in each row. Start the season with cool season veggies like lettuce, peas and radishes. Once the temperatures climb and these plants are harvested and enjoyed, replace them with warm weather vegetables like tomatoes, peppers, beans, cucumbers, squash and melons. Finish off the season by filling any vacant rows with fall crops like greens, beets and radishes.

Take some time to plan a garden that will provide you and your family with fresh produce that you can enjoy all season long. Involving everyone in the planning process just might get them to show up and help weed. ✨



Construction activity at the Stormwater Treatment Area component of the EAA Reservoir Project

photo provided

Contract Granted To Build Wetland Component

The South Florida Water Management District (SFWMD) Governing Board awarded the final contract needed to build the Stormwater Treatment Area (STA) component of the EAA Reservoir Project. The EAA Reservoir Project reduces harmful discharges to the northern estuaries and moves clean water south to the Everglades.

The \$175 million contract to create the natural wetland includes: two pump stations; inflow and outflow canals; levees; culverts; and earthwork.

Gov. Ron DeSantis made expediting

the completion of the EAA Reservoir Project a key priority with one of his first executive orders, Achieving More Now For Florida's Environment (19-12).

The EAA Reservoir Project is a joint Everglades restoration project between SFWMD and the U.S. Army Corps of Engineers. The 6,500-acre STA, which is being built by SFWMD, will clean the water to meet state water quality standards before it is sent south. It is expected to be completed by 2023. The 10,500-acre reservoir, which is being built by the U.S. Army Corps of Engineers, will hold 240,000 acre-feet of water.

The district continues to advance all components of the Comprehensive Everglades Restoration Plan (CERP) all around South Florida to restore the Greater Everglades Ecosystem. ✨

Help SCCF Bring Back the Barn Owls

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From page 6

Playhouse Cabaret

Peters, *Catch Me if You Can*, *Grease* and more. He's also collaborated with Patti LuPone and Tyne Daly.

"Cabarets offer an intimate setting for audiences to connect with the performers and explore the story-telling aspects of these well-known musical numbers," said Kristen Coury, founder and producing artistic director of Gulfshore Playhouse.

"Our Broadway Cabaret Series brings some of the best singers from New York to Naples, where local audiences can enjoy both their immense talents and their interpretations of much-loved songs from

iconic Broadway shows. We're excited to be able to bring these shows to our longtime patrons and, hopefully, some new audience members interested in enjoying and supporting the arts."

Members of the creative team are Scenic Designer Steve TenEyck, Lighting Designer Dalton Hamilton and Sound Designer John Kiselica.

Tickets are \$45; three-show deals are available for \$110. Tickets can be purchased at www.GulfshorePlayhouse.org.

The Norris Center is located at 755 8th Avenue South in Naples. For more information, visit www.gulfshoreplayhouse.org. ✨



Charlotte Nycklemoe photos provided

David Newlan

Women Voters To Hold Virtual Event On Social Justice

The League of Women Voters of Lee County invites league members and the public to a virtual educational event on Social Justice in Education on Saturday, March 6 from 9:30 to 11 a.m.

Speakers will include:

Charlotte Nycklemoe, co-chair, Juvenile Justice Action Team, League of Women Voters of Florida

David Newlan, executive director, Safety, Security & Emergency Management, School District of Lee County

Tommy Bowens, principal, Success Academy, School District of Lee County

The League of Women Voters of Lee County Florida is a nonpartisan political organization that encourages informed and active participation in government, works to increase understanding of major public policy issues and influences public policy through education and advocacy. Information on the programs and issues



Tommy Bowens

of the League of Women Voters is available at www.lwv.org, www.lwvfl.org, and www.lwvlee.org or by calling 278-1032.

To register, visit my.lwv.org/florida/lee-county/calendar, email reservations@lwvlee.org or call 278-1032.*

Young Leaders Urged To Apply For FEMA Council

The Federal Emergency Management Agency (FEMA) is inviting teens from communities across the Southeast to apply for FEMA's National Youth Preparedness Council. The council provides an opportunity for young leaders to share their perspectives, feedback and opinions on disaster preparedness with FEMA emergency managers and grow their leadership skills.

"FEMA's Youth Preparedness Council offers young people an opportunity to deepen their knowledge of disaster preparedness while providing them an opportunity to make a change in their communities," said Gracia Szczech, FEMA's regional administrator for Region IV, which comprises the states of Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina and Tennessee.

Teens are encouraged to share their academic achievements, future goals, ways they have positively influenced their communities and any leadership experiences. Council members are selected based on their passion for preparedness and helping others, community involvement, and their aptitude for working both in a team and as a leader. New council members will be announced in May.

Students in eighth through 11th grade may apply online at www.community.fema.gov/applytoypc. To apply, youth must submit a completed written or video application, two letters of recommendation, academic records and a list of extracurricular activities. All applications and supporting materials must be received Sunday, March 7. Students who apply for the national Youth Preparedness Council also will be considered for Region IV's Youth Preparedness Council.

To learn more about the Youth Preparedness Council and the application process, visit www.ready.gov/kids/youth-preparedness-council.*

Club Honors Long-Term Members



From left, Pat Limegrover, Donna Gaylor and Heather Messmer

photo provided

Three members of the Pilot Club of Fort Myers received awards recently for membership of 25 years or more. Pat Limegrover, Donna Gaylor and Heather Messmer were honored and recognized at a recent meeting.

The Pilot Club of Fort Myers was

chartered in 1954. Its focus is helping organizations seeking to improve the quality of life for individuals with brain-related disorders through volunteer activities, education and financial support.

For more information, contact Fran D'Alessandro at 332-1140.*

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Life Insurance

Life Insurance As An Investment



J. Brendan Ryan, CLU, ChFC, MSFS

Some people say that they can do better saving their money in a savings account rather than in cash-value life insurance. These people say that they will not buy such insurance because “it is not a good investment.”

I agree. I agree with their analysis, but not with their conclusion. Read on.

First, we should be clear on some terms. Saving and investing are not the same thing.

Saving refers to setting some money aside, presumably for a short-term purpose, to be used for a short-term need, such as buying a car or getting together a down payment for a home purchase. Or the goal could be a somewhat longer need, such as accumulating an emergency fund for whatever may come up.

Investing, on the other hand, usually refers to the accumulation of money for a long-term goal, such as a college fund or retirement.

When you are saving for a short-term goal, you need to protect the money from loss because you may need to use that money soon without being able to wait out a temporary setback in its value. When you are investing for the longer term, however, it is considered safe to expose the fund to some risk because the money will not be needed for a period of time and, thus, one can wait out a temporary setback on value.

So, the logical choice of a saving vehicle is a savings account, a certificate of deposit, or perhaps a money-market fund. The vehicle for an investment could be, depending on one's risk tolerance,

real estate or the stock market. Such instruments have greater risk of loss but are usually safe for the long haul and are chosen for their opportunity for better growth.

But when one buys life insurance, the goal is neither saving nor investing. Rather, life insurance should be considered an expense that one chooses to make in order to transfer one's risk of dying, transferring the risk from a family or a business to an insurance company.

The purchase of cash-value (CV) life insurance compared to term insurance should not be evaluated on its saving efficiency, that is, on its ability to accumulate funds during one's lifetime. The only considerations should be the most economical way to provide the needed death protection for the desired period and the likelihood that it can be afforded for the entire period. If the need is short-term, say five or 10 years, term insurance will usually be best. For an intermediate period, term may still be better. But, because CV insurance builds up cash, which is available when cancelling the policy, thus reducing the overall net cost, that may be the better choice. But, since the premium for term insurance increases down the road to unaffordable levels, CV insurance is always better for the longer haul.

And in this decision-making process, it is important to bear in mind that the need for insurance typically never goes away, but rather just changes. People wind up wanting to keep their coverage for the future benefit of a spouse, an adult dependent offspring, a needy grandchild, or a charitable cause. Some just want to use life insurance in later years to increase the financial legacy that they leave behind.

But, despite these aspirations, those with term insurance are forced by increasing premiums to discontinue their policies while the level premium of CV coverage allows them to keep the policy until death. It can last until it is needed.

*J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at jbryanclu@aol.com.**

on these windows since they experience many hours of direct sunlight.

Shade – Awnings, storm shutters, shade trees and porch or lanai roofs are all very effective in blocking solar heat. To be 100 percent effective, the exterior shading device must never allow direct sunlight to touch the window's surface. South-facing windows experience a great deal of direct sunlight in the winter months when the sun rides lower in the sky. In the summer, south-facing windows are largely shaded by the overhanging soffit of the roof.

Avoid skylights if possible – Skylights experience many more hours of direct sunlight than any vertical window and should be avoided if possible. Existing skylights can be tinted, covered, blocked or shaded to lessen their load on the air conditioner.

LCEC energy experts also recommend considering energy-efficient features such as double-pane, low-E glass when upgrading windows. To learn more about how heat enters your home and other green energy tips, visit www.lcec.net.*

Superior Interiors

Bold Ways To Style A Bathroom



by Marcia Feeney

The bathroom is often considered a place for comfort. It is a space to gather yourself after a long day and put yourself together before the start of a new one. While this space is touted

as a relaxation station, there is no reason for dull design and outdated decor. There are various bold and adventurous ways to spruce up your bathroom space without taking away from a calming and cozy atmosphere.

If you're currently in the brainstorming phase of redoing one of your bathrooms or you are simply considering a revamp, here are a few daring design tips and ideas.

Choose a daring color combination (and don't forget, you can paint the ceiling, too). Bathrooms tend to be covered in standard neutral colors such as white, gray and similar tones, but that doesn't mean this space needs to be traditional in your home. Bold color combinations, such as rust and turquoise or navy and gold, are options that stand out and turn your bathroom into the next conversation starter.

While painting the walls can make a dramatic difference, bold wallpaper can go the extra mile. There are dozens

upon dozens of fun and bold wallcovering options to consider; from bright pink oversized flamingos to abstract art and floral designs, there's an intriguing option out there for everyone.

Decorating your bathroom in a bold way means stepping outside of the box when it comes to traditional washroom decor and accessories. Your wall art doesn't have to showcase bathroom toiletries, and countertop trinkets don't have to be pampering tools. Consider hanging vintage portraits and placing unusual vases and plants in a way that showcases your personality.

If you're looking for a single accessory that can make a major difference in the atmosphere of the bathroom, a bold mirror is a step in the right direction. Find a frame with an unusual design, style, texture, or color that complements the tone of the walls and accessories.

An elegant yet quaint consideration, gold or bronze hardware, can take your bathroom from one level to the next. It is a great opportunity to make the finishing touch that exudes a sleek and polished vibe. Black hardware, on the other hand, can stand out as more distinct features in a bathroom filled with color. Both options are built to make a bold statement and stand out from what is usually expected.

While the bathroom is a small living space, it can still be intimidating to redesign, especially when you're taking on a bolder scheme. Professional guidance and assistance during the design process can help you avoid costly mistakes and increase the functionality of the bathroom and adjacent dressing areas.

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

Bat Yam Temple Lineup Of Events

submitted by Tanya Hochschild

Bat Yam Temple of the Islands will hold four events at the end of February.

Jane Picker, a congregant and professor emerita at the Cleveland-Marshall College of Law, will present a Zoom talk titled *The 1970s, When Litigation Changed Everything for Women* on Wednesday, February 24 at 11 a.m.

Picker successfully argued before the U.S. Supreme Court that school teachers did not have to take unpaid mandatory leave of absence when they reached the fourth month of pregnancy. Her talk comes hard on the heels of an exclusive recording of Ruth Bader Ginsburg's 2008 talk at the BIG ARTS FORUM, which was Zoomed as part of Bat Yam Temple of the Island's Adult Education program on February 10.

On Friday, February 26, Purim will be observed. It is an evening filled with food, costumes and song. Jewish communities around the world commemorate their delivery from catastrophe, celebrating the biblical Queen Esther and her cousin Mordecai who saved them from annihilation at the hands of the evil Haman, a Persian in the court of King Ahasuerus.

On Sunday, February 28, it is time to

get out the popcorn and experience a Bat Yam sponsored movie, part of the Jewish Film Festival of Southwest Florida. *The One and Only Jewish Miss America* is a documentary that tells the story of Bess Myerson, a beauty queen from the Bronx in New York City.

The long-awaited interfaith concert titled *A Cantor, A Pastor and a Bluegrass Band* will be held on Sunday, March 7 at 4 p.m. The cantor is Murray Simon of Temple Bat Yam of the Islands; the pastor is Rev. Dr. John Danner of Sanibel Congregational United Church of Christ; and the husband-and-wife team who started Nefesh Mountain bluegrass band are Doni Zasloff and Eric Lindberg. Seats are going fast (or rather squares as the concert is being live-streamed). To register, visit www.batyam.org or email batyamsanibel@gmail.com with the heading “concert.” The concert is free to the public, but donations are encouraged and welcomed. Additional benefits are available for sponsors of the concert. Donations can also be mailed to: Bat Yam Temple of the Islands, P.O. Box 84, Sanibel, FL 33957.

Mountain music is in jeopardy right now because of the pandemic. Jam session circles sit empty, at least temporarily; musicians are reluctant to meet, especially now in the winter, having to be indoors. But the good news is that the old-time dance music, both slow and wistful, or lively jigs, will be coming to our own living rooms. Make sure you are one of the lucky ones to enjoy this unique sound.*

Tips To Keep Windows From Bringing In Heat

In sunny Southwest Florida, 30 percent of cooling costs are attributed to glass and windows. There are several ways to help lessen the load that windows put on your air conditioner. Lee County Electric Cooperative (LCEC) energy experts recommend:

Residential window tint – Significant air conditioning savings can be attained by blocking solar heat before it reaches the windows by using special heat-reflecting glass or heat-reflecting glass coatings (residential window tint). Reflective glass or reflective glass coatings should be rated to reflect at least 65 percent of all solar heat to be considered efficient in Southwest Florida. Since east- or west-facing windows are the main source of intrusive heat, it is especially helpful to use shading devices

Board Chair Of National Hospice Group Named

Hope Healthcare President and CEO Samira K. Beckwith has been named board chair of the National Partnership for Healthcare and Hospice Innovation (NPHI), the national voice for not-for-profit hospice and palliative care providers.

A recognized authority on hospice care, Beckwith was a founding director of NPHI and has been a member of the organization since 2015. She has also served as vice chair and secretary of the organization committed to improving best practices in hospice delivery and applying hospice principles throughout the care continuum.

“As a longstanding member of NPHI, I have seen the power and mutual benefit of working collaboratively with other mission-driven hospice and advanced illness care programs across the country,” said Beckwith. “It supports Hope’s mission of elevating the quality of life and ensuring comfort and care for those in our community who need hope most.”

Beckwith’s leadership on local, state and national levels spans 40 years. Since becoming president of Hope Healthcare in 1991, she has led the organization through decades of growth to meet community needs with a broad spectrum of innovative programs and services including Hope Hospice and



Samira K. Beckwith photo provided

Hope Palliative Care, Hope PACE, Hope Connections, Hope Parkinson Program and Hope Kids Care.

“Our board of directors is comprised of a dedicated team of program leaders who each bring unique strengths and perspectives that help guide NPHI in its mission to be the national voice for our not-for-profit hospice, palliative and advanced illness care member programs,” said NPHI CEO Tom Koutsoumpas.

As a local, not-for-profit, Hope Hospice has served Lee, Hendry and Glades counties since 1979. For more information, call 482-4673 or visit www.hopehcs.org.*

Blessings In A Backpack Sets Inaugural Benefit

Blessings in a Backpack SWFL’s Inaugural Brews for Blessings will be held at Millennial Brewing Company on Saturday, February 27 from 3 to 7:30 p.m. Due to the overwhelming interest in this event, Royal Palm Avenue near the family-friendly brewery will be closed during that timeframe.

The street closure will provide extra space to ensure a socially distanced, safe event for everyone. Attendees are encouraged to wear masks or face coverings, observe social distancing guidelines and bring their own chairs to enjoy the outdoor fun while supporting a valued nonprofit.

This free event was created for families with young kids and will feature a special children’s area with a bounce house, face painting, games and the Sno-Ball Pelican truck serving snow cones. The Lee County Sheriff’s Office will offer fingerprinting and deputy badges, and will have a squad car on site for the kids to check out.

Adults will find a large selection of brews, food trucks, a silent auction and live entertainment featuring local favorite Electric Lipstick. This high-energy, female-fronted band plays rock, dance and funk. Brews for Blessings is designed to help

educate young families in the community about Blessings in a Backpack SWFL and allow them an opportunity to help feed a child for a school year. A donation of only \$115 will provide meals for 36 weekends for one school-age child. Due to various circumstances, including COVID-19, local school meal programs have seen the need for weekend meals increase, while funding and donations have declined. To combat this, Brews for Blessings will serve to increase community awareness, raise funds and have fun.

Sponsors for the event include: Title Sponsor, Premiere Plus Realty; Barraco & Associates; Rohrman Electric; Youngquist Brothers; Neubert Construction Services; Sawyer Smith; Jones, Haber & Rollings; Colonial Roofing; D.R. Horton; TM Strategic Consulting; Lee Drywall; Sanibel Captiva Community Bank; Universal Engineering Sciences; First Florida Integrity Bank; Your Team @ Schooner Realty; LandQwest; Pulte Group; Chris-Tel Construction; Spiro & Associates; Millennial Brewing Company; CONRIC PR & marketing; Something Borrowed Event Rentals; and Lee County Sheriff’s Office.

Additional sponsors are appreciated. To become a Brews for Blessings sponsor, contact Cecilia St. Arnold for details at 410-9592 or cstarnold@blessingsinswfl.org. All monies received go directly to providing meals for food-insecure kids.

Millennial Brewing Company is located at 1811 Royal Palm Avenue in the Fort Myers River District.*

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Book Review

The Evening And The Morning



by Di Saggau

Ken Follett's *The Pillars of the Earth* is my all time favorite book. So you can imagine how thrilled I was to learn that he was publishing the prequel to it, titled *The Evening and*

the Morning. I ordered it immediately, but for some reason didn't get around to reading it right away. You know that old saying about so many books. I have now read it and can say again that Follett is a powerful storyteller who holds your attention, even when it's about the 11th century.

It's the story of the days before England was merry. Year 997 CE was the end of the Dark Ages, and England is facing attacks from the Vikings and the Welsh and no clear rule of law is in effect. These turbulent times find three characters lives intertwined. Edgar, a young boatbuilder has his life turned upside down by a Viking raid and the death of his one true love. Lady Ragna, a beautiful French noblewoman marries the local alderman, Wilwulf, and starts a family. She soon realizes

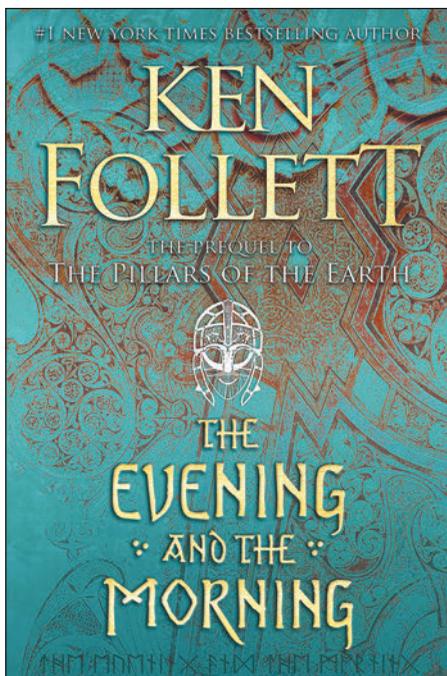


image provided

everyone around her is engaged in a brutal battle for power. A monk dreams of transforming his humble abbey into a center of learning to be admired throughout Europe.

Much of the action takes place in Drang's Ferry, a tiny hamlet where Dreng is a vicious ferryman who throws his slave's newborn child into a river. He's one of several characters whose death you will root for. There are many colorful people in this richly told

historical novel. The plot involves the three main characters, Edgar, Ragna and the monk. They are all sympathetic protagonists and watching them fight for their happiness makes for a thrilling and addictive novel.*

School Smart



by Shelley M. Greggs, NCSPP

Dear Shelley, I need some suggestions on things I can do to help my preschool children get ready to read. They are very interested in books

and I want to encourage them to enjoy books and be ready for more learning.

Sonya B., Sanibel, Florida

Sonya,

You're wise to think about preparing your children to read through reading readiness activities. While it may seem that children go from non-reader to reader very easily, research shows that this transition is quite complex.

Children start getting ready to read years before they actually read. They use critical reading readiness skills, also known as pre-reading or early reading, that are often built through play. Here are some play-based activities you can use to help build these skills.

Developing a substantial vocabulary is critical. Children use words to make sense of the world around them, and in the preschool years, vocabulary typically grows from about 200 words to closer to 2,000 words. Children use their oral vocabulary to figure out the words they see in print. It's easier to decode a word that is already recognizable and holds meaning.

To help build vocabulary, play the "What am I?" game. Think of an item and describe it, using as much detail as possible. Each detail can add new vocabulary for children to learn. Take turns describing objects and guessing.

Children with high print motivation look through books on their own and may even recite memorized books, looking closely at the words to match them to the words they're speaking. They're less likely to give up trying to learn to read, even if it's difficult for them.

An activity to encourage this is to retell a book in their own words and

include a beginning, middle and ending. If your child is struggling with this, you can prompt them in their retelling by asking them questions like, "What happens next?" or by describing the actions taking place.

Understanding that print has meaning and is organized in a certain way, such as that letters form words, that words form sentences, and that the spaces in between matter, is a very important skill. Children learn that books start at the front cover, that English print is read from left to right and top to bottom, and that the words they point to match the words being said. Children with strong print awareness skills tend to "pretend" read books long before they can read.

Children recognize environmental print, such as the logo of a favorite cereal, restaurant or toy brand, long before they can read the words. Making a book with these recognizable words in it will reinforce the concept that print has meaning. Add more of these words to the book as children learn to recognize them. It will give them a great feeling of accomplishment as they read their special book.

Letter knowledge is recognizing and understanding that letters are different from each other and that they have names, and that certain sounds are associated with each letter. Letter knowledge provides children with a symbol which, when combined with phonological awareness skills, helps them decode words more easily.

Here's are some ideas for practice. Children notice the shapes of letters when they do alphabet puzzles or use letter-shaped cookie cutters in damp sand or play dough. Magnetic letters and alphabet blocks allow children to explore letter-sound connections, arrange and rearrange letters to form words, and become more aware of the sequences of sounds within words. So, make sure to have magnetic letters or other representations of the alphabet available so your children can play and practice letter recognition.

Shelley Greggs is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com or at www.schoolconsultationservices.com.*

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From page 1

Youth Orchestra

is also an active performer and private horn instructor in Southwest Florida. "I am very happy that we have found a way to safely and carefully offer this important educational opportunity back to our area's most gifted music students. With no access into Lee County Schools at this time, we have been blessed with our own private rehearsal facility due to our new Bell Tower partnership," said Education and

Community Outreach Director Kara Griffith. "We now have the space and easy access to a large, lovely unit in which the students can rehearse, safely masked and distanced. The students, parents and conductors have been so flexible with all of the necessary changes, and I know they are as excited as I am to have found a way to persevere."

The Bell Tower outdoor center courtyard is located at 13499 South Cleveland Avenue in Fort Myers. For tickets, visit www.swflso.org.*



Denny Grimes photos provided



Randy Thibaut

Real Estate Market Trends Virtual Forum

Local real estate experts will convene virtually in Southwest Florida to present Market Trends 2021, a free real estate forum to be held on Tuesday, March 9 from 4:30 to 5:30 p.m.

Presented by LSI Companies, Lee Building Industry Association and Collier Building Industry Association, the theme of the Market Trends 2021 event is "The Playbook has Changed." Real estate in Southwest Florida flourished in 2020. In 2021, though, many new strategies are emerging and competition is fierce. How do you navigate this changing landscape?

The area's leading voices in real estate will provide updates on the latest market trends and how they will impact the big picture for homeowners, homebuyers, real estate professionals and Southwest Florida as a whole in 2021.

Speakers include:

Land, new home sales and development expert Randy Thibaut, founder, owner and CEO of LSI Companies

Residential real estate expert Denny Grimes, president of Denny Grimes & Team at Keller Williams Realty

Commercial real estate expert Stan Stouder, founding partner of CRE Consultants

Market Trends 2021 is free to attend, and all who register will receive a free Market Trends book filled with useful market data and information.

Sponsorship opportunities are available at the Platinum (\$5,000), Gold (\$2,500) and Silver (\$1,425) levels and include varying levels of recognition in the Market



Stan Stouder

Trends book, marketing materials during the virtual event and more.

Committed sponsors include *Business Observer*, *Florida Weekly* and NBC2 as premier sponsors; Busey Bank, Henderson, Franklin, Starnes & Holt, PA and Priority Marketing as platinum sponsors; Barraco & Associates, Cameratta Companies, CRE Consultants, DR Horton, Florida Gulf Coast University Lutgert College of Business, Lennar Homes, Sanibel Captiva Community Bank and Stevens Construction as gold sponsors; and Denny Grimes & Team at Keller Williams Realty and My Undercover Agent as silver sponsors.

To register or learn more about sponsorship opportunities, visit www.markettrendsswfl.com.*

Community Cooperative Hires Manager

Community Cooperative has hired Tami Holliday to fulfill a new role for the nonprofit as community relations and development manager. In this position, she will work with the development department to provide leadership and support for fundraising, promotion and volunteer recruitment and retainment.

Holliday will represent Community Cooperative in the community, with the goal of creating deeper engagement and commitment for donors, supporters and volunteers.

"We are so excited to have Tami on board to help us in our mission to eliminate hunger and homelessness in Southwest Florida," said Stefanie Edwards, Community Cooperative's chief development and operating officer. "Her management experience solving problems, negotiating and working with various groups and the media will allow her to hit the ground running as we continue to innovate to meet the needs of the community."

Holliday spent the last nine years working for state Senator Lizbeth Benacquisto, U.S. Senator Bill Nelson and, most recently, Ambassador Francis Rooney (retired congressman for Florida's 19th District). For Nelson, she was responsible for seven counties,



Tami Holliday photo provided

serving as liaison to nearly 1.6 million residents, county and local governments and community groups. She was deputy chief of staff for Rooney, responsible for operations and management of his district offices and planning community outreach events. She was a legislative assistant for Benacquisto, specializing in constituent services.

Holliday graduated magna cum laude from Florida Gulf Coast University with a bachelor of science degree in legal studies. Before entering politics, she was a paralegal and risk management coordinator at Florida SouthWestern State College.*



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Will Power

Between Liberty And License



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

John Locke, a British Enlightenment figure of the late 17th century, is credited with some of our Founding Father's foundational thinking. In Locke's time, European monarchs were thought to be God's appointed representatives on earth, and therefore weren't accountable to earthly authority. Among other things, monarchs made the rules, changed those rules on a whim, waged war, and imprisoned or killed dissenters. They ruled as they pleased, even though a monarch's sole responsibility to his subjects was to protect them.

Locke's ideas were radical in his day. He rejected monarchs' divine origins, writing in his Two Treatises of Government volumes (1698) that every man was endowed by our Creator with inalienable rights that governments are responsible to protect, including "life, liberty and the pursuit of estate." Power flows from the consent of the governed, not the other way around.

Sound familiar?

As an aside, the reason Jefferson changed Locke's final word from "pursuit of estate" to "pursuit of happiness" is because the former, in Locke's writings, referred to property, which was controversial amongst the revolutionaries framing the Declaration of Independence, since that term included slaves. Jefferson's vision of happiness was the pursuit of wealth.

The idea of ordinary citizens having property rights is a notion we take for granted today but was not a historical western norm until sometime in the past 350 years. Until then, the king had the absolute authority to appropriate other people's property. English scientist and philosopher Thomas Hobbes (1588-1679) wrote of a social contract theory in his seminal work, *Leviathan*, where citizens abdicate themselves to a sovereign who, through 12 principal rights governing every aspect of their lives, protects them.

Locke, in contrast, saw that private property rights were essential to a free society.

Therefore, private ownership of investments, properties and wealth (around which I've based my estate planning career) is a modern phenomenon. These concepts spawned the freedoms resulting in exponential human progress that otherwise couldn't have been possible.

Yet a free society requires something more than property rights.

Edmund Burke, an 18th century Anglo-Irish statesman and philosopher said, "Men are qualified for civil liberty, in exact proportion to their disposition to put moral chains upon their appetites."

Society depends on a system of restraints, and these can be imposed from the outside by enforcers like the police, or from within, in the form of conscience. The less law is internalized as conscience, the more society – if it is to avoid anarchy – will resemble a police state. Burke noted in *Reflections on the Revolution in France* (1790), "It is ordained in the eternal constitution of things that men of intemperate minds cannot be free. Their passions form their fetters."

Which leads me to the conflict between liberty and license. Liberty meaning freedom bound by widely accepted moral constraints, while license refers to freedom without responsibility.

In a free society, man has the liberty to do as he pleases, yet there are expectations of self-restraint. We recognize responsibilities toward other members of society. Freedom without restraint, when individuals feel no such responsibility to others, when one only considers one's rights without regard to how the exercise of those rights affects others, results in anarchy.

An example of this can be found in the traffic stoplight. There are not enough police to monitor drivers' adherence to the requirement that one stops one's vehicle when that light is illuminated red. When you approach an intersection at 45 mph and the light is green, you rely on the conscience of other drivers not to run their red light so that you may proceed to your destination unharmed. If enough drivers feel the license to do as they please, when no one stops when the light is red, danger ensues. The societal norm breaks down.

When societal norms break down, as Locke and Burke suggest, freedom is lost. What stage is our society in?

Personal injury attorney advertisements appear to me as one "canary in the coal mine." These ads essentially ask, "Isn't there anyone I can sue for you?" Those firms' target audience are people who feel victimized. Victimization is the opposite of taking responsibility for one's actions. While true victims deserve representation, are there really that many in Southwest Florida to warrant millions of dollars of advertising to attract them?

Might it be a feeling of "I've got mine, and I don't care how my claim affects my neighbors' insurance premiums?" Should we ask ourselves whether that mindset is a cascading effect from others; the "haves" taking advantage of the "have nots" who then seek their revenge given the opportunity?

On the national stage, acrimony between Democrats and Republicans signals another warning. Depending upon who's in office, the pendulum swings right, then left. There's no middle ground. The majority party lacks self-restraint, taking everything that they can until the minority becomes the majority party, when the opposite occurs. This is the cycle of American politics.

We look to our party to protect us. Until they can't, because they're no longer in power. Doesn't that feel closer to Hobbes' social contract description than it does to Locke's and Burke's views that all men have inalienable rights, enjoying the fruits of freedom by exercising self-restraint, listening to an inner moral conscience?

I pray we haven't fallen that far.*



image courtesy www.artswfl.com

Annual Juried Art Show: Recaptured – Deadline for art submissions is Thursday, May 20. The Recaptured show will be on display June 4 through 24 in the Grand Atrium.

The world generates at least 3.5 million tons of plastic and other solid waste a day, 10 times the amount a century ago. The U.S. is the king of trash, producing a world-leading 250 million tons a year – roughly

4.4 pounds of trash per person per day. This year's challenge for the annual juried exhibition is focused on "recapturing" waste and turning it into a desirable piece of art. Glass bottles, plastic bags and other waste that would end up filling landfills or floating in the sea have, in the hands of some artists, become a form of sustainable art that highlights the degradation of the planet and surprises with its originality. Just like human beings, waste deserves a second chance, and upcycling has led to the emergence of an artistic movement known as recycled art – upcycled art or upcycling art – that is currently inspiring many artists around the world with its critical message regarding excessive consumption and environmental pollution. This type of art seeks to transform waste such as paper, cardboard, wood, glass, plastics, metals and rubber into works of art. The concept, therefore, goes beyond the conventional recycling of materials by creating objects that exceed the economic, cultural and social value of the original product. The possibilities stretch as far as the imagination.

A \$30 entry fee is required for up to three submissions per artist. Cash prizes will be paid to winners in three categories: \$500 for Best in Show; \$250 for SBDAC staff pick; and \$250 for People's Choice.

For details or to enter this exhibition, visit www.sbdac.com/recaptured.

Carded: Miniature Masterpieces – Deadline for art submissions is Friday, July 23. The Carded show will be on display from August 6 through 26.

The Artist Trading Card project builds on different traditions. Miniature art has been in existence for centuries, tracing its heritage back to the illustrated manuscripts of scribes in the Far East and Europe prior to the 15th century. The first artist trading card dates back to 1997 in Zurich and started as a collaborative cultural performance. The origin of the modern trading card is associated with cigarette cards first issued by U.S.-based Allen and Ginter tobacco company in 1875. They were the precursors of the sports cards and other trading cards. Ever since artist Ndola Pensy introduced the artist trading card idea to Southwest Florida in 2017, it has received great reception among artists of different mediums in the area. This show is curated by Cesar Aguilera.

For details or to enter this exhibition, visit www.sbdac.com/carded.

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.*

From page 1

Art Exhibitions

A more apt analogy would be furniture. Chinese vases, like Ming dynasty vases, are usually regarded in the realm of high/fine art. Desks and chairs are a good analogy (think Eames Chairs).

For details or to enter this exhibition, visit www.sbdac.com/functional-art.

Frankly Speaking

by Howard Prager



Now that football is over and spring training hasn't yet started, it's gotten to the "quiet" time of year with just college and pro hoops, hockey and some golf and tennis tournaments.

Some players are already at spring training camps as pitchers and catchers were due to report this past week. MLB exhibition games with colleges have been cancelled for this year. A limited number (25 percent of capacity) of fans can attend spring training games this year. For the CenturyLink Sports Complex and Twins games, the first game will be the home opener, February 28 against the Red Sox. No season tickets this year, though. Individual tickets will be sold in groups of 2 or 4. Check the website of the Twins and Red Sox for the latest information and updates.

With so many games being cancelled in the NBA, LeBron James is leading an outcry to cancel the All-Star game this year. Some sportswriters have suggested to just have some socially distanced contests for slam dunk and three-point shooting, just like HORSE was played last year from player's locations keeping players safe from one another. The NBA isn't buying it and has sent out a memo regarding safety protocols for All-Star weekend in Atlanta on March 6 and 7. Players will need to test for COVID-19 each day and are allowed four guests each. Given the number of games the NBA has already cancelled, players may just want to stay home and stay healthy.

The regular season for NCAA hoops wraps up in a few weeks and many familiar names are not at the top. Particularly absent are ACC teams, especially Duke, North Carolina and Notre Dame, along with Kentucky and other regulars. Only Virginia from the ACC is ranked in the Top 10, and the runaway leaders are undefeated Gonzaga and Baylor. Tournaments are also being moved. The Big Ten Men's Basketball Tournament, originally scheduled to take place in Chicago from March 10 to 14, will now be hosted in Indianapolis this year, as will all of March Madness. NCAA will be using facilities both at Indianapolis and nearby schools including Purdue and Indiana U. There's even talk of using some high school gyms, after all, Indiana is the state known for basketball.

Some tennis news from down under, where the Australian Open is being played without fans but with butterflies. Naomi Osaka was playing in her fourth round match when a butterfly landed on her. Again. And again. During her women's singles match on Friday someone yelled, "There's a butterfly on your legs." Before serving, Osaka took time to not only acknowledge the butterfly, but to gently escort the insect off of the court. During the exchange the butterfly lands on Osaka's legs, arms and even face. Osaka is third-ranked in the

tournament and may not need the luck the butterfly brought, but she certainly welcomed it.

One other player of note that is doing well at the tournament without any extra luck is Jessica Pegula. She has reached her first Grand Slam quarterfinal at the Australian Open by earning her first victory over a Top 10 opponent. The 61st-ranked American, whose parents own Buffalo's NFL and NHL franchises, beat No. 5 seed Elina Svitolina of Ukraine (6-4, 3-6, 6-3) in Rod Laver Arena. Pegula, 26, has won four matches at Melbourne Park over the past week after entering the tournament with a total of three Grand Slam match wins for her career.

Daniel Berger won for the second time since the PGA Tour returned to golf in June with a victory in similar fashion to his earlier win at Colonial, where a half-dozen players had a chance to win over the final hour. At Pebble Beach, Berger was tied for the lead, needing a birdie on the par-5 18th to win. "I was going to go down swinging," he said. And swing he did, hitting two of his best shots ever, a driver into the fairway and a 3-wood from 250 yards away in the cool air at sea level, which left him just 30 feet and two putts away. Berger capped it off with an eagle putt for a 7-under 65 and a two-shot victory over Maverick McNealy. "To step up there and hit a great drive and then one of the best 3-woods I've ever hit in my life, and then to make that putt, is just as good as it gets for me," Berger said. He finished at 18-under 270 for his fourth career victory.

The good news story of the week is from the Super Bowl. Not the game, but the halftime show. A 23-year-old Tampa man made history Sunday night during the Super Bowl LV halftime show. Joshua Felder was one of the dancers seen in a red sports coat and a white face covering surrounding performer The Weeknd. "He has high-functioning autism and is the first known person with an intellectual and developmental disability to take part in the show," *CBS This Morning* tweeted of Felder. Felder told CBS his autism helps him. He has a photographic memory and could easily recall all the dance moves. "I use my autism and my photographic memory to help me stay focused," Felder explained to CBS. "Pretty much, it's a superpower. It's like a gift that I was given from birth." The 23-year-old dancer got his halftime audition after catching the NFL's attention with a TikTok video, CBS reported. And, the news network says his football connections don't end there. Felder and Super Bowl MVP Tom Brady are both ambassadors for the nonprofit Best Buddies, which works to improve the lives of people with intellectual and developmental disabilities. And you thought all the Super Bowl stories had been told. Stay safe and have a good week readers!

*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@islandnews.com.**

Tarpon Hunters Club Offering Free Fishing Clinic

The Fort Myers Beach Tarpon Hunters Club will hold its annual free tarpon fishing and tackle clinic at Bonita Bill's Waterfront Café clubhouse on Wednesday, March 3 at 7 p.m.

The guest speaker will be Capt. Matt Mitchell, local captain, fishing guide and 2016 winning team captain of the "Ding" Darling Tarpon Tournament. Joining Mitchell will be additional speakers discussing how to find and catch the mighty "silver kings" using various fishing techniques. There will be tabletop and instructional displays on the essentials of rigging and choosing the right baits.

The Fort Myers Beach Tarpon Hunters Club is the oldest tarpon fishing club in the world. Established in 1962 with the principal objective of furthering the grand sport of tarpon fishing with sportsmanship and safe boating practices, the club is committed to the preservation of tarpon and the conservation of their habitat while following the International Game



Capt. Matt Mitchell photo provided

Fish Association rules for catch and release. The club meets on the first Wednesday of each month at Bonita Bill's clubhouse.

Bonita Bills Waterfront Café is located at 702 Fishermans Wharf on San Carlos Island. For more information or membership, contact Steve Johnson at 630-880-1023 or fmbtarponhunters@gmail.com.*

Scholarship Applications Close In March

The deadline to apply for the Red Sox's scholarships for the spring of 2021 is approaching. Applications are due by March 12.

The Red Sox Foundation will award a \$5,000 scholarship to 14 academically talented Lee County public high school seniors who have demonstrated a commitment to community service. One deserving student from each of the 14 public high schools in Lee County will be awarded.

Applications are available to local Lee County public high school seniors online at www.redsoxfoundation.org/leecountyscholarship.

Scholarship funds are raised annually from proceeds of the Red Sox annual

Swings for the Sox Golf Tournament. "The Red Sox Foundation continues its commitment to providing the funds for these scholarships," said Brennan Whitley, senior manager Florida business operations for the Boston Red Sox. "Despite COVID, we were really pleased that our ninth annual Swings for the Sox golf tournament was once again a huge success in our efforts to raise more money for these scholarships."

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

For more information about the Red Sox Foundation, visit www.redsoxfoundation.org.*

SPORTS QUIZ

1. What Seattle Seahawks defender scored a safety 12 seconds into Super Bowl XLVIII when he tackled Denver Broncos running back Knowshon Moreno in the end zone?
2. The "Blake Street Bombers" – Larry Walker, Andres Galarraga, Dante Bichette and Vinny Castilla – were members of what MLB team in the mid-1990s?
3. What club did astronaut Alan B. Shepard use to hit golf balls on the moon during the Apollo 14 mission in 1971?
4. Who was knocked out by Muhammad Ali's controversial "phantom punch" in the first round of a May 1965 heavyweight boxing championship rematch?
5. What style of cheese do competitors chase down a hill in England's famous Cooper's Hill Cheese-Rolling and Wake event?
6. Montreal Canadiens goaltender Gump Worsley suffered a concussion in a 1967 road game against the New York Rangers after being hit in the head by what?
7. In 1938, what American tennis player won the Grand Slam – all four major tournaments – in a single calendar year?

ANSWERS

1. Cliff Avril. 2. The Colorado Rockies. 3. A modified Wilson 6-iron. 4. Sonny Liston. 5. Double Gloucester. 6. An egg thrown from the upper deck. 7. Don Budge.

Businessman On A Mission To Protect The Bees

by Kathy Kurtz Ferrari

When you meet Sanibel resident Jason Stretch, it's easy to imagine him working under the hood of a car. The owner of Legendary Automotive and Truck Service in Fort Myers has been dealing with cars nearly all his life.

But picturing him under the hood of a beekeeper's suit is a bit of a "stretch" – no pun intended. The burly but affable guy clearly has a tender side, and he's not afraid to show it.

Originally from New Hampshire, where he owned another multi-bay auto repair shop, Stretch bought Legendary Automotive and moved to Sanibel in 2016 to be closer to his parents who until recently lived on the island. His family vacationed here for decades and when an opportunity arose to move here, he and his wife Patty seized it.

He has strived to run a good business and support charities in the community. Legendary Automotive gives away a car annually to a worthy cause in its Wheels to Prosper program.

That sense of giving back goes beyond his business, as Stretch is trying to do his part to care for the planet with a new found passion – beekeeping.

"I'm new at this. Literally, I just made the decision I'm going to become a beekeeper during the pandemic," he said, noting many people have embraced this time to expand interests.

Stretch has about 10 bee boxes set up on the roof of his garage next to his home on a quiet side street off West Gulf Drive. The tranquil location seems almost farm-like, with lots of tomato and fruit-bearing plants growing in random plots. A pond sits serenely across the street. It's not the typical Sanibel backyard.

On a recent sunny afternoon, the beehives were busy – about as cliché as it gets – with a flurry of bees entering and exiting on their quest for pollen



Jason Stretch taking a break from his business, Legendary Automotive and Truck Service, to check on his new hobby of beekeeping photo provided

from island blossoms.

"What started it all was, when we first bought this house, I put up a screech owl box on a tree, you know, because that's what people do when they move here. They're like, 'What do I do? Hey, I'll put up a screech owl box,'" he said, his voice sapping with self-deprecating humor.

"After about a year, I noticed there were bees flying out of it. Being from New England, I figured, oh great, hornets."

So he knocked the box down with a pole. But when he didn't get stung, he realized they were honey bees.

"My heart literally dropped. I was pretty upset," he said.

He contacted a beekeeper who helped save the hive and set up his first bee box.

"I didn't know anything about it. I didn't have any of the equipment. But we just set the box up and thought we're just going to see what they can do."

He didn't plan on delving into beekeeping any further until COVID-19 gripped the world.

"There's no better time to get started on something. Let's not let a good pandemic go to waste," he said with a

smirk.

There's an amazing science to beekeeping, and Stretch has acquired an impressive knowledge about the mechanics and hierarchy of a bee colony. There are drone, worker and nurse bees, each with a specific job.

"And they do it flawlessly," Stretch said. "And the queen commands everything. Of course. It's like my house."

He has learned how to "grow" bees, transferring a piece of honey comb with eggs, larvae and pollen from one box to another to start a new colony.

Of course, he dons a beekeeper suit, which initially he didn't have. After getting stung a bunch of times in the beginning, he now has the right equipment. He has also learned tricks of the trade, such as how to draw out invading beetles using unscented dryer sheets.

"The bees will actually push these critters over and they'll get into the dryer sheets. Their little legs get caught in the dryer sheet and they'll die," he explained.

Stretch named his beekeeping Liberty Honey Bee and is officially insured and licensed by the state. Every

two weeks, he does hive inspections to make sure the bees are healthy and things are working properly.

"Why bees? Well, seven out of every 10 spoonfuls of food we're putting into our mouths wouldn't be there without pollination. And there's a lot of things that are working against honey bees right now," he said, listing the common use of pesticides and lawn fertilizers among things that harm bees and the environment. "I'm a little different than most beekeepers. I'm doing this for the bees."

Stretch does not sell honey, calling it his "selfish indulgence." He is teaching his 5-year-old granddaughter Sophie about bees and she recently set up a honey for donations stand in front of their home which raised \$75 for Gulf Coast Humane Society of Fort Myers.

"I think my goal is just to get people aware of what honey bees do and how they can really benefit us. On Sanibel, we have this unique opportunity, because 70 percent of the island is native or natural. We can help all these native plants, and in turn all the animals that eat the plants, by having bees."

Although most people say they want to do their part for the planet, Stretch felt compelled to do something tangible.

"We all live on this planet and we have to take care of it," he said. "A lot of people give money out, to this cause or that. I've always been really passionate about being directly involved. If I'm going to do something, why don't I just do it, rather than just writing a check."

"So beekeeping really provides that for me, that satisfaction."

Stretch is looking to work with property owners with swaths of land to set up bee boxes across the islands. He'd also like to partner with local organizations to bring more awareness.

"This is one of my side things. And it's not even a side-hustle. I'm doing it just for the purpose of improving the conditions on the island and helping these bees, because if the bees go, so do we."

To learn more about helping this cause, email Stretch at info@libertyhoneybee.com.*



A jar of Sanibel wildflower honey that was produced from Jason Stretch's beehives photo by Kathy Kurtz Ferrari



Jason Stretch has been teaching his 5-year-old granddaughter Sophie about the importance of honey bees photo by Kathy Kurtz Ferrari

Charity Group Hires Senior Director

Ronald McDonald House Charities Southwest Florida (RMHC SWFL) recently announced that it has hired Karen Zelden as senior director of development.

Zelden joins RMHC SWFL, having most recently innovated and led a multi-faceted fundraising, donor relations, and development communications program as chief development officer of JFCS (Jewish Family and Community Services) of the Suncoast in Sarasota. Among her accomplishments, Zelden innovated and led the fundraising efforts for a JFCS COVID-19 Emergency Hardship Program resulting in the disbursement of nearly \$525,000 to over 400 families financially impacted by the pandemic. She was responsible for 30 percent of the total organizational annual budget. She inherited an under-performing department and led the efforts resulting in budget performance from 17 percent to 105 percent to goal in just under eight months.

Before JFCS, Zelden held several senior leadership, revenue-generating, communications and community outreach positions in the for- and non-profit sectors, including three international companies. As director of major gifts and planned giving for WakeMed Health & Hospitals in Raleigh, North Carolina, her responsibilities included leading the major gifts fundraising efforts for a successful \$20 million campaign to build the first children's hospital in Wake County (Raleigh) and expand pediatric specialty services. There, she became passionate about Ronald McDonald House Charities as she had the privilege of working with the local team to bring a Ronald McDonald Family Room and House to WakeMed Children's Hospital.

At RHMC SWFL, Zelden's responsibilities will include developing and executing revenue-generating, development communications and community outreach strategies to build upon and expand the organization's successful fundraising efforts.

"We are thrilled to welcome Karen to our RHMC team," said Laura Ragain, executive director. "With our successful expansion campaign completed, I sought to hire a fundraising leader with a proven track record of success in building existing and identifying new relationships who also was a good fit for our close-knit team. Karen brings the fundraising experience, leadership, relationship building and business skills I hoped to find for this important role."

"I appreciate Laura's confidence and, when the opportunity to contribute to an organization that I have known and respected for years occurred, I jumped at the chance," said Zelden. "I look forward to working with Laura, my new colleagues, our five-county communities and our board to accomplish on behalf of the families who turn to us during critical times of need."

Zelden cares passionately about giving back, and her community efforts have included service on several boards and committees. When not working, her diverse interests include all things outdoors,

including hiking and the beach; travel; reading; and music. An avid writer, she authored a retired CEO's biography in 2014.✪

Program To Help Suspended Driver's Licenses

Lee Clerk of Court recently announced Operation Green Light, an in-house and virtual event that is part of a statewide initiative designed to help drivers get back on the road.

The clerk's office is waiving prior delinquency fees and the 25 percent collection agency fee for people with suspended driver licenses when they pay overdue Lee County traffic tickets and court debts.

Operation Green Light will be held virtually and in-person from Monday, February 22 through Thursday, March 4 from 8 a.m. to 5 p.m.; Friday, March 5 from 8 a.m. to 7 p.m. (virtually after 5 p.m.); and Saturday, March 6 from 9 a.m. to 2 p.m. (virtually only).

For virtual, visit www.leeclerk.org, scroll down to "Hot Topics," and click on "Zoom with a Court Clerk. There you can make an appointment. By phone, call 533-5000. For in-person meeting, make an appointment for either Downtown Fort Myers office (2075 MLK Boulevard in Fort Myers); or Cape Coral office (1039 SE 9th Place in Cape Coral).

Operation Green Light is for individuals with a suspended driver license due to outstanding court debts and traffic tickets who are looking to save money and have their license reinstated.✪

Water Quality Initiative Website

Lee County today launched a new citizen resource website titled Our Water Story: Lee County's Water Quality Initiative.

The website, www.lee.gov/water, invites Lee County residents to learn the local water story, how we got to where we are, what we are doing to fix it and how they can help shape the future of local waterways.

Water quality is a top priority of the Lee Board of County Commissioners and water-quality projects are underway year-round.

The site features a story map to take visitors on a tour of the watershed, discussing the challenges and causes as well as the steps Lee County and partner agencies have taken to help improve local water quality.

The initiative will include social media and traditional media campaigns highlighting completed, in-progress and new projects.

Water quality affects residents and visitors alike, and everyone has an opportunity to be a part of the solution, even during every-day activities such as walking the dog or taking care of the lawn. To encourage engagement, the site also provides links to partner agencies and organizations. For more, visit www.lee.gov.com/water.✪



Jehovah's Witnesses is offering a pandemic tools initiative

photo provided

Pandemic Anxiety Videos Being Offered

Few events in modern history have harmed the emotional well-being of people around the world as the COVID-19 pandemic. The threat of contracting or transmitting a life-threatening disease and the added challenges of anxiety and isolation have had an immeasurable impact on people of all backgrounds.

To help address this situation, the

Jehovah's Witnesses is featuring a video entitled *Virus Outbreaks – What Can You Do* at www.jw.org/en/bible-teachings/peace-happiness/virus-outbreaks-whiteboard-animation. The three-minute whiteboard animation offers families practical methods to cope emotionally and spiritually with the effects of the pandemic.

Since the pandemic began, the jw.org website has featured information designed to assist people of all ages and backgrounds to remain calm, informed and healthy. With content in an unprecedented 1,027 languages, the site also addresses often-asked questions and points to the Bible's assurance of a bright future.✪

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Beautifulife:

Love Is



by Kay Casperson

Years ago, when my daughters were just toddlers, I had a favorite book that I would read to them called *What Is Love*. I got it from my parents, who received it from my cousin,

whose daughter is an artist and was the illustrator for this book. Valentine's week is a time for many to express their love for each other in various ways. From getting couples massages, sending someone special to the spa, buying flowers, cards, or even dining out with friends or family.

For some reason, my mind wandered back to the days of reading this book to my kids, so they could determine what love was for themselves. "What is Love?" is the question that it asks over and over again. Can you see it? Can you feel it? Can you touch it? Can you hear it?

All of these questions can be answered with a big "Yes." Sometimes bringing back a lesson that we used to teach our kids can remind us of important things that we overlook and maybe even take for granted. We forget that we can express our love in many ways, but sometimes the smallest ways can significantly impact us.

Love is the smile you get when you do something nice for someone. Love is the smell of a meal cooked specially for you by someone who cares. Love is that sweet embrace and the sound of laughter between friends. Love is all around us in the big and little things.

This particular book's actual point is that love is God and God is everywhere, always and forever. If you look for it,

you will see that love is in the beauty of the earth and the people we surround ourselves with every day.

One of my favorite bible verses is 1 Corinthians 13:4-8 (NIV): "Love is patient, Love is kind. It does not envy; it does not boast, it is not proud. It does not dishonor others; it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hope, always perseveres. Love never fails."

We don't need to wait until Valentine's week to express it; in fact, we speak it in the little things we do every day without even knowing it. Love is the most powerful word, thought and expression that we have. It is the reason there is creation, kindness, humanity, peace and all the things that lead us to our best and most beautiful life.

My affirmation for you this week is: "Love is what inspires me to be my best every day, and I will continue to give it away freely."

*Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.**

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dearPharmacist

How To Make An Herbal Immune Tea



by Suzy Cohen, RPh

Dear Readers:

Upper respiratory tract infections often necessitate the need for time off work and various nonprescription medications to help

relieve symptoms. But how would you like to make a tea that helps? Teas are very easy to make at home. Everything in my recipe below can be purchased at a health food store, or from an online apothecary. My video for this recipe is on my website by the way, and you can search it by the title *Make Your Own Immune Tea*.

Ingredients

5 cups water
1 tbsp. Elderberries
1 tbsp. Echinacea
1 tbsp. Orange Peel
2 tsp. Licorice Root

Optional: Honey to sweeten

Directions: Pour five cups of water into a pot and stir the herbs in. Over medium low heat, bring the water to a soft boil and then reduce heat to a very gentle simmer. Continue simmering for about 20 to 30 minutes. Strain the herbs and pour the tea into a glass jar to store. Sweeten if desired. Store in refrigerator for three days. Drink one cup daily.

Here are the benefits of each herb in the tea:

Elderberry – Elderberries (*Sambucus nigra*) have been used as a natural defense against virus and bacteria for

centuries. Studies prove that it can even help inhibit growth of certain influenza strains. Furthermore, studies suggest that this herb can help with obesity, insulin signaling and various other biomarkers of endocrine dysfunction.

Echinacea – This herb has been used for centuries to help control symptoms of the common cold, influenza and other pathogens. Most consumers and physicians are not aware that commercially available products containing "echinacea" differ appreciably depending on what species and part of the plant is used. Echinacea inhibits hemagglutinin and neuraminidase, controlling spread and severity of influenza.

Orange Peel – This is dried orange rind, and it imparts vitamin C which is useful as a strong antioxidant. A lot of research has been conducted on C because it is known to help shorten duration of misery. As a side note, you cannot synthesize collagen without vitamin C, and it's not made in the human body either. Wrinkles are more profound when you run low on collagen, and it starts to slowly decline after age 20 or 25 in most people.

Licorice Root – This contains an active compound called glycyrrhizic acid, which is known to slow down the growth of many viruses. It can also directly kill certain viral particles. What I am talking about here is not candy, it's an herbal extract from the plant called *Glycyrrhiza glabra*.

Honey – Unprocessed (raw) honey has anti-bacterial and anti-viral properties that can serve to improve immune system function, so don't feel guilty if you want to sweeten your tea. Just use a good brand such as Manuka, or similar.

*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.**

Doctor and Dietician

What Is The Anti-inflammatory Diet?

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

Most of us have been taught that inflammation in the body is bad for you – and it is – if the inflammation is systemic and chronic. But please note, inflammation can be bad

AND good.

Remember, God made the body so that the natural inflammatory process releases healing cells to an injured area, such as when you sprain your ankle or twist and fall, or when your body is fighting infection. Immediately popping anti-inflammatory pain pills will stop that healing process, thus we recommend that people avoid them and only take them occasionally.

Systemic inflammation that occurs chronically can lead to a breakdown in the body, accelerating disease processes and even lead to weight gain. Some evidence of the widespread increase in the incidence of chronic systemic inflammation is the rise in autoimmune diseases.

Studies show that what we eat plays a major role in fighting and/or preventing systemic inflammation.

As you know, we encourage a plant-slant diet. Adding superfoods to every meal with high levels of antioxidants can help you stay healthy and ward off disease. We have access to so many great fruits and vegetables here in Southwest

Florida with our local grocery stores, farmer's markets and produce delivery options such as Misfits and SWFL Produce. Make it a lifestyle, not a diet.

Include nutrient-packed foods such as berries (strawberries, blueberries, raspberries and blackberries); cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, arugula, collards and cabbage); green leafy vegetables (spinach, kale and romaine); celery; avocado; fatty fish (salmon, sardines, herring, mackerel and anchovies); as well as spices like turmeric and ginger; and oils such as extra virgin olive oil and coconut oil. And the good news, include dark chocolate, organic cocoa and red wine (especially good is Sardinia, Italy's Cannonau red). We eat these (and other plants) regularly and truly enjoy them... and we know you will too!

As we stated above, inflammation occurs naturally in the body when the body is sick or injured. Chronic and sustained inflammation, however, is linked to many chronic diseases such as heart disease, obesity, diabetes and metabolic syndrome. These foods, however, can be the cause of inflammation and pain

in your body, so it is best to avoid them: fried foods; vegetable oil high in omega-6 fatty acids; grain-fed meats (choose grass-fed); highly refined white flour products; sugar; high levels of alcohol; dairy products; trans fats (hydrogenated oils and margarine); processed meats; additives and dyes; iodized salt; and artificial sweeteners (such as aspartame); and pasteurized juices.

Help your body stay strong, fight disease and function optimally by choosing foods that are health-promoting versus health-deteriorating. If you are receiving regenerative injection treatments at Caring Medical in Fort Myers, you will heal faster and accelerate your recovery if you eat a superfood-packed diet. We aim to help keep you active for life!

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

Health First

What You Need To Know About Nondairy Milk



by Julie Rosenberg, MD

Cow's milk is rich in high-quality protein and it also contains important vitamins and minerals, such as calcium, phosphorus and B vitamins. One cup

of whole milk has 149 calories, 8 grams of fat, 8 grams of protein and 12 grams of carbohydrates.

While cow's milk is a staple in many people's diets, others can't or choose not to drink cow's milk due to personal preference, dietary restrictions, milk allergy or lactose intolerance.

If you're like me and you don't drink cow's milk, there are many nondairy milk alternatives available. In fact, there are so many options that it may be difficult to determine which one to choose to best support your needs.

Let's look at how five top milk alternatives compare with cow's milk.

Soy milk – Soy milk is made with either soybeans or soy protein isolate, although it often contains thickeners and vegetable oils to improve taste and consistency. Nutritionally, soy milk is a close nondairy substitute for cow's milk. One cup of unsweetened soy milk contains 80 calories, 4 grams of fat, 7 grams of protein, 3 grams of carbohydrates and 300 milligrams of

calcium. Scientific studies show that drinking moderate amounts of soy milk may offer modest health benefits. Soy isoflavones are believed to be one of the main reasons behind the purported health benefits of soy-based foods. Soy milk is my personal favorite among the nondairy milks.

Almond milk – Almond milk is made from ground almonds and filtered water. However, most commercial almond milks also contain thickeners, preservatives and flavorings that are added to improve flavor, texture and shelf life. When compared to cow's milk, almond milk contains less than one quarter of the calories and less than half the fat. It is also significantly lower in protein and carbohydrates than cow's milk. One cup of unsweetened almond milk contains 39 calories, 3 grams of fat, 1 gram of protein and 3.5 grams of carbohydrates. Of note, almond milk is a natural source of vitamin E, a fat-soluble micronutrient.

Coconut milk – Coconut milk (a beverage) is made from water and the white flesh of coconuts. One cup of coconut milk contains 45 calories, 4 grams of fat, but no protein and almost no carbohydrates. Importantly, about 90 percent of calories in coconut milk are from saturated fat. Canned coconut milk is the liquid expressed from coconut meat. Canned coconut milk has 36 grams of fat per cup, so it's the nondairy equal of heavy cream! Don't choose coconut milk if you are on a low-fat diet.

Oat milk – In its simplest form, oat milk is made from a mixture of oats and water. However, manufacturers often add extra ingredients such as gums, oils and salt to achieve a desirable taste and texture. One cup of oat milk contains 140 calories, 4.5 grams of fat, 2.5 grams of protein, and 20 grams of carbohydrates. Oat milk is high in total

fiber and beta-glucan, a type of soluble fiber that binds to cholesterol, reducing its absorption in the body. Drinking oat milk may help to lower cholesterol.

Rice milk – Rice milk is made from ground brown rice and water. Rice milk is the least allergenic of all nondairy milks, making it a safe option for individuals who are allergic to dairy, gluten, soy or nuts. One cup of rice milk contains 130 calories, 2 grams of fat, 1 gram of protein and 27 to 38 grams of carbohydrates (because it's made from rice). Rice milk has a high glycemic index; it is absorbed quickly by the gut and rapidly raises blood sugar levels. Rice milk is not a good choice for those with diabetes or for individuals who have high protein requirements, given its low protein content.

In conclusion, there is a wide range of nondairy milks available on supermarket shelves. It can be difficult to discern which one to choose. First, know your dietary needs – do you have allergies or intolerances to certain ingredients in non-dairy milk such as nuts or soy? Next, read labels. When selecting a product, keep in mind protein content, calcium content, added sugar, additives and, of course, cost.

*Julie Rosenberg, MD, is a global healthcare leader, medical consultant and the author of two books, Beyond the Mat and Be True. For more information, visit her website at www.drjulierosenberg.com. For consulting and speaking requests, email inquiries to info@drjulierosenberg.com.**

Free Autism Screening For Young Children

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, February 26 from 9 a.m. to 2 p.m. A physician referral is not required.

It is estimated that one in every 59 children is diagnosed with some form of autism spectrum disorder, making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families. They say early intensive behavioral intervention can make an immense difference not just in the development of the child, but in their families as well.

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

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

Lee Health Hospitals Among America's Best

All Lee Health adult acute care hospitals have been named among America's Best Hospital for 2021, a distinction that places them in the top two and five percent of hospitals nationwide, according to Healthgrades, a leading online resource for information about physicians and hospitals. This designation rewards hospitals that consistently exhibit comprehensive, quality care across all clinical areas.

"We are honored to be recognized among the best in the nation for consistently providing safe, quality care," said Larry Antonucci, MD, MBA, president and chief executive officer of Lee Health. "This achievement is a testament to the extraordinary care that our amazing team provides and the lasting contribution they are having on the community's health through achieving excellent outcomes."

This year, Cape Coral Hospital earned a coveted Top 100 spot placing them in the top two percent of hospitals nationwide. Gulf Coast Medical Center,

HealthPark Medical Center and Lee Memorial Hospital earned the Top 250 best hospitals designation placing them in the top five percent. The top distinctions mean patients at Lee Health hospitals are less likely to experience medical or surgical complications and have the best chances for survival during and after hospitalization.

The list is based entirely on clinical quality outcomes for 32 conditions and procedures. Healthgrades evaluates hospital performance for more than 4,500 hospitals across the nation annually based on Medicare inpatient data from the Centers for Medicare and Medicaid Services Medicare Provider Analysis and Review (MedPAR) database. No hospital can opt-in or opt-out, nor can they pay to be evaluated. To learn more about how Healthgrades determines America's Best Hospitals award recipients, visit www.healthgrades.com/quality/hospital-ratings-awards.

The honor builds on Lee Health's hospitals' recent recognitions for quality and safety. Last year, all four Lee Health hospitals earned "A" grades in the Leapfrog Group's bi-annual hospital safety grades. The group also named Golisano Children's Hospital of Southwest Florida a "top hospital" for the fourth straight year.*

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 Florida Highway Patrol 278-7100
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 HealthPark Medical Center 1-800-936-5321
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 Fort Myers Symphonic Mastersingers 288-2535
 Gulf Coast Symphony 489-1800
 Harmony Chorus, Charles Sutter, Pres 481-8059
 Naples Philharmonic 239-597-1111
 The Schoolhouse Theater 472-6862
 SW Florida Symphony 418-0996
 Theatre Conspiracy 936-3239
 Young Artists Awards 574-9321

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

Answers on page 31

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Swish

LAGGER

Trajectory

COVERT

Scoundrel

VINILLA

Tarsus

KLEAN

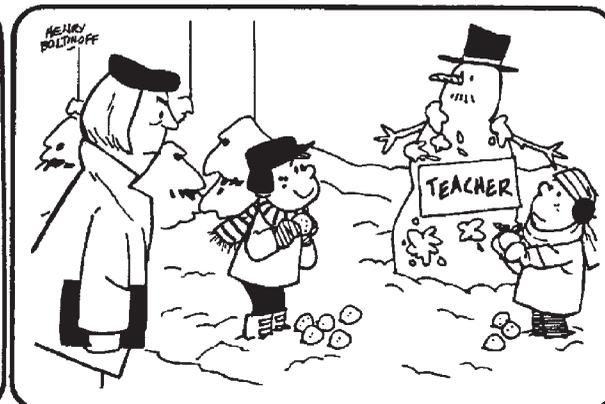
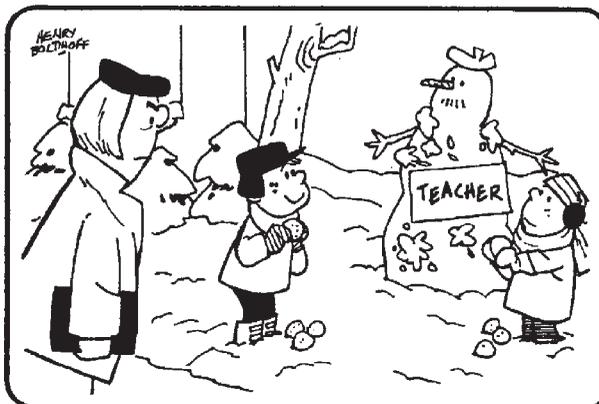


"I'm not _____ the bride away, Reverend. It's costing me \$10,000!"

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTIKOFF



Find at least six differences in details between panels.

Differences: 1. Snowman's hat is different. 2. Boy has a scarf. 3. Snowballs have been added. 4. Tree is missing. 5. Teacher's nose is different. 6. Boy is holding an apple.

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.

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

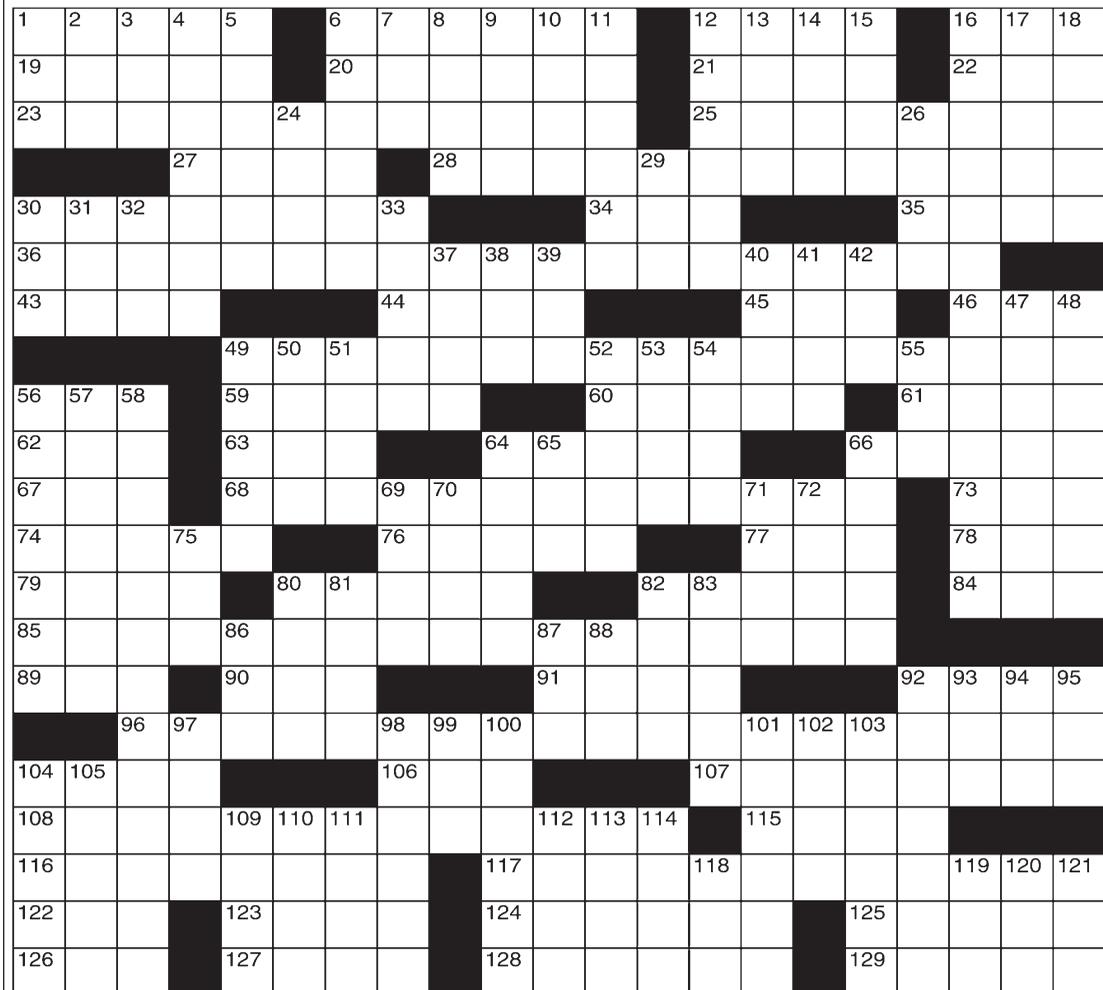
PUZZLES

Answers on page 31

Super Crossword

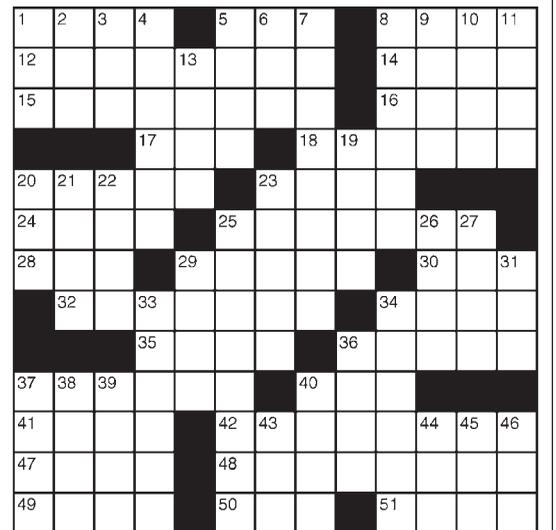
AM TOO!

- ACROSS**
1 Kuwaiti rulers
6 Pin to hang a chapeau on
12 Clothes
16 "This is so frustrating!"
19 Maui porch
20 Single-celled creature
21 Old term for margarine
22 Sooner than, in sonnets
23 Incriminated dancer
25 Possible cause of sneezing
27 Petri dish gel
28 A handsome Greek god put half-and-half in his coffee?
30 Scholars' milieu
34 See 56-Across
35 Mini-plateau
36 Cornhusk-wrapped treats found in an underground vault?
43 Pizazz
44 Psychic glow
45 Volt-per-ampere unit
46 Stephen of film
49 Temporarily smiling broadly?
56 With 34-Across, "Green Eggs and Ham" character
59 Sweetheart
60 Oklahoma city
61 Shoe retailer
62 Former flying inits.
63 Gas suffix
64 Tuscany city
66 Negative particle
67 Iowa's tree
68 Tony-winning musical performed in France's capital?
73 Graynor of "The Sitter"
74 Nabisco treats
76 Valleys
77 Wish to undo
78 Pince- —
79 6/6/44
80 Colonel North, briefly
82 Broadway star Rivera
84 Spokane-to-Boise dir.
85 Actor Ralph having reached a saloon's counter?
89 "— -hawl!"
90 Suffix with brilliant
91 Rod go-with
92 Memo starter
96 Group journey that has made everyone really hungry?
104 Memo starter Brian
106 British rocker
115 "After that ..."
116 Belgium's capital
117 Doubled radius of a toy on a string?
122 Go astray
123 Intro studio course
124 By wagering
125 Plant used to make tequila
126 Hankering
127 Pony pattern
128 SEALS' mil. branch
129 Renowned
DOWN
1 Pixieish one
2 Damage a bit
3 — funk (sad)
4 Ninth Muslim month
5 Gangster
6 Singer Emmylou
7 "Yo te —"
8 Roman wrap
9 Small chirp
10 Spanish river
11 Illuminated like old streets
12 "Beat it, kid!"
13 Actor Guinness
14 Back area
15 Foreshadow
16 Some math specialists
17 French city
18 Ibsen's "— Gabler"
24 Matriarch
26 Pitch a tent
29 "— -di-dahl!"
30 Feasted
31 Nev. neighbor
32 Docs' org.
33 — worse than death
37 Rhine feeder
38 Nev. neighbor
39 Yoga pad
40 Corn bases
41 Cronus' wife
42 Singer Sumac
47 Audience extras
48 Really suffer
49 Licked parts of envelopes
50 Actress Chaplin
51 KOA patron
52 Newsy bits
53 Tax-free bond, in brief
54 Israeli airline
55 Adult males
56 Supported
57 Oscar winner, e.g.
58 Not go right or straight while driving
64 Paper unit
65 Actor Ziering
66 Lend — (listen)
69 Inuit-language word for "house"
70 Small error
71 Chi-Town daily paper
72 Let — sigh
75 Popeye's gal
80 Old Dodge
81 Corrosive cleansers
82 Rice — (cereal)
83 Assists
86 Archer's skill
87 Pt. of NATO
88 Ball balancer
92 In a single try
93 Wicked act
94 Wingtip tip
95 Walk- — (small roles)
97 Santa — (hot winds)
98 Entraps
99 Walk- — (no-appointment customers)
100 "I meant someone else"
101 Real thing
102 Qatari port
103 "The — Cometh"
104 Monks' home
105 — Haute, Indiana
109 Despot of old
110 Architect Saarinen
111 Utah ski site
112 Ages on end
113 Meg of film
114 Japanese noodle
118 Actor Patel
119 Tit for —
120 Night before
121 Ruby, e.g.



King Crossword

- ACROSS**
1 To boot
5 Tummy muscles
8 Writer Rice
12 Appeared suddenly
14 Earth
15 Regatta
16 Pout
17 "— a Camera"
18 Decisive moments
20 A Musketeer
23 Prejudice
24 Reddish horse
25 Lake activity
28 CCV x X
29 Pre-diploma hurdles
30 Dig in
32 Straw hats
34 Carton sealer
35 School orgs.
36 Used a sponge
37 Stir-fry veggio
40 Crony
41 Slanted type (Abbr.)
42 Yacht lover's event
47 French 101 verb
48 Veteran
49 Easy targets
50 Ballot marks
51 Whig's rival
10 Egyptian river
11 BPOE members
13 Historic times
19 "Phooey!"
20 Branch
21 Pyramid, maybe
22 Saintry ring
23 Wild pigs
25 Challah holder
26 Tide variety
27 Be slack-jawed
29 "Beetle Bailey" dog
31 Danson of "Cheers"
33 Granny Smiths
34 Mild cheese
36 Bulb measure
37 Slapstick arsenal
38 Jazzy James
39 Seniors' org.
40 Cushions
43 Flamenco cheer
44 Med. plan option
45 Not 'neath
46 Like some humor
DOWN
1 NYPD alert
2 Brit's restroom
3 Hotel amenity
4 Choice
5 Leading man?
6 Tampa Bay NFLer
7 Dishes not on the regular menu
8 Home of St. Francis
9 Entre —
13 Historic times
19 "Phooey!"
20 Branch
21 Pyramid, maybe
22 Saintry ring
23 Wild pigs
25 Challah holder
26 Tide variety
27 Be slack-jawed
29 "Beetle Bailey" dog
31 Danson of



MAGIC MAZE ● COMFORT FOODS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: BISCUITS AND —

- | | | | |
|-------------|-----------|------------|------------|
| Apple pie | Chocolate | Hamburgers | Pizza |
| Baked beans | Cornbread | Ice cream | Pot roast |
| Casseroles | Custard | Meatloaf | Roast beef |
| Chili | Dumplings | Pasta | |



Salad with Beef Meatball

- 4 Beef and Vegetable Meatballs
- 4 cups salad greens
- 1 cup sweet peppers, seeds removed and sliced
- 1 cup cucumber, sliced
- 1/4 cup parmesan cheese, grated
- 1/3 cup Italian vinaigrette (your favorite)

Warm Vegetable and Beef Meatballs in a 300 degree oven until warm throughout. In four bows arrange the greens, sweet peppers, and cucumbers in a layered fashion. Top each salad with a meatball and a generous sprinkling of parmesan cheese. Serve salad with your favorite vinaigrette.

Beef and Vegetable Meatballs

- 1 pound lean ground beef
- 1 cup yellow squash, grated fine
- 1 cup zucchini, grated fine
- 1 cup mushroom, chopped fine
- 1 cup carrot, shredded fine
- 1 cup panko (Japanese breadcrumbs)
- 1 egg
- 1/2 cup milk
- 1 tablespoon all-purpose seasoning (your favorite)
- 1/2 cup Parmesan cheese, grated
- Sea salt and fresh ground pepper to taste
- Vegetable oil for cooking
- Preheat oven to 350 degrees.

In a large mixing bowl, combine egg, milk, seasoning blend, and panko. Stir until well combined. Let mixture sit for 5 minutes. After 5 minutes, stir mixture again. Add the ground beef and vegetables to the bread crumb mixture. Continue to mix the beef with all the ingredients, until everything is uniformly incorporated.

Preheat a large sauté pan over medium-high heat. Roll the beef mixture into golf ball sized or smaller meatballs. Working in batches and making sure not to overcrowd the pan, cook the meatballs in a small amount of vegetable oil. The meatballs need to reach an internal temperature of 165 to be completely done. Continue to cook meatballs in sauté pan until they are browned all over. Place meatballs on a sheet pan and put into oven until completely done. Serve meatballs warm with extra grated parmesan cheese.*



Salad with Florida Beef Meatball
photo courtesy Fresh From Florida

PETS OF THE WEEK



Tank ID# A709161 photos provided

Lee County Domestic Animal Services

Tank And Daisy

Hi, my name is Tank. I am a love-a-bull, hug-a-bull, adopt-a-bull 6-year-old red male pit bull. I am 85 pounds of love in need of a little more exercise and a lot less treats so I can have many more years to share that affection with my new family. My previous owner passed away, and my family could not care for me and knew how much I have to give. My adoption fee is \$25.

Hello, my name is Daisy. I am a beautiful 4-year-old male tuxedo cat that was quite timid when I first came to the shelter, but I'm coming out of my shell. I love attention and lounging in my bed. My favorite pastimes include eating and



Daisy ID# A850684

cavorting in the free roam room with volunteers. I'm happiest when I am the center of attention now that I have gotten used to the love and affection I have received at animal services. My adoption fee is \$50, and you can adopt a kitty friend for me at no additional cost.

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

My Stars ★★★★★

FOR WEEK OF FEBRUARY 15, 2021

Aries (March 21 to April 19) Doing something nice for others is typical of the generous Arian. But be prepared for some jealous types who might try to question one of your more recent acts of kindness.

Taurus (April 20 to May 20) You're eager to take on new responsibilities. But before you do, you might want to check out exactly what would be required of you so that you don't face any "surprises" later.

Gemini (May 21 to June 20) It might be best to put off an important decision until a fluctuating situation becomes more stable. Recently received news could help resolve a long-standing family matter.

Cancer (June 21 to July 22) If you still have a problem getting that information gap closed, you might consider asking a higher authority to resolve the matter, leaving you free to move on to another project.

Leo (July 23 to August 22) A family matter needs to be dealt with at the start of the week. Once it's resolved, the Big Cat can devote more attention to that new opportunity that seems to hold so much potential.

Virgo (August 23 to September 22) Pay attention to those niggling doubts.

They could be warning you not to make any major decisions until you've checked them out -- especially where money matters might be involved.

Libra (September 23 to October 22) A business venture might need more of your attention than you are able to provide. Consider asking a trusted friend or family member to help you work through this time crunch.

Scorpio (October 23 to November 21) A more-positive aspect helps you get a clearer focus on how to handle your time so that you can deal with several responsibilities that are just now showing up on your schedule.

Sagittarius (November 22 to December 21) A very close friend (you know who that is!) has advice that could help you work through a confusing situation. So put your pride aside and ask for it. You'll be glad you did.

Capricorn (December 22 to January 19) A workplace situation could turn a bit tense. The best way to handle it is to confront it and deal with it openly. Doing so can help reveal the underlying reasons for the problem.

Aquarius (January 20 to February 18) A colleague's remarks appear to be especially cutting. But don't waste your time or your energy trying to deal with the

situation. You have more important things to do.

Pisces (February 19 to March 20) Support for your work comes as a surprise from someone you thought was critical or, at least, indifferent. Your spouse or partner has big plans for the weekend.

Born This Week: Your spiritual strength often acts as an inspiration to help others make decisions about their lives.

MOMENTS IN TIME

- On Feb. 24, 1786, Wilhelm Karl Grimm, the younger of the two Brothers Grimm, is born in Germany. The Grimm collection of folk and fairy tales includes *Hansel and Gretel* and *Little Red Riding Hood*.

- On Feb. 25, 1862, the U.S. Congress passes the Legal Tender Act, authorizing paper notes to pay the government's bills. It ended the long-standing policy of using only gold or silver in transactions.

- On Feb. 26, 1919, the Grand Canyon National Park is established. The chasm, home to more than 1,500 plant and 500 animal species, is more than a mile deep, and 15 miles across at its widest point.

- On Feb. 22, 1959, Lee Petty edges Johnny Beauchamp in a photo finish to

win the first-ever Daytona 500 in Florida. Beauchamp was initially named the winner, until Petty challenged the results using news photos.

- On Feb. 27, 1964, the Italian government begins accepting suggestions on how to save the Leaning Tower of Pisa from collapse. The top of the 180-foot tower was hanging 17 feet south of the base. The tower's lean is caused by the remains of an ancient river estuary under the building.

- On Feb. 23, 1980, speedskater Eric Heiden captures the 10,000-meter race at the Winter Olympics in Lake Placid, New York, in world record time to win an unprecedented fifth individual gold medal. Heiden had overslept and rushed to the rink after eating just a few slices of bread.

- On Feb. 28, 1993, in Waco, Texas, federal agents launch an unsuccessful raid against the Branch Davidian compound as part of an investigation into illegal possession of firearms and explosives by the Christian cult. On April 18, U.S. Attorney General Janet Reno approved a tear-gas grenade assault on the compound. A fire erupted and at least 80 people died.

NOW HERE'S A TIP

- Line your veggie and fruit drawers
- continued on page 30

 FRIDAY Mostly Cloudy High: 76 Low: 69	 SATURDAY Sunny High: 74 Low: 70	 SUNDAY Sunny High: 71 Low: 64	 MONDAY Sunny High: 69 Low: 65	 TUESDAY Sunny High: 67 Low: 60	 WEDNESDAY Mostly Sunny High: 68 Low: 63	 THURSDAY Sunny High: 64 Low: 57
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	7:57 am	12:25 am	5:25 pm	10:06 am
Sat	6:15 pm	1:45 am	None	None
Sun	7:22 pm	3:01 am	None	None
Mon	8:37 pm	4:04 am	None	None
Tue	1:23 pm	4:55 am	9:45 pm	3:08 pm
Wed	1:29 pm	5:37 am	10:43 pm	4:14 pm
Thu	1:38 pm	6:15 am	11:34 pm	5:05 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	7:02 am	12:27 am	4:30 pm	10:08 am
Sat	5:20 pm	1:47 am	None	None
Sun	6:27 pm	3:03 am	None	None
Mon	7:42 pm	4:06 am	None	None
Tue	12:28 pm	4:57 am	8:50 pm	3:10 pm
Wed	12:34 pm	5:39 am	9:48 pm	4:16 pm
Thu	12:43 pm	6:17 am	10:39 pm	5:07 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	6:37 am	12:36 am	4:58 pm	10:01 am
Sat	7:49 am	1:50 am	5:52 pm	10:21 am
Sun	7:34 pm	2:51 am	None	None
Mon	10:41 am	3:49 am	9:00 pm	2:16 pm
Tue	11:26 am	4:43 am	10:10 pm	3:35 pm
Wed	11:58 am	5:29 am	11:01 pm	4:43 pm
Thu	12:28 pm	6:11 am	11:41 pm	5:37 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	10:07 am	3:41 am	7:35 pm	1:22 pm
Sat	8:25 pm	5:01 am	None	None
Sun	9:32 pm	6:17 am	None	None
Mon	10:47 pm	7:20 am	None	None
Tue	3:33 pm	8:11 am	11:55 pm	6:24 pm
Wed	3:39 pm	8:53 am	None	7:30 pm
Thu	12:53 am	9:31 am	3:48 pm	8:21 pm

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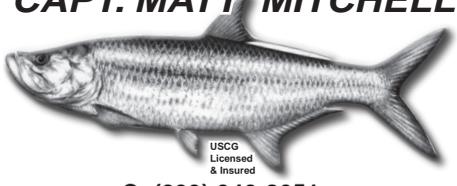
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The New Math:
\$1 = \$8

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From page 28

Now Here's A Tip

with plain paper towels to avoid messes in the refrigerator. Check through produce daily to remove any spoiled items.

- "For grease stains on fabric, I don't reach any further than my kitchen sink. I saturate it with dishwashing liquid and throw it in the washer. It works better than any stain stick." – WD in Pennsylvania

- "Everyone knows probably five uses for pantyhose with runs in them. Here's one I heard from a friend that I had never heard before. Scrunch one leg up and use it like a dusting mitt on upholstered furniture to get rid of cat hair. I guess it would work for all pet hair, but I do this every day now, and it's so easy." – GT in Washington

- If you have a stinky sink problem, check your garbage disposal. The plastic insert in the drain will usually pull out to give you a better look. Sometimes, all that is needed is to clean the plastic insert – it can collect a nasty food slime on the disposal-facing side. You can also try

running it for a few minutes with ice cubes, citrus peels or baking soda and vinegar.

- If you have many books on a bookcase, here's a tip that'll blow you away: Use a hair dryer on the cool setting to blow dust off the top of the books. Work from the top down, wipe the visible shelf with a microfiber cloth, then vacuum the floor.

- "In one of my pizza boxes, I noticed a sheet of plastic netting that keeps the pizza crust crispy during delivery. I saved it, thinking I would find a use for it. I did – in my dishwasher. I had several small plastic containers that kept flipping up and collecting water, so I lined them up and placed the netting over them. I laid a spatula on top to keep it in place. It totally worked." – AA in Florida

STRANGE BUT TRUE

- In 2003, Rapper Pusha T wrote the famous McDonald's jingle *I'm Lovin' It*, but does not own any of the publishing rights. After wisely learning from that multimillion-dollar mistake, he now owns 40 percent of

the publishing rights for the "We have the meats" campaign from Arby's.

- Baked beans aren't baked. They're stewed.

- After he seized power in Cuba, Fidel Castro banned the board game Monopoly and ordered every set to be destroyed.

- Researchers have found that there are 19 different types of smiles, but only six occur when we're having a good time. The rest happen when we're in pain, embarrassed, uncomfortable, horrified or even miserable.

- Genoan sailors were known colloquially as "Genes" and wore cotton pants, which is where we get the word "jeans."

- A singing birthday card has more computer power than the entire Allied Army of World War II.

- There is a spacecraft graveyard in the Pacific Ocean. Known as "Point Nemo," it is the farthest place on Earth from land and is home to over 300 spacecraft and associated space debris, including the Russian MIR space station, the first object

assembled in planetary orbit.

- Horrormeister Stephen King has triskaidekaphobia (fear of the number 13) and won't stop writing if he's on the page number is 13 or a multiple of it.

- OMG, the popular acronym for "Oh my God," was first used in writing in a letter to Winston Churchill in 1917, by John Arbuthnot Fisher, a retired Admiral of the British Navy, who said, "I hear that a new order of Knighthood is on the tapis, O.M.G. (Oh! My God!)." **THOUGHT FOR THE DAY**

"Most heroes live quiet, unassuming existences. They lend a hand and help, without any expectation of gratitude or fanfare." – Ray Madaghiale

TRIVIA TEST

1. **Anatomy:** What is the hardest substance in the human body?
2. **Geography:** Off which U.S. state's coast is Santa Catalina Island located?
3. **U.S. Presidents:** Who was the first president to hold a press conference?

CLASSIFIED

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6/5 * TFN

HELP WANTED

ADMINISTRATIVE ASSISTANT

The Bailey-Matthews National Shell Museum on Sanibel Island is seeking an Administrative Assistant. Experience with Word, Excel, databases, other business applications, and good writing skills required. To apply for this 20 hour/week position, please send a resume to info@shellmuseum.org.
1/22 * TFN

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POLITICAL BUTTONS WANTED



Collector will be in FL 3-9 to 3-18 buying old political buttons, badges, ribbons and misc campaign items.
Call or text Paul at 952-200-7490.
2/12 * 2/19

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APPLIANCES

- White LG Dishwasher – Mint Condition
 - White LG 30" French Door Refrigerator – One tiny dent on front – barely noticeable
 - White Kenmore oven with white cooktop – Mint Condition.
- Non-smoking household. Single Mother, empty nester so not a lot of usage. Selling due to renovation in kitchen. Email for pictures or appointment to see them. LisaSanibel@centurylink.net
12/11 * TFN

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2/5 * 2/12

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10/30 * TFN

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Hold the fish in the water while you unhook it if you're going to release it.

The less you can touch a fish before release the better for the fish.

If you want a picture with

the fish, support it as you lift it out of the water – and do it quickly.

Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

Florida residents as well as out of state visitors need a fishing license to fish from shore.

- General Knowledge:** How many breaths does the average human being take in one day?
- Movies:** Which movie featured the Seal song *Kiss From a Rose*?
- U.S. States:** A city in this state became the first in the world to install a parking meter?
- Ancient World:** Before he became a philosopher, what was Socrates' profession?
- Language:** What is the only letter that does NOT appear in any of the U.S. states' names?
- Animal Kingdom:** What is a group of giraffes called?
- Literature:** Which dystopian 1950s novel was originally titled *The Fireman*?

TRIVIA ANSWERS

- Tooth enamel
- California
- Woodrow Wilson, March 1913
- About
- Batman Forever* (1995)
- Oklahoma (Oklahoma City)
- Stone
- Q
- A tower
10. Fahrenheit
- Ray Bradbury

SCRAMBLERS ANSWER

- Gargle
- Vector;
- Villain;
- Ankle

Today's Word
GIVING

HORTOONS



PUZZLE ANSWERS

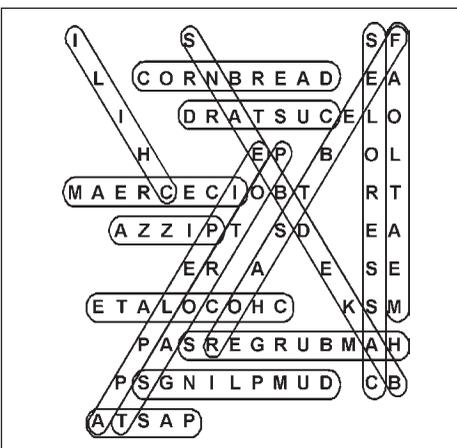
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2000	4,803	\$4,395,000	\$4,200,000	71
Cape Coral	Cape Coral	2018	4,522	\$2,875,000	\$2,750,000	390
Tuscany Isle	Bonita Springs	2003	4,922	\$2,449,000	\$2,250,000	58
Tuscany Isle	Bonita Springs	2002	6,785	\$2,499,999	\$2,225,000	1
Southport on the Bay	Bonita Springs	1995	3,143	\$2,495,000	\$2,100,000	0
Tuscany Isle	Bonita Springs	1999	4,346	\$1,999,999	\$1,930,000	316
Laguna Shores	Fort Myers Beach	1952	2,286	\$2,195,000	\$1,887,500	47
Key West Courtyards	Fort Myers Beach	2005	2,187	\$1,990,000	\$1,800,000	46
Westlake Court	Estero	2021	3,147	\$1,786,000	\$1,786,000	0
Deep Lagoon Estates	Fort Myers	2008	4,550	\$1,750,000	\$1,670,000	150

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