



THE RIVER WEEKLY NEWS

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Vol. 20, No. 10

From the Beaches to the River District downtown Fort Myers

MARCH 5, 2021



Spunky Robinson photos provided

Comedy Show This Saturday

The Sidney & Berne Davis Art Center will host Laugh a Little Comedy Show on Saturday, March 6 with two shows in one night.

The first show is from 6 to 8 p.m. Doors open at 5 p.m. Single tickets are



Timmy V

\$20 and a VIP table of four is \$150. The late show runs from 9 to 11 p.m. Single tickets are \$25 and a VIP table of four is \$160.

The show will be hosted by Timmy V, featuring Catherine Maloney and Case Money, with headliner Spunky Robinson.

Timmy V, known for his stage energy and slang lyrical flow, has been a comedian since 2008 out of Tampa. He started his



Catherine Maloney

career in comedy doing open mic at the improv, catching the attention of many booking agencies. Since then, he has shared the stage with the likes of Mo'nique, Sommore and Lavell Crawford.

Headlining the show, Miami native Spunky Robinson, the self-proclaimed "Punchlineking," made his comedic debut at the Miami Improv over five years ago. Using his real life experiences and hot



Case Money

topics of the day, he keeps the crowds laughing as a proven stand-up artist. Known for his fast-paced comedic style and comedic musical parodies, Robinson has an energetic presence and ability to quickly connect with any crowd. He has been featured at the NFL Hall of Fame Banquet and The Shaquille O'Neal Next All Stars Comedy Tour, and with Michael Blackson,

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Painting by Starr Hull images provided

Art Group Exhibits On The Beach

The Fort Myers Beach Art Association (FMBAA) is currently presenting Impressionism to Abstraction – Jeanne Raimondi and Starr Hull Show in Studio 2 as well as the Spring Show, sponsored by Doc Ford's Rum Bar and Grille, in the main gallery. The shows are on display through March 11.

Mini masters continue to be for sale, priced at only \$10 apiece for matted original artwork.



Painting by Jeanne Raimondi

FMBAA's February Artist of the Month is Pat Payzant at Shucker's Galleria, located at 1250 Estero Boulevard on Fort Myers Beach.

For more information, email Pam Flaherty at fmbaapublicity@gmail.com, call 463-3909, visit www.fortmyersbeachart.com or stop by the gallery, located at 3030 Shell Mound Boulevard on Fort Myers Beach.*

Antique Ford Car Show At The Estates



Visitors walk through rows of antique automobiles at Edison and Ford Winter Estates during the annual Antique Ford Car Show photo provided

Edison and Ford Winter Estates will host its annual Antique Ford Car Show on Saturday, March 6 from 10 a.m. to 2 p.m. Each year, classic car owners and club members exhibit their cars on the Ford estate lawn as a tribute to Henry Ford, the pioneer of the automobile industry. Exhibitors will showcase their Mustangs, Thunderbirds, Model Ts and many other models.

Along with the car show, there will be a DJ on site playing music, and refreshments will be available for

purchase. Visitors can also tour the gardens, museum, laboratory and see the historic homes. The site includes more than 18 acres of botanical gardens along the Caloosahatchee with plants and trees from all around the world.

The family event is free for Edison Ford members and \$25 for non-members, and includes a self-guided tour of the entire site. Masks are required. Tickets may be purchased online at www.edisonford.org or at the ticket counter, 2350 McGregor Boulevard in Fort Myers.*

Historic Downtown Fort Myers, Then And Now:

Historic Home With Early 'Flipping' History

by Gerri Reaves, PhD



This historic house perched on the southeast corner of First Street and Woodford Avenue was one of the many outstanding ones built by well-off snowbirds in the first two decades of the 20th century – a fact that led to the name Millionaires Row for First east of downtown.

History buffs know this Mediterranean Revivalist house as the Chadwick house because Clarence Bennett and Rosamond Lee Rouse Chadwick owned it for decades.

But it has the curious history of being flipped twice before the Chadwicks took possession.

The George W. Martins built the house in 1924. The couple had already been winter visitors in the area for more than a decade by then and were active in the community.

For example, in February 1923, George Martins was elected president of the newly incorporated Caloosahatchee River Bridge Co. That was the organization that built the first bridge across the Caloosahatchee at Fremont Street in East Fort Myers.

The then much-celebrated, 16-foot-wide wooden bridge, dedicated in 1924, connected Fort Myers to Punta Gorda and linked Fort Myers with the northern stretch of the Tamiami Trail, which would be finished only four years later with the celebrated link to Miami.

The Martins new house, constructed of concrete with a white-sand finish and walls one foot thick, was probably one of the sturdiest in town.

Wide steps framed by curved balustrades graced the front entrance. Other exterior features were a barrel-tiled hip main roof and the surrounding balustrade of stone parquet posts.

Within the house were “pecky cypress” trim, large arches, “ivory encaustic” and



When this photo was taken in 1950, Rosamond Chadwick, widowed in 1947, was still living in the house photo courtesy Tampa-Hillsborough County Public Library System

ivory enamel tiles, a buffet pantry, baths in each guest room, hardwood floors and a profusion of windows, according to details in the *Fort Myers Press*.

The master bedroom had French doors and the closet doors had “full-length beveled plate glass mirrors.” Also on the property were a three-car garage, servants’ quarters, a laundry and a patio, fountain and pool.

In November of 1924, the Martins sold the new house and furniture to Joseph E. and Helen Hubinger of Connecticut. The postcard image was taken during their brief ownership. Note the brightly colored sun awnings so popular during the 1920s boom.

Joseph was associated with JC Hubinger Bros., described in the local press as “manufacturers of Electric Starch and owners of the largest screw and implement factory in the world.”

Enter Clarence Bennett and Rosamond Lee Rouse Chadwick, who acquired the house the very next year. They too were wealthy visitors who discovered Fort Myers and established a winter home or permanent residence.

Clarence had been born in Nebraska, but his work took him to various major U.S. cities, including San Francisco, where he married his concert-singer wife in 1913. They eventually made Chicago home.

He was highly successful as the inventor of protective, or forgery-proof, paper for checks, and he also founded a banking-supply business.

Before moving to Fort Myers, the couple had visited Captiva Island in 1923, with Clarence retiring there in 1925. Retiring is a misleading word, however, for he created a tropical-fruit plantation that later specialized in limes. The former plantation is now the South Seas Island Resort. He also sold real estate and served as president of the Booster Club in Fort Myers.

Rosamond leapt into local social and civic life, becoming one of the founding members of the Fort Myers Woman’s Club when it incorporated in 1927 and also serving a term as president. She shared a love of gardening and city beautification with her good friend Mina (Mrs. Thomas A.) Edison and was a fellow member of the Plant Guild. After Clarence died in 1947 at the First Street home, Rosamond continued to live there.

The 1950 photo shows the house as it would have been in her last years in residence. She died in 1963 at the age of 78 in a Sarasota nursing home and is buried in Fort Myers.

continued on page 6



This postcard image was probably taken in 1925 when Joseph E. Hubinger owned the house on the southeast corner of First and Woodford photo courtesy Florida State Archives

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Mariand Torres photos provided

Dan Domenech

Symphony Stages Award-Winning Musical

Gulf Coast Symphony presents Andrew Lloyd Webber's award-winning musical *Evita* at the Barbara B. Mann Performing Arts Hall on Friday, March 5 and Saturday, March 6 at 7 p.m.

Evita follows the life of Argentine political leader Eva Perón and features hit songs such as *Don't Cry for Me Argentina*, *Another Suitcase in Another Hall* and *You Must Love Me*.

Mariand Torres joins the Gulf Coast Symphony in the lead role as Eva Perón. Torres is best known for playing the role of Elphaba on Broadway and the National Tour of *Wicked*, and most recently collaborated with Stephen Schwartz on the film version

of his musical *Snapshots*, which was produced in collaboration with ACT of Connecticut. She was also part of the original cast of Broadway's first acapella musical *In Transit*.

The role of Che is performed by Dan Domenech, a veteran touring vocalist. Domenech has toured with productions of *RENT*, *Wonderland*, *Sister Act*, *Rock of Ages* and *Kinky Boots*. He has made guest appearances in several television roles, including *Glee* and *Gotham*.

Gulf Coast Symphony is following stringent health and safety protocols. Temperature checks, facial coverings and socially distanced seating are required for all events.

Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers. Tickets are available at www.gulfcoastsymphony.org or by calling the Barbara B. Mann box office at 481-4849.*

Virtual Event On Women's Suffrage

The League of Women Voters of Lee County (LWVLee) and Florida Gulf Coast University (FGCU) will hold a virtual event on women's suffrage on Monday, March 15 at 6 p.m.

Entitled 100 Years of Women's Suffrage and Today's Challenges: Unmasking The Nineteenth Amendment Centennial Through The Pandemic Lenses Of Liberty, Loss, And Leadership, the event will celebrate women's suffrage, honor the struggle, review changes since 1920, highlight today's challenges and encourage participants to make their voices heard.

Featured speaker Jamie Abrams, professor of law at the University of Louisville, teaches Torts, Family Law, Legislation, and Women and the Law. Her research focuses on reproductive and birthing decision-making, gendered violence, legal protections for immigrant victims of domestic violence and legal education pedagogy. Her most recent publications include *The Polarization*

of *Reproductive Decision-Making and Parental Decision-Making* forthcoming in the Florida State Law Review and *The #MeToo Movement: A Feminist Invitation to Critique the Crisis Framing of Sexual Assault Responses* published in the University of Richmond Law Review (2018).

The moderator will be Precious Gunter from the Office of Institutional Equity and Compliance at FGCU.

Event sponsors include: League of Women Voters of Lee County; Office of Community Outreach Florida Gulf Coast University (FGCU); and Institutional Equity and Compliance Florida Gulf Coast University (FGCU)

To receive a link for the free, virtual event, register at www.tinyurl.com/arofoy55 or email: reservations@lwwlee.org or call 278-1032.

The League of Women Voters of Lee County Florida is a nonpartisan political organization that encourages informed and active participation in government, works to increase understanding of major public policy issues and influences public policy through education and advocacy. For more information, call 278-1032 or visit www.lwv.org, www.lwvfl.org and www.lwvlee.org.*

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Grande Dames Tea To Be Held Virtually March 11

Pace Center for Girls, Lee County will hold its 2021 Grande Dames Tea virtually on Thursday, March 11 at 1 p.m. Pace will honor three local women – Naomi Bloom, Mariel Goss and Robin Krivanek – for their significant impact on the community.

Pace’s annual Grande Dames Tea honors women who exemplify the organization’s guiding principles and have made an impact through their roles in business, community and philanthropy. The inspirational event recognizes the unique perspectives and powerful insights that these women have gained in life, and honorees will share their wisdom during a question-and-answer session led by the young women of Pace. The virtual program will be complemented with a performance by the Pace girls and prize drawings.

“We invite the community to join us for an afternoon of inspiration as we recognize our community’s most revered women – this year with a virtual twist,” said Meg M. Geltner, executive director at Pace Center for Girls, Lee County. “This time-honored Pace tradition celebrates the female spirit while recognizing the wisdom that comes with time, and learning from these women’s lives is an unforgettable opportunity.”

Presented by the Gunterberg Charitable



Naomi Bloom photos provided

Foundation, virtual tickets are \$15 per person. A virtual tea party sponsorship is \$500 and includes virtual streaming access for eight people, recognition during the livestream and a tea party kit with tea, dessert and handmade gifts from the Pace girls. Proceeds benefit Pace and its strength-based, gender-specific programs that guide Pace girls in finding their voice and achieving their potential.

Bloom became the leading independent voice, business strategy advisor and platform architect, market influencer, blogger and speaker about enterprise class human resource management software. She earned a bachelor’s degree in English literature from the University of Pennsylvania and a master of business administration from Boston University. In her half-century career, she changed



Mariel Goss

fundamentally the architectural foundations of human resource management software; launched her own consultancy, Bloom & Wallace, in 1987; worked through several generations of technology evolution; and became the leader of her field before retiring in 2018. A Fort Myers resident for over 20 years, Bloom has served on the board of Florida Repertory Theatre for 14 years, 10 as vice-chair, and is a supporter of many local cultural and community service organizations.

Goss has held an influential role in shaping the Sanibel Island community. Moving to the island in the early 1970s, Goss sought to create a way for their children to get to and from elementary school safely. She formed the Sanibel Bike Path Committee dedicated to the creation of a paved bike path on Sanibel, while her husband, Porter Goss, championed for the incorporation of the city and became the City of Sanibel’s first mayor. Mariel Goss’ efforts were instrumental in raising the funds and support needed to bring the vision for the first 2.5-mile section of the city’s bike path into reality. She has also



Robin Krivanek

served on the Friends of the U.S. National Arboretum for 13 years and is a supporter of many causes, including those related to the environment and historic preservation.

Krivanek has been a voice of action in government and community. She earned a master’s degree in biology from the University of Florida and worked as a research biologist before she became the first woman to be elected as supervisor of elections in Hillsborough County. She held this position for 18 years and championed efforts to reenvision the voter registration and polling processes. Upon retirement, she moved to Sanibel in 1993 and shared her passion for science by joining the board of directors for the Sanibel-Captiva Conservation Foundation (SCCF) and the City of Sanibel’s Vegetation Committee. Today, she has just completed her second term as a trustee for SCCF, is past-president of the League of Women Voters of Sanibel, volunteers for FISH of SanCap and attends Sanibel Congregational United Church of Christ.

To register, visit www.pacecenter.org/grandedames or call 425-2366.*v



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Mobile Food Packing Event Goes Virtual

The 3rd annual Sanibel Feed My Starving Children MobilePack (FMSC) cannot happen this year due to COVID-19 concerns. Instead, there will be a virtual fundraiser for the entire month of March. In this tangible way, help can continue to be provided for the children around the world who are dealing with starvation and malnutrition.

FMSC is a Christian nonprofit hunger relief organization that packs nutritious meals that are shipped to more than 80 countries and are used by mission and community organizations, orphanages, schools, medical clinics and other NGOs to feed millions of starving children and adults. Ninety one percent of all monies donated goes to purchase food, and FMSC has a 99.8 percent success rate in shipping the containers of food to its distributors.

The goal for this year is to provide 160,000 meals, which requires \$40,000 to be raised. There is a matching gift promised for the first \$10,000 raised.

To donate online, visit www.give.fmssc.org/sanibel. By check, send to Feed My Starving Children, 401 93rd Avenue NW, Coon Rapids, MN 55433 (write Sanibel #2103-39NO on the memo line).

For more information, email dave.truelsen@gmail.com*

Civil War Roundtable

There will be a public meeting of the Southwest Florida Civil War Roundtable at Jack Bovee’s residence on Monday, March 8 from 6 to 8 p.m. The purpose of the meeting is to share information related to the Civil War era and to promote and protect the heritage of this vital period of American history. The evening’s program, Florida in the Civil War, will be given by Lee Hadsock. There will also be a Jeopardy Quiz on civil war subjects.

Jack Bovee’s residence is located at 19001 Cypress View Drive in Fort Myers. For more information, contact Jack Bovee at 272-3508 or email jsbovee@aol.com. For information about the group, visit www.swfcivilwarroundtable.blogspot.com.*



Carmine Ciricillo photos provided

Billy Dean

Jamie O'Neal

Performances This Month At Players Circle Theatre

Jazz, comedy and country music all highlight performances during March at the Players Circle Theatre.

Jazz pianist and singer Danny Sinoff continues his performances on Thursdays. Comedian Carmine Ciricillo will appear Friday and Saturday, March 5 and 6. Popular Grammy-winning country singer and songwriter Billy

Dean will perform with Jamie O'Neal on Friday and Saturday, March 12 and 13. Show times are 8 p.m. on Friday and 7 p.m. on Saturday.

On March 11, Sinoff will feature the songs of Frank Sinatra, while songs of Cole Porter will highlight his program on March 18. Tickets for these shows are \$15 and \$25.

Dean first gained national attention on TV's *Star Search* in 1990 with host Ed McMahon. He has recorded eight albums (three of which went gold). He has more than 20 hit singles, including 11 top 10 hits. Included among his many awards are 1992 ACM Top New

Male Vocalist, 1992 ACM Song of the Year, 1996 Grammy Winner-Vocalist, 1993 CMA Album of the Year and 2017 Florida Artist Hall of Fame.

Dean's finger style acoustic guitar playing is reminiscent of James Taylor. Some of his biggest hits include *Only Here for a Little While*, *Let Them Be Little* and *We Just Disagree*. He will be performing with singer Jamie O'Neal. Her hit songs include *There Is No Arizona*, *Somebody's Hero* and *I Love My Life*. Their performances are Friday at 8 p.m. and Saturday at 7 p.m. Tickets for these shows are \$35 or \$50 for VIP Tier II.

The Players Circle Theatre is located at the Shell Factory and Nature Park at 16554 North Cleveland Avenue in North Fort Myers. The 180-seat theatre has been converted into a nightclub/cabaret style facility. There will be 74 limited, spaced seating, temperature checks, thorough sanitizing, and masks are to be worn by all audience members until seated.

For more information, visit www.playerscircle.org.

Free Disney Movie In The Park This Saturday

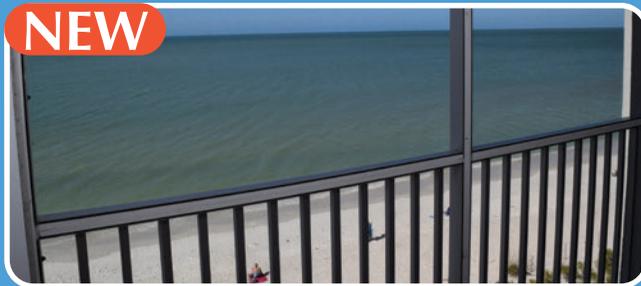
Lee County Parks & Recreation is holding a free Movie in the Park at North Fort Myers Park on Saturday, March 6 at 6:30 p.m.

The PG-rated 2016 Disney adventure *The Jungle Book* will be the main feature. After a threat from the tiger Shere Khan forces him to flee the jungle, a man-cub named Mowgli embarks on a journey of self-discovery with the help of panther Bagheera and free-spirited bear Baloo.

Concessions will be available for purchase at 6 p.m. Guests are encouraged to bring lawn chairs or blankets to this socially distanced event.

North Fort Myers Park is located at 2000 North Recreation Park Way in North Fort Myers. For more information or directions, call 533-7200.

Southwest Florida Living



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Fort Myers Art:

Bonita Springs Art Center Event Rescheduled

by Tom Hall



The Centers for the Arts Bonita Springs (CFABS) Off the Walls 2021 has been rescheduled to Friday, April 9. Here's how it works. Three hundred items ranging from trips

to artworks have been donated to CFABS, which will sell just 200 tickets to the virtual event. On the night of the event, tickets are drawn at random. Since all of the tickets will be drawn, every ticket is a winner – even if yours is the last ticket drawn, since there are more items than tickets. And, you'll receive a gift certificate for a ticket to next year's Off The Walls event, absolutely free. So truly, everyone is a winner.

The entire catalog of items will be posted on the website Tuesday morning, January 12. Explore the phenomenal selections, and create your priority list of top 15 choices. You don't even need to be present to be a part of this year's



The Center for the Arts Bonita Springs' Off the Walls event will be virtual this year

photo courtesy www.artswfl.com

amazing "lottery" event. Nor do you need to personally select your winning item. CFABS has a cadre of "personal shoppers" ready and excited to help you. Just provide CFABS with your priority list of pre-selected items, and they'll take it from there. Simply tune in the evening of the Off the Walls Ticket Draw to share in the fun and excitement. Your personal shopper will select your item and staff will wrap and hold your winning item until you're ready.

"This year is certainly a challenge," said CFABS President Susan Bridges. "But we worked hard to design a terrific virtual experience on Zoom that you can enjoy from the (safety and) comfort of home. And we've come up with some brilliant 2021 alterations we think everyone will appreciate, incorporating all the needed safety precautions."

Those who have attended this unique event in the past know what a great evening it is.

No auction, no bidding. Just purchase a ticket and you're entered into the random drawing for beautiful artworks, collectibles, travel experiences, cuisine adventures, décor and luxury living items, valued from \$275 to \$6,000.

To purchase tickets or for more information, call 495-8989 or email cfabs@artsbonita.org.

Alliance Issues Call For Billboard Campaign

Ever envision your art on local billboards? Well, it can happen with a little help from your friends at the Alliance for the Arts. Once again, the Alliance is calling for artists to participate in its Art Lives Here billboard campaign. The Art Lives Here campaign creates more art for more people by displaying artwork on billboards throughout Southwest Florida, transforming advertising space into public art for and by talented local artists. All Alliance member artists are encouraged to submit, and you may join the Alliance as a member to do so. The deadline for submission is Friday, March 12.

For more information, a prospectus and submission details, visit www.artinlee.org or contact Alliance for the Arts Gallery Director Ehren Gerhard at exhibitions@artinlee.org.

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

From page 2

Historic Downtown

In the late 1970s, the house was a law office. Now, after several years of vacancy, it is being renovated. The results illustrate the value of designing and building well in the first place.

Like "good bone structure" in a human face, such a house stands the test of time. But it's sure disappointing to see those front steps and balustrades bite the dust.

Walk down to First and Woodford to see the rebirth of one of Millionaire Row's most notable boom-time homes. Then visit the following research centers to learn more about the out-of-towners who visited Fort Myers, were enchanted, and stayed.

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

The Southwest Florida Historical Society is an all-volunteer, nonprofit

organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m. It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 for more information.

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Hours for the nonprofit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only. For more information, call 332-8778 or visit www.leecountyblackhistorysociety.org.

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

Sources: Archives of the Southwest Florida Historical Society, *Historic Fort Myers* by The City of Fort Myers, *The Fort Myers Press*, and *The Story of Fort Myers* by Karl H. Grismer. ✨



From the late 1970s until several years ago, the historic house was a law office. It is now undergoing renovations.

photo by Gerri Reaves

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Principal Zulaika Quintero listens to one of her students

photo provided

School Principal Recognized With Leadership Award

Zulaika Quintero, principal of the RCMA's Immokalee Community School (ICS), has been named the recipient of Florida's Principal Leadership Award. Quintero is one of three principals statewide to receive the award.

Established by the Florida Tax Watch in 2014, this award honors Florida's most effective principals in high-risk kindergarten through 12th grade public schools and promotes their transformational practices to improve student achievement. The Florida Tax Watch program analyzes student performance data over several consecutive years, and the results are weighted to find those principals making a difference in the lives of their students. This award recognizes Quintero for her dedication and innovation in transforming students' lives.

"Ms. Quintero operates with vision, transparency and a deep understanding that every student can succeed," shared

Dr. Kamela Patton, superintendent of Collier County Public Schools. "I congratulate her on this well-deserved honor."

Quintero has served at Immokalee Community School since 2011. As Collier County's only dual language public school, ICS is tuition-free and open to all children living in migrant and low income communities. One of the school's cornerstones, is to utilize Dual Language Immersion and Foreign Language Instruction in order to develop basic skill acquisition and literacy in both English and Spanish languages during kindergarten through sixth grade.

As the daughter of Mexican immigrant parents, who are still a part of the Immokalee farm working community, Quintero knows first-hand the value of education and the power it has to change children's lives. "This award confirms my mission," she said, "to prepare students for success in the 21st century."

Additionally, plans are to add grade levels including middle school through seventh grade in the fall of 2021 and eighth grade in 2022 to offer students even greater opportunities for continued success, she adds.*

Arts And Culture Grant Opportunity

In order to enhance access to a full range of cultural experiences, the City of Fort Myers is offering grant opportunities for arts and culture programs within the local community. The annual city-sponsored Arts and Culture grant application process opened March 1 and will close Wednesday, March 31. Awards will be announced in June of 2021 after all applications have been reviewed. Accordingly, the 2021 post-grant reports will be due May 31, 2022.

This grant opportunity is available and open to both individual artists and nonprofit organizations. To be eligible for this award, artists must live or work within the Fort Myers corporate city limits

or create/perform work that makes a meaningful contribution to the arts and culture of the city of Fort Myers. The maximum grant funding for individual artists is \$2,500.

For nonprofit organizations, the grant requires production and/or presentation of a cultural program or festival within the City of Fort Myers' corporate limits. There are two types of grants offered for organizations: operating grants with a maximum grant amount of \$10,000 and project/program grants with a maximum grant amount of \$5,000.

Fort Myers has a long tradition of supporting and honoring the artists and organizations that bring the city color and life. Art and culture in Fort Myers enhances and defines the city's identity, and enriches the public environment for residents and visitors alike.

For more information and to apply, visit www.cityftmyers.com/1841/arts-and-culture-grants.*



featuring

the Bower School of Music at
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Tuesday, March 23

The Bower String Quartet
and The Chamber Strings

Tuesday, March 30

The Symphony Orchestra
Strings

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Register at

www.sanibelmusicfestival.org
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and to make a free will donation. Walk-ins are welcome
as space permits. All donations are tax deductible and
will support the Bower School of Music.



Sundial Beach Resort & Spa has achieved Global Biorisk Advisory Council® (GBAC) STAR™ accreditation, the gold standard for prepared facilities. This accreditation verifies that Sundial Beach Resort & Spa has implemented the most stringent protocols for cleaning, disinfection and infectious disease prevention.



Sanibel Music Festival is grateful for the support of
Lee County Tourist Development Council



A crate of boxes being loaded for Texas disaster relief

photo provided

Food Bank Sending Disaster Relief To Texas

Midwest Food Bank (MFB) is preparing to send disaster relief to help victims of the rare winter storm in Texas. Every county in Texas is under a state of emergency as they have received heavy snow, ice and bitterly cold temperatures. The deadly storm has left millions without power.

The Salvation Army requested more than 4,000 family food boxes be sent

to their facility in Arlington, Texas. Loads of boxes were shipped from MFB Bloomington-Normal.

"We're blessed to be able to help our neighbors to the south," said Mike Hoffman, procurement director of Midwest Food Bank. "MFB is ready to continue to help Texans for as long as necessary."

Family food boxes have enough shelf-stable food to feed a family of four for four to five days. As a Salvation Army First Responder, Midwest Food Bank can have relief on the road with 24 hours of a call.

"We see this as an opportunity to live out our mission of sharing the love of

Christ," says Karl Steidinger, executive director of Midwest Food Bank Florida. "Our dedicated volunteers and generous donors allow MFB to bring help and hope to those in need."

For those who wish to help, financial donations give Midwest Food Bank the flexibility to quickly and efficiently respond to the needs of the victims. To help cover the cost of the supplies

or fuel needed to transport them, visit www.midwestfoodbank.org, and click on "Donate." On the donation form, select "Disaster Relief" for the designation, or text @MFB to 52014 to donate.

Midwest Food Bank has 12 locations, including 10 in the U.S. and one each in East Africa and Haiti. For more information about Midwest Food Bank, visit www.midwestfoodbank.org.✪

Animal Shelter Outdoor Yoga Classes Benefit

The Cape Coral Animal Shelter (CCAS) is hosting Yoga at the Shelter with Wednesday and Saturday morning classes from 9 to 10 a.m.

Each week, classes have a new theme. Upcoming themes will focus on opening the heart, balance, looking within and self-acceptance. Whether you are a beginner or experienced yoga enthusiast, what feels right for you is most important at each class. The benefits of a yoga practice can improve strength, balance, flexibility as well as help with stress, relaxation and sleep.

"The community has supported the event, and we are happy this is helping us with our mission and participants with their overall health. As the weather begins to warm, classes will be held earlier on Wednesday beginning in

March. CCAS staff will continue to be available to answer questions and provide tours afterward for those have not seen the facility," stated Executive Director Liz McCauley.

Class instructor Robin Anne Griffiths will lead each class. She is a certified master development coach, personal trainer, behavior change consultant and yoga instructor. For more information on her, visit www.robinannegriffiths.com.

Cost per class is \$10 per person, with shelter volunteers paying \$8. The shelter will receive 50 percent of all proceeds. Attendees are advised to bring their yoga mat, a large towel or sheet for ground cover, water and, as an option, yoga blocks and strap if desired. Prior sign-up is not required but early arrival is advised for paperwork and set-up.

The Cape Coral Animal Shelter mission is to engage a special bond between people and animals by means of adoption services, medical care, education and training for the prevention of cruelty and abandonment. For more information, visit www.capecoralanimalshelter.com.✪

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

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETH EL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE FAITH CENTER

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

THOMAS A. EDISON CONGREGATIONAL

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

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

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

ZION LUTHERAN

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

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



Shell art and shell crafts are for sale

photo by Lorin Arundel

New Attractions For Shell Festival

The 84th annual Sanibel Shell Festival is under way at The Community House, presenting a variety of fascinating shell-related displays and activities, and bringing with it a taste of "Old Sanibel" history.

Due to COVID-19 restrictions, the judged artistic and scientific exhibits will not be a part of the festival this year at The Community House, however, an abundance of shells, shell art, shell crafts and shell-related books will be on

display along with educational exhibits and a live tank for an up-close view at mollusks. Artwork donated by the Sanibel Captiva Art League will be for sale with 100 percent of the proceeds going to The Community House. In addition, the Bailey-Matthews Shell Museum will provide an offering of goods from its museum gift shop.

And this year, a new feature is on tap for visitors: homemade pies and cakes.

When the shell festival came into being in the late '30s and '40s as the Sanibel Shell Fair, visitors looked forward to the pies and cakes that were



A look back at the Sanibel Shell Fair in the 1950s

photo provided

prepared by local residents and served at the community gathering.

In the week leading up to this year's Shell Festival, many islanders were busy baking, including Community House Resident Chef Jared Harris, who is serving some of his favorite pies and cakes for visitors. The list includes banana crême pie, pecan pie, buttermilk pie, carrot and ginger cake with caramelized ginger frosting, flourless chocolate cake, and chocolate and salted caramel tart. You can buy just a piece or take home a whole pie.

The festival is open for visitors Thursday to Saturday, March 4 to

6. Hours are 9 a.m. to 3 p.m. on Thursday and Friday, and 9 a.m. to 2 p.m. on Saturday. There is a \$5 requested donation to enter and visitors receive a coupon for a buy one, get a 50 percent discount on entrance to the Bailey-Matthews Shell Museum. Parking is free, and food and beverages will be available (to go only).

Those wishing to attend are asked to call The Community House in advance at 472-2155. Anyone needing handicap access is asked to call ahead for information. The Community House is located at 2173 Periwinkle Way on Sanibel.✪



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Registration is open for summer VPK program

photo provided

Registration Open For Pre-K Program

Registration is now open for children who wish to attend Voluntary Pre-Kindergarten (VPK) classes this summer. To qualify, students must be age 5 by September 1 and have not already accessed a VPK program.

“The Summer Voluntary Prekindergarten (VPK) program aids in helping children and families transition

smoothly to kindergarten,” said Head Start Program Coordinator Tiffany Franklin. “VPK provides children with access to high-quality early learning experiences and makes learning fun. Teachers will introduce children to language, literature and social skills in a play-based environment.”

The summer program for incoming kindergartners is taught by certified teachers with a focus on school readiness and social and emotional well-being. Classes run from 7 a.m. to 5:41 p.m. June 22 through July 30 and are available at two schools: Sunshine Elementary School at 601 Sara Avenue

North in Lehigh Acres; and Early Childhood Learning Center at 3650 Michigan Avenue in Fort Myers.

Limited transportation is provided to some students.

To register, families must first apply for a VPK Voucher through the Early Learning Coalition online at www.elcofswfl.org or in person by appointment

only at 2675 Winkler Avenue in Fort Myers. Then families need to bring the voucher, receipt of enrollment in kindergarten, child’s birth certificate and proof of address to the Early Learning Childhood Center.

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

Ronald McDonald House Reopens

Ronald McDonald House Charities Southwest Florida (RMHC SWFL) has announced that after closing its doors in April 2020 due to COVID-19, it has begun welcoming families back this month at 25 percent capacity.

The charity, which provides free-of-charge housing and related services to families with hospitalized children, has begun executing a four-phase reentry plan focusing on serving families while ensuring the highest safety. In conformance with the CDC and other safety requirements, capacity in the house will increase to 50 percent, 75 percent and 100 percent, in phases two, three, and four respectively.

Stringent safety precautions include:

Air Purifiers – RMHC SWFL thanks Dr. Tom Sievert with Sievert Chiropractic Clinic in Fort Myers for generously donating 10 Vollara brand air purifiers for the house;

Masks and Social Distancing – All staff and families must wear a face mask while in the house. Most common areas are restricted for the time being, and laundry

times are being scheduled;

Cleaning and Disinfecting – RMHC SWFL thanks Wexford Labs, Inc., a global donor for RMHC, for donating cleaning and sanitizing supplies to aid in the house’s upkeep;

Wellness Checks – A checklist of individual wellness questions will be asked of all employees, families and essential visitors before entering the house. Daily temperature screenings will also occur;

Meal Service – Meals will be individually packaged and delivered to guest rooms. All guest rooms are equipped with mini-refrigerators for storage.

“We are thrilled to have begun welcoming back families to our House at 25 percent capacity,” said Laura Ragain, executive director. “Our four-phase reopening plan requires strict compliance with CDC and other protocols with the safety of our residents and staff of primary concern. We will resume 100 percent capacity and full operations as soon as possible.”

Philanthropy funds 100 percent of Ronald McDonald House operations and is vital now more than ever. For several recurring, naming and one-time donation opportunities to support the families, contact Karen Zelden at 437-0202 or visit www.rmhcswfl.org.*

Help SCCF Bring Back the Barn Owls

Poisoned rats can kill the eagles, hawks, bobcats and owls that eat them.

Tell your pest control professional to **NOT** use these rat poisons:

- brodifacoum • bromailone • difenacoum • difethialone

Or consider not using any rat poisons at all. Instead, seal all entry points to your home.



SCCF 472-2329 • www.SCCF.org

Celebrate International Women’s Day

The Women’s March Fort Myers and Lee County NOW will present a program for International Women’s Day called #ChoosetoChallenge, Helping to Forge a More Gender Equal World on Saturday, March 6 from 10 to 11:30 a.m. The program will be held on Zoom for participants that register in advance and will also be livestreamed on Facebook.

There will be esteemed speakers, including current Florida legislators, discussing a variety of topics that impact women throughout the United States and the world and highlighting actions that participants can take to further gender-equality.

The program will feature host Annisa Karim, a board member of Women’s March Fort Myers. Speakers include Rep. Anna Eskamani, Florida House District 47, with Challenges for Florida’s Women; Rep. Dotie Joseph, Florida House District 108, with Will Women Finally Get Equal Rights?; Arlene Feddo, vice president of Planned Parenthood of Southwest Florida, with Sexual & Reproductive

Healthcare – the State of Play; Chewe Luo, associate director of UNICEF, with Women of the World, Progress, and Challenges; and Katherine Poinsett with Youth Voices.

COVID-19 has had a particularly deleterious effect on women’s fight for equality. Women are facing unemployment at a disproportionately higher rate than men; women are faced with more challenges of finding or keeping employment due to childcare challenges, especially when schools are closed for in-person learning; and women, who comprise a higher percentage of educators and school administrators, have had an increased pressure to “go back to work” despite the fact that they are not currently being offered the COVID-19 vaccine in Florida and elsewhere throughout the country.

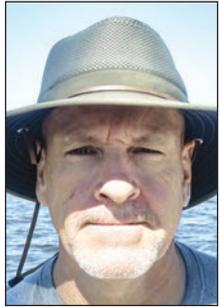
For more information about Women’s March Fort Myers, visit www.womensmarchfortmyers.org or www.facebook.com/womensmarchftmyers.

For more information about Lee County NOW, visit www.facebook.com/leecountynow.

Register for the event at www.eventbrite.com/e/a-celebration-of-international-womens-day-tickets-141311463391?fbclid=IwAR2OUF6meUVqpPR7623cIbNhgcbdx3qpJKpH HK-TZqe7j6PI9R4CeSGu160.*

CROW Case Of The Week:

North American River Otter



by Bob Petcher

The North American river otter (*Lontra Canadensis*) is a carnivorous mammal that feeds on fish and amphibians, but has been known to dine on small mammals

and birds.

Versatile on both water and land, these cute-looking otters, with thick, water-repellent coats of fur, are fierce and have been known to attack humans if they get too close. Keep your distance!

At CROW, a juvenile male river otter was admitted after being found alone on the road. Upon initial examination, he was an apparently healthy orphan and was placed on a feeding schedule.

"The male otter started eating immediately on his own after being admitted. He is on a specialized formula with required nutrients for otter pups in combination with soaked chow and a variety of fish pieces," said CROW Rehabilitation Manager Breanna Frankel.

Two days later, a juvenile female river otter was transferred in from Peace River Wildlife Center after it was found



Patients #21-458 and #21-488 are getting acquainted after the latter was transferred from a nearby wildlife facility

photo by Haillie Mesics

alone. Upon presentation, she had fleas, diarrhea and fluid in her lungs. She was transferred into supportive care and placed in an incubator until her condition improved.

"Due to the female's history, she came in with a high risk for pneumonia and other infection. She stayed in an oxygen cage for a few days prior to weaning off oxygen and moving into a cage. Her breathing improved after being in an oxygen cage, and slowly her mentation began to brighten," said

Frankel. "She did not have any initial physical injuries, but she still has a very guarded prognosis due to the extreme nature of her respiratory issues and high risk for infection.

"We are in constant collaboration with nearby wildlife facilities, and Peace River had reached out to us letting us know they received a young otter pup which we realized could potentially pair with our male to create a small group here at CROW."

Communication between wildlife facilities is important for the overall health of patients. CROW officials have found it to be a positive experience to have such great partnerships with other facilities.

"We regularly work with Peace River Wildlife Center to transfer animals in or out in various situations to provide the best possible care. It depends on the time of year and what each facility needs – there are many factors that determine how often that is. We have worked with them a couple times so far in 2021," said Frankel. "We are so incredibly lucky to work in an area with so many wildlife centers within just a few hours' drive. Certain species need to be raised in a group setting – otters are a good example of that. Raising a single otter has a high chance of leading to habituation which can be very dangerous for both humans and that specific animal, if released. By working with other centers, we can combine singlets of specific species to increase their chance of success after release."

Input Sought On Snook, Redfish, Spotted Seatrout

The Florida Fish and Wildlife Conservation Commission (FWC) has directed staff to gather public input on the future management of snook, redfish and spotted seatrout in the area of Southwest Florida where they are currently catch-and-release only. This came after the FWC received a staff review of the latest Fish and Wildlife Research Institute monitoring data and listened to public input.

"We know this is an important issue to this region of Florida and, because of that, I will be working with staff to set up ways to gather continued input from recreational anglers and the fishing guide community," said FWC Executive Director Eric Sutton.

"We have a responsibility for managing these species for all stakeholders," said Vice Chairman Mike Sole. "It really is going to be a combination of looking at the science and listening to our stakeholders to determine how we can best manage the resources for all."

"We need to listen to everyone," said FWC Chairman Rodney Barreto. "I want recreational anglers to feel like their voice is important."

Beginning in August 2018, the FWC made a series of temporary regulation changes to help conserve snook, redfish

and spotted seatrout that were negatively impacted by a prolonged red tide that occurred in late 2017 through early 2019. Ultimately, these popular inshore species were made catch-and-release only in all waters from Pasco County through Gordon Pass in Collier County through May 31.

Long-term monitoring data indicate snook, redfish and spotted seatrout were resilient and did not experience long-term negative effects from the 2017 to 2019 red tide. However, anglers and charter captains have expressed concerns that these fisheries had declined prior to red tide, and that the red tide affected habitat that is essential to these species.

FWC staff will continue gathering public input both online at www.myfwc.com/saltwatercomments and through public workshops, which will be scheduled in the future. To learn more about future workshops, visit www.myfwc.com/marine and click on Rulemaking and Upcoming Public Workshops.

FWC will revisit this topic at the May 12 to 13 meeting. Additionally, staff will provide updates to commissioners after stock assessments for snook and redfish throughout Florida are complete later in 2021. These stock assessments, along with stakeholder input, will help staff and the commission evaluate whether any long-term management changes are needed in the future.

To learn more about regulations for these species, visit www.myfwc.com/marine and click on Recreational Regulations.*

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Got To Love An Early Spring



by Capt. Matt Mitchell

As we move into March, it sure feels like winter has been over for a while. Although we had a few cold fronts, most of last month was spent catching snook and redfish on shiners. The first confirmed tarpon catches have already happened, and this is really early in the year. As water temperatures continue to climb, tarpon will become more and more common. Fingers crossed that we don't get a strong cold front that will put this fishery on hold.

Our snook fishing has never really slowed down this whole winter. During cooler periods, I have been targeting them in deeper channels with fast-moving currents. Now that things have warmed up, the oyster bars throughout the sound have become a great choice during higher tide periods. Though most of the snook are from 18 to 24 inches, we are also getting chances at some much larger models. Our big fish this week measured a respectable 36 inches and was caught on a St. James City dock.

Out along the beaches, the waters have come to life with both fry bait and Spanish mackerel as water temperatures are now in the mid 70s. Look for diving birds and mackerel hitting bait fish on the surface to get in on this fast-paced action. Though I don't find these fish very palatable, they are a blast to catch and readily take artificial baits and flies. They can be caught both casting and trolling. For anglers just looking to bend a rod, there may not be an easier species to target.

Over the past few weeks, our shiners have moved from the bridges and spoil islands of the causeway and onto the flats. Basically, the whole bar that runs from Chino Island north parallel with Pine Island is a good place to find our bait of choice. Look for diving pelicans to point the way.

Shiners like grass in the two to four foot range, while areas with large sand holes tend to hold only pinfish. During most mornings, we chum these bait fish with a mix of salt water aquarium food and menhaden oil. Get a chum slick going, and they will come to you or at least in range of a cast net. These magical little bait fish are key to most of our fishing and are the main food source of most game fish. As a guide, having these baits is a must for a successful trip.

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.*



Bob Lauer from Lexington Country Club with a 36-inch snook caught and released with Capt. Matt Mitchell this week photo provided

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Cycling Safety Notes

- Ride to the right
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- Wear a helmet
- Use lights at night
- Always be courteous



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Dave Doane



A Florida bonneted bat

photo provided

Check for Bats Before Maternity Season Begins

The Florida Fish and Wildlife Conservation Commission (FWC) is reminding property owners to check your home and other man-made structures for bats. If you find any, you still have time to exclude them before bat maternity season begins.

Bat maternity season is the time when bats gather to give birth and raise their young, and it runs from April 15 through August 15. During this time, it is illegal to block bats from their roosts. If bats are excluded during maternity season, flightless young can become trapped inside the structure and die. Therefore, now is the time to check your home for any entry points, ensure that no bats are present and make any necessary repairs.

"It's important for homeowners to know the signs that bats might be present in their home, and to know how to prevent them from taking up residence," said Terry Doonan, mammal conservation coordinator for the FWC. "Remember, bats can enter through very tiny spaces, smaller than your thumb."

Guidelines on how to safely exclude bats from buildings can be found at www.myfwc.com/bats. Materials and methods used to exclude bats can affect

the success of that process. For more information on how to conduct a bat exclusion, watch the YouTube video titled *How to Get Bats Out of a Building*. Further details on how to conduct a legal bat exclusion can be found at Bat Conservation International. It is illegal to harm or kill bats in Florida, so guidelines have been developed to ensure bats are removed safely and effectively outside of the maternity season.

Florida is home to 13 resident bat species including threatened species, such as the Florida bonneted bat. Florida's native bats are an important part of our ecosystems and help keep insect populations under control.

There are several ways that Florida residents and visitors can help bats:

Preserve natural roost sites including trees with cavities and peeling bark. Dead fronds left on palms can also provide roosting spots for bats.

Put up a bat house.

Report unusual bat behavior, or sick or dead bats to www.myfwc.com/research/wildlife/health/other-wildlife/bat-mortality.

Avoid handling or touching bats, or any wild animals, especially if they are not acting normally. Bats, like any other wild animal, might bite to defend themselves if handled and they can carry rabies. For more information about rabies, visit www.floridahealth.gov.

For more information on bats, visit www.myfwc.com/bats.*

Plant Smart

Oceanblue Morning-Glory

by Gerri Reaves

Oceanblue morning-glory (*Ipomoea indica*) is one of about 25 native and nonnative morning-glory vines in the state.

This native vine is commonly found in hammocks and thickets, along roadsides, and in vacant lots, fields and disturbed areas.

The twining stems of 15 feet or longer climb and scamper, even over other plants.

Because it can be weedy or invasive, it is listed in a couple of states as a noxious weed.

But that's a desirable trait if you want it to cover a fence or trellis or form a dense groundcover.

One curiosity is that leaf shape sometimes varies on the same plant, a characteristic it shares with species such as corkscrew passionflower (*Passiflora suberosa*).

The alternate leaves can be heart-shaped (typical of many morning-glory species) or tri-lobed. Both stems and leaves have fine hairs.

The showy funnel-shaped flowers are blue to purplish or pink with a white throat. Pinkish stripes, or nectar guides, radiate from the tubular center in a star-like pattern.

Each flower measures two to three inches across and has five sepals, five stamens and one style. The anthers, or fertile pollen-bearing parts of the stamen, are located at different levels, possibly allowing for a wider variety of pollinators.

Flowers bloom all year and last only a day. As the common name suggest, they are at their best in the morning, fading towards day's end.

Butterfly gardeners appreciate it as a nectar plant for the Brazilian, mangrove and monk skippers, as well as other butterflies.



Oceanblue morning-glory is a native butterfly-attracting twining vine

photos by Gerri Reaves

This vine will grow in nutrient-poor soil but needs some organic content to do well.

Give it full sun to light shade. It is moderately drought tolerant.

It has low saltwater tolerance but high salt wind tolerance.

The fruit is a round capsule that ripens from green to brown.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *Wildflowers of Florida Field Guide* by Jaret C. Daniels, and www.regionalconservation.org.

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

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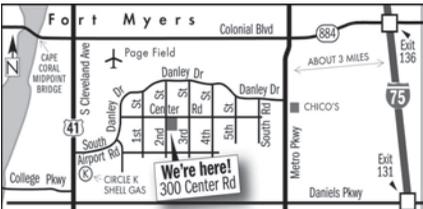
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Justin Thibaut



Annette Nilles



Steve Krystyniak

Builders Care Names Board Of Directors For 2012

Lee BIA Builders Care, the nonprofit charitable arm of the Lee Building Industry Association (BIA) recently announced its 2021 board of directors, led by President P.J. Anzalone, Vice President Justin Thibaut, Secretary Annette Nilles, Treasurer Steve Krystyniak and Immediate Past President Dan Beiter.

Other members selected for the 2021 board include: Paul Beattie, Wendi Carroll, Phillip Ford, Michael Reitmann, Nathan Ritter, Ken Solmonson, Trevor Taulman, Charles Thornton and Jeff Underwood. Gregg Truxton, Esq, will serve as legal counsel to the board.

The board of directors assists Lee BIA Builders Care Executive Director Crystal Stouten in carrying out the organization's mission of providing

emergency construction services at no cost to needy and deserving elderly and/or disabled homeowners and their families, who cannot obtain repairs through traditional means.

"As advocates, donors and supporters of the Builders Care mission, our board members play an essential role in furthering our impact within the community," Stouten said. "Through their diverse industry knowledge and their devotion to our neighbors in need, Builders Care is equipped to help more families live safely and comfortably in their homes."

Board members guide the nonprofit in selecting recipients for donated construction services and raising funds



Dan Beiter

for projects, overseeing the agency's operational and financial policies, and helping to plan and coordinate renovation projects and events.

To date, Lee BIA Builders Care has helped more than 450 Lee County households and provided over \$4.8 million in emergency construction services and materials at no cost to families and local homeowners in need. To learn more, visit www.leebuilderscare.org.✳

Traffic Concerns During Spring Training

Spring Training is back and Lee County's Traffic Operations Center (TOC) reminds motorists to be prepared for increased traffic near the stadiums at game time, especially when the Minnesota Twins and the Boston Red Sox take to their respective fields at the same time on the same day.

Both stadiums will be operating at reduced capacity to allow for social distancing, but the proximity of the stadiums may result in increased traffic congestion.

This year, officials are advising motorists to avoid the Daniels Parkway corridor on the afternoon of three specific dates: Friday, March 12; Tuesday, March 16; and Tuesday, March 30.

On March 12, the Boston Red Sox

host the Tampa Bay Rays at JetBlue Stadium and the Minnesota Twins host the Atlanta Braves at Hammond Stadium. Both games start at 1:05 p.m. Peak traffic is anticipated between the hours of 11:30 a.m. and 1 p.m. and then again between 3:45 and 4:30 p.m.

On March 16, the Minnesota Twins host the Pittsburgh Pirates at Hammond Stadium and the Boston Red Sox host the Atlanta Braves at JetBlue Stadium. Both games start at 1:05 p.m.

On March 30, the Minnesota Twins host the Pittsburgh Pirates at Hammond Stadium with the game starting at 12:05 p.m., and the Boston Red Sox host the Atlanta Braves at JetBlue Stadium with the game starting at 1:05 p.m.

The operations center has special programming for traffic-signal timing to help keep vehicles moving. The county's traffic specialists also coordinate with the Lee County Sheriff's Office and the baseball teams.

The Boston Red Sox train at JetBlue Park, 11500 Fenway South Drive in Fort Myers, while the Minnesota Twins train about six miles away at the CenturyLink Sports Complex, 14100 Ben C. Pratt/Six Mile Cypress Parkway in Fort Myers.

For emergency or non-emergency questions about the traffic signal operation, contact the TOC at leetraffictoc@leegov.com. For more information about Spring Training in Lee County, visit www.leegov.com/parks/athletics/spring-training.✳

Rule Changes For High-Risk Invasive Reptiles

The Florida Fish and Wildlife Conservation Commission (FWC) has approved staff recommendations to create new rules to address the importation, breeding and possession of high-risk invasive reptiles.

The approved rule changes to Chapter 68-5, FAC specifically address Burmese pythons, Argentine black and white tegus, green iguanas and 13 other high-risk nonnative snakes and lizards that pose a threat to Florida's ecology, economy and human health and safety.

Commissioners also approved the staff recommendation to create a Technical Assistance Group, which will include representatives from the pet industry, environmental groups and other affected parties, to help develop a comprehensive regulatory approach to managing nonnative species in Florida.

The commissioners also approved an amendment to extend the timeframe for animal owners to come into compliance with outdoor caging requirements.

"These animals are creating enormous issues for our state," said FWC Chairman Rodney Barreto. "I have always been proud that Florida is looked at as a leader. Let's take a bold stance. We have to put our foot down. The time has come, and we hope other states will follow."

"I'm very sensitive to the people in

the pet trade and enthusiasts. But this action is a result of the invasive species that continue to get into the wild," said FWC Commissioner Robert Spottswood. "We have so many of these species now: pythons, tegus, iguanas. These animals are doing lots of damage, and we are incumbent to do something."

"Addressing invasive species, such as the ones listed in this rule package, is extremely important for the preservation of our native species and the health and safety of our residents and visitors," said Eric Sutton, executive director of the FWC. "Staff does not come to these recommendations lightly, but we know this action is necessary."

The new rules move these 16 high-risk nonnative reptiles to Florida's Prohibited List and include reporting requirements for permittees, biosecurity requirements to limit escape of these high-risk species and additional language to clarify limited exceptions for some entities currently in possession of green iguanas and tegus for commercial use or as pets. The rule will allow for current tegu and green iguana pet owners to keep their pets with a no-cost permit.

Once rules take effect, pet owners and other entities in possession of these species will have 90 days to come into compliance except on caging requirements where they will have 180 days to improve outdoor enclosures to bring them into compliance with the new caging rules. The breeding of tegus and iguanas for commercial sale can continue until June 30, 2024, at which time it will

be prohibited.

The FWC hosted online stakeholder workshops to present proposed rule changes and collect public comment on the draft rules. FWC staff considered this feedback to help improve the final rule language.

The FWC has received extensive feedback on the draft rules including substantial support from a variety of conservation organizations.

"The people of South Florida depend on the South Florida Water Management District to effectively manage our water resources and provide flood protection," said Drew Bartlett, executive director of the South Florida Water Management District. "High-risk invasive species pose a significant risk to water management infrastructure and negatively impact the restoration of America's Everglades. We appreciate FWC taking action to protect native Florida wildlife and minimize impacts to water management infrastructure."

"The Nature Conservancy supports proposed rule changes to address the threat of nonnative species and looks forward to working with the FWC toward solutions that could further protect Florida's environment, human health and safety, and economy." – Greg Knecht, deputy director of the Florida Chapter of the Nature Conservancy.

"Breeding invasive exotic species in Florida is like playing with matches in a tinder box. With such hospitable winters, a few escapes can become populations, and then taxpayers and private

landowners are on the hook for millions annually in eradication and management costs. Audubon supports these proposed rules as common-sense protections for our environment and economy," said Julie Wraithmell, vice president and executive director of Audubon Florida.

"The Everglades Coalition strongly supports the Florida Fish and Wildlife Conservation Commission's proposed draft rules related to high-risk, nonnative invasive reptiles, which would add the highest risk invasive reptiles to the list of prohibited nonnative species," said Mark Perry and Marisa Carozzo, co-chairs of the Everglades Coalition.

More than 500 nonnative species have been reported in Florida. Eighty percent of these have been introduced via the live animal trade with at least 139 established in Florida, meaning they are reproducing in the wild. Since most nonnative fish and wildlife find their way into Florida's habitats through escape or release from the live animal trade, it is important to prevent high-risk nonnative wildlife from becoming introduced or further established in Florida's environment through regulatory action.

The FWC uses regulation of high-risk nonnative fish and wildlife in conjunction with a variety of other management strategies to minimize adverse impacts of invasive species and to prevent the introduction of additional species into the wild.

For more information, including details on the no-cost permits, visit www.myfwc.com/nonnatives.✳

Virtual Session On Social Justice In Education



**Charlotte
Nycklemoe**



David Newlan

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



Tommy Bowens

The following speakers will discuss diversity, safety, school resource officers, mental health and juvenile justice: Charlotte Nycklemoe, co-chair, Juvenile Justice Action Team, League of Women Voters of Florida; David Newlan, executive director, Safety, Security & Emergency Management, School District of Lee

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

The League of Women Voters has a long history of concern and action to promote social and economic justice, equity and quality education. The league supports responsible government that is open, effective, efficient and provides leadership to solve economic and social issues and needed services to all citizens. Effective prevention and intervention are proven to strengthen families and communities, ensure children are healthy, safe, prepared to learn and to have viable life choices.

The League of Women Voters of Lee County advocates for investment in Lee County's children and their families with an ongoing system for identifying and addressing human service issues and needs. Lee County needs adequate funding for early learning programs that give children the start they need, sufficient behavioral health resources, alternatives to incarceration, programs that prevent or reduce poverty, promote self-sufficiency, and enhance the quality of life and the well-being of individuals.

Additional information on studies and resources include: The Cost of School Policing What Florida's Students have paid for a pretense of security 2018-19; The Cost of School Policing Report 2018-19[112600].pdf – Google Drive, Juvenile Justice – League of Women Voters of Florida (lwvfl.org); Education – League of Women Voters of Florida (lwvfl.org)

For more information, visit www.lwv.org, www.lwvfl.org or www.lwvlee.org, or call 278-1032.*

Law Enforcement Division Achieves Accreditation

The Florida Fish and Wildlife Conservation Commission's (FWC) Division of Law Enforcement recently received recognition for completing the review process to maintain its accreditation status.

"The reaccreditation process solidifies the FWC Division of Law Enforcement's commitment to the highest standards of service," said FWC Chairman Rodney Barreto. "Protecting our natural resources in the fishing and boating capital of the world is a job they do second to none."

The FWC was initially accredited in 2009. This was its fifth completion of the accreditation process.

"The FWC Division of Law Enforcement continues to maintain the highest standards of credibility, effectiveness and professionalism," said Eric Sutton, FWC executive director. "Our staff work diligently to uphold these standards each and every day. Reaccreditation by the commission validates the hard work they do and provides a strong vote of confidence in

their ability to protect the public and conserve Florida's natural resources."

Florida law enforcement accreditation is certified by an independent reviewing authority, the Commission for Florida Law Enforcement Accreditation (CFA). There are approximately 240 prescribed standards reflecting best management practices that a law enforcement agency must meet or exceed consistently over a three-year period in order to achieve this status.

"Accreditation is voluntary but an important process intended to hold an agency to a higher level of accountability by an external source. We sincerely support the accreditation process as it has been an effective way to ensure that we are operating efficiently and providing the best service we possibly can," said Col. Curtis Brown, director of the Division of Law Enforcement. "We are very pleased with the CFA's determination that reaccreditation of the division was earned."

An accreditation assessment team composed of law enforcement representatives from other accredited Florida law enforcement agencies conducted virtual inspections of the division's procedures, policies, practices and equipment to determine compliance.*

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Ken Wilkinson and Larry Hart were presented with the Fort Myers Republican Women's Club GEM Award photo provided

Republican GEM Award

Two newly retired Lee County constitutional officers were recognized by the Fort Myers Republican Women's Club with their GEM Awards. The GEM award represents individuals who have shown great leadership, employing great plans

and programs, while making significant improvement within the community.

During their terms of office, Wilkinson and Hart have represented Lee County by exhibiting those three traits.

Wilkinson served many years as Lee County Property Appraiser, and Hart served as Lee County Tax Collector.

For more information about the Fort Myers Republican Women's Club, contact Tina Laurie at 489-4701.✳

Agreement For Water Quality Project

The Lee Board of County Commissioners recently voted to approve an agreement with the City of Fort Myers for a cooperative project to improve the quality of water discharged to the Caloosahatchee from a canal in the city limits.

The project is for the improvements, operation and maintenance of a portion of the L-3 Canal, located just south of Boy Scout Drive between Cleveland Avenue and Summerlin Road. The goal of the project is to improve water quality flowing from developed areas into the Caloosahatchee, which has a total maximum daily load (TMDL) for total nitrogen and is currently subject to a State of Florida Basin Management Action Plan.

The action was the second step this month moving forward with this project. On February 2, The Lee Board of Commissioners approved a contract with TSI Disaster Recovery for the construction of the project, which includes clearing, grubbing, excavation, filling, modification of existing drainage structures and the installation of a weir, concrete sump, control structures and storm water piping for the project.

The Florida Department of Environmental Protection awarded a \$400,000 grant for the project. The grant is expected to pay 100 percent of the design and construction costs. The

project is budgeted in the current fiscal year.

The agreement with the City of Fort Myers specifies that the county will construct the improvements and be responsible for them for a period of five years. At the end of that time, the responsibility for maintenance of the canal will revert to the city. The agreement also establishes criteria for sharing TMDL water-quality credits on behalf of the county and the city.

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

Chamber To Hold Networking Event

In place of its regularly scheduled monthly programs in March, the Greater Fort Myers Chamber of Commerce will hold Beers With Your Peers at Fort Myers Brewing Company on Monday, March 29 from 5 to 7 p.m.

Beers With Your Peers will feature a night of casual networking for Chamber members and guests to reunite with old friends and make new connections.

Accommodations indoors and outdoors will allow for physical distancing.

Admission is \$15 and includes one complimentary drink. Mambo Sandwiches will be on-site with food available for purchase.

Fort Myers Brewing Company is located at 12811 Commerce Lakes Drive, Suite 28, in Fort Myers. To learn more or to register for the event, visit www.fortmyers.org or call 332-2930.✳

Webinar On Marketing And Communications

The Southwest Florida Chapter of the Florida Public Relations Association (FPRA) will hold a webinar titled Busting Silos Across Marketing & PR with award-winning industry leader Heather Kernahan, North America CEO of Hotwire Global, on Tuesday, March 9 from 11:30 a.m. to 1 p.m.

Business leaders and PR/marketing professionals are invited to attend the upcoming Zoom event. Attendees will learn about the convergence of marketing and communications and how it continues to rank highly in industry trends. While this notion may have been running in the background for some time, a surge in modern-day technology and data has revealed a new set of shared disciplines between the two professions.

Kernahan is a Global tech expert and business leader featured in *Fast Company*, *Fortune*, *Thrive Global*, *BizWomen*, *PR Week*, *AdWeek 2020* and *San Francisco Business Times* 100 Most Influential Women. She is also chair of the board of the PR Council, a global



Heather Kernahan - North America CEO, Hotwire Global photo provided

professional organization that represents professionals who work in agencies. Kernahan has also been recognized for her many accomplishments including being awarded a Bronze Stevie in the Woman of the Year - Advertising, Marketing & Public Relations category and top B2B Influencer in B2B News Network.

Cost of the webinar is \$5 for students, \$15 for members and \$20 for future members. To register, visit www.fprawsfl.org/event-registration/fpra-events/march-webinar.✳

Superior Interiors

Is Wallcovering Right For Your Home?



by Jeanie Tinch

These days, home design and reconfiguration are very popular, as many homeowners are spending more time in their homes, analyzing every detail, from fixtures and color schemes

to how each room is utilized.

From adding new furniture to the living room to completely gutting the kitchen and starting from scratch, there are so many different renovation projects for homeowners to complete (or even to pursue in phases). Those looking for an option that's less drastic and more practical, however, may instead invest in new accessories, change up the lighting, or even try something that is both vintage and refreshing... wallcovering!

This wall adornment may have been a nightmare for homeowners in the past, but today's version of wallpaper is more versatile and stylish than ever before. Perhaps you're interested in the idea of wallcovering, but you have no idea where it belongs in your home. Based on your personality and your mood for redesign, there are many options to choose from.

For the adventurous type, go for it! If you're ready and willing to hang wallcovering in a room that gets heavy traffic, such as the living room or kitchen,

then you have plenty of space to work with. This is an excellent opportunity for a new focal point and conversation starter.

For the laid-back type, take it easy. Maybe hanging wallcovering in a big room sounds more anxiety-inducing than appealing. If that's the case, start small. The guest bathroom is a great place to express your creativity in a more toned-down gesture. Wallcovering is great an accent wall in your bedroom or a backdrop wall in your home office.

For the indecisive, why not leave it to the little ones. Instead of putting the pressure on yourself to have wallcovering installed somewhere in your home that you frequent often, consider a space that's all about maximizing creativity such as the rooms where your kids (or grandkids) spend the most time. Whether it is the bedroom or play space, this is the perfect opportunity to play with fun colors, textures and patterns without feeling overwhelmed about it.

For some, choosing the right type of wallcovering is more difficult than deciding where it will look its best. With dozens of different textures and limitless prints and colors, there are so many different options to choose from that it is hard to narrow things down. Bold or textured neutral patterns are perfect for large gathering spaces. If you are looking for something that is a bit spunkier and more playful, find a pattern for the home office that mimics a bookshelf or abstract patterns that turn your bathroom into a sophisticated space for relaxation.

Consulting a design professional can be helpful in exploring the many options and how wallcovering can be used creatively in your home or office.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindceden.com.✳

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| Darling VIPs: (1 link for the show, 1 exclusive "Ding" facemask, & 1 commemorative Jeopar-Ding buzzer) | \$750 |



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Book Review

The Mystery Of Mrs. Christie

by Di Saggau



Agatha Christie has sold more books than any other writer. Her mysteries are popular around the world, and yet there is one mystery about her that no one really

knows how to answer. It's possible that Marie Benedict has brought to life one of the most puzzling disappearances ever. That of Agatha Christie, in December 1926, when the fast-rising author goes missing for 11 days. When investigators find her empty car on the edge of a deep gloomy pond, the only clues are some tire tracks nearby and a fur coat left in the car, which was strange considering it was a frigid night.

Her husband, a World War I veteran, and her daughter have no knowledge of her whereabouts. A huge manhunt is launched to find Mrs. Christie. She reappears exactly 11 days later, just as mysteriously as when she disappeared. She claims amnesia and no explanations for her disappearance.

While we may never know why she went missing for those 11 days, Benedict, with her trademark historical

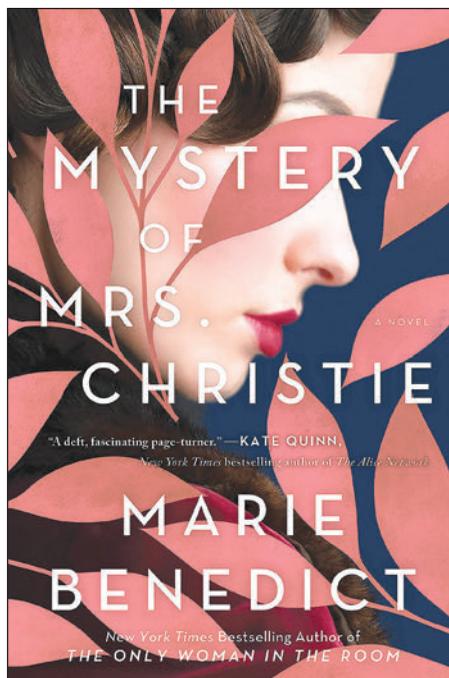


image provided

fiction writing, takes us into the shadows of the past, imagining why such a brilliant woman would find herself at the center of such a murky mystery. What role did her unfaithful husband play, and what was he not telling investigators? Benedict gives us a revealing look at the man who captivated Christie's heart and then betrayed her. He becomes a man more interested in protecting his reputation than finding his wife. Her research also gives the reader some astonishing facts

about Christie.

Benedict almost didn't write this book, but after researching the circumstances and history around Christie's 1926 disappearance, she had a sense that it played a key role

in her journey to becoming the most successful writer in the world. She felt compelled to explore that idea and *The Mystery of Mrs. Christie* was born. This fascinating page-turner is a good book club selection.✧

School Smart

by Shelley M. Greggs, NCSP



Dear Shelley, My middle school son seems to have some difficulty making and keeping friends. I thought this might change as he got older, but it hasn't. Is there something I can do to help him?
Jesse P, Fort Myers

Jesse,

Middle school is a very difficult time for children socially and emotionally. Their bodies are changing faster than they can cope with, and many more pressures are placed on them to be "cool" and popular. Individuality is not particularly valued. Thus, the demands of being observant to social cues increase significantly yet social interactions become more subtle. If your son has trouble picking up on social cues like facial expressions and tone of voice, it can be hard to connect socially with peers. Here are some examples of what issues with social cues can look like in school.

One behavior that indicates difficulty with understanding and/or responding to social cues is showing or feeling empathy. Kids who struggle with this may not know when to express empathy and when not to say anything. It might look like not asking what's wrong when a family member is sad or has had a bad day.

Another important skill is for a child to be able to "read" how others really feel about them. When children can't read their peers, they often misconstrue their actions. For example, at home he may think you are always angry with him even though that is not the case. At school, your child may think a particular person is constantly rude toward them when in reality that person may just want to be a friend. He's just not able to

interpret the social cues correctly.

They don't get the joke! Kids who can't pick up social cues often miss the nuances of humor. They don't understand sarcasm, tone of voice, double meanings or body language, and then they are at a loss in responding to the joke without looking foolish.

Children who struggle with social cues may become isolated and feel alone. They may not want to join in family events or join school clubs. They prefer to work alone on projects rather than in a group.

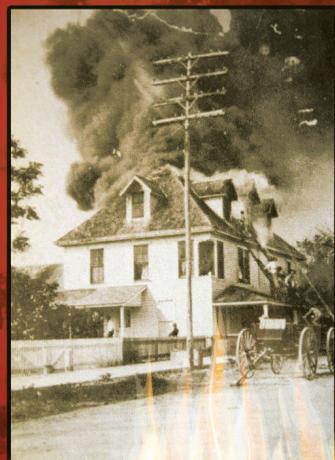
If you are seeing these types of behaviors in your child you may need to help your child "decode" social situations through role playing, discussing unwritten social rules and practicing identifying and labeling social behaviors. One easy way to observe people is by watching a TV comedy or drama show with the sound turned off. Ask your child to describe what he is seeing, how the actors are feeling based on their body language and to create scenarios where your child has to identify and describe what might happen next. Role playing can also be helpful particularly if your child is facing a specific event where he is required to behave in a certain manner. Of course, there are numerous apps that address this situation. Visit www.additudemag.com/slideshows/educational-apps-for-kids-with-adhd-social-skills for a review and recommendation of some of the better ones.

If these interventions don't seem to make a difference, you may want to inquire if your son's school has a social skills group or if there is a private therapist who works with kids who have some social skills difficulties.

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

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From page 1

Comedy Show

Gary Owens, Earthquake and Mike Epps.

Featured comedian Catherine Maloney seems like a typical hard working mom, except this mom sees teachable moments in the show *Snapped*. Maloney won the "Biggest Jerk" Comedy Contest and has been seen on SlingTV, Comedy Time TV and entertains at clubs and colleges around the country with her sharp stand-up comedy. A New York native, Maloney

finds sarcastic humor in everyday topics like financial struggles, raising children, relationships – both hers and yours.

Money, a comedian from Lakeland, engages the audience, staff and even bypassers. A showman definitely on the rise, he has been making his mark in the comedy game for six years in places like New York, Georgia and Florida.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information and to purchase tickets, visit www.sbdac.com/laugh-a-little-comedy-show.✧

Marketing Official Earns Counselor Credential

Jaimie Miller, APR, CPRC of the Southwest Florida Chapter of the Florida Public Relations Association (FPRA) recently earned professional certification in public relations and received the designation of Certified Public Relations Counselor (CPRC).

Earning the CPRC credential distinguishes senior members of FPRA who have demonstrated understanding and mastery of core public relations principles and ethical practices and have been certified to act as public relations counselors. Currently, there are 122 CPRCs in Florida, including 18 in Southwest Florida.

Miller is senior vice president of marketing with CONRIC pr + marketing, where she has worked for four years helping clients in nonprofit and for-profit sectors to develop creative marketing and public relations strategies. Previously, she worked in multiple industries, including hospitality, medical and publishing. Miller has a bachelor's degree from Florida Gulf Coast University, where she studied communication, marketing and journalism. She is active in the community with leadership and volunteer roles with organizations like FPRA, United Way and Greater Fort



Jaimie Miller photo provided Myers Chamber of Commerce Women in Business.

In 2020, Miller was honored as Public Relations Professional of the Year from FPRA's Southwest Florida Chapter and 40-Under-40 by Gulfshore Business Magazine.

To earn the CPRC credential, candidates must have 10 years of experience in the field; have earned the Accredited in Public Relations designation, which is the first tier of accreditation; successfully complete a verbal presentation; and pass a five-hour written exam.*

Apply For Emergency Rental Assistance

Applications are being accepted for the LeeCares 2021 Emergency Rental Assistance Program to help households unable to pay rent and utilities due to the COVID-19 pandemic.

The application and full eligibility information is available at www.leeffcures.com.

Residents now renting in unincorporated Lee County, Bonita Springs, Estero, Fort Myers Beach, Cape Coral and Sanibel can apply at that site. Residents of the City of Fort Myers can apply at a portal established by Fort Myers. A link to the city's portal is available at www.leeffcures.com. Anyone who is unsure if their residence is within the city boundary can log on to the county's website for a tool to assist them. A tool also exists on the City of Fort Myers site.

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 financial hardship related to COVID-19 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.

Eligibility for The LeeCares 2021 Emergency Rental Assistance Program is limited only to those rental households impacted economically by the COVID-19 pandemic. For other existing assistance programs, information is available from Lee County Human & Veterans Services at www.lee.gov/dhs or by calling 533-7930.*

LCEC Power To Share Program

This past year has had devastating financial impacts for so many people throughout the world. Even with the help of stimulus money, many of our neighbors are having to make the tough decision between paying the electric bill or the mortgage.

You can help someone in need by donating to the Lee County Electric Cooperative (LCEC) Power to Share program. This program is a partnership between LCEC and the United Way where short-term emergency assistance is available to customers in LCEC's service territory who meet the requirements.

To make a donation, visit www.lcec.net/about-lcec/community-and-education/power-to-share and fill out the contribution form, or visit www.unitedwaylee.org, click on "Donate Now" and enter LCEC Power to Share. With LCEC's Power to Share program, you have the power to care.*

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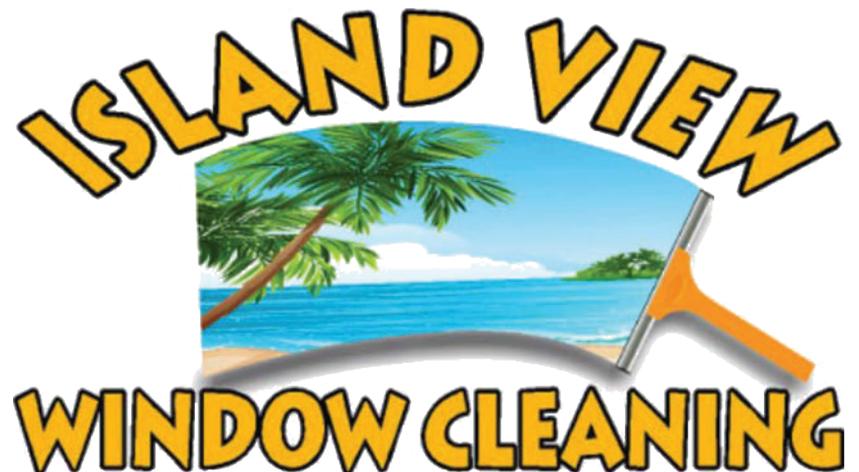
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Will Power

Should Your Estate Plan Factor Unrepaid Loans To Your Children?



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

Lucy loaned her son money over the years. First, it was \$75,000 for a down payment on his home then another \$40,000 when he was unemployed. Those weren't the only times she sent money his way. It seemed that over the years, he always needed something, and Lucy was there for him.

"I made him sign promissory notes," she said, "but he's never made any attempt to pay me back." Lucy wondered whether this should affect his share of the estate when she updated her plan.

"My daughter has never asked for anything," Lucy continued, "but she and her husband earn a good living. I'm not sure what to do."

Lucy's dilemma isn't unique. She eventually settled on treating the unpaid notes as a charge against her son's inheritance. She wanted to even out the shares considering both lifetime loans that were never repaid and testamentary transfers. She felt that although her son was in greater need, both children were able bodied adults. She didn't want her last statement in the form of her estate plan to somehow indicate that her daughter wasn't equally loved.

Lucy's desire to consider her son's loans as an advance on his inheritance raises issues. First, Lucy must determine the amount of outstanding debt that exists, or at least consider the amount that she would like to charge against her son's share. If she can evidence the loans with promissory notes or canceled checks, all the better,

Foundation Grants Funds To Local Nonprofits

The Southwest Florida Community Foundation has awarded \$644,974 to regional organizations and programs committed to increasing the quality of life in sustainable and equitable ways for Southwest Floridians.

In 2020, the Foundation Board of Trustees lifted grant restrictions to allow for operational funding and to create an additional year of funding to support their grantees during the pandemic. This move is aligned with the foundation's goals to create more general operating grants where possible, lift burdensome restrictions and reporting, to develop deeper partnerships with multi-year cohorts and provide sustainable funding.

"Sustainability is at the center of everything we do, and we understand that working towards more sustainable funding in our region is a powerful tool in efforts to lift organization who are enhancing our quality of life," said Trish Botty, head of social impact and connectivity for the Southwest Florida Community Foundation. "Building long-lasting relationships and partnerships are the keys to learning more about how we transform our programs to strengthen and meet the needs of our community changemakers."

Twenty-five local nonprofits were granted money from the community foundation's available Field of Interest funds, as well as individual impact makers in the community. The organizations are included a community cohort that will build additional organizational strengthening and capacity.

The nonprofits include: SWFL, Inc., formally Bonita Springs Area Chamber of Commerce Foundation; Everglades

Wonder Gardens; Brighter Bites; Calusa Waterkeeper; Center for the Arts of Bonita Springs, Inc; Charity for Change, Inc.; Equality Florida Institute; Family Initiative Incorporated; Florida Baptist Children's Homes Inc.; Florida Department of Health in Charlotte County; Florida Gulf Coast University's Climate Change; Immokalee Project and Panther Program; Florida Lions Eye Clinic; Gladiolus Food Pantry; Harry Chapin Food Bank of Southwest Florida; Healthy Start Coalition of SWFL, Inc.; Lee County Alliance for the Arts, Inc.; Massachusetts General Hospital - HomeBase; Naples Senior Center at JFCS; PAWS Lee County, Inc.; Residential Options of Florida, Inc.; Sally J. Pimentel Deaf & Hard of Hearing Center; Sanibel-Captiva Conservation Foundation, Inc.; and SJC Boxing Club, Inc.

"We are building on what we have learned from our peer organizations," added Botty. "Collective learning and community support of new practices will be critical to maintaining and expanding on the progress we are seeing and leading in philanthropy."

"We are grateful to our donors and those who have made these grants possible, many of whom are generous people who have left resources in their will or estate because they cared deeply about the region and want to be certain that nonprofits serving their causes have the resources they need to create change and opportunity in Southwest Florida," said Sarah Owen, Southwest Florida Community Foundation president and CEO. "We want to lead the charge in supporting innovative nonprofits and spurring community change. The most effective giving is built on solid strategy, smart applications, thoughtful review and meaningful reporting."

For more information, call 274-5900 or visit www.floridacommunity.com.✪

although it's not necessary since Lucy is free to charge any amount that she believes is fair.

The second issue is whether accrued unpaid interest should be added to the principal balance. When you run the numbers, unpaid interest can exponentially increase the amount outstanding. Consider a \$30,000 note at 3 percent interest over 20 years. If you compound the unpaid interest on an annual basis, the amount owed balloons to over \$54,000. Compounding on a more frequent basis (monthly, for example), the amount would be even more. There are two ways to calculate the interest: by compounding it as this example illustrates, or through simple interest, which adds the interest to the principal balance every year without compounding. In my example, simple interest would increase the note to \$48,000.

Once that's settled, there's the issue of keeping track of any future loans or gifts. Also, if Lucy's son happens to repay any amounts, a ledger needs to be kept. Lucy probably doesn't want to amend her estate plan every time the amount changes, so she probably wants to maintain a ledger and reference that in her plan.

This presents yet another issue. What happens if and when Lucy becomes incompetent? I've had clients not maintain their ledgers, sometimes for years, which becomes a mess when we try to figure out the amount that should be charged against a share of the estate. An alternative is to indicate a fixed amount in the estate plan, understanding that it might not be entirely accurate when the time comes to settle it.

Who enforces the ledger should also be addressed. If Lucy names her daughter as personal representative and/or trustee to her estate plan, then the daughter delivers the bad news on her brother's inheritance, unless Lucy has told him ahead of time. Further, if there's any dispute as to the amounts owed or repaid, the sister must negotiate with her brother about it, with the matter potentially landing in litigation.

Finally, there are tax issues. If Lucy has a taxable estate, then the promissory notes are included in her estate as an asset. That speaks to Lucy specifically bequeathing the notes back to their maker, Lucy's son. What if the son doesn't have a large enough share to cover the outstanding note values? Must he repay the overage to the estate? Is the overage forgiven?

Also, for income tax purposes, Lucy has to be careful not to forgive the notes. Instead, they should be gifted back to her son. Promissory notes that are forgiven constitute taxable income to the maker, Lucy's son in this example. If, on the other hand, she gifts the notes back to him, they are a taxable gift, but if her estate does not exceed her available exemptions at her death, there's no tax paid.

Many of these same issues apply if the lifetime transfers were gifts instead of loans. As you might imagine, there's more to it than initially meets the eye. If any of this applies to you or a loved one, I hope raising this issue helps head off future problems.

©2021 Craig R. Hersch. Learn more at www.floridaestateplanning.com.✪

Zoom Event For A Career In Health Care

All FutureMakers Coalition partners are teaming up to hold an online informational event where interested participants can learn about essential careers as medical assistants (MA) or certified nursing assistants (CNA). The free event will be held on Tuesday, March 9 from 2 to 4 p.m. through Zoom. To register for the event, visit <https://events.blackthorn.io/36ojFe6/g/D6ejf6sZH1/get-started-in-a-healthcare-career-4a4H1RlyC8/overview>.

Participants will learn how they can jump start their careers in just six weeks and about available training events and free tuition. Potential students are encouraged to complete the FAFSA at www.studentaid.ed.gov/sa/fafsa.

Anyone interested in getting a start with a career in healthcare is encouraged to register for the online event. The goal is to find interested students and help them get their tuition and related fees paid for, so that they are ready for a new career in just one year. The event is open to current high school students that meet eligibility requirements.

Careers in healthcare continue to be in high demand and MAs and CNAs benefit from tremendous opportunities with leading organizations that offer high wages as well as benefits such as

insurance, vacation and tuition assistance for continuing education. These careers also offer growth, hands-on training and intimate time caring for patients in a hospital or a nursing home.

FutureMakers Coalition partners are: Cypress Cove, Hope Healthcare, Lee Health, NCH Healthcare System, Physicians' Primary Care of Southwest Florida, Shell Point Retirement Community, Cape Coral Technical College, Fort Myers Technical College, iTech - Immokalee Technical College, Lorenzo Walker Technical College and Career Source SWFL.

According to Lee Health, there are currently numerous MA positions needing to be filled. Other employers are also seeking MAs and CNAs for open positions.

"It feels good to go home and say I helped someone today; I made them feel good today," said Dershay Brown, a certified nursing assistant with Lee Health.

Representatives and recruiters will be online to discuss MA and CNA qualifications, tuition assistance and scholarship opportunities with prospective candidates. All participating organizations are drug/tobacco-free workplaces and equal opportunity employers.

The FutureMakers Coalition is a regional collective impact initiative that has been designated a Talent Hub by Lumina Foundation in partnership with The Kresge Foundation to support local efforts to increase educational attainment. For more information, visit www.futuremakerscoalition.com.✪

Frankly Speaking

by Howard Prager



Some 900 victories. That sounds like a lot, doesn't it? In football, impossible. In baseball, much easier. In basketball Division I, it's a club of only five coaches. Roy Williams joined that club last

weekend, after winning his 900th game with some fans in attendance against No. 11 ranked Florida State, coming back from 16 points down. If you're going to do it, why not do it in a big way? So I can see some of you saying, so what, this is North Carolina, they always win. Au contraire, dear readers. Let's look at this club and see what teams have done for other coaches.

Bobby Knight won the majority of his 902 victories at Indiana, with 240 combined wins at Army and Texas Tech. Jim Boeheim wrapped up his most recent year as head coach at Syracuse ranked second in all-time Division I coaching triumphs. He is also second on the active games coached list, trailing only Duke's Mike Krzyzewski in the two categories. Duke, a perennial tournament favorite, may not get in for the first time since 1995. Jim Calhoun won his 900th only when he returned to coaching at a Division III school. So, it's not an easy club to join, legacy school or not. So hats off to

Williams for his accomplishment.

Elsewhere, last weekend, Gonzaga became the first undefeated team to enter its conference tournament since Kentucky in 2015, Baylor lost their first game and dropped to No. 3 with Michigan popping up to No. 2. Indianapolis opens up its arenas to some fans for both the Big Ten tournament starting next week and March Madness, which is being played in and around the town the following week.

Baseball is back! And the Twins and Yankees have the largest number of fans allowed, although of course not full stadiums and with COVID-19 restrictions in place. The teams and players are thrilled to play in front of live fans, even with limited capacity. You are doing your job of cheering, and after a year of mechanical cheering, live voices are happily being heard by the players. The Twins beat the Red Sox in their spring opener on Sunday as you probably know. Next week, I'll be interviewing a pair of lifelong Twins and White Sox fans as they project to this season's biggest division rivalry.

Tiger. What can be said? Every tournament he plays in has greater viewing. His comebacks have been epic, but this is the ultimate test after his unfortunate car accident. He took to twitter on Sunday to post: "It is hard to explain how touching today was when I turned on the TV and saw all the red shirts. To every golfer and every fan, you are truly helping me get through this tough time." If this is the end of golfing for him, he has left a mark on the PGA that will be hard to duplicate. And if he comes back,

that will be remarkable in itself. I'm pulling for that to happen.

The Good News Story of the Week is about the Los Angeles Clippers and Black History Month in a program called *L.A. Clippers Local Business Partners*, presented by Honey. "This program is designed to provide a spotlight, resources and support for businesses in L.A. during the month of February. Six Black-owned businesses were featured on Clippers' social media posts, email offers and Clippers App each game day. The Clippers' YouTube channel created dedicated videos for each business." That's nice. One of the restaurants that the Clippers reached out to was Keith Corbin's Alta Adams, featuring California soul food. What makes this more remarkable is that Corbin served time in prison as a young adult and, when he was released, he wanted to change his life and legacy. Growing up poor and impoverished in the Watts neighborhood led him to a life of desperation. Matt Paye, vice president of marketing for the Clippers, said: "His restaurants are incredible with outstanding food, but it was his story that gravitated us toward working with Keith. He worked his way up the ranks from line cook to kitchen manager to chef/owner." And Corbin doesn't forget how he got there. He prioritizes hiring men and women returning home from incarceration, as well as those from similar neighborhoods to Watts. Corbin said, "I always emphasize hiring in communities that I've come from. New beginnings, fresh starts. It's hard for people to change their identity or

how they're viewed or overcome failures. Being able to do that has been my biggest triumph." May his restaurant continue to succeed and his big heart continue to help others.

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.

Airport Traffic

During January, 686,563 passengers traveled through Southwest Florida International Airport in Fort Myers. This was a decrease of 39.4 percent compared to January 2020; however, it was a 5.9 percent increase compared to December 2020.

The traffic leader in January was Southwest Airlines with 149,608 total passengers. Rounding out the top five airlines were Delta (138,462), United (91,985), American (81,639) and JetBlue (64,981).

Southwest Florida International Airport had 8,628 aircraft operations, a decrease of 15.1 percent compared to January 2020. Page Field saw 11,334 operations, a 3.1 percent decrease compared to January 2020.

For more information, visit www.flylcpa.com or on Facebook at www.facebook.com/flyrsw.

Red Sox Spring Training Tickets Sold Out

Red Sox Spring Training tickets for the 15 exhibition games at JetBlue Park sold out in less than one day after going on sale to the general public at noon Monday. This marks the 10th consecutive year of selling out all Grapefruit League games played at JetBlue Park since its opening in 2012.

"We are grateful to our partners in Lee County for allowing us to host fans at JetBlue Park, and have every confidence we can do so safely," said Red

Sox President & CEO Sam Kennedy.

"It's important that our team gets off to a strong start this year and that begins with the solid foundation we build here at Spring Training alongside our fans."

Fans are encouraged to check www.redsox.com/tickets periodically as additional tickets may be released in the days leading up to games and on gamedays from internal ticket allotments that may be released to the public. All tickets will be sold online only. The Red Sox ticket office at JetBlue Park will not be open for gameday sales. Mastercard is the preferred payment of the Boston Red Sox.

Red Sox Spring Training is presented by CVS Health.✪

SPORTS QUIZ

1. What World Golf Hall of Famer won 82 LPGA tournaments – including 13 major championships – from 1955-69?
2. Bryce Harper, Jeff Bagwell, Jimmie Foxx and Andre Thornton are tied for what Major League Baseball record?
3. What NHL team ended a 54-year championship drought with a 4-3 Stanley Cup Finals win over the Vancouver Canucks in 1994?
4. In what league did the London Monarchs, Frankfurt Galaxy and Barcelona Dragons compete in from 1991-92?
5. What acclaimed sports documentarian's film credits include *Jesse Owens Returns to Berlin* (1968), *Wilma* (1977) and *100 Years of Olympic Glory* (1996).
6. In 1942, right-handed pitcher Hiram Bithorn became Major League Baseball's first player to hail from what island?
7. A 1989 Pro Bowl wide receiver for the Tampa Bay Buccaneers and the 1990 NFL Defensive Rookie of the Year for the Chicago Bears share what name?

ANSWERS

1. Mickey Wright. 2. Walks in a game (6). 3. The New York Yankees. 4. The World League of American Football. 5. Bud Greenspan. 6. Puerto Rico. 7. Mark Carrier.



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Cape Coral Animal Shelter's Inaugural PJ's And Paws Fundraiser



The decorated kennel

photos provided



Megan Schuman Richardson and Spuds



Three dressed-up puppies



Dr. Cecilia Fisher and Cali Calico



Painting for the party



Jessica Walker with Mark



Mia Mazurkiewicz



Paige Sheatzley with Teddy



Stephanie Ramos with Tater



Sadie



Parker



Shelly Walton with Caroline

Blood Donations To Replenish Supplies

Lee Health is seeking blood donations to help replenish supply levels. As home to the region's only trauma center, it is vital that the health system's blood supply remains at healthy levels in order to quickly care for patients needing an urgent transfusion. Blood and blood products are not only used in the trauma center, but also to treat cancer patients, premature babies, anemia and a variety of other conditions.

Lee Health's blood centers are the sole supplier of all blood products for the entire health system. About 800 units of blood are needed per week, and the blood centers rely on life-saving donations from the community to maintain inventory levels.

The Lee Health Blood Mobile will be at numerous locations throughout Southwest Florida in March:

Saturday, March 6 – Bell Tower Shops (13499 US 41, Fort Myers) 10 a.m. to 4 p.m.,

Sunday, March 7 – Anchor Church (11651 East Terry Street, Bonita Springs) 8:30 a.m. to 12:30 p.m.

Monday, March 8 – LYNX Services (6351 Bayshore Road, Suite 18, North Fort Myers) 2 to 5 p.m.

Tuesday, March 9 – LeeTran (3401 Metro Parkway, Fort Myers) 10 a.m. to 3 p.m.; Estero Recreation Center (9200 Corkscrew Palms Boulevard, Estero) 1 to 4 p.m.)

Wednesday, March 10 – Wayne Wiles (16240 South Tamiami Trail, Fort Myers) 9 a.m. to 1 p.m.; Suncoast Credit Union

(1533 Matthew Drive, Fort Myers) 2 to 5 p.m.

Friday, March 12 – Regional Cancer Center (8931 Colonial Center Drive, Fort Myers) 11 a.m. to 4 p.m.

Saturday, March 13 – The South Cape Hospitality and Entertainment Association (909 SE 47th Terrace, Unit 105, Cape Coral) 10 a.m. to 4 p.m.

Tuesday, March 16 – The Babcock Ranch Healthy Life Center (42880 Crescent Loop, Unit 100, Punta Gorda) 11 a.m. to 4 p.m.

Sunday, March 21 – Cape Christian Fellowship (2110 Chiquita Boulevard South, Cape Coral) 8:30 a.m. to 12:30 p.m.

Wednesday, March 24 – The Outpatient Center at The Sanctuary (8960 Colonial Center Drive, Fort Myers) 9 a.m. to noon

Thursday, March 25 – Lehigh Fire Station (11 Homestead Road South, Lehigh Acres) 10 a.m. to 4 p.m.

Sunday, March 28 – Cape Coral Community Church (811 Santa Barbara Boulevard, Cape Coral), 8:30 a.m. to 12:30 p.m.

Sunday, March 31 – Edison Home (2350 McGregor Boulevard, Fort Myers) 10 a.m. to 1 p.m.; Crosspoint Christian Church (204 SW 11th Place, Cape Coral) 2 to 6 p.m.

All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida. If unable to attend one of the upcoming blood drives, donations can also be made at one of Lee Health's blood centers to help save lives.

For more information on how and where to donate, visit www.leehealth.org/our-services/blood-centers/blood-donations.

Home Program With Habitat To Begin

On March 17, the Fort Myers Community Redevelopment Agency (CRA) will announce that its new Home Preservation Program will partner with Habitat for Humanity of Lee and Hendry Counties (Habitat). Homeowners with outstanding code violations may qualify to have projects/repairs completed by Habitat.

The maximum assistance is \$25,000 owner-occupied dwellings with existing code compliance issues that need to be cured. The CRA and Habitat will be accepting applications on April 1.

The CRA will provide Habitat for

Humanity with a list of homes eligible to receive CRA funding. Habitat will promote the program, distribute applications to the homeowners, and collect and process applications.

Once approved by the CRA, Habitat will enter into a repair agreement with the homeowner, prepare lien documents, and perform repairs through the use of staff, subcontractors and volunteers.

Upon completion, the homeowner will sign a Certification of Completion. Habitat will prepare the final cost "invoice," which will be submitted to the Fort Myers CRA for payment.

Habitat will record the lien document with the Lee County Clerk.

Habitat will retain the project file and provide the CRA with a "closeout packet."

To be eligible, property owners must be listed as applicant or co-applicant.

continued on page 25



Shine 2019 raised \$440,000 to benefit Hope Hospice

photo provided

Hope Hospice Fundraiser Set

The second annual Shine fundraiser for Hope Hospice is scheduled for Friday, October 15 at 5 p.m. at the Edison & Ford Winter Estates.

The elegant outdoor event will feature riverside cocktails, dining, entertainment and a live auction to support Hope's mission of providing comforting care to everyone living with serious illness. Shine will be hosted safely, with the appropriate recommended measures in place, to ensure the well-being of all guests.

State Representative Jenna Persons-Mulicka and former State Senator Lizbeth Benacquisto will return for a second year to serve as the fundraiser's chairs. More

than 250 guests attended the inaugural Shine event in 2019, which raised \$440,000 to benefit Hope.

"For 40 years, Hope has been a comforting safety net for all in our community," said Samira K. Beckwith, president and CEO of Hope Healthcare. "Now more than ever, we rely upon the support of our donors – along with the guests and sponsors of events like Shine – to help ensure there will always be Hope for those who need us."

To learn about sponsorship opportunities or to request an invitation to the event, call 985-7758.

Hope Hospice is a not-for-profit health care organization dedicated to providing care and comfort to every individual and their loved ones as they fulfill life's journey. For more information, visit www.morehope.org.

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Shine



by Kay Casperson

When I was growing up, my parents were very active in their church, from singing in the choir to being on many committees. My siblings and I attended Sunday

school and also went off to camp for a week in summer. As I grew older, I was involved in my church as well, and taught Sunday school for the kids, led a women's group and became a praise and worship leader.

The foundation that was built for my life made a very big impact of who I still am today as an adult. The many things I learned helped me understand not only where my strengths come from but also that I am never alone and will always be OK. It also became clear to me that it is my responsibility to continue to be a light for others and to shine bright in hopes that I might be the difference someone needs in their life at any moment.

We all need this lesson in our lives, regardless of whether you learned it when you were young, or need to hear it even now as an adult. At any given moment, you have the opportunity to be that bright sunshine that someone needs. You can never really know what is actually happening in someone's world behind the scenes. It is our duty to be the light of the world.

How do you carry yourself? How do you present yourself? Do you complain about things? Do you have humility? Do you show kindness to others? Do you smile often? Do you show genuine joy? You can ask yourself these and many other questions that will give you a strong indication of whether or not you are truly putting your best shine

forward.

I understand that there may be times that you just don't feel like shining. So, what do you do on those cloudy days? First, take a closer look within your heart and your life to see what is stopping you. Take a glance at how things are emotionally, spiritually, physically, environmentally and socially. If you are not able to shine, there is something off balance and you have the power to make it right.

We all have cloudy days now and then but everything can be altered if something is blocking your light. I recommend daily affirmations, prayer, wellness checkups, loving where you live and surrounding yourself with positive, unpretentious and caring people.

I remember singing a certain song as a young girl and teaching it to children as I grew up. You most likely have heard it as well. It goes like this:

This little light of mine, I'm gonna let it shine. This little light of mine, I'm gonna let it shine. This little light of mine, I'm gonna let it shine. Let it shine, Let it shine, Let it shine.

Don't hide your light. Let the whole world see it and you will be the difference someone needs today and every day. If we all did this, think about how shiny our world would be.

My affirmation for you this week is: "I will let my light shine bright, never hide it or let anyone blow it out."

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

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dearPharmacist

The Mystery Pain
Of Small Fiber
Neuropathyby Suzy
Cohen, RPhDear
Readers:

There is neuropathy, and then there is small fiber neuropathy. These conditions are different. Do not dismiss what I'm about to share because you think

it's no different than typical "neuropathy."

This is a very important article because it will help so many people who are suffering and don't know what they have. You might very well have small fiber neuropathy (SFN) and, if you ignore it, in time it will lead to bigger problems all over your body. But if you read this today and get proper treatment and help, it is very treatable. I want to give you hope, while educating you about the disorder.

Only the small cutaneous (skin) nerves are affected in SFN. The main difference between SFN and typical peripheral neuropathy (PN) is that SFN attacks the "small unmyelinated fibers" hence the name "small fiber neuropathy," and it begins with sensations in your toes and feet. Most other types of neuropathy have some degree of demyelination occurring, but again, the fibers destroyed in SFN are not myelinated, therefore this does not respond to methylated vitamin B12 like you might suspect.

Here are a few common symptoms of SFN:

- Internal vibration or restlessness
- Pins and needles
- Numbness
- Muscle aches
- Electric shock sensations in the body
- Trigeminal neuralgia
- Redness on the feet termed

erythromelalgia

- GI motility problems
- Postural orthostatic hypotension (POTS)

- Bladder problems
- Dysautonomia

Erythromelalgia is fairly hallmark, and the condition is characterized by episodes of redness, heat, pain, or mild swelling in the feet usually, although it could be the hands or anywhere in the body. It's usually triggered by raising your body temperature, which means you may exit a nice hot shower, or hot tub, or the steam room and discover one or both feet have turned red, for example. It's temporary and likely goes away in a few minutes.

Testing for SFN requires a skin biopsy, and there are amazing new test kits available now that a physician can order. If your doctor does a regular EMG (electromyography) study on you, it will be normal. That's the frustrating and confusing part – SFN does not show up on conventional EMG studies or nerve conduction studies.

The causes of SFN vary and may be tied to infections like Lyme disease or shingles, or endocrine conditions like diabetes. Another frequent, but hard to pinpoint cause is autoimmunity. Furthermore, 40 percent of people with fibromyalgia are thought to suffer with some degree of SFN. One more interesting cause for this uncomfortable condition is the use of (or withdrawal from) SSRI antidepressants.

As for treatment, it varies based upon the etiology. We see best effects from intravenous immunoglobulins (IV IG), as well as anti-seizure drugs like pregabalin and gabapentin. I've written a more comprehensive article discussing more symptoms and treatments, as well as proper testing. I will know to email it to you if you sign up for my free newsletter. To do that, visit my website www.suzycohen.com.

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

Doctor and Dietician

Lettuce Soup:
You Can Now
Sip Your Saladby Ross Hauser, MD
and Marion Hauser, MS, RD

As you know, we try to consume a plant slant diet. Because of this, we typically have a lot of

vegetables in the fridge. We utilize all of the great veggie resources around – Farmer's Markets, local grocery stores and even produce delivery options such as MisFits (organic produce delivered to your door – only slightly "misfit" – too big, too small, weird shapes – it's a great option).

The other day, we had too many greens on hand – romaine, baby cabbage and leaf lettuce. Well, the internet is good for recipe searching, so "what to do with too many greens" turned up lettuce soup! We didn't exactly follow the recipe but added some of our own favorite ingredients. It turned out great and it is really good for you – loaded with vitamins, minerals and antioxidants!

Lettuce soup is a great way to use outer leaves and ribs (if you are going to throw them away anyway) as well as lettuce that you won't have time to use in a salad – mesclun greens, arugula, spinach, kale, watercress, leaf lettuce – basically whatever you have! Throw in a

potato or two – again, any kind – russet, red, Yukon gold, etc.

Here is the recipe: Cook two medium chopped onions, scallions, and/or shallots and three gloves chopped garlic in olive oil or butter in a four- to five-quart heavy pot over medium heat, stirring, about three to five minutes. Add herbs of your choosing – we like coriander, chervil, dill, basil, tarragon, chives, oregano and many others. Stir in a couple chopped potatoes. Stir and cook about five minutes. Then we added about a cup of vegetable broth (but you can use water too) and keep stirring and heating. Once the potatoes start getting tender, stir in your chopped greens (about three to four cups) and two more cups of vegetable broth (or water) plus one cup of water and simmer for an additional 15 to 20 minutes. We followed this with a squeeze of a half lemon, salt and pepper, and a few dashes of Chipotle hot sauce (and/or red pepper flakes). We then blended with an immersion blender (or you can

use a blender). We folded in about a half cup of organic plain Greek yogurt to give it some more protein as well as some shredded pecorino romano. We served it in a bowl topped with a little more pecorino, balsamic and lemon olive oil drizzle to finish. Optional: add whatever veggies you need to use up – we have also added chopped tomato, broccoli, cauliflower, leeks. The last batch we made, we also added a little sweetness – chopped fresh pear – and have also used raisins.

So, when you are tempted to throw away that wilted lettuce, think again – and consider making a tasty, nutrient-packed soup. Serve hot, warm, or cold. It will do your body good!

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

Health First

Are Eggs Good For Heart Health?



by Julie Rosenberg, MD

Chicken eggs are an affordable source of protein and other nutrients for most people.

Here are five important facts about eggs:

1) The USDA recommends consuming no more than 300mg of cholesterol per day. One large egg has 78 calories and 187mg of cholesterol – all of which is found in the yolk. So, if you eat two eggs for breakfast, you have exceeded the recommended daily amount of cholesterol.

2) Eggs are a good source of protein. One large egg has 7 grams of protein.

3) Eggs contain important nutrients such as lutein and zeaxanthin. These carotenoids are powerful antioxidants and may reduce the risk of age-related macular degeneration, the leading cause of blindness in older adults.

4) Choline is used to build cell membranes and has a role in producing signaling molecules in the brain. Brain development and memory may be enhanced by the high choline content of

eggs. One egg contains about 100mg of choline.

5) Eggs are naturally high in cholesterol, although the cholesterol response to eating eggs varies among people. For about 70 percent of people, eating eggs doesn't raise serum cholesterol levels.

Many people ask, "Is eating eggs good for me or will it increase my risk of heart disease?"

There is conflicting information in the literature about the impact on heart health from eating eggs. Here's the bottom line: Studies show that for the majority of people, eating one egg per day does not increase their risk for heart disease. Exceptions include people with type 2 diabetes or heart disease. The sum of literature suggests that such individuals should eat eggs with caution, and not more than three eggs per week.

For those people who consume eggs in their diet, it's important to pay attention to how the eggs are cooked. Eggs are often cooked in butter or oil. Butter contains saturated and trans fats. One tablespoon of butter has 31mg of cholesterol. This cooking method adds to the cholesterol found in eggs. Eggs poached in water may be a better choice, as they have no additional cholesterol.

It's also important to choose the foods that you eat along with your eggs with care. For example, people often eat eggs with bacon. One serving of three slices of pork bacon has about 160 calories, 20 to 25mg of cholesterol, 12 grams of fat (of which 40 percent is saturated

fat) and 581mg of sodium. Turkey bacon is considered the "healthy" bacon alternative. However, while three slices of turkey bacon have fewer calories and saturated fats than the same quantity of pork bacon, don't be fooled. Turkey bacon is still high in sodium (492mg) and contains about the same amount of cholesterol as pork bacon.

Personally, I no longer eat eggs regularly. While I might have one egg per week, I typically prefer an egg white omelet cooked in olive oil spray, especially when dining out. I load it with fresh vegetables, herbs or, on occasion, salmon. I might add a piece of whole grain toast with almond butter. It's a great breakfast – delicious and healthy! Because I don't get lutein and zeaxanthin in my diet from eggs, I eat green leafy vegetables, another good source of these antioxidants.

One of the most important aspects of nutrition is knowing what you are eating. Such knowledge will help to guide informed food choices. If you have specific questions or concerns regarding the inclusion of eggs or other foods in your diet, please consult with a dietician or your physician.

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.✳

Florida Introduces Law For Rape Kit Tracking System

Senator Linda Stewart (D-13) and Representative Emily Slosberg (D-91) recently introduced Gail's Law (SB 1002 and HB 673). This legislation would create a rape kit tracking system, granting timely access to information about their kits to thousands of sexual assault survivors throughout Florida.

"Sexual assault victims should have the right to know where their rape kits are throughout the collection and testing process," said Ilse Knecht, Joyful Heart's director of policy and advocacy, "In fact, Joyful Heart's 2016 report, Navigating Notification, found access to information about the status of their cases can promote healing for survivors of sexual assault, and that the lack of knowledge can be harmful to their wellbeing. This bill will also increase transparency around the rape kit handling process. We support Gail's Law because behind every kit is a survivor who deserves to be informed."

Through legislation at the state level, Joyful Heart Foundation has implemented a national campaign focused on six essential pillars. The goal: to pass comprehensive rape kit reform legislation in all 50 states. Establishing a rape kit tracking system is one of those six pillars.

For more information, visit www.endthebacklog.org/florida.✳

Commissioner To Discuss County Goals/Priorities

Kevin Ruane, chairman of the Lee County Board of County Commissioners, will address the challenges and priorities facing Lee County government at the Real Estate Investment Society's (REIS) luncheon meeting in the Osprey Room at Pelican Preserve's Clubhouse on Tuesday, March 9 at 11:45 a.m.

Commissioner Ruane's presentation will focus on the county's budget, coordination with municipal governments, infrastructure projects and Lee County's role in managing water resources. The commissioner is also expected to discuss growth management, impact fees and local legislative priorities in the current legislative session. Following the presentation, Commissioner Ruane will respond to questions of specific interest to the real estate investment and development industry.

Commissioner Ruane is also chairman of the Board of Port Commissioners, which governs the Lee County Port Authority. He represents Lee County Commission District 1, which includes south Cape Coral, Sanibel, Captiva and Pine Islands. He served on the Sanibel City Council from

2007 to 2020 and as mayor from 2010 to 2020. He has professional expertise in accounting, taxation and financing.

The meeting is sponsored by Stantec. Admission is \$30 for members and \$40 for guests, which includes lunch.

Pelican Preserve's Clubhouse is located at 9802 Pelican Preserve Boulevard in Fort Myers. Reservations are required by March 4. To register, visit www.reis-swfl.org.✳

From page 23

Home Program

The household must be a low-income household (below 80 percent of the area's median income AMI).

All adult household members must pass a criminal background check. Mortgage payments must be current (no reverse mortgages). The property must not have any unpaid property tax liens, IRS lien, or judgment of any kind.

The property must have at least one open code violation or have been referred by the Fort Myers CRA.

The program is available for homeowners in the Dr. Martin Luther King, Jr. Boulevard redevelopment area. It has been designed according to the Dr. Martin Luther King, Jr. and Veronica S. Shoemaker boulevards redevelopment plan.

For more information, call the Fort Myers Community Redevelopment Agency at 321-7100.✳

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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 Chorale Barbershop Chorus 1-855-425-3631
 Cape Coral Stamp Club 542-9153
 duPont Company Retirees 454-1083
 Edison Porcelain Artists 415-2484
 Embroiders 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@islandnews.com

PUZZLES

Answers on page 31



"Well, that harebrained Jones boy finally prevailed on a get-rich-quick scheme.

He _____ with our daughter!"

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!

Strike

DOCILLE _____

Affirm

FORSEPS _____

Endorse

TERYFIC _____

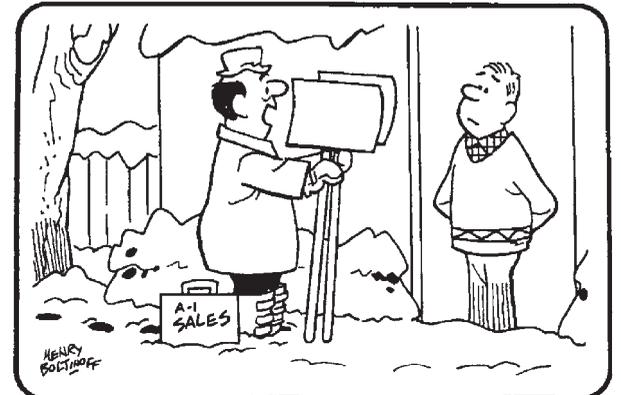
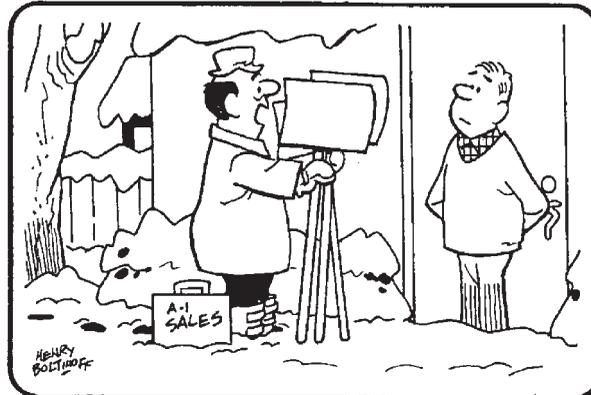
Accurate

RECIPES _____

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Sweater has decoration. 2. Doorknob is missing. 3. Boots are taller. 4. One shovel is gone. 5. Fence is higher. 6. House 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.

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

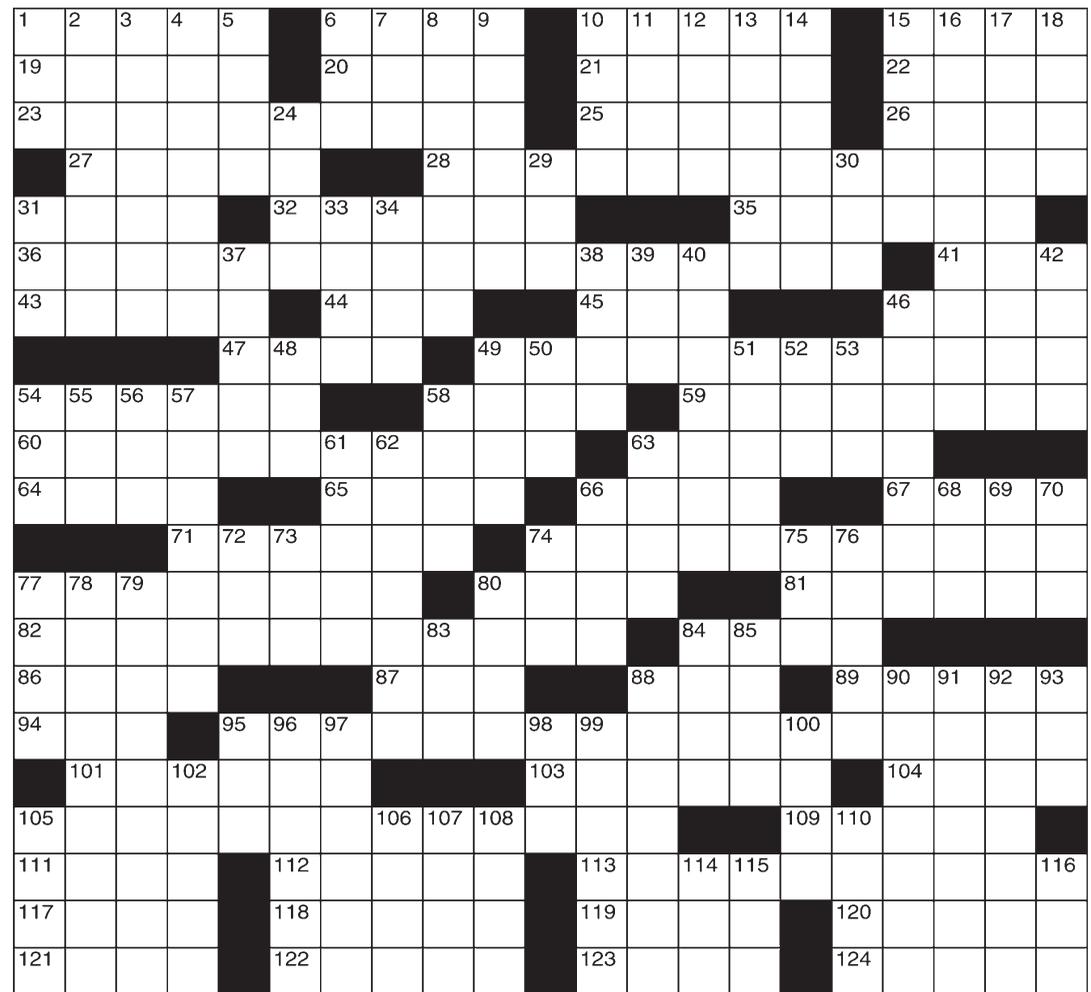
PUZZLES

Answers on page 31

Super Crossword

SUMMONING JEKYLL AND SEUSS

- ACROSS**
- 1 Stallion, e.g.
 - 6 Saudi, e.g.
 - 10 Floats gently
 - 15 Livens (up)
 - 19 Optic layers
 - 20 Female adult
 - 21 Accustom
 - 22 Roman 951
 - 23 Sweet capsicum variety
 - 25 Bacon piece
 - 26 Give kudos
 - 27 Queen, in Spanish
 - 28 Mickey & Sylvia hit of 1957
 - 31 Don —
 - 32 Suddenly become alert
 - 35 Tetley pouch
 - 36 Extremely scarce
 - 41 President pro —
 - 43 Brainy bunch
 - 44 Bit of Vail gear
 - 45 The "sum" of "Cogito, ergo sum"
 - 46 Bona —
 - 47 Christmas poem opener
 - 49 Sinister powers
 - 54 Wooded with tunes
 - 58 Comic blows
 - 59 Fragrant
 - 60 Best Actress nominee for "Breaking the Waves"
 - 63 Turn aside
 - 64 Category
 - 65 Hit, as a gnat
 - 66 Place
 - 67 Lure for fish
 - 71 Deodorant target
 - 74 Song from "Oklahoma!"
 - 77 How fast a plane is flying
 - 80 Govt. agent
 - 81 Comic Gilda
 - 82 Deep pessimism
 - 84 Installed, as brick
 - 86 Actor Ladd
 - 87 Soft throw
 - 88 Chum
 - 89 Lhasa — (small dogs)
 - 94 Visibly angry
 - 95 Highly venomous cephalopod
 - 101 Filled the fuel tank, with "up"
 - 103 User of four-letter words
 - 104 "— Smile Be Your Umbrella"
 - 105 "Guys and Dolls" guy
 - 109 Rockers Clapton and Burdon
 - 111 Fitzgerald of jazz
 - 112 Cliffside nest
 - 113 What you do when you look at the ends of nine long answers in this puzzle
 - 117 Regal Norse name
 - 118 Adorn fussily
 - 119 Morales in movies
 - 120 Haggard of country
 - 121 Where AT&T is "T"
 - 122 Squiggly letters
 - 123 Breeding 1-Across
 - 124 Carne — (Baja dish)
 - 7 Drake's music
 - 8 University in Nassau County
 - 9 Mechanical way to learn
 - 10 Prudent
 - 11 Part of ABM
 - 12 Animal coats
 - 13 French for "sad"
 - 14 Days of the week, e.g.
 - 15 Campus workstation locale
 - 16 Tending to radiate something
 - 17 Provided juice for?
 - 18 Pro or con
 - 24 Give relief to
 - 29 Composer Carl Maria — Weber
 - 30 Cheer shout
 - 31 Printer clog
 - 33 Org. in "The Martian"
 - 34 With 53-Down, requests
 - 37 Broken-down
 - 38 Knights, e.g.
 - 39 Tic-toe link
 - 40 Retired professors
 - 42 Defrost
 - 46 Was achy or regretful
 - 48 "Holy cow!"
 - 49 Hoof or paw
 - 50 Totally dominate
 - 51 Good craps roll
 - 52 Keats work
 - 53 See 34-Down
 - 54 Place
 - 55 Novelist Tan
 - 56 Small bite
 - 57 Comedic actor Jackie
 - 58 H.S. junior's exam
 - 61 It has fluttery leaves
 - 62 Twirl, as one's thumbs
 - 63 Naturalist Fossey
 - 66 Con game
 - 68 "Anthem" writer Rand
 - 69 Suffix with hero
 - 70 The Raptors, on NBA schedules
 - 72 Engine stat
 - 73 "— culpa"
 - 74 "I think," in texts
 - 75 Half of hexa-
 - 76 Anwar of Egypt
 - 77 Culture base
 - 78 In a criminal way
 - 79 Book full of street maps
 - 80 Desert in Mongolia
 - 83 Palme —
 - 84 Sonny boys
 - 85 Balm plant
 - 88 Most cheeky
 - 90 Maintains order over
 - 91 Prisms' color bands
 - 92 Was a better peddler than
 - 93 Org. issuing nine-digit IDs
 - 95 Youth org. with troops
 - 96 Delaware Valley tribe
 - 97 Cows' milk deliverers
 - 98 Pvt.'s superior
 - 99 False appearances
 - 100 Street — (urban acceptance)
 - 102 Cut off stubble
 - 105 An inert gas
 - 106 Certain dwarf planet
 - 107 Clock info
 - 108 Gym lifter's units
 - 110 Tomato variety
 - 114 Water, in Nantes
 - 115 Give relief to
 - 116 Irish actor Stephen



King Crossword

- ACROSS**
- 1 June honoree
 - 4 Say it's so
 - 8 Pretzel topper
 - 12 Past
 - 13 Travel permit
 - 14 Done with
 - 15 Brock of baseball
 - 16 Alaskan city
 - 18 Heron's kin
 - 20 Army address
 - 21 Dalai —
 - 24 Slow, in music
 - 28 Right to vote
 - 32 Cash advance
 - 33 201, in old Rome
 - 34 Heat to near boiling
 - 36 GOP org.
 - 37 Priestly vestments
 - 39 Cheap ride section
 - 41 "Yum!"
 - 43 Novelist Hunter
 - 44 Steal from
 - 46 Cowboy's workplace
 - 50 Spur on
 - 55 Tic-tac-toe win
 - 56 Nerd's kin
 - 57 Hostels
 - 58 Hooting bird
 - 59 Big wind
 - 60 Track tipster
 - 61 Carrier to Amsterdam
 - 10 Table support
 - 11 Three, in Rome
 - 17 Texas tea
 - 19 Sprite
 - 22 PC alternatives
 - 23 Sportscaster Scully
 - 26 Tart flavor
 - 27 As soon as cheers
 - 29 Bruins' sch.
 - 30 Little lies
 - 31 Mountain ht.
 - 35 Most loved
 - 38 Painter's motion
 - 40 Genetic letters
 - 42 Thee
 - 45 Telly watcher
 - 47 Cranny
 - 48 Batman's hood
 - 49 Actress Celeste
 - 50 Early bird?
 - 51 PBS funder
 - 52 Cartoon frame
 - 53 Yucatan year
 - 54 Wildebeest
- DOWN**
- 1 Valley
 - 2 Awestruck
 - 3 Gloomy
 - 4 Online images
 - 5 Sportscaster
 - 6 Computer key
 - 7 Stadium
 - 8 Reddish-brown horse
 - 9 "Selma"
 - 10 director DuVernay
 - 17 Texas tea
 - 19 Sprite
 - 22 PC alternatives
 - 23 Sportscaster Scully
 - 26 Tart flavor
 - 27 As soon as cheers
 - 29 Bruins' sch.
 - 30 Little lies
 - 31 Mountain ht.

MAGIC MAZE ● DRINKING ESTABLISHMENTS



Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: ENGLISH PUBLIC HOUSE

- | | | | |
|-----------|-------------|------------|---------|
| Bar | Cider house | Lounge | Saloon |
| Barroom | Gin mill | Nightclub | Taproom |
| Beer hall | Honky-tonk | Ratskeller | Tavern |
| Cantina | Inn | Roadhouse | |



Crisp Vegetable Garden Wraps

photo courtesy Fresh From Florida



Crisp Vegetable Garden Wraps

- 1 large tomato, cored and sliced thin
- 1 large or 6 small sweet peppers, seeded and sliced thin
- 4 cups arugula
- 1 cup cucumber, sliced thin
- 1 cup your favorite cream cheese spread or use our hummus or pimento dip recipes
- 4 large sandwich wraps (your favorite)
- 1/2 lemon, to squeeze
- 1 teaspoon all-purpose seasoning blend
- Olive oil for drizzling

On a clean surface, lay out each of the four wraps. Spread 1/4 cup of the flavored cream cheese, pimento dip or hummus on half of each wrap. In a fun and creative manor, evenly distribute all the veggies covering the other half of each wrap. Lastly add an even amount of the arugula to each wrap. Lightly drizzle the veggies with olive oil, seasoning blend and a little squeeze of lemon juice. Start to roll each wrap from the half that has the veggies on it relative tightly toward the side that has the cream cheese or hummus spread. Continue this process until all four wraps are rolled and laying crease side down. From here the wraps are ready to be served. They can be cut in half or into thirds depending on how you want to serve them. Serve with veggie chips.*

PETS OF THE WEEK



Kylo ID# A852776

photos provided

Lee County Domestic Animal Services

Kylo And Puff

Hello, my name is Kylo. I'm a 4-year-old black and white male pit bull mix. I'm the self-appointed ladies man at Animal Services and quite a handsome one at that. My unique markings and short stature make me one of a kind. I love chewing on bones, meeting new people and going on long walks. I am very affectionate and playful, making me a great addition for your family. My adoption fee is \$40.

Hi, my name is Puff. I'm a 6-year-old gray male domestic shorthair. I have recently lost my home and family, and I'm now at LCDAS searching for a new



Puff ID# A853072

one. I'm a beautiful and loving guy that just needs a sunny windowsill or comfy couch, and I will happily settle in for a nap. If you're looking for a friendly cat to relax with, come meet me today. My adoption fee is \$20, and you can adopt a kitty friend for me at no additional cost.

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

My Stars ★★★★★
FOR WEEK OF MARCH 1, 2021

Aries (March 21 to April 19) Whatever decisions you're faced with this week, rely on your strong Aries instincts, and base them on your honest feelings, not necessarily on what others might expect you to do.

Taurus (April 30 to May 20) Your sensitive Taurean spirit is pained by what you feel is an unwarranted attack by a miffed colleague. But your sensible self should see it as proof that you must be doing something right.

Gemini (May 21 to June 20) More fine-tuning might be in order before you can be absolutely certain that you're on the right track. Someone close to you might offer to help. The weekend favors family get-togethers.

Cancer (June 21 to July 22) The week continues to be a balancing act 'twixt dreaming and doing. But by week's end, you should have a much better idea of what you actually plan to do and how you plan to do it.

6 (July 23 to August 22) Changing your plans can be risky, but it can also be a necessary move. Recheck your facts before you act. Tense encounters should ease by

midweek, and all should be well by the weekend.

Virgo (August 23 to September 22) You might still be trying to adjust to recent changes. But things should improve considerably as you get to see some positive results. An uneasy personal matter calls for more patience.

Libra (September 23 to October 22) Congratulations. Your good intentions are finally recognized, and long-overdue appreciation should follow. Keep working toward improvements wherever you think they're necessary.

Scorpio (October 23 to November 2) Try to look at your options without prejudging any of them. Learn the facts, and then make your assessments. Spend the weekend enjoying films, plays and musical events.

Sagittarius (November 22 to December 21) Someone might want to take advantage of the Sagittarian's sense of fair play. But before you ride off to right what you've been told is a wrong, be sure of your facts.

Capricorn (December 22 to January 19) You might be surprised to learn that not everyone agrees with your ideas. But this can prove to be a good thing. Go over them and see where improvements can be

made.

Aquarius (January 20 to February 18) After taking advice on a number of matters in recent months, expect to be called on to return the gesture. And, by the way, you might be surprised at who makes the request.

Pisces (February 19 to March 20) Reassure everyone concerned that a change of mind isn't necessarily a change of heart. You might still want to pursue a specific goal, but feel a need to change the way you'll get there.

Born This Week: You are able to make room in your heart for others, and that makes you a very special person in their lives.

MOMENTS IN TIME

• On March 13, 1781, English astronomer William Herschel discovers Uranus, the seventh planet from the sun. It was the first discovery of a new planet in modern times, and the first to be made using a telescope.

• On March 10, 1876, the first discernible speech is transmitted over a telephone system when inventor Alexander Graham Bell summons his assistant in another room by saying, "Mr. Watson, come here; I want you."

• On March 14, 1914, stock-car racer Lee Arnold Petty is born near Randleman, North Carolina. In 1959, he won the Daytona 500. Lee Petty never lost a race on account of being too kind to his competitors, even if they were family.

• On March 12, 1933, President Franklin D. Roosevelt gives his first national radio address broadcast from the White House, in which he explained his recent decision to close the nation's banks.

• On March 8, 1971, Muhammad Ali and Joe Frazier meet for the "Fight of the Century" at Madison Square Garden in New York City. The bout marked Ali's return after the boxing commission revoked his license over his refusal to fight in the Vietnam War. Frazier won by a unanimous decision.

• On March 9, 1981, a nuclear accident at a Japan Atomic Power Company plant in Tsuruga, Japan, exposes 59 workers to radiation. Sixteen tons of waste spilled into Wakasa Bay, but Japan's Atomic Power Commission made no mention of the accident until more than a month later. By then, radioactive levels of seaweed in the area were found to be 10 times greater than normal.

• On March 11, 1997, Paul McCartney, continued on page 30

| | | | | | | |
|---|--|--|--|---|---|--|
|  FRIDAY Mostly Cloudy High: 76 Low: 66 |  SATURDAY Partly Cloudy High: 74 Low: 67 |  SUNDAY Sunny High: 72 Low: 62 |  MONDAY Partly Cloudy High: 71 Low: 63 |  TUESDAY Partly Cloudy High: 74 Low: 64 |  WEDNESDAY Mostly Cloudy High: 75 Low: 67 |  THURSDAY Partly Cloudy High: 79 Low: 69 |
|---|--|--|--|---|---|--|

Redfish Pass Tides

| Day | High | Low | High | Low |
|-----|---------|---------|----------|---------|
| Fri | 4:46 pm | None | None | None |
| Sat | 5:44 pm | 1:19 am | None | None |
| Sun | 7:08 pm | 2:49 am | None | None |
| Mon | 8:47 pm | 4:01 am | None | None |
| Tue | 1:10 pm | 4:56 am | 10:09 pm | 3:37 pm |
| Wed | 1:14 pm | 5:39 am | 11:10 pm | 4:46 pm |
| Thu | 1:22 pm | 6:13 am | 11:59 pm | 5:36 pm |

Point Ybel Tides

| Day | High | Low | High | Low |
|-----|----------|---------|----------|---------|
| Fri | 3:51 pm | None | None | None |
| Sat | 4:49 pm | 1:21 am | None | None |
| Sun | 6:13 pm | 2:51 am | None | None |
| Mon | 7:52 pm | 4:03 am | None | None |
| Tue | 12:15 pm | 4:58 am | 9:14 pm | 3:39 pm |
| Wed | 12:19 pm | 5:41 am | 10:15 pm | 4:48 pm |
| Thu | 12:27 pm | 6:15 am | 11:04 pm | 5:38 pm |

Punta Rassa Tides

| Day | High | Low | High | Low |
|-----|----------|----------|----------|---------|
| Fri | 6:34 am | 10:11 am | 4:25 pm | None |
| Sat | 5:34 pm | 1:13 am | None | None |
| Sun | 11:53 am | 2:28 am | 7:47 pm | 2:05 pm |
| Mon | 11:58 am | 3:33 am | 9:12 pm | 3:16 pm |
| Tue | 12:06 pm | 4:33 am | 10:26 pm | 4:19 pm |
| Wed | 12:16 pm | 5:23 am | 11:16 pm | 5:14 pm |
| Thu | 12:32 pm | 6:05 am | 11:55 pm | 6:00 pm |

Cape Coral Bridge Tides

| Day | High | Low | High | Low |
|-----|----------|---------|---------|---------|
| Fri | 6:56 pm | 3:03 am | None | None |
| Sat | 7:54 pm | 4:35 am | None | None |
| Sun | 9:18 pm | 6:05 am | None | None |
| Mon | 10:57 pm | 7:17 am | None | None |
| Tue | 3:20 pm | 8:12 am | None | 6:53 pm |
| Wed | 12:19 am | 8:55 am | 3:24 pm | 8:02 pm |
| Thu | 1:20 am | 9:29 am | 3:32 pm | 8:52 pm |

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From page 28

Moments In Time

a former member of Beatles, is knighted by Queen Elizabeth II for his “services to music.” McCartney became Sir Paul in a centuries-old ceremony of pomp and solemnity at Buckingham Palace in central London.

NOW HERE'S A TIP

- Need a quick fix for tarnished brass? Look in your fridge. Ketchup, applied liberally then buffed off, will remove tarnish in a pinch.
- Use a sticky note to clean the cracks in your keyboard. First hold it upside down and shake to remove crumbs. You'd be surprised how much comes out. Then run the sticky strip of the note paper between the keys to pick up dust and any other crumbs.
- “Many people play drinking games with movies and alcohol, but here's my drinking game: I work at an ‘office’ job (although we are remote now), and every

time I get an email notification, I take a sip or slug of water. It's got me surprisingly hydrated!” – PJ in Florida

- If your marker is nearing the end of its life, you might revive it by setting it tip down in a little bit of rubbing alcohol.
- “Schedule important doctor's checkups, like your annual physical and dental cleanings, in the same month each year so you will know when they are coming up. I use my birth month. My mom always has hers done in February.” – ED in Massachusetts
- Use a cotton swab to clean out the tips of your earbuds.
- “To clean out your coffeemaker, run a cycle of water through it, and then pour out half the water and replace it with white vinegar. Pour that mixture back through the coffeemaker (make sure it's off) and let it sit for 10 minutes. Then run the vinegar mixture through, then two cycles of fresh, cold water. – AL in New York

STRANGE BUT TRUE

- In 2008, two sisters from Virginia sold

their Illinois-shaped corn flake on eBay for \$1,350.

- One of the first diet books, *The Art of Living Long* by Luigi Comaro, came out in 1558 ... and is still in print.
- In the movie *Psycho*'s iconic shower scene, Alfred Hitchcock achieved the sound of stabbings by knifing through a casaba melon. He even had his crew audition multiple varieties of melon to get the perfect tone.
- Folks who enjoy collecting ties are known as grabatologists.
- The mostly unknown second and third verses of *Take Me Out to the Ball Game* reveal the song was originally written as a feminist anthem about a woman wanting to go see a baseball game rather than go on a date to a show.
- Cinderella's shoes were made of fur, not glass, in the tale's original version.
- Overdo it on the garlic or onions and need to freshen your breath? Try roasted coffee beans instead of gum or mints. Israeli scientists have found that coffee can inhibit the bacteria that leads to bad breath, but if

you prefer drinking it to chewing, you'll do best to take it black.

- German chocolate cake was named for an American baker, Samuel German.
- “Scurryfunge” is an old English word meaning to rush around cleaning when you see company is on their way over.
- In the Middle Ages, the “shrew's fiddle” or “neck violin” was used to punish those who were caught bickering by linking them face-to-face, forcing them to talk to each other. They weren't released until their disagreement was resolved.

THOUGHT FOR THE DAY

“I had a new vision in front of me, and I always feel that if I can see it and believe it, then I can achieve it.”

– Arnold Schwarzenegger

TRIVIA TEST

1. **Games:** Which chess piece can only move diagonally?
2. **U.S. States:** What is the capital of Nevada?
3. **Language:** What is a lexicon?

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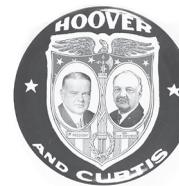
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3/5 * 3/5

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ADMINISTRATIVE ASSISTANT

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

Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish. Hold the fish in the water while you unhook it if you're going to release it.

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

If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

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

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



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