



Painting from Dharma Lefevre's Oneiros series

image provided

Dreamy Exhibit, Free Live Music During Art Walk

There will be an opening night reception during Art Walk for Dharma Lefevre's solo exhibition Oneiros in the Capital Gallery and the

2021 International Baccalaureate Visual Arts Exhibition in the Grand Atrium at the Sidney & Berne Davis Art Center (SBDAC) on Friday, March 5 from 6 to 10 p.m.

At 7:30 p.m., the Ben Allen Band will hold a free outdoor concert. Ben Allen is a local crowd favorite and fresh from his appearance on the hit show *The Voice*. Lefevre will feature a storytelling



Ben Allen Band

photo provided

walkthrough. With this opportunity, she welcomes the viewer to walk with her as she shares the lore behind each piece, taking those that are willing into the heart of these dreams, ideas and visions that have now become her own reality.

Blue is the color of peace, which is why all dreams begin to take form from out of the blue. Oneiros is the Greek word for gates of dreams, and the Oneiri are the dream-keepers. This is the sacred and ancient place where all dreams pour forth.

Fall as they may, sprinkled over the world as visions, transcendental states, lessons, prophecies and inspiration.

Fort Myers High School's 2021 International Baccalaureate Senior Visual Arts Exhibition will showcase the creativity of 40 students.

During the past two years, students have not only created unique works of art, they have also explored the works of historical and contemporary artists,

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Cast members of *On Your Feet*

photo by Michael Shapiro Photography

Crowd-Pleasing Musical At Broadway Palm

by Di Saggau

On Your Feet at Broadway Palm Dinner Theatre is a non-stop song and dance musical about the lives of Emilio and Gloria Estefan. It stars a vibrant Alexis Semevolos-Velazquez as Ms. Estefan and a commanding Alex

Rodriguez as her husband and musical partner. There is a beautiful chemistry between the two. The show features the dance-floor hits and ballads that made Estefan and the Miami Sound Machine a hit in the 1980s. This includes the popular *Conga*, which ends the first act on a high note. Others include *Rhythm Is Gonna Get You*, *Don't Wanna Lose You Now* and many more.

The show also depicts the struggles of its Cuban-American characters with honesty. We meet the young Gloria

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Great American Cleanup Nears



Great American Cleanup volunteers

photo provided

Peter Busch from NBC-2 News will be the event ambassador for the 23rd annual Great American Cleanup on Saturday, March 6 from 8 to 11 a.m., according to Keep Lee County Beautiful. The Great American Cleanup is a day when all Lee County residents and visitors of all ages are invited to make

a difference in their neighborhoods and communities. The cleanup is a county-wide improvement program bringing together the power of volunteers and sponsors to inspire change and build sustainable, vibrant communities.

The cleanup will be taking place at

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Historic Downtown Fort Myers, Then And Now:

Pinkney White, Advocate For Black Education



by Gerri Reaves, PhD

Exercising the right to a public education was not an easy task for blacks in early Fort Myers. It required not only consistent dedication to the cause, but innovative thinking, for blacks could count on education resources being equally distributed in black and white schools.

The very fact that there were separate schools for whites and blacks was status quo throughout the South. Obtaining the basics – an actual classroom, funds for qualified teachers and up-to-date books – required extra effort.

Pinkney “Pink” White was one of the local black citizens who strove to make sure black students, or colored students, as they were usually then called, had a chance to obtain the education they were entitled to.

U.S. Census records indicate that he had been born in Georgia in 1860. He arrived in Fort Myers in 1886 and, like many pioneers, came by boat up the Caloosahatchee from Punta Rassa.

In language revealing much about racial attitudes of the day, the *Fort Myers Press* announced on October 23 of that year that, “Pinky White...a darkey from Corkscrew Country” who was “black as the ace of spades” had registered at Schultz’s Hotel in Punta Rassa.

Fort Myers had only just incorporated and still a degree of racial integration, compared to the early 20th century, by which time Jim Crow laws would intensify significantly.

White soon established a reputation as an enterprising member of both the black and white communities.

In 1888, White was appointed trustee for a “temporary school district” for colored



Beginning in the late 1880s, a school for black children was held at a church located on this triangular property photographed from the intersection of Thompson Street (left) and MLK, Jr. Boulevard (right)
photo by Gerri Reaves

children. That was just a year after Lee County was formed by splitting from Monroe and subsequently establishing its own school board.

In December 1889, he was among the trustees of Trinity Methodist Episcopal Church who arranged to rent their land to the school district for a classroom for \$10 per month.

In 1894, he was appointed supervisor of the Myers Colored School.

In 1897, he arranged for the black Baptist Church (soon renamed Friendship Missionary Baptist Church) to be rented to the school board for a colored school. (Note: Baptists and Methodists alternated Sundays in this shared building for years.)

In 1904, White and other trustees of St. Johns Missionary Baptist Church sold their church lot to the school board for \$50.

That property, pictured here, was located at the angle of Thompson and Lee streets and Anderson Avenue, the latter now named Martin Luther King, Jr. Boulevard. It was bound on the east side by Hough.

Lee County’s Veteran’s Services and Human Services are now located on the former black church-school site, and some longtime Fort Myers residents might remember the location as George Thompson’s City Fish Market, founded in 1944.

Starting around 1950, B&B Market was located to the rear of the City Fish.

That school at Thompson and MLK Boulevard closed in 1911 when the wood frame white school was moved from Second and Jackson Street so the modern Gwynne Institute could be completed. It then became a black school.

Another step forward in black education occurred that same year. For the first time, Lee County designated funds to build a school for black children.

The Williams Academy was built 1912 to 1913 on Cranford Avenue and named for JS Williams, superintendent of the Colored Schools of Lee County.

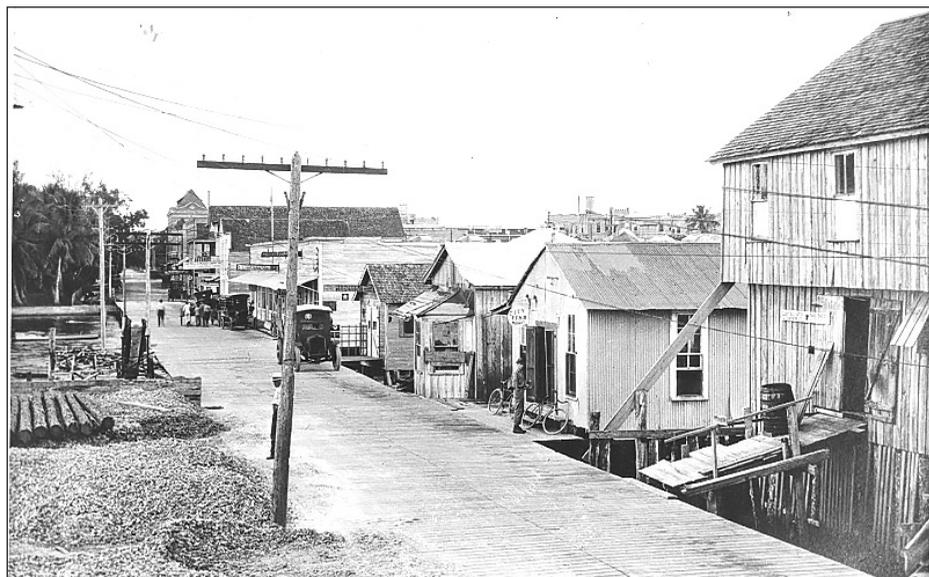
It accommodated students from second to eighth grade. It would be years before a high school education for blacks was possible in Lee County.

The first white students – only three – had graduated from “high school” in 1903 from Gwynne Institute. That certification involved attending “normal school” for two months beyond the regular school term to earn credit toward teaching qualifications.

In 1911, official high-school accreditation was awarded.

However, a high school education for black students did not become possible until

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In early Fort Myers history, both white and black businesses were located at the City Dock at the foot of Jackson Street. However, by the time this southward view was taken circa 1913, Jim Crow laws had so taken hold that black business, residents and churches were being pushed from the business district.
photo courtesy SWFL Historical Society

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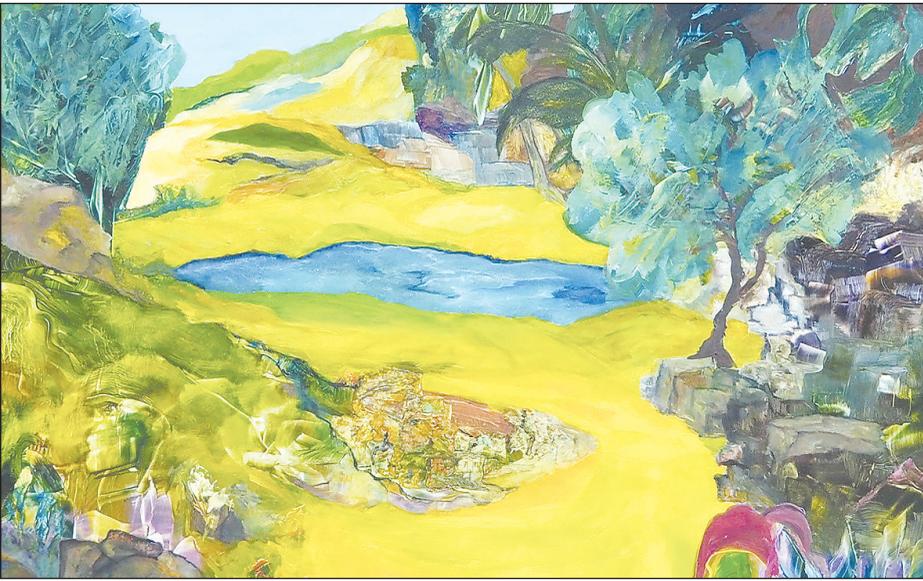
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A painting by BA Mintz

image provided

ACT Gallery To Hold Reception For Nature Painter

Arts for ACT Gallery will hold an opening reception for dreamscape painter BA Mintz in its main gallery on Friday, March 5 from 6 to 9 p.m. ACT co-op artists will also be displaying a variety of new works.

Mintz is a painter of landscapes, dreamscapes, sculpture, graffiti and more. As her paintings evolve, figures or objects emerge.

"The beauty of nature, and the sensuality of paint are the perfect combination. Living in Southwest

Florida, as well as being able to travel the world, has added subject and inspiration," she wrote in her artist statement. "Color and shapes in a stream of consciousness fashion have allowed me to produce paintings that hang in collections across the country. While, I first started exploring painting with acrylics, I now, paint in oils. My first formal instruction in wall art was with Southwest Florida's own Gale Bennett. I still hear his voice in my head when I paint, and am an advocate for his method of teaching."

This exhibit will be on display until Monday, March 29.

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

Animal Shelter Hosts Rescue Run On March 20

On Saturday, March 20, the Cape Coral Animal Shelter (CCAS) will be hosting its inaugural Rescue Run 5K to benefit the animals. There will be a pre-run breakfast at 7 a.m. with the race starting at 8 a.m. All social distancing protocols will be adhered to for everyone's safety. Dogs are welcome and must be on a standard leash (retractable leashes are not allowed).

Originally planned for last year, the race begins at the shelter and winds through the scenic streets of Cape Coral.

The Cape Coral Animal Shelter could not have faced a bigger challenge in its first year of operation. With the onset of the pandemic coinciding with its opening, CCAS had to make some adjustments quickly and efficiently. As a result, 1,000 animals have found their forever homes and hundreds of pets in our community have received low-cost veterinary care in their first eleven months of operation.

"CCAS brings hope to South Florida's homeless dogs and cats by

understanding their needs and bringing an increased level of awareness to the intolerance of animal abuse in our community," said Pamela Aubuchon, chairperson of the Rescue Run and CCAS board member. "The Rescue Run 2021 5K allows each of us to be part of our mission of making a difference for the animals of our community."

"Fundraising during the pandemic has been a huge challenge as many of our events have been postponed or cancelled" said Liz McCauley, executive director of CCAS. "Finding creative ways to host events but still be safe has been difficult. Because we can socially distance and this event is outside, we hope to be able to raise the much-needed funds we need to continue our work while keeping everyone safe. And how much fun will it be to bring your dog for some fun and exercise?!"

If you would like to support the Cape Coral Animal Shelter by sponsoring this event or by participating in the run, visit www.capecoralanimalshelter.com or email liz@capecoralanimalshelter.com. You can also register for the run at The Run Shoppe, 1407 Cape Coral Parkway East, Cape Coral.

The Cape Coral Animal Shelter is located at 325 SW 2nd Avenue in Cape Coral. For more information, visit www.capecoralanimalshelter.com*.

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Virtual Shell Show To Feature Over 35 Videos

submitted by Joe Timco

“The Shell Show Must Go On” is the motto for Sanibel-Captiva Shell Club as members prepare to host the free Virtual 2021 Sanibel Shell Show on Friday and Saturday, March 5 and 6 from noon to 3 p.m.

EST on the club’s YouTube channel. The schedule for the two-day video program will be revealed before the show on the club website at <https://sanibelshellclub.com> and the show’s daily links will also be posted on the website.

Highlighting the program are over 35 original videos from shell artists, museums, institutions, universities and the Sanibel-Captiva Shell Club itself. Beach and shell videos will be featured. One gives an overview of the five Sanibel public beaches, has aerial drone footage and describes which shells you may

find at each beach. Others include an underwater view of snorkeling on Sanibel, what Sanibel beaches look like after a storm, beach etiquette, amazing footage of the live mollusk animals that make those beautiful shells, what you’ll find when there are “no” shells on the beach, and how to clean sand dollars and sea urchins.

Just for fun, viewers will learn how to create several DIY shell projects, see glimpses of incredible shell art by the artists themselves, hear the story behind painted Sanibel Shells, and get ideas from 101 ways to display shells.

Research videos will present the science behind estimating the lifespan of horse conchs, ongoing investigations to improve the ocean’s water quality, a seafloor survey of deep-water mollusks like junonias and a virtual fossil field trip

to collect Pleistocene shells.

Other videos explain the history of the Sanibel Shell Show and what a “normal” year at the shell show looks like, behind-the-scenes tours of two museums and their collections and aquaria, and everything you wanted to know about Sanibel’s sand dollars.

Interactive portions of the virtual show will ask viewers to vote for the “Best Shell” photo from finalists selected out of over 300 photos submitted from 15 countries. Frequent door prize drawings will be conducted throughout the two-day show for viewers who post a comment on YouTube, the club website or via email to info@sanibelshellclub.com.

For more information, call show chair Clair Beckmann at 303-319-2435 or email shellshow@sanibelshellclub.com.✪

Fully Virtual Southwest Florida Reading Festival

The 22nd annual Southwest Florida Reading Festival will be a fully virtual celebration of the power of reading. Live events start Monday, March 1, but attendees can visit the festival website to view the author lineup, plan their schedule and take a look at the virtual marketplace booths. Visit www.eventhub.shop/readfest today for early access to the online festival.

The festival showcases nearly 30 best-selling authors in addition to crafts, contests and prizes all month long.

Nightly author presentations are offered weekdays through March 12 on the event platform. Youth and teen authors stream online at 6 p.m. and adult authors follow at 7 p.m. These presentations are also being broadcast simultaneously on LeeTV (Comcast Cable channel 97 and CenturyLink’s Prism TV Channel 88 in Lee County).

The award-winning authors scheduled to present as part of the festival include adult authors Jennifer Chiverini, Gregg

Hurwitz, Jayne Ann Krentz and Kyle Mills, as well as youth and teen authors JC Cervantes, Greg Pizzoli, Julie Berry and Ryan La Sala.

“The Lee County Library System is proud to put together such an outstanding event every year,” said Library Director Mindi Simon. “The Southwest Florida Reading Festival has a stellar reputation for bringing the best literary talent to our community, and this year is no exception.”

This year’s festival introduces a virtual marketplace featuring local authors and writing organizations. Vendors will be available to meet festival attendees during the scheduled live booth sessions the first two Saturdays, from 1 to 3 p.m. March 6 and 13. Attendees will be able to chat live within in each participating author’s booth.

Other components of the festival were designed to reflect the activities typically found in the annual in-person event. Participants of all ages can enjoy the grab-and-go crafts, online reading program, festival bingo and STEAM contests featuring LEGO, art and creativity challenges. Even autographed books will be provided to attendees in the form of signed book plates that can

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From left, Leonardo da Vinci (Steven Michael Kennedy), Sandro Botticelli (Steven Coe) and Poggio di Chullu (Daniel Sabiston) enjoy every minute photos provided

Local Premiere Depicts Historical Re-Imagining

The Laboratory Theater of Florida will present the regional premiere of Jordan Tannahill's multimedia extravaganza *Botticelli in the Fire* opening on Friday, February 26.

Sandro Botticelli is a hedonist and the promiscuous life of the party. While painting his masterpiece, *The Birth of Venus*, the plague rages outside, and a conservative preacher is blaming the

sodomites. When the political tension comes to a head, will Botticelli sacrifice his painting or his young apprentice, Leonardo da Vinci? *Botticelli in the Fire* is a historical re-imagining of legendary artists Botticelli's and da Vinci's private lives.

The story unfolds from the point of view of Botticelli himself, who says, "It's not just a play, it's an extravaganza!"

Director Annette Trossbach said, "Sassy, sexy, funny, heartbreaking, timely – *Botticelli in the Fire* is the most revolutionary theater I've read since *Hamilton*. Author Jordan Tannahill excavates the queer history of Sandro Botticelli and Leonardo da Vinci to tell



Lorenzo de' Medici (David Cooley) reflects on the carnage in the street

the story of the creation of *The Birth of Venus* with all the political machinations, fear, urgency, hysteria and privilege experienced by the main actors at the time. Set in the 15th century, Tannahill employs casual vernacular and modern elements (cell phones, skinny jeans) as well as dance, 15th and 20th-century music, and audio-visual elements to tell this historically based story, which is a masterpiece in modern theater. Guests will see parallels to today's world in the plague, the rise of extremism, classism and the scapegoating of sex and sexuality for political agendas."

This show features Steven Coe as Sandro Botticelli, Steven Michael Kennedy as Leonardo da Vinci, Daniel

Sabiston as Poggio di Chullu, Madelaine Weymouth as Clarice Orsini, F. Scott Davis as Girolamo Savonarola, David Cooley as Lorenzo de' Medici and Renée Freeman as Madre Maria. Costumes by Casey and Ariana Davis. Lighting design by Jonathan Johnson. Stage management by Margaret Cooley. Arlene Foreman generously sponsors this production.

This show features adult language, nudity, sexual situations, and mature themes; no one under age 18 admitted.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in downtown Fort Myers. For more information, visit www.laboratorytheaterflorida.com. ✨

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Fort Myers Art:

Famed Playwright And Director To Be Honored



by Tom Hall

For its inaugural course, the Alliance for the Arts' CHANGE (Communities Harnessing the Arts to Nurture and Grow Equity) program had its students perform George C. Wolfe's

The Colored Museum. Wolfe is a storied playwright, director and producer, and soon will be honored by the African American Film Critics Association (AAFCA), along with co-honorees Mariah Carey and Stacey Abrams. The Salute to Excellence Award that the AAFCA will confer on Wolfe recognizes the totality of a body of work that spans nearly 30 years.

Wolfe is best known today for his work directing the filmed adaptation of August Wilson's *Ma Rainey's Black Bottom* starring Viola Davis and the late, great Chadwick Boseman. His theater directing credits are extensive and include *The Iceman Cometh*, *Shuffle Along*, or *the Making of the Musical Sensation of 1921 and All That Followed* (NY Drama Critics' Circle Award and Drama



George Wolfe photo provided

Desk Award for Best Musical); *Lucky Guy*; *The Normal Heart* (Drama Desk); *Jelly's Last Jam* (Drama Desk and Outer Critics Circle Award); *Angels in America: Millennium Approaches* (Tony Award and Drama Desk) and *Perestroika* (Drama Desk); *Bring in 'da Noise, Bring in 'da Funk* (Tony and Drama League Award); *Topdog/Underdog* (Obie Award); *Twilight: Los Angeles, 1992* (Drama Desk); *Elaine Stritch at Liberty* (Tony for Special Theatrical Event); *The Tempest*; *Caroline, or Change* (Olivier Award Best Musical); and *A Free Man of Color*.

Wolfe directed and co-wrote the HBO

film *The Immortal Life of Henrietta Lacks*, as well as *Lackawanna Blues*, for which he earned The Directors Guild Award and a National Board of Review Award.

From 1993 to 2005, Wolfe was the producer of The Public Theater/New York Shakespeare Festival.

The awards ceremony takes place on April 7.

Alliance Improv Night

The Alliance for the Arts will host Improv Night at The Alliance, a fast-paced, family-friendly evening of improv comedy in the style of *Whose Line Is It Anyway?* The night features Caitlynn Wilde, Adam Santa Fe, Chris Rand, Lucy Sundby and Julian Sundby.

Wilde has been performing in the area for more than 10 years. Notable performances include June Cooney in *June and Jason's Survival Guide to Divorce* and multiple performances in Lab Theater's 24-Hour Playwriting Project as well as with Stage 2 Improv.

Santa Fe has been doing improv for over 10 years. You can find him down in Naples with the Stage 2 Improv or in Fort Myers doing stand-up comedy. As a native Floridian, he is always good for a laugh.

Rand is a teacher, actor, coach, student and glutton for self-imposed punishment. When the school year ends, he puts on his trusty pack and wanders across the countryside as a thru-hiker of the Colorado, Appalachian and Continental Divide trails.

Lucy Sundby has been performing

with improv troops around the U.S. for 19 years. She has studied with Chicago City Limits, The Improv Nerd, Jimmy Carrane and Kevin MacDonald from *The Kids in The Hall*. But her favorite improv experience occurred at the Alliance for the Arts in *The World Premiere of Dexter The Improv Musical*, where she performed alongside *Darkly Dreaming Dexter* writer Jeff Lindsay.

Julian Sundby is a producer, music director and improv/jazz pianist who calls Fort Myers home. He was introduced to improv comedy by his talented wife, Lucy, and has been using the techniques regularly with their two children to improvise ways of getting them to listen. He studied music, Spanish and business at Indiana University and Edison State College, is a full-time parent, worship leader and producer for the Fort Studios.

Seating is limited and attendees will purchase a pass for a six-foot by six-foot square space on the GreenMarket lawn. In order to maintain social distancing, all lawn spaces will be six feet apart. Guests are required to bring their own lawn chairs and blankets. A pass for a square space is \$12.50 for one person, \$25 for two people or \$50 for a group of four. The average per person price is \$12.50 plus fees. Attendees are required to wear masks indoors of the Alliance, for bathrooms and when social distancing is not possible.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, visit www.artinlee.org or call 939-2787.✪

From page 2

Historic Downtown

1927, when Dunbar High School was built.

Until then, local black students could earn a high school diploma only by boarding out of the county and attending another school.

Pink White and other pioneer advocates helped to lay the foundation for that progress. But White had also been successful in business early on.

In 1891, the *Press* noted two ventures: he had gone into a partnership in the mattress-making business, and he was running the No. 1 Restaurant on the City Dock at the foot of Jackson Street, pictured circa 1913.

The location is worth noting, since within a few years, Jim Crow laws would push black businesses, residences and even churches out of downtown.

In 1913, old buildings on the dock that "had long been used by negroes for a restaurant, barber shop and clothes pressing establishment" were demolished by Harvie Heitman.

Whatever the reason for the demolition – Heitman's never-ending passion for building and improvements or a backhanded tactic to eliminate black business in core downtown – it helped to do the latter. (Dr. Ella Mae Jones Piper, a chiropodist and beauty salon owner who had prominent white clients, was a notable exception.)

White seems to have experienced a downturn beginning around the turn of the century, as historian Jonathan Harrison notes. His work prospects took a

downward turn, and he was forced to sell off property, including an orange grove – perhaps necessary because of a divorce in 1901.

He died in March 1913.

Visit the site of important history in local public education, the intersection of Thompson and MLK Boulevard.

Then visit the following research centers and learn more about local public school history.

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

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.

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.

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

Sources: Archives of the Lee County Black History Society; Archives of the Southwest Florida Historical Society; *The First 100 Years: Lee County Public Schools 1887-1987* by Donald O. Stone, PhD, and Beth W. Carter; *The Fort Myers Press*; and *The Rise of Jim Crow in Fort Myers, 1885-1930* (Florida Historical Quarterly 94.1) by Jonathan Harrison.✪

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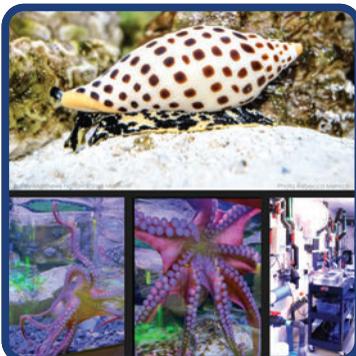
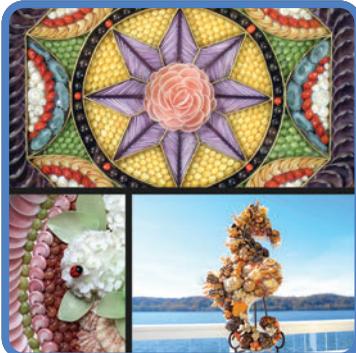
2021 VIRTUAL SANIBEL SHELL SHOW

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WILL BE ON SANIBELSHELLCLUB.COM**

FRIDAY MARCH 5, 2021

- 12:00** Welcome by Clair Beckmann, Chair of Virtual Sanibel Shell Show
History of Sanibel Shell Show
Sanibel Beach-by-Beach
Photo Contest Category Finalists
The Live Junonia Challenge, Bailey-Matthews National Shell Museum
DIY Shell Project: Beach Bling Hand Sanitizer
Sailor's Valentines Shell Mosaic Art
Photo Contest - Gastropods Category - All Entries
- 1:00** Virtual Fossil Field Trip with U of Florida
Behind the Scenes of U of Florida Fossil Collection Area
Sanibel Stoop Slideshow - All Entries
Snorkeling Sanibel
After the Storm on the Sanibel Beaches
101 Ways to Display Your Shells
Photo Contest - Bivalves Category- All Entries
Behind the Scenes of U of Florida Zoology Collection Area
Photo Contest Winners and Honorable Mentions
- 2:00** Photo Contest - People Category - All Entries
Live Critters on Sanibel Beach
Beach Bungalow Shell Doll House and She Shed
3D Visualization of Spirula Squid Shell
Live Mollusks in their Shells
Photo Contest Category Finalists
Local Recollections of the Sanibel Shell Show
Basic Shell Cleaning
- 3:00** Day 1 Closing



- ## SATURDAY MARCH 6, 2021
- 12:00** Welcome by Clair Beckmann, Chair of Virtual Sanibel Shell Show
Overview of a "Normal" Sanibel Shell Show
Photo Contest Category Finalists
FGCU Water School Research Updates
DIY Shell Project: Printers Tray Shell Display
Fossil Collecting in the Driveway
Photo Contest- Funny Category - All Entries
Seashell Artistry
Welcome to Conchologists of America
- 1:00** Your Favorite Shell Photo Slideshow - All Entries
U of South Florida: Molluscan Research Updates
Beach Etiquette Through the Eyes of a Mollusk
DIY Shell Flower Shadow Box
Shell Museums Around the World
Photo Contest - Sanibel Beach Category - All Entries
Mollusks 101
Wedding Bells and Wedding Shells
- 2:00** Painted Sanibel Shells
SCCF: San Carlos Bay Water Quality Research Updates
Sand Dollars on Sanibel
Photo Contest - Live Mollusks Category - All Entries
Cleaning Sand Dollars, Urchins, Sea Stars
DIY Shell Project: Shell + Jewelry Magnets
Photo Contest Category Finalists
A Shelling Challenge on the Beach
Photo Contest - Fossils Category - All Entries
Behind the Tanks at Bailey-Matthews National Shell Museum
- 3:00** Day 2 Closing



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Benefit For Shelter Animals Features Top Local Talent

The Rockin' 4 Paws benefit for Gulf Coast Humane Society (GCHS) will be held at Ollie's Pub and Records on Saturday, February 27 from 7 p.m. to midnight. To start the day off right, the Rockin' 4 Paws Tail-Gate Party will be from 3 to 6 p.m. and will be held on the back patio of Ollie's.

At the free tail-gate party, there will be acoustic acts playing, as well as food from neighboring Grunge Eats and plenty of beer and non-alcoholic selections from Ollie's. GCHS will have several of their furry ambassadors on site, along with a couple of other rescues featuring their adoptable dogs. Vendors will be on hand, as well as raffle prizes benefitting GCHS.

The evening event will feature high-energy rock music from three talented local bands and two comedians. A \$10 fee at the door will benefit the GCHS shelter animals.

"As everyone knows, with the pandemic, events have been thinned out a lot for non-profit organizations," said GCHS executive director Jennifer Galloway. "We appreciate any kind of support during these times because events are an important fundraising aspect for GCHS. This event will be a fun and unique one, as well as one in which you can make your impact on our shelter animals during a time of need."



Stacey Steele photo provided

The evening show kicks off at 7 p.m. with back-to-back comedian sets from Raab Russell and Stacey Steele.

Russell hails from Los Angeles, California, but has been a resident of the Fort Myers/Cape Coral area for the last several years. The Russell Mullet needs to be respected, but his spectacular comedy act will easily have people laughing and having a good time.

Steele is from New York and has over 20 years of stage, theater and film experience. She won the prestigious Comedian of the Year award from the Women in the Arts Miami. Her *Hedgehog Song* is always a hit during shows.

Steele has toured the United States with various bands, performing in venues like Nassau Coliseum where she opened for the New York Islanders. She has traveled internationally with Sweet Adelines, an all-women's a cappella barbershop harmony choir, where she has performed with the choir, as a soloist and in an award-winning quartet.

Cape Coral's Dead Ritual has been on the local circuit for the last two and a half years, and brings a hard-hitting sound, mixed in with catchy riffs and high-energy show.

Sarasota's Distinguished Order of Disobedience prides itself on its stage show, a high energy feast of metal, that is different and surprising at every venue.

Another band which prides on an entertaining stage show, Port Charlotte's RE-BIRTH has a bevy of strong originals, as well as an aggressive, high energy, theatrical rock/metal show.

"Needless to say, the common denominator between these bands are highly-entertaining live shows," said GCHS community relations coordinator Brian Wierima. "Each one has a different sound, as well, to bring that variety of rock genre style of music. Add in two very funny comedians, Rockin' 4 Paws will be one great time, all the while helping our shelter animals."

Ollie's Pub and Records is located at 1019 Cape Coral Parkway in Cape Coral. To learn more about Rockin' 4 Paws, visit www.gulfcoasthumanesociety.org/rockin-4-paws-2021.html.

Indie Short Films To Be Reviewed

Thanks God for Indie Monday (TGIM) returns to the Sidney & Berne Davis Art Center (SBDAC) on Monday, March 1 at 7 p.m.

Watch short indie films downtown every first Monday in season and get a look at how the members of the Fort Myers Film Festival views submissions for independent films. You can participate in the selection process by having a say which indie film should make final programming.

Host Eric Raddatz will be joined by film judges Robert Macomber, Justin Verley and Jade McClelland.

The house opens for happy hour drinks at 6:30 p.m., and the show starts at 7 p.m. in the Grand Atrium.

Tickets are \$10 for adults and \$8 for seniors and students. After the films, join in the podcast afterparty at Blu Sushi downtown. Be sure to bring your ticket stub to the afterparty.

Extra safety precautions for sanitizing and reduced capacity will be taken at the TGIM event. Masks are strongly encouraged.

The Fort Myers Film Festival's 11th annual festival will be held at SBDAC and other venues from May 12 to 16.

The Sidney & Berne Davis Art Center is located at 2301 First Street in Fort Myers. For more information, visit www.sbdac.com/tgim-march-2021.

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.fpcfmyers.org, 2438 Second Street, 239-334-2261

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

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

LAMB OF GOD

Sunday 7:45 and 10 a.m., www.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.saintricholasmonastery.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.taec.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.



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Zonta Hosting Virtual Home Tour



Reclaimed costume jewelry art by Sanibel resident Robin Cook photo provided submitted by Sue Denham



Painted bedside table by Sanibel artist Susan Sadler

The Zonta Club of Sanibel-Captiva, renowned for its annual home tour, Peek at the Unique, will hold a Peek Repurposed for this year only, in observation of COVID-19 guidelines.

Since 2002, the Peek home tour has seen increased proceeds every year, allowing Zonta to distribute over \$1 million in grants to local organizations whose work seeks to empower women and girls.

Peek 2021 Repurposed, instead of the traditional guided tour on luxury buses, is largely virtual. It begins Monday, March 1 with an online auction of more than 30 re-imagined furniture items and new art works from local artists. The complete catalog will be available online at www.zontasancap.org. The auction will run March 1 to 10: bid and pay for your purchases online (like eBay) and pick up the items at The Community House, located at 2173 Periwinkle Way on Sanibel, on Saturday, March 13.

Also on March 13, Zonta will host the first-ever jewelry and antiques appraisals at the new Blue Giraffe at Sanibel Island Golf Club. For a donation of \$100 (tax-deductible per IRS rules), receive an in-person, 15-minute session

with either a gem/jewelry expert from Congress Jewelers or H. Peter Curran, a professional antiques expert who appeared on *Antiques Roadshow*. Note the appraisals, for up to three items, will be informal (i.e., not certified). Social distancing and masking will be observed. Reservations are now open at www.eventbrite.com or bit.ly/zontapeek.

"We remain hopeful that Zonta will return to the traditional guided tour for 2022," said fundraising co-chair Judy Langley. "Until then, we want to ensure that we keep 'Peek' interest alive and provide a unique experience that will offer Lee County residents and visitors the opportunity to support Zonta's work."

As always, all proceeds will be awarded in grants to organizations whose mission of empowerment mirrors Zonta's own. Zonta recently distributed, through its foundation, \$82,500 in grants to area non-profits. The club needs everyone's support to repeat this achievement.

For more information or to donate, visit www.zontasancap.org. Follow Zonta Sanibel-Captiva on Facebook and like Zonta Sanibel-Captiva (@zontasancap) on Instagram.✧



Members of the USS Barb Base presenting a check to Ronald McDonald House Charities SWFL Executive Director Laura Ragain photo provided

Submariners Present Check

Members of the USS Barb Base presented Ronald McDonald House Charities (RMHC) Southwest Florida with a donation of \$11,200 on February 10. The group gathered outside the newly expanded Ronald McDonald House for the presentation.

"I had the privilege of making a presentation to this esteemed group during one of their regular meetings, pre-COVID," said Laura Ragain, executive director of RMHC. "Their generous donation will enable us to further our mission of providing much needed services to our families during these challenging times."

"As with all organizations, our activities have been curtailed this past year due to the COVID pandemic," said Ralph Trallo, secretary/treasurer of Barb Base. "Since we have not been able to visit our hospitalized kids this year, our membership agreed that the next best thing was to support a charity that also is closely aligned with our program. It is with great pleasure that we are contributing to the Ronald McDonald Charities Southwest Florida."

The United States Submarine Veterans, Inc. is an organization dedicated to making it known that those lost on submarines, in the line

of duty for their country, will never be forgotten. Locally, the USS Barb Base is the chapter of Southwest Florida submariners in Lee County affiliated with the national organization.

USS Barb Base was founded in 1997, and currently has 33 active members dedicated to community outreach, especially when it comes to children with chronic illnesses. Barb Base membership is open to all "qualified" submariners. For more information, email barbbase2@gmail.com.✧

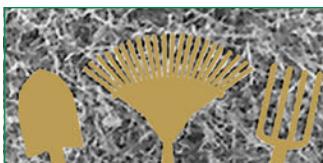
Raising Dollars For Kids With Cancer

Candlelighters of Southwest Florida families, friends and supporters are invited to participate in an online auction to help raise funds for children with cancer. The auction opens on Monday, March 1 at 9 a.m. and closes on Monday, March 8 at 9 p.m.

There are currently 60 items available including artwork, beauty baskets, restaurant gift certificates, children's items, autographed items, wine tastings and items for home decorating.

Visit go.rallyup.com/candlelighters. No reservation required. Payment and donations accepted online via Stripe.

For questions, email info@candlelightersswfl.org ✧



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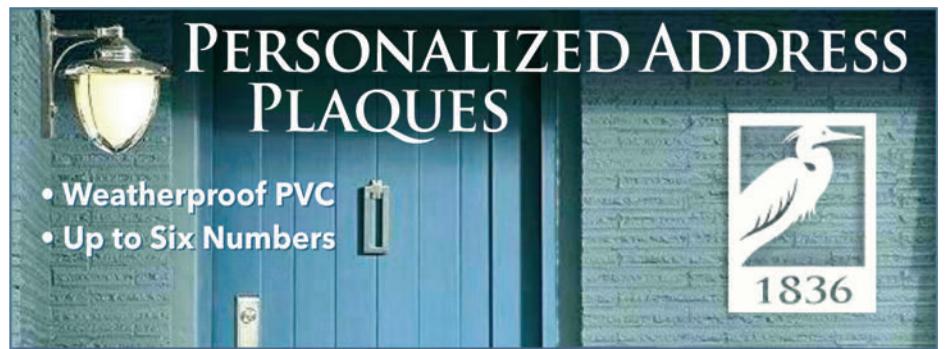
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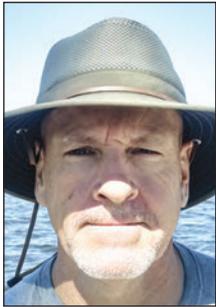



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CROW Case Of The Week:

Peninsula Cooter

by Bob Petcher



The peninsula cooter (*Pseudemys peninsularis*) is a freshwater turtle and one of larger aquatic turtles, averaging nine to 13 inches in length. Its medium-sized dome sports a dark color with

orange or yellow lines.

The peninsula cooter is often confused with its cousin, the Florida red-bellied cooter, but the former lacks a reddish plastron. Both tend to prefer slow-moving waterways so that they have plenty of areas to bask in the sun.

At CROW, an adult female peninsula cooter was admitted to CROW after being found in North Fort Myers with her mouth and shell actively bleeding. Upon presentation, the patient was coughing up blood and had shell fractures – including older fractures that had already healed. From the notable injuries and radiograph findings, it was suspected that she was hit by a car.

“Last year, we saw 57 gopher tortoises and 13 box turtles, land-dwelling, either hit by car or with unknown cause of trauma,” said Dr. Robin Bast, CROW staff veterinarian. “Last year, we saw 92 water turtles – including peninsula cooters, red-bellied cooters, softshell turtles and



Patient #21-477 was coughing up blood and bleeding in her shell and mouth but, after great care at CROW, she was released back into the wild eight days after admittance

photo by Haillie Mesics

snapping turtles – either hit by a car or with unknown cause of trauma.”

Radiographs found pulmonary contusions, lung bruising and attributed lung trauma to the non-displaced carapace (bottom shell) fracture.

“The lungs of a turtle are located directly underneath the top part of the shell or carapace, so if there is enough blunt force trauma to cause a fracture of the shell, then there is a high likelihood of lung trauma such as bleeding into the lung,

(known as) pulmonary contusions,” said Dr. Bast. “The fracture of the top part of the shell, also known as the carapace, was well-aligned or non-displaced, meaning it did not require surgery to fix it. It will heal on its own.”

The patient was placed on supportive medications such as antibiotics, iron and B12.

“These drugs don’t directly treat the lung bruising, however, they help support a patient who has lost blood volume – in this

case, bleeding into the lungs – until they can regenerate new red blood cells,” said Dr. Bast.

After a few days of close monitoring, the patient had stopped coughing up blood. She was active, able to swim, submerge and walk normally.

“These medications don’t directly stop the bleeding itself,” Dr. Bast reiterated. “The bleeding slows and stops over time, which then resulted in less blood being coughed up/cleared out of the respiratory tract.”

The patient was reportedly not eating well, yet veterinarians cleared the peninsula cooter for release once she had received three antibiotic doses. This measure was to help her continue successfully healing in the wild. The patient was released in North Fort Myers on February 19.

“The patient did not require surgery, and had received sufficient pain medication and antibiotics. With normal bloodwork and all respiratory symptoms resolved, this patient was cleared to continue healing on its own in the wild,” said Dr. Bast. “Sometimes patients don’t want to eat in captivity due to high stress; rather than place a feeding tube, we returned this turtle back home so he can forage on his own.”

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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Change Of Season, Change Gears



by Capt.
Matt Mitchell

I'm often asked by clients what is my favorite time of year to fish. Without a doubt, both spring and fall offer the most variety along with tarpon fishing. Seasons in South Florida are not as defined as northern regions. Early or late cold fronts along with heat waves make that line of when is best much more fuzzy.

Our best fishing here happens when our water temperature creeps up into the mid 70s. Last year, this happened by mid-March though most years this does not happen until mid-April. We experienced an early spring along with some of

the most amazing tarpon fishing I can remember.

This same thing holds true in the fall. The arrival of our first strong cold front that brings the water temperature down to below 70 degrees brings an end to tarpon fishing. This usually happens around Thanksgiving, though some years it has been as late as early January.

With most of our tarpon dates sold well in advance, I usually tell clients to book in May or June for your best chance. With well-made plans, there is nothing worse than having clients show up in early April after a late cold front when there are simply no tarpon here to catch. When I schedule tarpon trips, I start May 1. If the tarpon show up early, I offer it to my clients that are already booked along with locals that I have on tarpon standby.

Fish have no calendar and move according to water temperatures. No matter how long you have had that fishing trip booked in advance, mother nature can be very cruel. Another thing to keep in mind when booking that fishing trip is weather. Clients often ask what the weather will be like weeks ahead. Even with all the advances in meteorology here in Florida, it's hard to tell what even tomorrow's weather will be.

If you plan on that bucket list tarpon trip, don't put all your efforts into a single trip. See if you can go out twice or more or spread the days out over the week while you're here. This almost ensures you at least one decent weather day.

The arrival of our migratory tarpon will always be my favorite time of year. Switching gears and going on that daily hunt for the Silver King is what makes our area second to none. The huge influx of tarpon we see annually is the most incredible time of year for me to be on the water.

Back to that earlier question of when is the best time of year to fish: "Anytime you can!"



Reagan and Jack got in on incredible snook action this week while fishing with Capt. Matt Mitchell photos provided

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.*

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Clear weed is a native mat-forming groundcover that likes shady spots and is a host plant for the red admiral butterfly photos by Gerri Reaves

Plant Smart

Clear Weed

by Gerri Reaves

Clear weed (*Parietaria floridana*) is a short-lived native perennial usually considered a weed.

A member of the nettle family, it is common in much of the state, as well as the southeastern U.S.

The name is inspired by the tender four-angled translucent stems. Another name is Florida pellitory.

This groundcover has branching stems, either creeping or erect, and might grow only a few inches tall or up to a foot or so.

The heart-shaped or deltoid leaves are tender and light green with smooth edges and rounded tips.

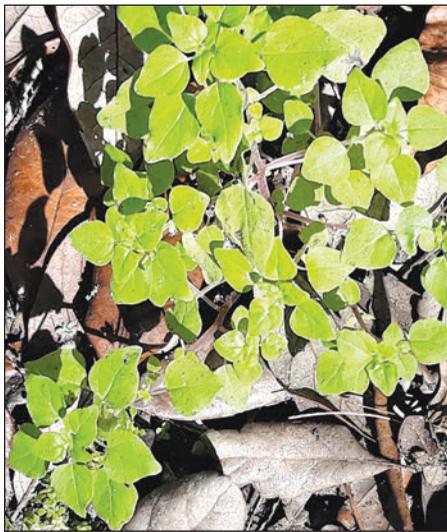
They have a cucumber-like odor when crushed, thus another name, cucumber weed.

The leaves are purportedly edible, but exercise caution, for sources differ, some warning of allergic or toxic reactions to the plant, including severe itching.

Tiny greenish flowers appear in the leaf axils in winter to spring. The bracts, or leaf-like structures, are longer than the actual flowers, which have four stamens but lack petals.

Leave it to self-sow and it forms pretty delicate mats, especially in shady areas near walls and rocks.

It prefers cooler weather, so it springs



The young leaves are tender, and according to some sources, edible. However, exercise caution, for some people report allergic or toxic effects.

back and thrives in winter.

The fibrous roots are not deep, so it's easy to rip out.

But consider this before you do: Not only is it pretty and low-maintenance, but it is a larval food for the red admiral butterfly.

Sources: www.eattheweeds.com, www.exploreorca.com, and www.plants.usda.gov.

Plant Smart explores the diverse flora of South Florida.✱

Ribbon-Cutting For Parkway Realignment

The public is invited to attend an official ribbon-cutting ceremony for the newly constructed Littleton Road-Kismet Parkway realignment at the east end of Old Littleton Road in North Fort Myers on Tuesday, March 9 at 10 a.m.

The ceremony will feature brief remarks by Lee County commissioners and other officials. Centers for Disease Control guidelines will be observed.

The Littleton Road-Kismet Parkway realignment project was a Lee Board of County Commissioners priority and

a joint venture with the City of Cape Coral. The cost of about \$2 million was paid through impact fees and contributions from the City of Cape Coral.

The construction project realigned Kismet Parkway and Littleton Road at NE 24th Avenue. The new Littleton Road alignment is a four-lane divided roadway with streetlights. This project also constructed a four-foot, on-road bike lane on each side of the road. There is also now a six-foot concrete sidewalk on the north side of the new road and an eight-foot sidewalk located to the south of the new road.

The intersection of Corbett Road and Littleton Road has been replaced by a lighted two-lane roundabout.

For more information, visit www.littletonroadwidening.com.✱

Sea Oats Planting Marks Anniversary



Sea oats planting at Lovers Key State Park

photo provided

Kee Lee County Beautiful, Inc. (KLCB) is celebrating its 31st anniversary on Saturday, February 27 and is excited to partner with the Rotary Club South of Fort Myers on a joint service project.

Keep Lee County Beautiful and Rotary South volunteers will be planting 6,500 two-foot sea oats on the shoreline at Lovers Key State Park. This area of the beach was damaged by Hurricane Eta in October 2020. The sea oats will provide a future nesting area for sea turtles and shorebirds.

Sea oats are the plants with the large plumes found along the beach that may look like weeds, but they are a vital part of the ecosystem. Playing an important role in coastal conservation, the plant's massive root system is capable of

holding soil and sand in place during extreme weather like hurricanes and tropical storms. The sea oat leaves and stems also trap wind-blown sand that helps to maintain the sand dunes. The sand dunes protect the coast from erosion during high winds and storm surges.

Beach vegetation and dunes serve as a critical component to maintaining beach stability and provide habitat for native critters. Keep Lee County Beautiful, Inc. is dedicated to helping protect beaches in the community.

Thanks go to the Rotary Club South for their commitment to this project which will have a lasting event in the life span of the beach at Lovers Key State Park.

For more information, call 334-3488 or email mike@klcb.org.✱

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perceptions about people with disabilities. "I am very excited to be a part of this amazing organization," said Jordaan. "I believe we can change the world with this contest. In South Africa, there is zero awareness about global warming, and it is time for a change. As a popular 'cause' songwriter, I believe I have the correct platform to help GCW build mindfulness around this issue. I am so proud to be the Republic of African Ambassador for GlobalConscience. Together we are going to move mountains."

The contest is a music video contest created by GlobalConscience.World to build international interest and support for its educational climate-change content. The aim is to discover songs and films that will encourage people to join the movement.

"We need the support of the entire world," said William Ulrich, founder of The Rainbow Movement Foundation and mastermind of the GCW Music and Video Contest. He believes Sumarie's talents, passion and enthusiasm will raise awareness about global warming.

According to Ulrich, the mission is to inspire people from across the globe to take action against climate change. The vision is to empower individuals to fight climate change from their own homes and communities using educational materials provided by GlobalConscience.World.

"We are looking to recruit national and international brand ambassadors to help promote our cause," Ulrich said. "These ambassadors will help secure songs and music video submissions for the effort."

As one of the priority initiatives of the Rainbow Movement Foundation, GCW shares ideas, information and resources

across the globe in an effort to encourage individuals to take action against global warming. "The goal is to educate millions of people about the causes of and possible solutions to global warming in an effort to provide the world with a climate-safe environment," Ulrich said. "One part of that effort is enlisting citizen reporters from around the world who will send us videos

that expose both the good and the bad being done by individuals, corporations and governments in their own countries."

To learn more about the Rainbow Movement Foundation and GlobalConscience.World, contact Justin Verley, media director and board director, at 470-6345 or visit www.rainbowmovement.world.✽

Sumarie Jordaan photo provided

South African Ambassador Of Global Warming

GlobalConscience.World (GCW), a Cape Coral nonprofit waging a people's war on global warming, has welcomed Sumarie Jordaan as a brand ambassador to its team.

Jordaan is a South African singer, songwriter, radio presenter and motivational speaker in Cape Town, Republic of South Africa. Her globally viral music video, *Renew Your Perception*, is a song she wrote to change people's

Agent Featured In Real Estate Magazine

Joe Epifanio, PA, of Royal Shell Real Estate Company was featured in the Florida edition February 2021 issue of *Top Agent Magazine*, the premier real estate magazine featuring the foremost real estate agents, mortgage professionals and affiliates in the USA, Europe, Canada, Australia and New Zealand.

To be considered for a feature in *Top Agent Magazine*, all professionals must go through a nomination and interview process. All candidates are then evaluated based upon production, professionalism, as well as industry and community involvement. It is considered a privilege to be nominated as it speaks to a certain success level all real estate agents strive for. According to the magazine news release, "Joe Epifanio is a stellar example of the kind of prominent leaders of real estate we are proud to feature in *Top Agent Magazine*."

For more information on nominations receiving this recognition, visit www.topagentmagazine.com/nominate-a-real-estate-agent-to-be-featured.

"Being nominated to be on the cover of *Top Agent Magazine* is something that truly blew me away. Without my loyal



Joe Epifanio featured in *Top Agent Magazine* photo provided

clients and trusting team in my office, I do not think it is something I could have achieved. Truly, this is just more motivation to go on to bigger and better things. 2020 and 2021 may not have dealt us the best hand, but ultimately it comes down to how well you can play it. I'm excited to continue to build my team for the rest of the year and has some milestones. Thank you again to all who have and continue to support me."✽

Help SCCF Bring Back the Barn Owls

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Citizen Advisory Committee To Meet On March 4

Learn about the latest transportation planning in Lee County during the next Citizen Advisory Committee (CAC) meeting of the Lee County Metropolitan Planning Organization (MPO) on Thursday, March 4 at 3 p.m.

Agenda topics for the meeting include

Transportation Improvement Program (TIP) amendments to add a new safety project to address wrong way driving on the I-75 off-ramps and to adjust the transit planning funds that the MPO receives, a Unified Planning Work Program (UPWP) amendment to revise the transit planning funds in the MPO's budget, a presentation on the MPO's Goods and Freight study, a follow-up on Electric Vehicle legislative discussions and impacts, and a review of the Regional TRIP priorities.

For more information, visit www.leempo.com✽

From page 4

Reading Festival

be adhered to the inside of books. A limited supply of signed book plates is available at no charge and requests clearly indicating the author preference, along with a physical mailing address, should be made by email to readingfestival@leegov.com.

As in previous years, the festival will provide each participating child and teen with a free, new book. This year, the free books will be distributed inside of the age-appropriate grab-and-go craft kits, which can be requested from any of the 13 Lee County Library System branches through curbside pickup or at the reference desks through March 13, while supplies

last. Crafts and free books are specifically tailored for each age group: babies, pre-K, kids, middle and high school teens, and adults.

Festival participants are encouraged to sign up for the online reading and activity challenge or to complete the paper-based reading bingo for chances to win prizes and book baskets with festival author book titles. The deadline to log reading and activities is March 31. Free reader accounts can be created using the READsquared app or by visiting www.readfest.org.

The Southwest Florida Reading Festival is free and community-supported through donations, sponsorships and grants. For more information or to make a secure online donation, visit www.readfest.org or by calling 533-4832.✽



At the 2019 ENPY Awards, from left, Rachell Mays, Tracey Galloway, Wayne Kirkwood; Keith Banasiak and Stefanie Edwards photo provided

Supporter Named Lifetime Advisory Board Member

Community Cooperative has named board member Wayne Kirkwood, former owner and president of Kirkwood Electric, to the nonprofit's lifetime advisory board. The board is made up of longtime supporters who continue to serve in an advisory role to the innovative nonprofit made up of social service entrepreneurs fighting to end hunger and homelessness in Southwest Florida.

Kirkwood helped the organization rebrand from Community Cooperative Ministries Inc. to Community Cooperative Inc. and has been a champion in leading the organization in decision-making as it grew from a small, struggling nonprofit to become a highly respected, sustainable, responsible and effective organization. Kirkwood was recognized as an ENPY Nonprofit Board Leader of the Year in 2019 by the Cape Coral Community Foundation for his service on the Community

Cooperative board of directors.

"Wayne has been equal parts measured guidance and enthusiastic support for me, and I am honored to have worked alongside him for the better part of a decade," said Tracey Galloway, CEO. "His passion for Community Cooperative's mission and his desire to make this community better for everyone who lives here is why he deserves every accolade he receives."

Kirkwood joins the organization's co-founder Sam Galloway Jr. and lifetime directors Sybil Edgar, Helen Fallert, Rev. Richard Grady, Steve Shimp, Christine Larson, John McGee and John Klass Sr.

In 2020, Community Cooperative assisted tens of thousands of Lee County residents through its Community Cafes, Community Market, Community Mobile Pantries and the Meals on Wheels program, as well as homeless and comprehensive case management services through its Social and Education Resource Centers.

For more information, visit www.communitycooperative.com or call 332-7687.*

Emergency Rental Assistance Program In Effect

The Lee Board of County Commissioners have directed county staff to implement the LeeCares 2021 Emergency Rental Assistance Program to help households that are unable to pay rent and utilities due to the COVID-19 pandemic.

Eligible applicants could receive up to six months of assistance for back rent and utilities, and up to three months of future rental payments. Lee County has received about \$23.3 million from the U.S. Treasury for this program.

U.S. Treasury guidelines require that applicants fall at or below 80 percent of area median income and demonstrate COVID-19 related financial hardship to

qualify. The income limit is \$38,600 for an individual, \$55,100 for a family of four or \$72,750 for a family of eight.

The approval also grants the county manager authority to enter into subrecipient funding agreements with municipalities for the administration of similar programs within their jurisdictions when U.S. Treasury regulations permit.

Through January 2021, Lee County has distributed more than \$60 million of direct community aid through COVID-19 pandemic relief. A similar amount has been expended on other COVID-19 response efforts.

For additional rental assistance eligibility information, visit www.leeflcares.com. Applications will be accepted starting March 1 for residents of unincorporated Lee County and five of the county's six cities. Residents of the City of Fort Myers will need to visit their municipal website.*

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Health First

Combating Loneliness And Social Isolation



by Julie Rosenberg, MD

During the COVID-19 pandemic, the physical distancing and stay-at-home policies implemented to control the spread of the virus have led us to a deeper

appreciation of the psychosocial consequences of loneliness and social isolation. Older adults and those with pre-existing mental health problems are more vulnerable to loneliness and social isolation, especially if they are dependent on family members or support from community services.

The terms “isolation” and “loneliness” are not interchangeable. Isolation is a separation from other people and is defined by the level and frequency of one’s social interactions. Loneliness is the subjective feeling of being alone, which can be experienced regardless of setting or circumstances. Loneliness, especially among older adults, was a growing concern in the pre-COVID-19 world, although the true prevalence of loneliness was unknown. Lonely people have higher rates of high blood pressure, heart disease, anxiety, depression, cognitive decline, and even death. Loneliness is associated with both suicide attempts and completed suicide among older adults. In addition, loneliness is associated with a 26 to 31 percent increased risk for all-cause early mortality. Therefore, we must find strategies to mitigate and prevent these conditions.

Here are seven actionable tips for those combating loneliness:

Maintain social connections with technology – Technology has changed the way people interact with each other. Social media platforms such as Facebook, Twitter and Instagram enable people to stay connected in a variety of ways. Video chats are a great way to stay connected. If video technology is difficult for you to utilize, set up some phone calls throughout each week.

Move your body – Daily movement improves physical, emotional and mental health, including decreasing loneliness and improving mood. Movement can include any physical activities that you enjoy – walking, biking, hiking, swimming, or more gentle movements like tai chi or gentle yoga. Even taking short walks around your home or yard can help to improve your sense of wellbeing.

Spend time outdoors – For many people, spending time in nature is accompanied by feelings of serenity, peace and calm. In fact, studies have shown that it takes only five minutes to experience the relaxing effects of nature. Being outdoors can also help

to improve creativity. If weather or health conditions preclude you from being outdoors, get some plants, herbs or flowers to enhance your home environment.

Relax – Spend at least a few minutes each day doing breathing exercises, light stretching, yoga or meditation. These activities help to calm your body and mind. Try this exercise: Slowly count your breaths from one to 10. For each cycle of breath, take a deep breath in through your nose, hold briefly and then let it out through your mouth via pursed lips. Each cycle of breath is one count. Counting your breaths from one to 10 will help to quiet your mind by focusing your attention on the simple activity of breathing.

Start a gratitude journal – Writing down things that you are grateful for is often a powerful antidote to loneliness and can help you to foster a more open mindset and positive outlook on life.

Practice self-compassion – Don’t blame yourself if you feel lonely. Instead, limit hurtful self-talk. Try talking to yourself in a way that is supportive, kind and caring. Practicing self-compassion deepens your emotional resilience and can help you to manage feelings of loneliness.

Give back – Consider volunteering to help ensure that the basic needs of individuals in your community are met. This includes ensuring food, supplies and medication availability, especially for older adults who live alone. Contributing to your community in a way that feels good can be an excellent antidote for loneliness.

In summary, loneliness can be a powerful emotion to overcome. Pre-existing public health problems of loneliness and social isolation will continue well beyond the COVID-19 pandemic. On an individual level, practicing self-compassion and being proactive about trying to overcome loneliness can help to lift your spirits and start you on a path to healing and feeling more connected. On a societal level, we need to increase humankind’s awareness of the epidemic of loneliness and explore effective and sustainable solutions to combat this public health crisis.

*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.**

Dean’s List

Jolie Candelore of Fort Myers was recently named to the dean’s list for the fall 2020 semester at Seton Hall University in South Orange, New Jersey.

The honor is given to undergraduate students completing all courses with a grade-point average of 3.4, with no grades lower than C.

Christina Haidet and Emma Heise of Fort Myers were recently named to the dean’s list for first semester 2020-21 at Miami University in Oxford, Ohio.*

Superior Interiors

Choose A Color Scheme For Your Home Office



by Trinetta Nelson

Today, having a home office is just as essential as having a living room space for most working individuals. Whether it’s a separate area that is closed off

from the rest of the house, or a space that’s carved out of an existing room, those who work or study from home deserve a workspace to call their own. Working at the kitchen table while your kids learn remotely isn’t always going to spark creativity and productivity; you need to establish a specific location to complete your work.

Once you have settled into your home office environment, decorating your workspace in a way that is motivational and free of distractions is a must. Accessories, décor and furniture are a few ways you can express your personality and meet your workspace needs, but the paint and accent colors can set the foundation you need to succeed.

Which color scheme is right for you? Finding a new arrangement of colors is not a one-size-fits-all deal. One person might thrive in a room filled with bright, bold hues, while another might find it more distracting than inspiring. Personal style isn’t the only factor that plays a major role in choosing a color scheme; the type of work you do or the way you use the home office can also be a determining factor in your color choice.

Neutral hues – One simple way to make concentration the top priority in the home office is with neutral tones. Shades of gray, beige and white can paint a clean slate in your workspace, allowing your head space to focus solely on your work.

Bright and lively colors – If you feel that your workspace needs a boost of color as a means of inspiring you throughout the day, brighter, yet subtle shades like blush or coral can bring some personality to the room. Even if you don’t want to go full force with these colors, you may consider an accent wall instead.

Saturated dark pigments – While the home office is generally associated with light shades, darker, saturated colors can be freeing for your creative side. Rich, saturated pigments respond extremely well to all types of light and remarkably emerge much more pigmented than on the color card. Do you enjoy the outdoors and are inspired by nature? Consider a rich green, as it is the color of growth, life and renewal, an office clad in this hue will promote calmness, harmony, a strong sense of balance, reassurance, safety and

productivity.

All in all, we recommend that you don’t stray too far away from the rest of the colors in your home. Your office should not stick out like a sore thumb. It can have its own personality in some form, but it should flow and have a common thread with the rest of your home stylistically.

Lighting is everything in the home office. Whether you are attending Zoom meetings or taking on art and design work, perfecting the lighting is a must. It allows you to pay as close attention to detail as possible and appear as lively as ever via webcam. If natural lighting works in your favor in your office space, take advantage of it. Otherwise, consider the addition of overhead lighting or desk lamps that can help you maximize the efficiency of your workspace area with ease.

*Trinetta Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at trinetta@coindeciden.com.**

College Graduate

Gabrielle Miller of Fort Myers recently graduated from Valdosta State University with a bachelor of fine arts in communication.

Miller was among nearly 900 students who completed their degree requirements during the fall 2020 semester.*

From page 1

Broadway Palm

(played by Hannah Cruz and Jazmyn Sanchez) in Miami, where her family moved after the Cuban revolution. She listens to encouraging words from her father on tapes he sent from Vietnam. Gloria’s mother, played by Josephine Phoenix, is not as interested in her daughter’s ambitions. She gives a vivacious performance. Gloria’s grandmother Consuelo, played by Adela Romero, supports her career with great warmth.

The choreography by Natalie Caruncho and Hector Maisonet is based on the original swirling hips numbers by Sergio Trujillo. The show explains how Emilio and Gloria had to fight to promote their songs. It also includes the 1990 accident that could have ended Gloria’s career. Through over 20 well-managed scenes, the audience is treated to the life and music of Emilio and Gloria Estefan.

Directed by Eliseo Roman, *On Your Feet* includes a lively cadre of dancers and actors who entertain from start to finish. By the time the show ends, the audience is ready to get on their feet and dance along with the cast. The show runs through April 10 at Broadway Palm. Tickets can be reserved by calling 278-4422, visiting www.broadwaypalm.com or in person at 1380 Colonial Boulevard in Fort Myers. Broadway Palm continues to follow CDC guidelines in a safe and socially distanced atmosphere.*

Club Donates To Children's Network



Chico's FAS volunteers pose for a group photo

photo provided

Business Volunteers Help Food Bank

Several volunteers from Chico's FAS, Inc. participated in two separate United Way Days of Caring in December and January. Volunteers from Chico's FAS helped agencies shop and load vehicles with much needed food on distribution days. They were able to lend a hand to fulfill orders just in time for the holidays as well. Due to their enriching experience with these Days of Caring, Chico's FAS has scheduled times to participate with Midwest Food Bank on a quarterly basis. Volunteers adhered to the CDC's guidelines in order to maintain a safe environment for all.

"We are grateful for organizations like Chico's FAS that are willing to give back to our community and support our efforts. We certainly couldn't fulfill our mission without faithful volunteers," said Karl Steidinger, executive director of Midwest Food Bank.

"Giving back and serving our community has always been part of our DNA. Chico's FAS and our associates have supported United Way since 1998, and we continuously look for opportunities throughout the year to donate time during our employee volunteer days. We are proud to support the Midwest Food Bank and their

mission to alleviate hunger in Southwest Florida," stated Jill Urraro, vice president of human resources at Chico's FAS.

"The work of the Chico's FAS employees, who repeatedly volunteer for United Way Days of Caring, means a great deal to our United Way Partner Agencies such as Midwest Food Bank. The gift of their time and effort helps stretch agency dollars and has a significant impact on the lives of families in our community. It is such a meaningful way to show the rest of the community that they live united and support our community," said Jeannine Joy, president and CEO of United Way of Lee, Hendry, Glades, and Okeechobee.

United Way's Days of Caring is a year-round program that connects groups with nonprofit agencies in need of assistance. Groups who have participated in United Way Volunteer Center projects report they feel more connected to their community and their group members while working to help people in need. It is one of the best ways for individuals to make an impact in their community. Groups have many choices as they select projects needed by the agencies, including the type of project, location in our community, degree of physical labor and full-day or half-day time commitment.

If your company is interested in setting up a Day of Caring, contact Kim Berghs at 433-7547 or kim@unitedwaylee.org.*



From left, Nadereh Salem, Jody Van Cooney, Fran D'Alessandro and Diane Jensen

photo provided

The Pilot Club of Fort Myers recently presented a support check to Children's Network of Southwest Florida Executive Director Nadereh Salem.

The focus of the Pilot Club of Fort Myers is helping organizations seeking

to improve the quality of life for individuals with brain-related disorders through volunteer activities, education and financial support.

For information about the Pilot Club, contact the president, Fran D'Alessandro, at 332-1140.*

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Book Review

The Night Portrait



by Di Saggau

The *Night Portrait* is a gorgeous novel that brings to dramatic life the stories of Leonardo da Vinci, the subject of one of his most famous paintings, and the Monuments Men's

quest to rescue that masterpiece from the Nazis during World War II. The novel is a masterpiece on its own, a dual-timeline historical novel about da Vinci's famous *Portrait of a Lady with an Ermine*, and the woman who fought to save it from Nazi destruction.

There are two timelines. Milan, 1492, when a 16-year old beauty becomes the mistress of the Duke of Milan. She has to fight for her place in the palace, against those who don't want her there. Soon, she finds herself sitting before Leonardo da Vinci, who wants to ensure his own place in the ducal palace by painting his most ambitious portrait to date.

Munich, World War II, when a modest conservator unwittingly places a priceless Italian Renaissance portrait into the hands of a high-ranking Nazi leader, she risks her life to recover it, working with an American soldier who

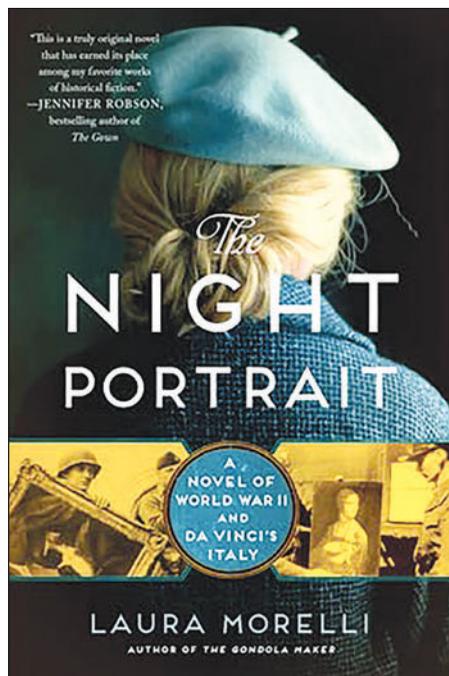


image provided

is a member of the famed Monuments Men team.

Two women, separated by 500 years, are swept up in the tide of history as one painting stands at the center of their quests for their own destinies. The book is brilliantly written as it cuts back and forth between the 15th and 20th centuries. Morelli brings her historically significant characters to life – a German art restorer and an American soldier who rescue works of

art from the destruction of war. *The Night Portrait* is a well researched, unforgettable tale of bravery and love, hope and redemption. It's the perfect read for any art lover or anyone who wants to understand why we should care about the history of art.*

School Smart



by Shelley M. Greggs, NCSF

Dear Readers, Here's a great family activity that will take place virtually on March 4 – it's a family Book Club meeting organized by the Sanibel

Captiva Conservation Foundation's newly formed, nature-based book club, The Green Readers. February's book selection is *Hoot* by Carl Hiaasen.

Hoot, a Newbery winner, is a 2002 mystery/suspense novel, recommended for ages 9 to 12. The setting takes place in Florida, where new arrival Roy makes two oddball friends and a bad enemy, and joins an effort to stop construction of a pancake house which would destroy a colony of burrowing owls who live on the site.

As the book that partially inspired Sanibel Sea School's hands-on, nature-based curriculum, this month's selection can be enjoyed equally by adults and children, particularly those in fourth grade and older. All ages are welcome at this month's virtual discussion, scheduled for Thursday, March 4 at 5 p.m. (for regular participants, please note the time change).

For those already acquainted with Carl Hiaasen's other novels or his weekly opinion column in the *Miami Herald*, *The NY Times* notes that *Hoot* is "...about greedy developers, corrupt politicians, clueless cops and middle-school screwballs of all persuasions. You don't have to be a young adult to enjoy it. *Hoot* is a story of good versus evil: how to save a species of owl endangered by the imminent construction of the 469th Mother Paula's All-American House of Pancakes."

Book clubs serve an important function in promoting a love of reading and literature. Students learn that by sharing their thinking, they can develop a richer understanding of literature than from reading alone.

Here are some questions you can pose to your children to prepare for this Book Club meeting:

Which character do you think you might be friends with?

Which character do you think you're most like?

Would you like to live in the story's setting? Why?

What are you learning from the story?

If your child is shy and might be

hesitant to participate, ask him/her to make a drawing or character chart, to read a special paragraph from the story, or ask them to prepare comments about something that was meaningful for them from the book, so they are ready to share.

If you would like to join The Green Readers group on Facebook, go to SCCF's Facebook page, click on the "Groups" tab, and you can request to join. Otherwise, if you would like to participate in the virtual discussion, email Jenny Evans at jevans@scsf.org for registration information.

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.*

Dean's List

Seven Southwest Florida natives were recently named to the dean's list for the fall 2020 semester at the University of Tampa.

The honorees include Jaclyn Bono of Cape Coral, a senior majoring in accounting; Gianna Devito of Fort Myers, a sophomore majoring in management; Mia Ecklund of Cape Coral, a junior majoring in allied health; Peter Eger of Cape Coral, a junior majoring in writing; Daniella Iantosca of Fort Myers, a junior majoring in applied sociology; Chiane Reusser of Fort Myers, a freshman majoring in design; and Samuel Weetman of Fort Myers, a freshman majoring in sport management.

Students must maintain a grade-point average of 3.75 or higher to be eligible for the dean's list.*

From page 1

Cleanup

multiple locations across Lee County. Visit www.klcb.org to join the Great American Cleanup and make a difference and positive impact to the areas in which you live, work and play.

With Lee County being a coastal community, eventually the majority of this loose trash will find its way into the gulf. There has been a rise in plastic pollution during COVID-19, making this community cleanup especially important this year. Volunteering is the most immediate and impactful solution to help protect the environment and local waterways.

Keep Lee County Beautiful is thankful for the support of Tropical Smoothie as the 2021 presenting sponsor for the Great American Cleanup. The sponsors and hard work of the volunteers in Lee County help achieve the shared vision for a cleaner, healthier ocean.*

EPIC FIRES OF FORT MYERS

How a Series of Early Fires Influenced the Town's Development

THOMAS P. HALL
ROBIN C. TUTHILL, EDITORAvailable at
www.Amazon.com
www.OutSkirtsPress.com

"More than a meticulously researched chronicle of the disasters that shaped Fort Myers, this book details the historical moment of each blaze, creating a rich portrait of a community forged and tempered by fire. A must-read for anyone interested in area history, with riches for newcomers and experts alike." - Amy Bennett Williams

Bank Hires Loan Coordinator



Claudia Paraldi photo provided

Claudia Paraldi has joined Sanibel Captiva Community Bank as a loan processing coordinator in the bank's loan operations division at the downtown branch, located at 1533 Hendry Street. She is responsible for processing personal loan files. Paraldi has nearly 10 years of banking experience with a large national bank, as well as a background in credit analysis.*

Finding Business Success In A Pandemic World

The COVID-19 pandemic has been devastating for people and businesses around the world for a year. To help guide your business in reevaluating its marketing efforts and making necessary course corrections during these unprecedented times, the Above Board Chamber of Florida will host the webinar Finding Success Through Marketing in a Pandemic World on Wednesday, March 3rd from noon to 1 p.m. The webinar will feature local marketing, advertising and promotion experts.

While a cash flow crunch may lead to a reduction in marketing expenditures, there is never a good reason for a business to cut this vital resource completely. If you've reduced or eliminated your marketing efforts during this period, you may find that you've put your business in a deeper hole than intended.

An old expression states, "A funny thing happens when you don't advertise. Nothing."

In the minds of your prospects and customers, if you don't advertise, you don't exist. The quality of your talents, skills, services or products is meaningless if the public doesn't know about it. And the public won't know if you're not promoting yourself and your business. Rather than expanding, your

brand awareness and customer base will shrink.

Business promotion is you stay ahead of your competition, generate awareness and make your product or service desirable. But which promotion opportunities should you pursue, and which should you avoid? The Above Board Chamber webinar will help answer these questions and more.

Emceed by Jeanne Sweeney, CEO/founder of the Above Board Chamber of Florida, our expert panelists include:

Jessica Walker, MA, APR, CPRC manager, consultant/marketing and public relations at Markham Norton Mosteller Wright & Company, PA;

Sue Huff, owner of E. Sue Huff and Associates Marketing and Consulting;

Sabastian Saitta, director of marketing and public relations at Blue Zone Project; and

Hope Daley, executive producer of Guerilla Media, LLC.

Admission to the webinar is \$10. Guests will be able to join the program live or save it for viewing at a later date. To register, visit www.aboveboardchamber.com or use the link www.tinyurl.com/1obj2ddx.*

Chair Elected For Airport Advisory Committee

The Lee County Port Authority Airports Special Management Committee (ASMC) elected Noel Address as chair and Fran Myers as vice chair during its February 16 meeting. Other members of the Airports Special Management Committee include John Goodrich, Randy Krise and Robbie Roepstorff. The committee also includes two regional members, R. Scott Cameron and Dana Carr, who represent the interests of neighboring Collier and Charlotte counties.

The committee advises the board of port commissioners on policy matters pertaining to Southwest Florida International Airport and Page Field in Fort Myers. Each port commissioner appoints one ASMC member, who serves without compensation.

Southwest Florida International Airport served nearly six million passengers in 2020 and is one of the top 50 U.S. airports for passenger traffic. Page Field provides services to corporate, commercial and private aviators and accommodated more than 126,000 aircraft operations in 2020. No ad valorem (property) taxes are used for airport operation or construction, and both airports are funded solely with revenue generated from their operations.

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Should I Pay Dad's Credit Cards?



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

When a parent dies, one of the first questions I receive from their adult children is whether they are responsible for the parent's debts. Home mortgage statements, utilities, credit cards, hospital bills and other such expenses flood the mailbox. What to do?

Florida law answers these questions. Generally speaking, spouses, children and other beneficiaries aren't liable for the individual debts of a decedent. But a misstep can result in personal liability. If you're serving as the personal representative (Florida law's executor) in a probate estate, or as a trustee of the deceased's trust, you should rely on your estate attorney, who knows the

complex rules regarding a decedent's creditors. If you don't adhere to them, invoices that normally wouldn't be your responsibility could become your liability.

Allow me to explain. Florida law provides for the priority of creditor claims. If the decedent's estate is sufficient to pay all the bills, then there's no problem. But what if the estate is insufficient to pay the bills? Should the spouse or adult children or the beneficiaries come out of pocket to satisfy them?

Here we look to the Florida statutes, which sets priorities among the bills. Expenses related to the administration of the estate (lawyers, executors, etc.) are the highest priority and stand first in line. You might scoff that the lawyers are first, but who would help administer an estate if all the other creditors consume the estate?

Next in line are funeral expenses up to \$6,000. After that, federal debts and taxes, then state, including unpaid court costs fees and fines. Doctors, hospitals and attendants relating to the last 60 days illness follow, then business debts up to the value of the business assets, and finally all other debts, which might include unsecured credit cards.

It makes sense that debt secured by assets, such as a mortgage on a home, have priority over unsecured debts. So, if there's a mortgage on a property that wasn't the decedent's Florida homestead, and has sufficient equity to satisfy the creditors, it might make economic sense for the beneficiaries to carry the cost of the mortgage until the property is sold.

The decedent's Florida homestead is exempt from the claims of creditors so long as it is devised to an heir (spouse and children qualify). But it transfers subject to any mortgages or other secured liens. If, however, the will or trust directs the sale of the homestead, then unsecured creditors can reach its equity. The homestead equity is not protected to the extent that the homestead is devised to someone other than an heir (a

friend or charity, for example).

IRA accounts are also generally exempt from creditor claims, unless they are payable to the estate rather than to a beneficiary, in which case the account becomes subject to creditor claims.

If the personal representative or trustee pays bills in the wrong priority, and if there aren't enough non-exempt assets to cover those bills, he or she is personally liable to pay the claims of those that would have been paid had the proper priority been followed. So, for example, if the trustee paid the American Express and Visa bills, but it turns out that there wasn't enough money to pay the doctor and hospital bills, the trustee will then have to come out of pocket to pay those doctors and hospitals because they had priority under the law.

If a probate estate is opened with the circuit court, then the attorney for the file will explain the proper procedure to notify the creditors and satisfy their claims. It's the personal representative's duty to determine any "reasonably ascertainable" creditor. The attorney for the file will send a formal notice of the administration to those creditors, granting them 90 days to make a claim against the estate. The other creditors are noticed in a newspaper legal notice advertisement. The estate can't be closed until all creditor claims have been satisfied, or in the case of insufficient funds, paid proportionally as provided for under the statute.

If no probate is opened, the trustee has a period of two years where he can remain liable to creditors. That's why it might be prudent to open an empty probate simply to run a proper creditor notice period.

I'm sure this is clear as mud to the reader. The law is more complex than I have space to describe. That's why it's so very important to have a knowledgeable attorney lead you through this process.

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Industry Awards Winners To Be Recognized

Superior quality, strong ethics and resiliency are at the heart of what makes this year's Industry Appreciation Awards (IAA) unlike any other year. Twenty-one of Southwest Florida's top companies have made the list of finalists for the event taking place at Caloosa Sound Convention Center in downtown Fort Myers. The winners will be recognized at the annual IAA luncheon hosted by the Horizon Council, Horizon Foundation and Lee County Economic Development on Friday, May 14.

Businesses will be honored in seven categories:

Business Resiliency and Innovation Award – Recognizes a business that successfully pivoted its operations, products or services to be resilient and respond to the needs of the community during the COVID-19 pandemic. The company has proven its resiliency by not only surviving but thriving during a crisis and may have shifted to focus on a different set of customers in a new horizontal or vertical market. The business embraced challenges, listened to customers and conducted careful research in order to successfully shift operations for the betterment of the company, employees and the community. The finalists are:

Fort Myers Brewing Company
Sanibel Captiva Community Bank
Sewing Boutique

Large Business of the Year – Awarded to a Lee County company that has been in business six or more years under the same corporate name and ownership. The company must offer high-quality products and services, provide superior customer service, demonstrate strong ethical standards, be community minded, actively support employee development, and exhibit exemplary leadership within its industry and with its clients, contributing to the economic growth

and free enterprise of Lee County. The Large Business of the Year category is for companies with 51 or more employees. The finalists are:

NeoGenomics Laboratories, Inc.
Owen-Ames-Kimball Company
Stevens Construction, Inc.

Small Business of the Year – The same criteria apply as the Large Business of the Year, but companies may not have more than 50 employees to be eligible. The finalists are:

Architectural Metal Flashings
Iron Ridge Insurance Services
Stickboy Creative

Innovator of the Year – Recognizes a local business that develops innovative advanced technologies in its own business or industry and has had a positive economic impact in Lee County. The finalists are:

Cigent Technology, Inc.
Energy Harness Corporation
Metro Forecasting Models

Manufacturer of the Year – Awarded to a Lee County manufacturing business that exhibits excellence in leadership, performance, profitability and workforce relations. The finalists are:

Black Onyx World, LLC/Alikay
Naturals

Nor-Tech Hi-Performance Boats
Storm Smart

Start Up of the Year – Awarded to a company founded in Lee County in the last three to five years that has overcome challenges and demonstrated continued growth in revenue and staffing to emerge as a business leader. The finalists are:

239Work
Gather
Seed & Bean Market

Community Steward of the Year – Awarded to a company that partners with nonprofits, community organizations and programs to improve the quality of business and civic life in Lee County through financial or volunteer support. The finalists are:

Cushman & Wakefield Commercial
Property Southwest Florida
Florida Repertory Theatre
The North Law Firm.✪



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Frankly Speaking

by Howard Prager



Spring is coming (for those of us in the north that means temperatures above freezing – for you transplants you made the right choice this winter). There's not a lot to report. NBA is

moving towards the All Star game with a good number of players and teams still missing games. The NHL doesn't appear to have as many cancellations. In tennis, players for the Australian Open had to quarantine for two weeks upon arriving down under. The finals were somewhat predictable with Novak Djokovic, the number 1 seed, winning his 18th Grand Slam of his career, putting him two wins behind Federer and Nadal. On the women's side, Naomi Osaka showed her brilliance by winning in two straight sets over Jennifer Brady, who was making her first Grand Slam appearance. Osaka earlier beat Serena Williams in the semi-finals. This is Osaka's second majors title in a row after winning the U.S. Open last year. Said *The Guardian*, "Osaka has already established an all-time great hard-court grand slam resume but now her focus turns to increased consistency

and the other surfaces. At 39, Serena's level of play is still wonderful but in order to win again she will have to relearn how to rise for the biggest matches when it counts." But on the fans side, disgusting behavior. Tennis Australia Chair Jayne Hrdlicka was booed by the crowd at the awards ceremony for saying, "It's been a time of deep loss and extraordinary sacrifice for everyone. With vaccinations on the way, rolling out in many countries around the world it's now a time for optimism and hope for the future." Australian tennis fans have been condemned around the world, and it overshadowed Novak Djokovic's record-extending ninth Australian Open triumph on Sunday night.

On a lighter note, Tom Brady tweeted what he should do with his five months off before training camp to his 1.7 million followers. You can only imagine the vast amount of replies he received for that! Several fans tweeted to teach his kids football. Another suggested that "Brady should not veer away too much from the game, all while giving his 43-year-old body a good rest. One way to achieve this is by playing Madden on PlayStation 5." Another fan suggested that "Brady should use his platform to encourage all Americans to get vaccinated, which is not just for health and safety concerns. According to the fan, once people get immune to the virus, then the league can allow them to watch football games, most especially Brady's quest for his eighth

ring." I love that CBS Sports tweeted that Brady should "get his golf clubs and practice his swing." They must be thinking if he ever retires from football, he could take a crack at the PGA circuit, although that may be on the senior circuit at the rate he's going because it won't be until he's in his 50s!

And how does it feel to have pitchers and catchers back? You can tell this season is going to be more normal, because teams are back to paying crazy amounts for free agents, as well as signing their own talent to extensions, such as Fernando Tatis, Jr. agreeing to a 14-year, \$340 million dollar contract with the Padres, positioning themselves for many years ahead.

The good news story of the week is about the most grueling sailing race on the planet and one I just learned about, the Vendée Globe yacht race, where solo sailors race around the world. On the women's side, a new world record. "Clarisse Crémer smashed the women's record for the Vendée Globe sailing race on Wednesday when she arrived just over seven days ahead of the previous mark. The 31-year-old Frenchwoman's *Banque Populaire X* crossed the finishing line at Les Sables-d'Olonne in western France in 12th position after 87 days, two hours, 24 minutes, 25 seconds of solo sailing." A record six women competed in the 33-field.

The men's winner was Yannick Bestaven, despite finishing behind Charlie

Dalin and Louis Burton. This to me is the most compassionate event in sports. "Bestaven was declared the winner of the ninth Vendée Globe race after nearly three months due to an 10-hour, 15-minute bonus for his part in rescuing fellow sailor Kevin Escoffier off the Cape of Good Hope in December." What's more, the competitor who actually finished in front of him totally understood. "It's normal that those who were involved in the rescue get bonuses," said Dalin. "There's no controversy, it's part of sailing, part of the solidarity between sailors. It's not going to be a big deal." On the presentation podium, Bestaven turned to Dalin and said: "There are two winners of this race." Dalin replied magnanimously: "The day is yours to enjoy."

I think a sport that gives bonuses for helping competitors in trouble is a beautiful sight. And I cannot imagine the incredible ability and stamina needed to compete in this race.

Enjoy the week ahead as the first spring training games begin Sunday, as locally the Twins and Red Sox square off.

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.

Mighty Mussels Inaugural Season Begins In May

The Fort Myers Mighty Mussels 2021 season schedule will consist of 120 games, including 60 home games at Hammond Stadium. The Mussels' home opener is scheduled for Tuesday, May 11 against the Clearwater Threshers.

After significant restructuring throughout professional baseball, the Mighty Mussels will now compete in the Low-A Southeast region. The new league consists of 10 teams, all of which are previous members of the Florida State League.

The 2021 schedule will feature a six-game series running from Tuesday through Sunday. The entire league will observe an off day each Monday. The change is aimed at reducing both travel and virus risk after 18 months without baseball.

"We could not be more excited to announce the schedule for the inaugural season of Mighty Mussels baseball," said Mussels owner Andy Kaufmann. "After a year off, we can't wait to see the great fans of Southwest Florida back at Hammond Stadium to enjoy great baseball and affordable family fun for everyone. We want the first season of the Mussels to be a memorable one so stay tuned for the announcement of our promotional schedule, which will have lots of excitement all summer long."

Fort Myers will play 24 games

against its closest geographical opponent (Bradenton Marauders) and 12 games against the remaining eight teams in the league.

The Mighty Mussels will begin the season on the road on May 4 in Bradenton, and conclude the season at home on Sunday, September 19 against the Tampa Tarpons.

Fort Myers will be home on both Saturday, July 3 and Sunday, July 4 against the St. Lucie Mets for Independence Day weekend. Game times for those games and the entire schedule will be announced at a later date.

Season tickets are on sale now, and other ticket packages including single game tickets will go on sale starting in April. Call 768-4210 or follow on social media.✪

New Football Coach At East Lee County High

East Lee County High School recently announced that Peter Gibbs has been selected as its new head football coach. Officials stated they are thrilled to have Coach Gibbs join the Jaguar family, and look forward to him working with student athletes and leading the football program.

Coach Gibbs has coached football for the past 21 seasons and brings a wealth of experience to East Lee County High School. Most recently, he served as the defensive coordinator at Palmetto Ridge

High School in Naples. During his tenure at Palmetto Ridge, Coach Gibbs helped lead the Bears to a historical 2020 season, winning their first Collier County Athletic Conference Championship in school history. The team also set a record for wins in a season and won the program's first playoff game.

Prior to his work at Palmetto Ridge, Coach Gibbs started his Florida coaching career at Gulf Coast High School in Naples and assisted that team to their first district championship in 2016. He

coached for 14 years in New Jersey, primarily at his alma mater, Manasquan High School. Coach Gibbs also worked with the U.S. National Team for USA Football, serving as the head coach for both U-17 USA Teams in 2018 and in 2019. During this time as head coach, he won three International Bowl Championships.

East Lee County High School welcomes Coach Gibbs and is very excited for what the future holds for Jaguar football.✪

SPORTS QUIZ

1. Who was the trainer of Triple Crown-winning racehorses Gallant Fox (1930) and Omaha (1935)?
2. It's tradition for Notre Dame Fighting Irish football players to touch a sign posted in Notre Dame Stadium before taking the field. What does the sign read?
3. What former NFL defensive lineman played the role of Sloth in the 1985 adventure comedy film *The Goonies*?
4. What American female distance runner won the Boston Marathon in 1979 and '83, and won the gold medal in the marathon at the 1984 Los Angeles Summer Olympics?
5. What cross-country skiing distance race, first held in 1973, is traditionally run every February in northern Wisconsin?
6. What Boston Celtics player suffered a season-ending knee injury attempting a dunk after the whistle in the final minutes of a 97-84 loss to the Indiana Pacers in 2007?
7. What NHL defenseman, who played with the Montreal Canadiens and Colorado Avalanche from 1990-2009, raced in the NASCAR Canadian Tire Series from 2009-15?

ANSWERS

1. James "Sunny Jim" Fitzsimmons. 2. "Play like a champion today." 3. John Matsuzak. 4. Joan Benoit. 5. The American Birkebeiner. 6. Tony Allen. 7. Patrice Bristeau.

Awareness Raised During Hope Shines Walk

The National Alliance on Mental Illness (NAMI) Collier County recently held its 19th annual awareness walk, Hope Shines, at Baker Park in Naples. The event attracted about 400 participants and included free food, fun and entertainment for participants.

The annual walk raises awareness about the organization and the families and people it supports, as well as raises money to fund the free programs that help them navigate a mental health diagnosis.

Programs include a statewide WarmLine for peer support; the Sarah Ann Drop-In Center, where persons with a diagnosis may visit five days a week with classes; support groups; daily activities; lunches and outings; self-directed care; peer support programs; supportive housing; as well as outreach, education and support groups. The HUGS (Health Under Guided Systems) program has system navigators who provide community-based mental health screenings and early identification of Collier County children who have current, or potential for, developing behavioral health problems to connect them to resources, including food distributed by NAMI to more than 4,600 people in eight months.*



Mary and Tony Balsamo photo provided



From left, Bill and Carolyn Rogers with Judy Bricker



From left, Rosemary Pace, Cheryl McLaughlin and Gordon McLaughlin



Pam Baker



Evan Gyorkos and Aryan Shinn



Melissa McClayton and Lindy Thomas



From left, Tim McMahon, Jeannine Hagedorn and Scott Degrand



From left, Alexis Abilheria, Mila Collett and Hildegard Carney



From left, Barbara Worrell, Carina DiMolfetta and Adrienne DiMolfetta



From left, Diane Fitterer, Linda Morton and Irene Gardella



Andy Solis and Eileen Streight



Sofia and Rick Schumacher



Kristin Long and Patricia Yasbeck Pike



Buddy Davis

Memorial Fishing Tournament For Military Veterans

Monday, March 1 marks the start of a month-long memorial honoring Stanley Moore, a World War II veteran and recently deceased father of local resident Pete Squibb.

Tournament participants include 20 to 25 local wounded and disabled military veterans, most of whom saw battle in Afghanistan and Iraq.

Larry Kendzior, executive director of the sponsoring organization Fish With a Hero, said, "It's about wounded heroes honoring a member of our greatest generation that makes this tournament such a great event."

The tournament is catch and release, fly fishing only. Cash prizes will be awarded to the largest fish in each of four categories: snook, redfish, spotted sea trout and bluegill (which was Midwesterner Moore's favorite fish). Additional bonuses will be paid if the winning fish are caught on a fly and a fly rod made by the participant. Many local professional guides and captains will be helping the veteran participants, and recognition awards will be given to winning guides and captains.

Any wounded or disabled veteran is eligible to participate in the program upon registration with Fish With a Hero and Project Healing Waters Fly

Fishing. Interested veterans or volunteer guides may call Larry Kendzior at 305-942-9678.

To make a donation to help fund tournament prizes or to view tournament rules, visit <https://www.fishwithahero.com/2021-memorial-tournament>.

Fish With a Hero, started in 2014 by local Fort Myers resident Larry Kendzior and others, provides world-class fishing and outdoor experiences and sponsors programs designed to assist participants in dealing with the effects of PTSD, traumatic brain injury, and other disabilities and wounds of war.

Project Healing Waters Fly Fishing (PHWFF), founded in 2005, is a community-based, nonprofit 501(c)3 volunteer organization dedicated to the physical and psychological rehabilitation of injured active-duty military personnel and veterans with disabilities. This is accomplished through the therapeutic and rehabilitative benefits of fly fishing, patience and relationship-building. Participants include: active duty military, disabled veterans, Guard and Reserve personnel with VA disability ratings. Whether wounded in combat, injured in vehicle or training accidents, or suffering debilitating illness, PHWFF serves all disabled veterans. Because of this, PHWFF is in a position to lead the way in helping today's young disabled veterans throughout their lifetime.✪

New Flounder Regulations

The Florida Fish and Wildlife Conservation Commission (FWC) has announced the following changes will go into effect for flounder beginning March 1:

Extending all FWC flounder regulations into federal waters;

Increasing the minimum size limit from 12 to 14 inches total length (recreational and commercial);

Reducing the recreational daily bag limit from 10 to five fish per person;

Establishing an October 15 through November 30 recreational closed season;

For commercial harvesters using allowable gear – Establishing a commercial trip and vessel limit of 150 fish from December 1 to October 14, and 50 fish from October 15 to November 30;

Modifying the incidental bycatch limit for commercial harvesters using non-allowable gear from 50 pounds per trip to 50 fish per trip;

Creating a federal waters trawl bycatch limit of 150 fish per trip from December 1 to October 14, and 50 fish per trip from October 15 to November 30.

FWC approved these changes at its December 2020 meeting because a stock status update suggested that the flounder fishery statewide has been in a general declining trend and is likely overfished and undergoing overfishing on the Atlantic coast of Florida. Other south Atlantic and gulf states have also reported declines

in flounder populations and have been making their own regulation changes.

Learn more about flounder regulations at www.myfwc.com/marine.✪

Gray Triggerfish Season To Open

The recreational gray triggerfish season reopens to harvest in gulf state and federal waters on March 1 and will remain open through May 31, closing June 1 through July 31 for an annual spawning season closure.

If you plan to fish for gray triggerfish in gulf state or federal waters (excluding Monroe County) from a private recreational vessel, you must sign up as a state reef fish angler (annual renewal is required) at www.gooutdoorsflorida.com. To learn more, visit www.myfwc.com/marine and click on Recreational Regulations and State Reef Fish Survey under Reef Fish.✪

Dean's List

Gabby McLraith Miltner of Fort Myers was recently named to the dean's list for the fall 2020 semester at Grove City College in Grove City, Pennsylvania.

The 2020 graduate of Cypress Lake High School, is a freshman biology/health major and the daughter of Laura Miltner from Fort Myers.✪



Dental assistants at work

photo provided

Dental Assistant Program Begins At University

Those interested in a career in the dental field can get their start with the Foundations of Dental Assisting program at Hodges University. The demand for Dental Assistants is expected to grow 23 percent by 2026 in Florida. According to www.careeronestop, the average annual salary in Florida for a dental assistant is \$48,257.

Students will learn dental terminology,

anatomy, instrument sterilization, communication and patient privacy, appointment scheduling, financial arrangements and inventory maintenance. Students will also learn how to properly mix and prepare dental impression trays and prepare stone models for diagnostic purposes.

It's a six-week program, held every Saturday from 9 a.m. to 1 p.m. in the new health sciences building on the University's Fort Myers campus. The first class begins March 6.

For more information and to register, visit www.pathways.hodges.edu/courses/dental-assisting.✪

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dearRPharmacist

How To Treat Post-Vaccination Symptoms



by Suzy Cohen, RPh

Dear Readers: Millions of people around the world are opting for the COVID-19 vaccine, and pharmacists are the front line health professionals

that see people coming in and asking for help. So, today, I'd like to offer tips and remedies in regards to this. I'd like to make one thing clear, this article is not a statement about whether you should receive the vaccine, or not. That is entirely up to you. Speak to your practitioner about what is right for you. My article is intended to help those of you who do opt to get it and then suffer with post-vaccination discomfort.

Here's what you can do to help yourself:

Make sure they inject it properly – You've probably seen people on TV getting vaccinated, but if the skin is pinched as the needle is injected, it could cause the vaccine to get placed into the fatty tissue right underneath your skin, instead of the muscle where it's supposed to be. In other words, they don't need to be pinching your deltoid muscle.

Pain at the site of injection – This is a very common occurrence. If you have ever received a shot in your arm, you already know how the surrounding muscles feels sore for up to a week. The reaction may be immediate, or slightly delayed. If it is pinkish-red, you

can apply some hydrocortisone to the area to help reduce that. Some experts suggest an antihistamine if the redness and heat is too much, in which case, something like Benadryl or Claritin.

You may take over-the-counter (OTC) analgesics such as acetaminophen (Tylenol) or ibuprofen (Advil) if you need to. There are some subtle differences between those two medications that you should be aware of. Please be sure to read the precautions for each medication to know which is right for you. These medications are useful to relieve minor aches and pains. Currently, it is advised not to take them in advance of the shot, as doing so may impact your immune system response to the vaccine.

Swelling at the site of injection – The fastest remedy for this is to put a cold pack on your arm for about five to 10 minutes. You can repeat the application every few hours. Another trick is to try a warm compress (soak a towel in very warm water, and wring it out). You could even alternate with an ice pack and then a warm compress. OTC analgesics like those listed above could be handy for this problem as well.

Pain and aches or fever – In most cases, mild discomfort in the body, or fever, is quite normal. You may take OTC analgesics such as acetaminophen or ibuprofen to reduce the aches/pain and fever. If it's mild, give yourself a sponge bath with lukewarm water and epsom salts. Get into bed with lighter pajamas and drink plenty of cool water.

Sensitivity to the first shot – If you have a severe reaction to the first shot, then you need to contact your physician for more instructions, and naturally cancel your second shot if scheduled.

*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.**

Red Sox Fan Safety Protocols For JetBlue Park

The Red Sox have set safety protocols for fans attending Spring Training exhibition games at JetBlue Park in Fort Myers by outlining heightened sanitation procedures, reduced contact measures and physical distancing practices that will be in place for all 15 home games.

To help reduce contact throughout the game-day experience, all fans will be issued a digital ticket through MLB's Ballpark App, and parking pass sales will be available online. Entry to JetBlue Park will include contactless ticket scanning. All bags are prohibited, with limited exceptions to accommodate medical needs and diaper bags. Metal detector settings will allow fans to keep common items like cell phones and key rings on during entry. Contactless payment options will be available at all concession stands and merchandise

points of sale. No food and beverage sales will be conducted in the seating bowl.

Face coverings are required in all areas of JetBlue Park for both staff and guests ages 2 and older, with limited exceptions for those actively eating or drinking in their ticketed seat location. JetBlue Park will operate at approximately 24 percent of its normal capacity, allowing for physically distanced "pods" comprised primarily of two to four seats. In addition to having at least six feet between ticketed fans in the seating bowl, buffer zones will be created around the dugouts and bullpens to eliminate direct access to player areas. Autographs will not be permitted. Medical teams will be on site at all times and a dedicated isolation area will be available for fans experiencing potential COVID-19 symptoms.

Fans will have access to sanitation stations located at all entrances, throughout the concourses, and in all restrooms. An enhanced daily cleaning, disinfecting and sanitation protocol at the ballpark will include frequent

Doctor and Dietician

Health Benefits Of Tea Drinking



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

Tea has long been associated with good health. In Eastern cultures, tea held the key to good health. Current research now supports this. More specifically, studies from various universities such as Purdue, University of Wisconsin and Harvard have revealed a variety of health benefits from drinking tea.

Why is tea so good? It helps improve immune function, cognitive function, has been associated with decreased risk of cardiovascular issues, less fatigue, lower blood pressure, slowing the aging process, reducing stress, improved digestion, helping with sleep and may even aid with weight stabilization.

Green tea, black tea, white tea and oolong tea are considered by purists to be the only "real" teas. They are all derived from *Camellia sinensis* plants, shrubs native to China and India. They contain unique antioxidants, flavonoids, that help fight free radicals and assist with the above-mentioned health benefits.

Interestingly, green tea has a high concentration of EGCG (antioxidant) that has been widely studied. These antioxidants have been associated with reducing cancer growth and helping to

burn fat and improve neurological and cardiovascular disorders.

Oolong tea has been shown in animal studies to help lower LDL cholesterol. Recent articles have associated it with weight loss and fat burning, but more studies need to be done.

We also found it interesting that black tea, which contains the highest amount of caffeine, may show protective properties on lungs exposed to cigarette smoke, and may also help reduce stroke risk.

So you may be thinking, hum, how could I start drinking more tea? Well, first of all, we are not talking about Lipton's iced tea, sweet tea, or Arnold Palmer tea! You want to be purchasing organic, high-quality tea that is either loose or packed in unbleached tea bags. Quality tea is grown on good land, and processed with skill and care and not with a lot of added chemicals. Just like coffee or wine, you can spend loads of money on specialty teas.

We found a great source for tea at www.republicoftea.com. Their motto is "Sip by sip rather than gulp by gulp." Their mission is to canvass the most prized tea gardens in the world and find the worthiest of leaves for their customers. There are many other wonderful tea merchants out there. When we lived in Illinois, we purchased tea from Todd and Holland Tea Merchants – www.todd-holland.com. The owner, Bill Todd, has made many journeys to China, Taiwan, Tibet and Japan. They are enthusiastic and passionate about fine teas and love to help their customers learn to appreciate the excitement and love of tea.

So take a little breather from coffee and add some tea to your life. It may extend it even longer too!

*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.**

cleaning of high touch areas such as countertops, railings, doorknobs and elevators, as well as increased cleaning of restrooms during games. All interior areas of the ballpark will be disinfected nightly.

Information about JetBlue Park fan safety protocols and procedures for the 2021 exhibition season can be found at www.redsox.com/healthandsafety.*

Chronic Disease Program

Lee Health's Lee Health Solutions, in partnership with many local community agencies and supported in part initially by a grant from the Southwest Florida Community Foundation, is offering a research-based Chronic Disease Self-Management virtual program on Tuesdays beginning March 16 from 1 to 3 p.m. and Wednesdays beginning March 17 from 1 to 3 p.m.

It's All About You, originally developed at Stanford University Patient Education Research Center, is a program designed

for people age 18 years or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions.

The free virtual workshop is two hours once a week for six weeks. For more information or to register, call 343-9264.*

From page 1

Art Walk

investigated critical theories in art and have created extensive documentation of their art-making processes in a series of sketchbook entries. The students' works explore a wide range of visual media including traditional and digital photography, acrylic and oil painting, printmaking, fiber arts, sculpture and ceramics.

The exhibition will be on display through Thursday, March 25.

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

Alzheimer's Group To Offer Virtual Program

All Floridians interested in learning about the use of biomarkers in Alzheimer's research are invited to attend Entangled: Tau, Alzheimer's and Brain Health, a free, virtual program of the Alzheimer's Association on Wednesday, March 3 at 1 p.m.

To start the program off, keynote speaker Rodney Guttman, PhD, will discuss the importance of biomarker research for identifying Alzheimer's disease, to be followed by a presentation on Healthy Living for the Brain and Body by Alzheimer's community educator Andre Hall.

"Accumulation of the tau protein into neurofibrillary tangles in neurons is a major pathological hallmark of Alzheimer's disease," said Guttman. "While it has been long understood that tau changes are likely key to unlocking future therapies and diagnostic tools, it is only with an improved ability to identify, characterize and quantify these changes to tau that such a future can be realized."

Guttman, a biology professor at the University of West Florida, obtained his PhD in pharmacology from the University of Alabama at Birmingham. His research includes biomarker assay development with a major focus on Alzheimer's disease and neurodegeneration.

Alzheimer's disease is the sixth-leading cause of death in the United States. More than five million Americans are living with the disease, the Alzheimer's Association reports, including more than 580,000 Floridians.

"We are excited to partner with Dr. Guttman to bring awareness to the

biomarker research that is happening right here in Florida," said Katie Fahrenbruch, program manager for the Alzheimer's Association. "Biomarkers for Alzheimer's disease and brain health are important discussions for us to have right now, as the number of people affected by Alzheimer's only continues to climb."

To register, visit www.bit.ly/alzentangled or call the Alzheimer's association 24/7 Helpline at 1-800-272-3900.*

Learn How To Prevent Diabetes

Learn about a variety of tools that have been proven to prevent or delay the onset of Type 2 Diabetes during a free virtual program on Wednesdays, beginning March 3 from 6 to 7 p.m. The program is designed to help participants make modest lifestyle changes and cut the risk of type 2 diabetes by more than half.

The year-long program involves weekly meetings for the first six months, then once or twice a month for the second six months. It is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

Information presented in the workshop can help you become empowered to prevent type 2 diabetes. Learn about the benefits of physical activity, manage symptoms of stress, make smarter decisions related to healthy eating and stay motivated with provided tips. Participants will receive a guide to use as an ongoing reference tool once the classes are completed.

Registration is required. Call 424-3127 for more information.*

Classes for Youth ages 5 to 7:
Prepare with Pedro - Home Fire Preparedness - Thursday, March 4, 4 to 4:45 p.m.

Prepare with Pedro - Hurricane Preparedness - Wednesday, March 17, 4 to 4:45 p.m.

Presentation for Kids ages 8 to 12:
The Pillowcase Project - Tornado Preparedness - Thursday, March 18, 4 to 5 p.m.

The Red Cross is known for responding and providing help during emergencies, but their mission is also focused on helping individuals prepare for them. Becoming "Red Cross Ready" for an emergency means following Red Cross safety steps in advance to ensure you can weather a crisis safely and comfortably.

These 'Red Cross Ready' workshops offer a variety of preparedness topics that include Preparing for Disasters During COVID-19, Home Fire Safety, and Older Adult and Youth Preparedness.

For resources on preparing for an emergency during COVID-19, visit www.redcross.org/coronavirus. Additional Red Cross resources for older adults are available at www.redcross.org/olderadults as well as coping tips and resources for children at www.redcross.org/youthprep.*

Beautifulife: Tears



by Kay Casperson

I was recently reminded of how essential it is for us to cry now and then. A dear friend of mine had been dealing with personal things and, unfortunately, kept things inside for quite some time.

Instead of talking them out with friends or family, she instead held her emotions together herself. She thought she could handle it all independently.

One of the things I used to teach individuals when I did some public speaking years ago was to ask for help when you know you can't do it all on your own. This is a crucial lesson for us because so often, we think we are invincible. No matter how strong we are as individuals, we all need help to manage certain things.

Expressing our emotions through tears and crying is extremely important to let things out and clear our minds. Tears don't necessarily mean that you are sad or hurt. Tears can also come from being happy, proud, relieved, caring and connected. It actually shows a side of sensitivity that is essential in having your best and most beautiful life.

When I was a young girl, I remember that I never wanted anyone to see me

cry. I was the person that always lent a listening ear, a shoulder to cry on and tried to inspire people, even back then. So, I would find a place where no one could see me, and I would shed some tears to clear my mind and unload some emotions. I also recall how relieved I felt when I did. I regained my strength and stamina to keep being that person that people would lean on.

There are health benefits to shedding tears that might surprise you.

Tears may help to flush stress hormones and other toxins from your body.

Tears may help to give you a calming and soothing sense of relief.

Tears can release endorphins which are feel-good chemicals that may ease both emotional and physical pain.

Tears can restore emotional balance and lift your spirits.

So, grab a tissue and find a quiet place somewhere, whether in your home, car, porch, beach, woods or backyard. Shed some tears to clear your head, lift your spirits and soothe your soul.

My affirmation for you this week is: "I will allow myself the time and a place to cry now and then to stay healthy in my mind, body and spirit."

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.*

Red Cross Virtual Preparedness Classes

The South Florida Red Cross launched its Be Red Cross Ready preparedness classes virtually, in an effort to encourage the community to be prepared and have a plan for any type of emergency. The free, virtual classes are offered for older adults, children and their families to understand what type of disasters can occur in their area, steps they can take to prepare, and provide ways they can help themselves and others cope through disasters.

These online classes will be offered throughout the month and until the end of March, and are available with both English and Spanish resources. Registration is required. To learn more, visit redcross.org/preparesfl.

Classes for Older Adults:
Older Adult Preparedness & Home Fires - Wednesday, March 31, 11 a.m. to noon

Classes for Families:
Home Fire & Youth Preparedness Products - Tuesday, March 16, 5 to 6 p.m.

CARING MEDICAL FLORIDA & THE HAUSER NECK CENTER

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

ARTS

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

CLUBS & ORGANIZATIONS

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

AREA ATTRACTIONS

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

To be listed in calling card email your information to: press@islandssunnews.com

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!

Awe

DOWNER

Deliver

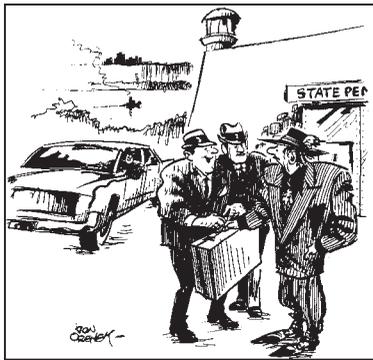
SECURE

Oppose

BEEKUR

Saunter

LAWDED



"First thing we gotta get you, boss, is a new _____!"

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Sale sign is added. 2. Button missing from woman's jacket. 3. Ceiling light is added. 4. Bowtie is missing. 5. Man's tie is white. 6. Row of rings is missing.

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.

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

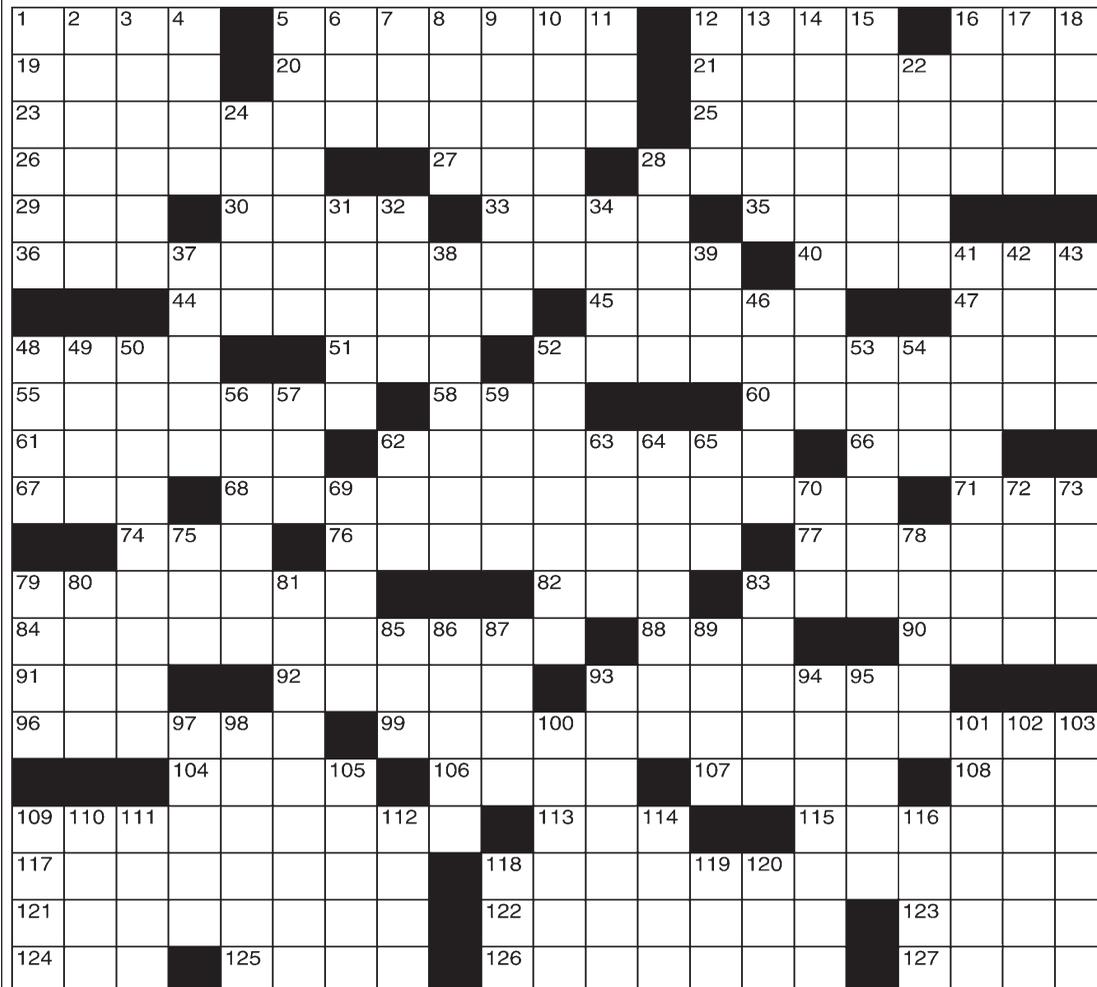
PUZZLES

Answers on page 31

Super Crossword

BACKUP FUNCTION

- ACROSS**
- 1 "When — your age ..."
 5 Having two systems
 12 One of the "Little Women"
 16 Angry crowd
 19 "99 Red Balloons" band
 20 Really foolish
 21 First digits dialed, often
 23 * President of Nicaragua
 25 Added yeast to, as bread
 26 San —, Buenos Aires
 27 Oklahoma tribe
 28 * Rock yielding element #28
 29 Riddle-me- —
 30 1/36 yard
 33 Jai —
 35 Head, to Fifi
 36 * Historical French area
 40 Way of being torn, thrilled or loved
 44 Put aside for future use
 45 Handed out
 47 Prefix with soul
- 48 With 8-Down, 1859 George Eliot novel
 51 Cal. neighbor
 52 * Crank-turned instrument
 55 Prioritizes, as patients
 58 Hosp. area
 60 TV antennas
 61 Bond film
 62 Place for a welcome mat
 66 CPR giver
 67 Mil. officer
 68 * An off-Broadway theater is named for her
 71 Linden of TV
 74 Ice-T's music
 76 Plane fliers
 77 Viewpoint
 79 Apple tablet download
 82 A fifth of fifty
 83 Nuclear reactor part
 84 * Popular citrus fruit
 88 "I solved it!"
 90 Nile vipers
 91 China's Lao- —
 92 Fully enjoy
 93 1966-2013 bookstore chain
- 96 Funny feline photo meme
 99 * Musical group playing industrial drums
 104 Egg cell
 106 Genesis twin
 107 Diana of "Dance Hall"
 108 Ball or bass ender
 109 * Mafia boss
 113 Newsman Koppel
 115 2017 biopic about an Olympic figure skater
 117 Per-night cost to stay at a 105-Down
 118 "Mr. Mom" plot premise (and what the answers to the starred clues have)
- DOWN**
- 1 Gandhi of India
 2 Ferret's kin
 3 Lennox and Potts
 4 Uttered
 5 "Nonsense!"
 6 Kin of "equi-"
 7 Old space station
 8 Hip about
 9 Related to food intake
 10 African land
 11 Meadowland
 12 Island east of Java
 13 Build
 14 Stovetop whistler
 15 Can't say no locs.
 16 Part of MSG
 17 Polish river
 18 See 48-Across
 22 Big name
 24 "Fanny" author Jong
 28 San Fran NFLer
 31 Tribal groups
 32 Gordie of hockey
 34 Verdi's title slave
 37 Makeup brand
 38 Pasta dish
 39 Head of corn
 41 Collects, as a harvest
- 42 River duck
 43 Many heirs
 46 Sprang
 48 24-hr. "bankers"
 49 Tow
 50 Business of Delta
 52 Chemistry lab tube
 53 Ominous last words
 54 Cup edge
 56 Female bud
 57 Rhea's kin
 59 Fizzy drink
 62 Fraction: Abbr.
 63 — gin fizz
 64 Vicious vortex
 65 Lifesaving locs.
 69 "Lady for a Day" director Frank
 70 It flows in la Seine
 72 Rent- — (security guard)
 73 Classic Ford models
 75 Ending for lime
 78 Blueprints
 79 Part of IHOP: Abbr.
 80 Part of UTEP
 81 Claim the truth of
- 83 Actress Edie
 85 Colorado NHLers, to fans
 86 Eminent
 87 Coll. seniors' tests
 89 Challenging
 93 "Never on Sunday" rule
 94 Person who is prospering
 95 Opposite of east, in Madrid
 97 Key next to a period
 98 Disinclined
 100 Dine away from home
 101 Throat part
 102 "Casino —" (Bond film)
 103 Not digital
 105 Roadside lodging
 109 "Damn it!"
 110 Rice-A- —
 111 Greek vowel
 112 Crimson and cherry
 114 Boxer Oscar — Hoya
 116 Roughly
 118 Std. for a nutritionist
 119 Deep groove
 120 Suffix with Siam



King Crossword

- ACROSS**
- 1 Seize
 5 Butte's kin
 9 Cardinal cap letters
 12 "Othello" villain
 13 In — (lined up)
 14 Weeding tool
 15 Reality show for aspiring entrepreneurs
 17 PC key
 18 Minor quibbles
 19 Hospital sections
 21 Type of beam
 24 Pack (down)
 25 Reverberate
 26 Rubber wedge, say
 30 Small battery
 31 All better
 32 Actress Thurman
 33 Hoedown musicians
 35 Author Harte
 36 Seeing things
 37 Tubular pasta
 38 Tribal emblem
 40 Coffee, slangily
 42 Mess up
 43 Temporary
 48 GPS suggestion
 49 Last write-up
 50 Despot
 51 British verb
- 10 Snatched
 11 Reply to "Shall we?"
 16 White wine cocktail
 20 Mornings (Abbr.)
 21 Piece of lettuce
 22 Exotic berry
 23 Elm, for one
 24 Low digits
 26 Union payment
 27 Bruins legend
 28 Portent
 29 Canape spread
 31 South Carolina uni-
- DOWN**
- 1 USO audience
 2 Fan's cry
 3 Khan title
 4 Third-largest island
 5 "The Martian" actor Damon
 6 Historic periods
 7 Junior
 8 Clumsy
 9 Mountain road feature
- 34 Decorate
 35 Actor Warren
 37 Beetle
 38 Garr of "Tootsie"
 39 Scraps
 40 Unite
 41 Museo display
 44 Showtime rival
 45 Jargon suffix
 46 Squealer
 47 Hosp. scan

MAGIC MAZE ● LITERARY GENRES



Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: **Saying One Thing Implying Another**

- | | | | |
|-----------|------------|-----------|----------|
| Action | Drama | Mystery | Thriller |
| Adventure | Fantasy | Political | Urban |
| Comedy | Historical | Romance | Western |
| Crime | Horror | Saga | |



Strawberry Buttercream Frosting



Strawberry Buttercream Frosting

- 1 pound strawberries
- 2 tablespoons honey
- 1/2 lemon, juiced
- 1 tablespoon cornstarch
- 1 cup (2 sticks) unsalted butter, softened to room temperature
- 3-4 cups powdered sugar
- 1-2 teaspoons pure vanilla extract
- Pinch of sea salt

Place strawberries in a blender and puree, strain through fine sieve and pour into small sauce pot. Straining the puree is optional but helps to ensure a smooth and silky buttercream. Mix the cornstarch and the lemon juice together and set aside. Bring the strawberry puree to a boil, pour in the cornstarch slurry while mixing, and reduce to simmer for approximately 10-15 minutes. This will help thicken the puree and concentrate the strawberry flavor. Stir in honey at end

photo courtesy Fresh From Florida

of cooking process. Remove and cool completely before adding to buttercream. Store remaining puree in refrigerator for up to seven days. Mix into barbeque sauces or use as a dessert topping!

Place softened butter and vanilla extract into stand mixer bowl and using the paddle attachment, cream on medium-high for 2-3 minutes (or use electric hand mixer). On lowest setting, add in powdered sugar 1/2 cup at a time, ensuring all the sugar is incorporated before adding more. When you have added 3 cups of powdered sugar, add in 1/4 cup of the strawberry puree and mix thoroughly. Now is the time to evaluate the thickness, sweetness and texture of your buttercream. At this point you can add the remaining powdered sugar or leave out. If the strawberry flavor is not strong enough add 1 teaspoon of the puree at a time. This may call for additional powdered sugar to retain desired texture. Buttercream, when stored properly, can be stored in the refrigerator for up to one month or stored in freezer for up to three months. Bring to room temperature before attempting to frost cake or cupcakes.*

PETS OF THE WEEK



Ashley ID# A852355

photos provided

Lee County Domestic Animal Services

Ashley And Monte

Hello, my name is Ashley. I'm a 7-year-old red female pit bull mix. I'm an expert cuddler and can find the squeaker in any toy in 2.5 seconds. I'm told that any family would be lucky to have me, and that I'm truly a gem. My adoption fee is \$25.

Hi, my name is Monte. I'm a 5-month-old black male domestic



Maverick and Monte ID# A850693

shorthair. I'm part of a dynamic duo of brothers. While I'm similar in appearance to Maverick, we are quite different in personality. I'm the more outgoing brother that will take the lead, while Maverick is more of the shy, quiet type. I can play for hours, and Maverick is more of a crawl-in-your-lap-for-cuddles sort of fellow. 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.*

Our email address is press@islandsunnews.com

My Stars ★★★★★

FOR WEEK OF FEBRUARY 21, 2021

Aries (March 21 to April 19) Time is on your side in the early part of the week. But anything left undone by midweek will need to be put into rush mode. The weekend offers choices for you and someone special.

Taurus (April 30 to May 20) Finally getting credit for a contribution is nice for all you idea-generating Ferdinands and Fernandas. But don't sit on your laurels under the cork tree. Use it as a first step to a bigger opportunity.

Gemini (May 21 to June 20) Despite the progress made, a hint of doubt might set in. That's OK. You need to stop and consider not only what you're doing but also how you are doing. Make adjustments where needed.

Cancer (June 21 to July 22) The dreamer is dominant in the Moon Child's aspect, but a dollop of hardheaded practicality is coming up fast and jockeying for space. The challenge is to make room for both modes.

Leo (July 23 to August 22) It's a good week for Leos and Leonas to start assessing what they've done and what they plan to do. Moving to a new environment – home or job-related – is a possibility for

some Cats.

Virgo (August 23 to September 22) The week calls for Virgos to make tough decisions, but in a way that leaves the door open for changes. Ask for advice from someone who has been in the position you're in now.

Libra (September 23 to October 22) Disappointments are never easy to take, but you have the ability to learn from them and go on to success. Meanwhile, continue to build up your contacts. You'll need them soon.

Scorpio (October 23 to November 21) Things might still be going much too slowly to suit you. But you need the time to make sure they're going in the right direction. It's easier to make a course correction now rather than later.

Sagittarius (November 22 to December 21) Showing some temperament at the way things are going is one way of getting your point across. Just don't overdo it, or you risk turning away more-moderate supporters.

Capricorn (December 22 to January 19) Things could change more quickly this week than you like. But don't fret; you'll most likely find that you're up to the challenges. The weekend offers much-needed relaxation.

Aquarius (January 20 to February 18)

Big challenge coming up? Uncross those fingers and believe that you're going to do well. And keep in mind that so many people have faith in your ability to succeed.

Pisces (February 19 to March 20) Testing the waters is a good way of learning about an opportunity before plunging right in. Ask more questions and be alert to any attempts to avoid giving complete answers.

Born This Week: You have a gift for making people – and animals, too – feel special and loved.

MOMENTS IN TIME

- On March 5, 1770, a mob of American colonists gathers at the Customs House in Boston and begins taunting the British soldiers guarding the building. The protesters, who called themselves Patriots, were protesting the occupation of their city by British troops.

- On March 3, 1865, President Abraham Lincoln signs a bill creating the Freedman's Bureau. The federal agency oversaw the transition of African Americans from slavery to freedom. The bureau was given power to dispense relief in the South, provide medical care and education, and redistribute "abandoned" lands to former slaves.

- On March 2, 1904, Theodor Geisel,

better known as Dr. Seuss, the author and illustrator of such beloved children's books as *The Cat in the Hat*, is born in Springfield, Massachusetts. Geisel used his middle name (which was also his mother's maiden name) as his pen name.

- On March 4, 1918, the first cases of the deadly Spanish flu pandemic are reported in soldiers at Fort Riley, Kansas. The virus soon traveled to Europe with U.S. soldiers heading to aid the Allies in France. The flu would eventually kill 20 million to 50 million people around the world.

- On March 7, 1923, The New Republic publishes Robert Frost's poem *Stopping by Woods on a Snowy Evening*, which begins with the famous line "Whose woods these are, I think I know."

- On March 1, 1966, Venera 3, an unmanned Soviet probe launched from Kazakhstan, collides with Venus, the second planet from the sun. It was the first spacecraft to reach the surface of another planet.

- On March 6, 2001, Napster begins complying with a federal court order to block the transfer of copyrighted songs over its peer-to-peer network. Some 60 million users around the world had freely exchanged digital mp3 files using Napster.

continued on page 30

 FRIDAY Sunny High: 76 Low: 64	 SATURDAY Sunny High: 77 Low: 67	 SUNDAY Sunny High: 76 Low: 65	 MONDAY Sunny High: 77 Low: 66	 TUESDAY Sunny High: 72 Low: 60	 WEDNESDAY Sunny High: 70 Low: 61	 THURSDAY Sunny High: 74 Low: 62
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	1:49 pm	6:49 am	None	5:52 pm
Sat	12:23 am	7:20 am	2:01 pm	6:39 pm
Sun	1:11 am	7:50 am	2:16 pm	7:29 pm
Mon	2:02 am	8:18 am	2:35 pm	8:22 pm
Tue	2:57 am	8:45 am	2:59 pm	9:21 pm
Wed	4:01 am	9:08 am	3:28 pm	10:28 pm
Thu	5:23 am	9:25 am	4:02 pm	11:47 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	12:54 pm	6:51 am	11:28 pm	5:54 pm
Sat	1:06 pm	7:22 am	None	6:41 pm
Sun	12:16 am	7:52 am	1:21 pm	7:31 pm
Mon	1:07 am	8:20 am	1:40 pm	8:24 pm
Tue	2:02 am	8:47 am	2:04 pm	9:23 pm
Wed	3:06 am	9:10 am	2:33 pm	10:30 pm
Thu	4:28 am	9:27 am	3:07 pm	11:49 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	12:58 pm	6:49 am	None	6:25 pm
Sat	12:18 am	7:25 am	1:28 pm	7:12 pm
Sun	12:58 am	8:00 am	1:56 pm	8:01 pm
Mon	1:46 am	8:34 am	2:21 pm	8:51 pm
Tue	2:51 am	9:06 am	2:43 pm	9:40 pm
Wed	4:01 am	9:34 am	3:08 pm	10:34 pm
Thu	5:13 am	9:57 am	3:41 pm	11:44 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	1:44 am	10:05 am	3:59 pm	9:08 pm
Sat	2:33 am	10:36 am	4:11 pm	9:55 pm
Sun	3:21 am	11:06 am	4:26 pm	10:45 pm
Mon	4:12 am	11:34 am	4:45 pm	11:38 pm
Tue	5:07 am	12:01 pm	5:09 pm	None
Wed	6:11 am	12:37 am	5:38 pm	12:24 pm
Thu	7:33 am	1:44 am	6:12 pm	12:41 pm

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From page 28

Moments In Time

which folded three months later.

NOW HERE'S A TIP

• Fruit math: A tomato or an apple plus green bananas in a paper bag equals ripe bananas.

• Empty tissue boxes have so many uses. Try lining one with a plastic grocery bag and keeping it in your car for stray trash. Or you can use it to corral all of those plastic grocery bags until you need them – just stuff them in one at a time. Lastly, and probably my favorite: Cut out doors and windows to use as houses for kids' toys. Imagination makes the possibilities endless. – JoAnn

• “Jazz up your pancakes by adding pureed frozen blueberries or strawberries. It turns the mix either blue or red, and it's fun for the kiddos.” – VR in Florida

• “We are always prompted to choose strong passwords, but a random collection of letters, numbers and special symbols can be hard to remember. I make a strong password by using a coded phrase, like “My three boys are No. 1,” which might be “MY3boysR#1.” Just thought I'd share my trick, but not my password!” – RW in Iowa

• Keep a bottle of club soda handy for spot stains on carpets or upholstery. It's good for more than just drinks.

STRANGE BUT TRUE

• A team of Japanese scientists and engineers created a fire alarm for the deaf that works by spraying vaporized wasabi into the air – it will even wake them up if they're sleeping.

• Bees can fly higher than Mount Everest.

• In 1960, during a period of high tensions between Havana and Washington, a Cuban cow got hit by a chunk of a falling

U.S. satellite. Islanders got a dig in at their American neighbors by parading another cow through the streets sporting a sign that read, “Eisenhower, you murdered one of my sisters!”

• Before trees existed, the earth was covered with giant white mushrooms.

• All astronauts going to the International Space Station have to learn to speak Russian, as the controls of their Soyuz spacecraft are in that language.

• Fried chicken originated in Scotland.

• Off-duty paramedic Matthew McKnight earned the dubious Guinness World Record for furthest distance thrown by a car when he was hit by a vehicle traveling 70 mph and was catapulted 118 feet. Amazingly, while he suffered serious injuries, he managed to recover.

• There is a Fictitious Athlete Hall of Fame. Inductees include Rocky Balboa, Mr. Miyagi and Happy Gilmore.

• You're more likely to be bitten by a

human than a shark.

• Not that we think you'd actually drink this much, but 10 gallons of carrot juice will kill you. Its vitamin A content is high enough to make your brain swell, along with other nasty symptoms. By the way, you can also overdose on the vitamin by eating a pound of polar bear liver every day.

THOUGHT FOR THE DAY

“Actually, in my opinion you never completely find yourself because you are always growing as a person and learning throughout your life. It is a process.” – Robert A. Bofman

TRIVIA TEST

1. **Theater:** Which city was the setting for the musical “Cabaret”?
2. **Language:** What does the Latin phrase “veritas vos liberabit” mean?
3. **Television:** What was the name of the

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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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12/11 * TFN

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PSA

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7/31 * TFN

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