



Joel Ying photos provided

Mary Lou Williams

Rhonda Brazina

Marilyn Graham

Storytellers Bring Tales Of Luck To Outdoor Stage

Live storytelling is back – outdoors and with social distancing – on the Alliance for the Arts outdoor stage on Thursday, March 25 from 7:30 to 8:30 p.m.

Storytellers of the Round Table and The Elephant Showcase Storytellers will bring you tales of luck, both good and bad, in the oral tradition. The tellers, in order of appearance, will be Joel Ying, Mary Lou Williams, Rhonda Brazina and Marilyn Graham.

Seating is limited and attendees will purchase a pass for a six-foot by six-foot square space on the Green Market lawn. In order to maintain social distancing, all

lawn spaces will be six feet apart. Guests are required to bring their own lawn chairs and blankets. A pass for a square space is \$12.50 for one person, \$25 for two people or \$50 for a group of four.

For safety reasons, all tickets must be purchased in advance. When purchasing tickets, attendees will be able to pre-order snack boxes for two, provided by Broadway Palm Dinner Theatre. Beverages will be available for purchase.

Event staff and volunteers are required to wear masks at all times. Attendees are required to wear masks indoors at the Alliance and when social distancing is not possible. In the event of inclement weather, you will be contacted to either refund or reschedule the performance.

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



Painting by Barbara Gage Mulford

images provided

First Solo Exhibition For Local Artist

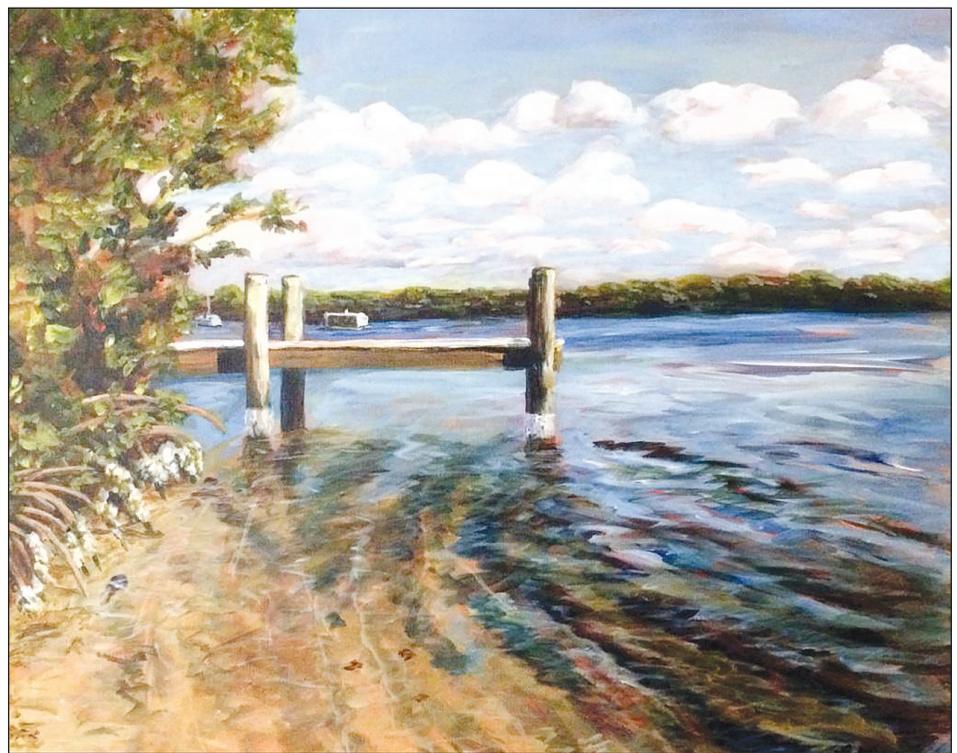
Arts for ACT Gallery will hold an opening reception for realist painter Barbara Gage Mulford in the main gallery on Friday, April 2 from 6 to 9 p.m. ACT co-op artists will also be displaying a variety of new works.

Mulford knew that there was something very different about her art, and that she

would be a professional artist someday.

Supporting herself at age 18, she found employment in business by building a lucrative career for the next few decades, while raising a family and putting art on hold.

Following a mentor's advice and lifelong dream, Mulford made the leap to career artist in 2016 by first teaching art classes and then exhibiting her own work. She taught classes simultaneously at eight senior centers in Massachusetts and, after



Painting by Barbara Gage Mulford

moving to Florida, at Arts for ACT Gallery and the former Art League of Fort Myers.

Mulford was a participant of the 2018, 2019 and 2020 Art Poems projects. She exhibits regularly at Arts for ACT Gallery and performs live painting

demonstrations during Art Walk in front of the gallery. She works with traditional painting techniques with oil or acrylic on canvas, panel or linen, and incorporates a representational, slightly expressionistic

continued on page 6

Historic Downtown Fort Myers, Then And Now:

Turn Of The Century At The Myers Post Office



by Gerri Reaves, PhD

As the very small town of Fort Myers approached the turn of the 20th century, the post office was in the capable hands of Postmistress Olive Elizabeth Gardner Stout.



Olive E. Stout was one of the most important women in the development of Fort Myers
courtesy Southwest Florida Historical Society

Pictured here are the cover and some entries from the Ledger and Postal Account Book, Class 4 that she kept for part of her second term in that job.

Note the details entered at the top of each page, as seen in the entries for April 1898: Olive E. Stout, postmaster at Myers, along with county, country and date.

And if you're wondering why "Fort" is absent from the town's name – no, that's not a mistake.

Although citizens called the town Fort Myers, the Post Office officially called it "Myers" until November 21, 1901, when the federal government finally relented and changed it.

The recordkeeping, which involved daily, quarterly and end-of-year totals, reminds us why legible handwriting was a must in the workplace in the pre-computer age.

To have a lovely "hand" was once a point of pride.

There was no Excel app or even calculator to handle column addition, so basic math was also a necessity for entering daily totals for canceled stamps and sales.

The number of receipts and stamps sold, as well as the income, are just some of the tedious details that were recorded down to the penny.

In April 1898, some of the sales were for items that sound odd today: newspaper and periodical stamps in various denominations, and one-cent ordinary postage stamps.

The monthly totals indicate that April 4 was the most profitable day that month for canceled stamps, a whopping \$6.70. The monthly grand total was \$129.68.

Stout was the first woman postmaster, but followed several men, the first being Jehu J. Blount in the 1870s. He ran the post office from his general store on the northwest corner at First and Hendry, which had a literal slot in the side of the building for the mail.

However, that first postmaster was unofficial and unpaid, apparently willing to do it for the boost it gave his business.

When official U.S. government mail delivery was established in August 1876, the post office moved across Hendry to the other corner, where the newly appointed postmaster, William Marion Hendry, had his own store.

Hendry, of course, was paid, which didn't do much to foster good will between the two merchants.

Such was the itinerant – and sometimes personal – nature of the pioneer postal service.



Mrs. Ola McLeod (Nathan G.) Stout, daughter-in-law of Frank and Olive Stout, is seen walking out of the Fort Myers Press, which was owned by her husband's parents. Circa 1900 and during her second term as postmistress, Olive E. Stout ran the post office from the office of the Fort Myers Press, then located on the southwest corner of First and Hendry in the Matheson-Smith Building.
courtesy Southwest Florida Historical Society

Blount, however, got his own back, when he was appointed postmaster three years later and moved the post office back to his corner, by then renamed the Blount-Parker store.

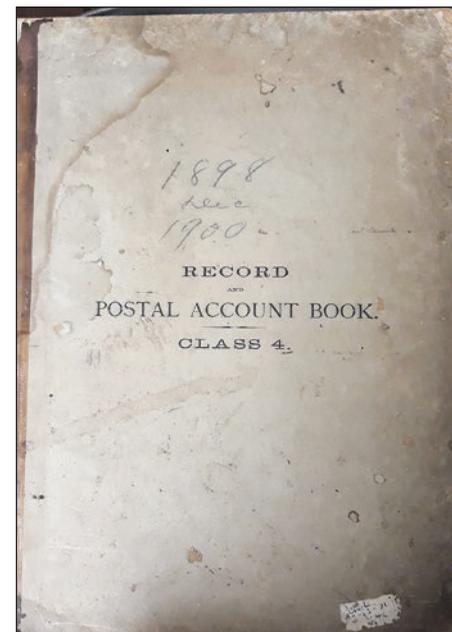
For at least part of her time as postmistress, Stout also ran the post office from her family's business, the Fort Myers Press.

The historic photo shows the newspaper office on the southwest corner of First and Hendry circa 1900. Note the "post office" sign over the office entrance. Today, the 1905 Leon Building is located there.

After coming to Fort Myers in 1886, she had bought the one-year-old Fort Myers Press from the widow of founder Stafford C. Cleveland. The Frank and Olive Stout family subsequently owned and operated it for 27 years.

Besides serving two terms as postmistress, from 1889 to 1893 and from 1897 to 1906, the former schoolteacher from Wisconsin devoted herself to being a civilizing influence on the town.

Stout was instrumental in women's



Postmistress Olive Stout recorded postal records in this ledger from 1898 to 1900
photo by Gerri Reaves

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A fire demonstration during a previous class

photos provided



Messologists



Lego engineers

Register Early For Science Center Summer Camps

The IMAG History & Science Center will host new Summer of Inspiration Camps designed especially for rising first through eighth grade students beginning the week of June 21.

Camp IMAG offers campers fun and exciting experiences with an educational curriculum blending science, technology, engineering, art and mathematics (STEAM) with history, in themed weekly sessions. Activities, games, exhibit explorations, arts and crafts, and more will inspire the imagination and encourage a lifelong love of learning. At Camp IMAG, campers see something they never saw before and hear something they never heard before, sparking their imagination and giving new meaning to who they can become – like scientists and astronauts, explorers and experimenters, discoverers and designers, pilots and programmers, mechanics and master chefs.

One-week camps will be divided into rising first to second graders, rising third to fifth graders, and rising sixth to eighth graders. Sessions include Backyard Scientists, Lego Engineers, Wizard Academy, Junior Keepers, Messologists, Culinary Chemists, Don't Try This at Home, Bots and Rovers, and Tiny Tech. In addition to camps, the IMAG also offers a Junior Camp Assistant Program for rising ninth to 12th grade students. What's more, the IMAG, through its commitment to support the community, offers tuition-assistance camp scholarships for families in need.

Although inspiration is in abundance, the IMAG suggests early registration since participation is limited in number.

The IMAG History & Science Center is located at 2000 Cranford Avenue in Fort Myers. For a complete list of a Summer of Inspiration Camps and camp registration, visit www.theimag.org or call 243-0043.*

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Young volunteers clean up The Villas photos provided



Great American Cleanup volunteers at Bunche Beach

Great American Cleanup Thrives Due To Volunteers

The Keep America Beautiful Great American Cleanup, the nation's largest community improvement program, takes place in an estimated 20,000 communities nationwide. Locally, Keep Lee County Beautiful, Inc. (KLCB) hosted a successful 23rd annual county-wide cleanup this past Saturday.

The windy weather did not stop more than 500 volunteers at 21 locations across Lee County collect over 10,000 pounds of litter and debris from our beaches, parks, roads and waterways. Since Lee County is a coastal community, the majority of loose trash will find its way into the Gulf, so these cleanups are vital. During COVID, there has been an increase in plastic pollution, making this community cleanup especially important this year. Volunteering is the most immediate and impactful solution to help protect the

environment and local waterways.

The Great American Cleanup gave Lee County residents and visitors the opportunity to come together to make a difference. The cleanup helped to transform neighborhoods and communities into beautiful, healthy spaces.

KLCB is the local resource for litter prevention, community greening and recycling and waste reduction education. Events such as the Great American Cleanup continue to bring awareness to the local litter collection efforts and to inspire others to join.

Get involved to help keep the county looking as pristine as possible. KLCB has Great American Cleanup events through the months of March and April in honor of Earth Day.

The International Coastal Cleanup will take place on September 18, and the Monofilament Madness water-based cleanup happens on November 6. Visit www.klcb.org for details and information on sponsorship opportunities.

KLCB extends gratitude to all of the volunteers for their hard work to help protect paradise. Thank you to the presenting sponsor Tropical Smoothie and Peter Busch from NBC2 for being the event ambassador as well as sponsors Surfing's Evolution & Preservation Foundation, Lee County Solid Waste, Waste Pro, Keep America

Beautiful, Advanced Disposal, Coca-Cola Beverages Florida, Keep Florida Beautiful, The Town of Fort Myers Beach, Home Hunters USA, Suncoast Beverages, Hot Tub Specialists of SWFL, Safeguard Shredding Services, The City of Fort Myers, U.S. Anesthesia Partners and the Paradise Iowa Club.

For more information, call 334-3488 or visit www.klcb.org. Follow on Facebook @KLCBInc or Instagram [keepleecountybeautiful](https://www.instagram.com/keepleecountybeautiful/).

Take A Boater Education Class For Safety's Sake

Spring has arrived and the Florida Fish and Wildlife Conservation Commission (FWC) wants to make sure that everyone recreating on our waters goes home safely at the end of the day. The FWC encourages all boaters to "Spring Aboard" by taking a boating safety course.

In 2020, Florida boating accident statistics indicated that, when the level of operator education was known, 72 percent of boating deaths occurred on boats where the boat operator had never received boating education instruction.

While not currently required, owners of human powered watercraft, such as paddleboards and kayaks, are encouraged to take a boating education class as well so they are aware of critical boating knowledge that anyone who plans to get out on the water should have, and be better prepared for the risks they may face while boating.

"In Florida, boaters who were born on or after January 1, 1988, are required to complete and pass a boater safety education course. But everyone interested in boating should take a course," said Maj. Rob Beaton, FWC's boating and waterways section leader. "There's no reason to head out on the water without this knowledge."

Boaters have many ways to get educated, from classroom courses offered by the Coast Guard Auxiliary and United States Power Squadrons to online offerings available anytime day or night.

To learn more about boater safety education, visit www.myfwc.com/boating and clicking on "Boating Safety and Education."



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Michel'le Bridley photos provided

Jonathan Arboleda

Kassandra Cooper

Yaricela Vargas

Future Teachers Earn Scholarships To Remain Local

Four high school seniors were recently awarded scholarships to continue their education and become teachers for the School District of Lee County. They are: Michel'le Bridley, Jonathan Arboleda, Kassandra Cooper and Yaricela Vargas. The school district sponsors the Grow Your Own Scholarship funded by the state legislature. Suncoast Credit Union also

sponsors a Grow Your Own Scholarship, and the Foundation for Lee County Public Schools sponsors the Golden Futures Scholarship. All scholarships pay for a student's tuition at Florida Gulf Coast University (FGCU) or Florida SouthWestern State College (FSW), as long as the student commits to teaching in the district for three years after graduation. Michel'le Bridley is this year's recipient of the School District's Grown Your Own Scholarship. She is a senior at Fort Myers High School and will attend FSW in the fall. The Suncoast Credit Union Grow Your

Own Scholarship is being awarded to Jonathan Arboleda. The Riverdale High School senior will attend FGCU in the fall. Golden Futures Scholarships from the Foundation for Lee County Public Schools are being awarded to Kassandra Cooper and Yaricela Vargas. Cooper is a senior at North Fort Myers High School and will attend FGCU in the fall. Vargas is a senior at South Fort Myers High School and will attend FSW in the fall. The School District of Lee County, The Foundation for Lee County Public Schools and Suncoast Federal Credit Union have been combining efforts for several years to recruit and retain teachers from the

greatest community asset, local students. The goal is to keep interested students who want to seek a career as a teacher in the School District of Lee County. All four students were surprised during a recent Zoom meeting.✧

Dean's List

Brant Harlacher of Fort Myers was named to the dean's list for the fall 2020 semester at Georgia Southern University in Statesboro, Georgia. To be eligible, a student must have at least a 3.5 grade point average and carry a minimum of 12 hours for the semester.✧

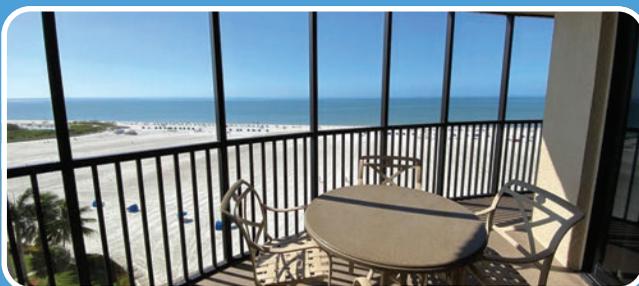
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Fort Myers Art:

Arts Community Transformed By This Honoree



by Tom Hall

Sonya McCarter is being recognized during Women's History Month, as Art Southwest Florida is honoring women who have made and are making significant

contributions to the arts and culture of Southwest Florida in March.

McCarter is a gifted director and remarkably versatile actor. On the directing side, her credits include Lorraine Hansberry's *A Raisin in the Sun*, August Wilson's *King Hedley II*, *Seven Guitars* and *Ma Rainey's Black Bottom*, Lydia Diamond's *The Bluest Eye* and George C. Wolf's *The Colored Museum*. Her acting credits include parts in George S. Kauffman's *The Still Alarm* and Alan Ayckbourn's *Between Mouthfuls* and *A Talk in the Park* (part of the Alliance's production of *Confusions*), *Camae* in Katori Hall's *Mountaintop*, Louise Parker Neese in Steven Dietz's *Rancho Mirage*, Corryn Fell in *Gideon's Knot*, Ntozake Shange's choreopoem *For Colored Girls Who*



Sonya McCarter

photo courtesy www.artswfl.com

Have Considered Suicide When the Rainbow is Enuf, and as a grieving mother in the virtual presentation of *For Black Women Who Experienced Genocide When The Police Murders of Their Sons Was Too Much* by Keith A. Wallace for *The Best Seats in Your House*. McCarter also had appearances in two episodes of the television show *Burn Notice* and the film *The Florida Project*.

To be sure, McCarter has influenced the actors she's directed and with whom she has performed, not to mention the audiences who have seen her productions. In both capacities, she has made us laugh and cry. She has caused

us to think and learn. And thinking and learning are possibly the most important and far-reaching attributes an actor or director can engender in those with whom they engage. But McCarter is really making her presence felt as the Alliance for the Arts' community engagement coordinator and an instructor in the Alliance's CHANGE program.

CHANGE stands for Communities Harnessing the Arts to Nurture and Grow Equity, a program that effectuates the ambitious goal of attracting people of color to theater, not only as patrons but as actors and directors, and lighting, sound and other technicians. With a grant generously provided by the Southwest Florida Community Foundation, the Alliance has been assiduously striving through CHANGE and its community outreach initiatives to expand the pool of local talent capable of taking on challenging African-American and Latino roles while concurrently engendering a greater interest in minority communities in both the visual and performing arts. McCarter has played a pivotal role in the endeavor and, since the program's initiation in 2018, she and fellow CHANGE instructor Derek Lively have instructed, trained, mentored and given flight to such talented actors as Cantrella Canady, Imani Lee Williams, Katherine Oni, Rose Thomas, Mattie Johnson, Veronica Barber, Melanie Payne and Cicero McCarter, to name just a few CHANGE program graduates.

While McCarter's efforts both through CHANGE and as the Alliance's community engagement coordinator have been hampered by the COVID-19 pandemic, she has created the predicate for the increased involvement of African-American and Latino people in the performing arts by providing role models on and off stage that enable people of color to see themselves having success not just as actors, directors and crew members of theatrical productions, but as playwrights, screenwriters and filmmakers as well. As one actor of color remarked recently, you first have to see people on stage who look like you before you can aspire to emulate and surpass their successes. McCarter is methodically and meticulously filling that void.

With more diversity among actors, directors and playwrights, and growing interest in theater in minority communities, theater companies from the Alliance for the Arts to Lab Theater, Florida Rep, Broadway Palm and beyond will be encouraged to produce more shows that feature and tell stories about people of color. Shows like *The Bluest Eye*, *A Raisin in the Sun*, *The Agitators*, *Mountaintop*, the August Wilson's *Century Cycle*, *Anna in the Tropics* and *On Your Feet!* sensitize all audiences to and foster conversation about themes ranging from institutional bias and racism to what it's like to be black or Latino in white society now and throughout the ages.

It is only in this way that people of all races and ethnicities can begin to

understand and empathize with each other.

"Sonya embodies this ethos, transforming and improving our community through intentional programming that provides access to the arts for all who seek it," noted Alliance for the Arts Communications Manager Desiree DeMolina. "Her talent and passion are reminders that art helps us move forward in life: to be better, to do better, to be more empowered and to be an active part of this process of change."

And for these reasons alone, Art Southwest Florida recognizes Sonya McCarter as a pioneer in the performing arts in Southwest Florida. Her impact will be felt for generations to come.

*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.**

Continental Women To Meet

The Continental Women's Club will hold a luncheon meeting at The Hideaway Country Club on Thursday, April 1 at 11:30 a.m.

Guest speaker will be Karen Fordiani, public information specialist with Lee County Domestic Animal Services. Learn more about the agency and how it operates within the community.

Continental Women's Club meetings are held on the first Thursday of each month. Tables are socially distanced, and masks are required. Cost to attend the luncheon is \$24.

The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. Call Liz Paul at 691-7561 for more information.*

President's List

Laura Hoard of Fort Myers was recently named to the president's list for the fall 2020 semester at Georgia Southern University in Statesboro, Georgia. To be eligible for the president's list, a student must have at least a 4.0 grade point average and carry a minimum of 12 hours for the semester.*

From page 1

Exhibition

style. She signs her work "B Gage."

Mulford will bring her love and appreciation of Florida's birds, boats and the Everglades to her first solo exhibition at Arts for Act Gallery. To view more of her work, visit www.bgageart.com.

The exhibit will be on display through Monday, May 3.

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

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The Leadership SWFL Class of 2020-21 explores Estero Bay photos provided

Applications Open For Next Leadership Class

Applications are open for the next class of Leadership SWFL, a community immersion program dedicated to developing business professionals with a greater understanding of the community and creating a network of individuals ready to serve on boards and in other volunteer leadership roles in the region.

Nine, full-day class sessions and an overnight retreat for the program will run from May through December 2021. Sessions include special tours and in-depth discussions on the topics of crime and justice, economic development, education and the workforce, environment, government, healthcare, infrastructure, media and tourism.

Interested participants must apply by 5 p.m. on Friday, March 26 at www.swfl.com/leadership-swfl.

Have you ever put on a firefighter uniform and used the jaws of life? Or toured backstage at a professional theater, walked through a broadcast newsroom or seen an emergency operations center? Leadership SWFL is the ultimate way for area professionals to experience moments like that to fast-track their regional understanding and connect with the professionals and organizations that



The Leadership SWFL Class of 2020-21 toured Bonita Springs Fire and Rescue, tried on gear and used the jaws of life

make Lee, Collier and Charlotte counties work.

This will be the 23rd class of Leadership SWFL. Graduates of this program make lifelong connections, gain a deep understanding of the region and join an alumni network of more than 350 individuals from a wide variety of industries.

For more information, contact Dawn Brewer at dawn@swflinc.com.✱

Tickets Available For Live Stream Musical

Broadway Palm is presenting their production of *On Your Feet* through a live stream for two performances only on Saturday, March 27 at 1 p.m. and 7:30 p.m. In addition to the production, the live stream will include exclusive interviews and a look behind the scenes prior to the performance and at intermission.

On Your Feet tells the story of

Gloria and Emilio Estefan through an exhilarating musical that won the hearts of critics and audiences alike. Hear *Rhythm is Gonna Get You*, *Conga*, *Get On Your Feet*, *Don't Want To Lose You Now*, *Coming Out Of The Dark*, 1-2-3 and more.

The *Chicago Tribune* reported, "IT'S A HIT!" and *The New York Times* cheered, "The very air in the room seems to vibrate in this undeniably crowd-pleasing musical."

Streaming tickets are \$15 for one person, \$30 for two people and \$50 for four people. For tickets, visit www.broadwaypalm.com.✱



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

Kiwanis Online Auction Benefits Youth Education

submitted by Tom Sharbaugh

For the past year, the pandemic has put a stop to many of the islands' major social gatherings. That includes the Sanibel-Captiva Kiwanis Club's annual Spaghetti Dinner, normally a fixture on the February calendar and an event that raises funds for the Kiwanis Foundation Scholarship Fund. To address this vacuum, the club has come to the rescue with a new event that promises to be both fun and safe – the Kiwanis Online Silent Auction.

Kiwanians invite residents and visitors to visit the auction website to explore some unusual items and exciting experiences, many of which will be perfect to enjoy as the COVID-19 restrictions ease and guests start arriving looking for things to do. Auction listings include resort and hotel stays, golf outings, sporting goods, fishing and sightseeing trips, artwork, custom chef-prepared dinners, a private wine tasting dinner party, home services, legal consultation, and even a rare collector's item; a vintage 1969 Honda 350 motorcycle in pristine condition. There's guaranteed to be something that tickles your fancy. Or organize your friends to share a special dinner or outing.

The online auction can be found at www.32auctions.com/sancapkiwanisauction. The auction site



A vintage 1969 Honda 350 Scrambler is sure to be a hot ticket item photo provided

is open for browsing and bidding begins on Friday, March 19. The auction will be open for nine days, until Sunday, March 28 at 6 p.m., at which time winning bids will be determined. Bidders are encouraged to check back often as the auction progresses to see how their bids are holding up.

All proceeds from the auction will benefit the Kiwanis Foundation, which provides scholarships to island students (residents and those whose parents work on the islands) and grants to local youth programs. Sanibel-Captiva Kiwanis Club President Bill Hay said, "We're disappointed that the club was not able to host the spaghetti dinner this year, but this

auction event should be fun, something new, and it will help us continue our support for island kids."

Kiwanis thanks the major sponsors who have made the online auction possible, and many other island businesses that lend their support. Major sponsors include: Cielo, Sanibel Captiva Community Bank, Bank of the Islands, Bailey's General Store, The Sanibel Captiva Trust Company, Sanibel Captiva Beach Resorts, The Sanctuary Golf Club, Archer Hotels, Sundial Beach Resort & Spa, Billy's Rentals, Carefree Birding, Barefoot Charley's Painting Company, *Island Sun* and *The River Weekly News*, and Congress Jewelers.✪

Local Named To Honor Society

Jaci Rabin of Fort Myers was recently initiated into the Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Rabin was initiated at University of South Alabama.

Rabin is among approximately 30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Phi Kappa Phi was founded in 1897 under the leadership of undergraduate student Marcus L. Urann, who had a desire to create a different kind of honor society: one that recognized excellence in all academic disciplines. Today, the society has chapters on more than 325 campuses in the United States and the Philippines. Its mission is: "To recognize and promote academic excellence in all fields of higher education and to engage the community of scholars in service to others."

For more information, visit www.phikappaphi.org.✪

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

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

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

LAMB OF GOD

Sunday 7:45 and 10 a.m., www.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.✪



Sarah Jacobson of The Community House with homemade pickles and chutneys created by Resident Chef Jarred Harris photo provided

Arts And Crafts Fair On Sanibel

The Community House on Sanibel is hosting an arts and crafts fair on Sunday, March 21 from 9 a.m. to 2 p.m. Vendors had to go through a selection process to participate and the number of sellers has been limited for the safety of shoppers.

There will be an eclectic array of original art in various mediums, shell and other crafts, culinary items, birdhouses,

jewelry, baked goods, greeting cards, cartoons and other handmade items. All sellers will be situated indoors at The Community House and safety protocols will be strictly followed. Masks will be required, temperatures will be scanned and ingress/egress routes will be limited. The number of visitors will be monitored to enable social distancing.

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

Play Extended At Lab Theater



Sandro Botticelli, portrayed by Steven Coe, is rewriting his personal history photo provided

The Laboratory Theater of Florida has announced the extension of Jordan Tannahill's multimedia extravaganza *Botticelli in the Fire* for an additional two weekends. The wildly popular play reimagines the relationship between Sandro Botticelli and Leonardo da Vinci during the painting of *The Birth of Venus*.

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

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

Tickets are \$28 for adults and \$18 for students with valid student IDs.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in downtown Fort Myers. For more information or tickets, call the box office at 218.0481 or visit <http://labtheaterfl.ticketspice.com/botticelli-in-the-fire>.*



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New Staff Member Joins Mound House

The historic Mound House on Fort Myers Beach recently added Museum Educator Adam Knight to its staff, while Environmental Education Manager Dexter Norris attained his Certified Interpretive Guide Trainer (CIGT) accreditation in February.

Knight received a degree in international studies with minors in anthropology and woman's studies at Flagler College. He then worked at the Edison-Ford Winter Estates as an elite historian and joined the Mound House in November 2020. Along the way, he earned a master's degree in museum studies from Johns Hopkins University.

"I have a real love for anthropology so the archeological aspect of the Mound House really appealed to me," said Knight. "In addition to that, I want to educate people about the lesser-known aspect of Southwest Florida history, so while many folks



Environmental Education Manager Dexter Norris leads a school field trip photo provided

have at least a rudimentary knowledge about Thomas Edison and Henry Ford, most must learn about the Calusa, the

Spanish influence on our area, and the region's environmental impacts."

Knight, who facilitates the visitor

experience on public tours and programs, recently earned his certified interpreter guide" (CIG) accreditation through the National Association for Interpreters (NAI).

In February, Mound House Environmental Education Manager Dexter Norris earned a certified interpretive Guide Trainer" (CIGT) accreditation through the NAI. "I can now train other museum professionals to become 'CIGTs,'" Dexter said. "It is important for the Mound House that I have this accreditation because it increases our staff's standards of excellence with a broader programming focus to interact with our community, and it brings the Mound House one step closer to attaining our American Alliance of Museums accreditation that is our long-term goal."

The Mound House is located at 451 Connecticut Street on Fort Myers Beach. There is overflow parking at 216 Connecticut Street.

For more information, monthly program schedule and ticket information, call 765-0865 or visit www.moundhouse.org.*

Animal Shelter Opens Low-Cost Veterinary Clinic

Due to the overwhelming demand for low-cost veterinary care, the Cape Coral Animal Shelter (CCAS) has opened its clinic six days a week effective immediately. Hours of operation are Monday through Friday from 8 a.m. to 5 p.m. and Saturday from 8 a.m. to 4 p.m. Appointments can be made by calling 573-2002, ext. 106.

"It took us a while to get all the people and systems in place" said CCAS Executive Director Liz McCauley. "We are still receiving hundreds of calls a week, but we have added additional administrative and veterinary staff to handle the demand. We're ready to go

full steam ahead six days a week."

"We believe now more than ever people need a low-cost alternative to keep their pets healthy, happy and out of the shelter. Our services include vaccines, spay/neuter surgery, illnesses and wellness visits, dental procedures, and the sale of flea and heartworm preventative and prescription food. We also carry a private label line of skin care products for your pets." said Melanie Waite, CCAS director of operations.

Dr. Kristie Welsh and Dr. Chad Weddell provide full service veterinary care to clients and their pets. The clinic is not limited to low-income patients or patience from outside of Cape Coral.

All revenue generated from the clinic supports the live-saving efforts of the shelter, which has done over 1,000 adoptions in less than one year of operation.

Cape Coral Animal Shelter

Veterinary Clinic is located at 324 SW 2nd Avenue in Cape Coral. For more information, visit www.capecoralanimalshelter.com/services/veterinary-clinic.*

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.fmsc.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.*

From page 2

Historic Downtown

clubs, city beautification, founding the first library and raising money for numerous good causes.

To counteract unruly behavior in the streets and saloons, she joined the crusading Women's Christian Temperance Union.

Stout died in 1930 and is buried in the Fort Myers Cemetery.

Take a walk down to First and Hendry and ponder the odd fact that three of the corners have been the location of the "Myers" post office.

Then visit the following research centers to learn more about the remarkable women who helped build Fort Myers.

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

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

FIRST MONTH OF QUARTER. FOURTH-CLASS OFFICE.

Stamp and Postal Account of *Oliver & Stout*, Postmaster at *Myers*, County of *Lee*, State of *Florida*, with the United States for the Month of *April*, 1898.

	1 STAMPS RECEIVED FROM DEPARTMENT.		2 STAMPS RECEIVED FROM DEPARTMENT.		3 Total amount of stamps, etc., to be accounted for.	4 Damaged Stamps, etc., returned to Department.	5 Stamps, etc., on hand at close of Month.	6 Day of Month.	7 TOTAL AMOUNT OF STAMPS SOLD EACH DAY.		8 TOTAL AMOUNT OF STAMPS CANCELLED EACH DAY.		9 RECEIVED AND DELIVERED.	
	No. of Receipts.	AMOUNT.	No. of Receipts.	AMOUNT.					Received and Recorded.	Delivered.	Received and Recorded.	Delivered.		
Stamps on hand from last month														
One-cent ordinary postage stamps								1		572				
Two-cent ordinary postage stamps	367	7.34						2		632				
Four-cent ordinary postage stamps								3						
Five-cent ordinary postage stamps								4		670				
Eight-cent ordinary postage stamps								5		520				
cent ordinary postage stamps								6		283				
cent ordinary postage stamps								7		545				
cent ordinary postage stamps								8		670				
Special-delivery stamps								9		620				
One-cent postal cards	389	3.89	10					10						
Two-cent postal cards (International)								11		635				
One-cent postage-due stamps								12		628				
cent postage-due stamps								13		500				
cent postage-due stamps								14		288				
cent postage-due stamps								15		505				
One-cent newspaper & periodical stamps.								16		270				

A section of a page from April 1898 shows daily totals for each postal category at Myers, Florida, the town's official name until 1901 photo by Gerri Reaves

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.

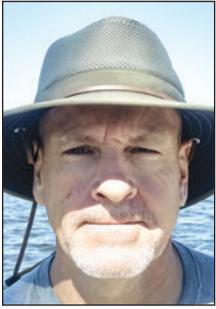
The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Hours for the nonprofit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only. For more information, call 332-8778 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, the Fort Myers Press, and The Story of Fort Myers by Karl H. Grismer.*

CROW Case Of The Week:

Pileated Woodpecker



by Bob Petcher

The pileated woodpecker (*Dryocopus pileatus*) is the largest woodpecker in North America, with a black body, white stripes on its face and a red crest. In fact, the "pileated" part of its name comes from the Latin word *pileatus*, meaning "capped," referring to the bird's prominent red crest.

This forest bird has a distinctive bill, which is long and chisel-like. It is powerful in drilling rectangular-shaped holes in rotted wood to forage for carpenter ants and other insects. It also uses its bill to bore holes in trees for nest openings that offer crucial shelter to many other fliers like swifts, owls, ducks, bats and pine martens.

Pileated woodpeckers will often visit backyard bird feeders, especially for suet. Its distinguished call keeps other birds away while it is drilling away on trees. In flight, it can be mistaken for a crow due to its deep, rowing wingbeats.

At CROW, an adult pileated woodpecker was admitted after it was found in Fort Myers unable to walk or fly. Upon initial examination, the patient's mentation was quiet, and there was notable muscle weakness in the right leg. Veterinarians suspected head or spinal trauma as the cause of injury. X-rays revealed some cause for concern in the legs and around the synsacrum, which is a part of the spine.

"We can assume this bird had mild symptoms related to head trauma, since it was quiet on intake and sustained blunt force trauma to its body," said Dr. Robin Bast, CROW staff veterinarian. "The synsacrum



Patient #21-771 is strengthening its legs with help through physical therapy and on its own by climbing on rocks

photo by Becca Wehmeier

is the lower part of the spine that involves multiple fused vertebrae connected to the pelvic girdle. Below the synsacrum are a few non-fused vertebrae, the last of which is called the pygostyle, which the tail feathers are attached to."

After admittance, the patient began physical therapy in an effort to stimulate and strengthen its legs.

"Since the leg was weak and the bird wasn't using it well on its own, we put it through normal range of motion to help prevent muscle atrophy. This often involves a bicycle-type motion," said Dr. Bast.

The patient appears to be reacting positively to the physical therapy and other care. It is standing better with more strength to its legs.

"This bird continues to make gradual improvements, it is bearing weight on the affected leg and starting to use it to climb logs," said Dr. Bast. "We are hopeful that with more time, it will return to normal function."

The pileated woodpecker has remained in the intensive care unit since its intake on March 4. While it may not be digressing health-wise, it is being handled in a guarded approach and making tiny steps forward in its rehabilitation.

"The woodpecker continues to receive supportive care in the ICU and is being closely monitored," said Dr. Bast. "(It is) still making slow progress.

"We are hopeful that given more time, this bird will make a full recovery. If maintaining weight and climbing well, we will move it to an outdoor rehab enclosure to gain further strength in preparation for release."

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for native and migratory wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to P.O. Box 150, Sanibel, FL 33957. Call 472-3644 or visit www.crowclinic.org.✪

Boating Classes Offered By Local Power Squadron

The San Carlos Bay Sail & Power Squadron/America's Boating Club will hold two boating courses – one both virtually and in person and the other only in person within the squadron classroom.

America's Boating Course will be held in person on Saturday, May 15 and Saturday, May 22 from 8:30 a.m. to 12:30 p.m. each day. The same course will be held virtually on Tuesday, May 25 and Tuesday, June 1 from 6 p.m. to 10 p.m. each day.

This is the basic boating course, which is offered nationally and recognized by all state authorities. It is an introduction to boating (boats of all types), boating laws, boating safety equipment, the how-to's of safe boating, basic navigation aids and rules, and protecting your boat.

There will be an exam at the end of the eight-hour course, which is spread over two sessions. Those that pass will receive a Florida Boater's Card, which is required for all people born after January 1, 1988. Cost for the course is \$50/\$70 for two people sharing materials that include the course book, pamphlets on Aids to Navigation,

federal requirements, trailering and more.

Those that successfully complete this course may be eligible for the Jump start program, a free on-the-water course for boat owners for those who also join the San Carlos Bay Sail & Power Squadron/America's Boating Club.

To register, call (239) 466-4040, leave a message and our registrar will contact you.

The Local Water, Local Charts course will be held in person on Saturday, June 5 from 8:30 a.m. to 12:30 p.m.

This course is directed toward newer boaters and/or boaters new to the area waters, as well as those who wish to learn/understand chart reading. Using chart #11427, boaters will learn some of the basics of navigation in the Fort Myers area, including understanding the intracoastal waterway.

Students should purchase and bring their own copy of chart #11427. Visit www.scbps.com for detailed instructions on obtaining the appropriate chart. Many area restaurants, and other accessible-by-water destinations, will be mentioned.

The San Carlos Bay Sail & Power Squadron classroom is located at 16048 San Carlos Boulevard, Unit 4 in Fort Myers. For more information, visit www.scbps.com.✪

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Spectacular Sheephead Fishing Due To Cooler Waters In March



by Capt. Matt Mitchell

The month of March traditionally marks the best sheephead fishing we get to see all year, Cooler water temperatures from the last cold front made this a reality. We got to offer our clients some of the most wide open action on these striped porgies we have seen all winter. This big annual spawning push has them stacked up by the hundreds in places where I have just never seen so many of them.

Clear water channels inside the passes made spotting huge schools of these sheephead easy. Groups of nearly 100 fish sat in the fast-moving current hunkered down to the bottom. Once located, it was as simple as anchoring up and feeding them a chunk of shrimp on a jig head to get a bite every cast.

There were times when we were sitting near a big school of sheephead that I would start breaking up shrimp into little pieces. This little bit of chumming had these fish fired up and even coming up to the surface to eat. All I can compare this crazy sheephead action to is catching snapper offshore.

With many of our spring clients wanting to go home with a fresh fish dinner, this sheephead action has been the perfect set-up. These crustacean-eating fish have mild, firm, white meat and can be prepared countless ways. They are all delicious. Usually, within the first hour of most charters, we would catch enough keeper sheephead to cover a quality meal before moving on to target our usual snook, redfish and trout on live shiners.

While it's quite possible to fill a cooler full of sheephead, practicing moderation is so very important. These fish are spawning, and the future of there population is at stake. It's not about killing every legal fish caught... no matter how great this sheephead bite is.

Although Florida regulations allow for eight fish of 12 inches minimum per person, a better rule of thumb is to take only what you plan on eating for one meal. With very little meat on a 12-inch sheephead, I think a 14-inch minimum is a better call with two fish per person yielding a quality meal.

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.*



A sheephead dinner makes everyone happy

photo provided

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Send Us Your Fish Tales

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Cycling Safety Notes

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Warn to pass
Wear a helmet
Use lights at night
Always be courteous

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Plant Smart

Paradisetree

by Gerri Reaves

Native paradisetree (*Simarouba glauca*) is an attractive evergreen tree notable for its pleasing form, low maintenance and wildlife friendliness.

Native plant experts generally agree that this attractive tree should be planted more.

Its natural habitat is mainly hammocks in southern coastal counties.

It is a member of the quassia, or bitterbark, family, whose bark contains quasin, a bitter compound used to make a tonic.

Thus, bitterwood is another common name for this tree. In fact, *Simarouba* is a Carib word meaning medicinal bark.

Long-lived and many-branched, it makes a good shade tree, with a straight trunk, a height of up to 50 feet, a 30-foot spread and a rounded crown. The bark is light grayish brown.

The alternate or opposite leaves are pinnate, meaning that they have a featherlike structure. They measure up to 16 inches long and have from nine to 211 oval leaflets.

Each leaflet is two to four inches long and leathery in texture. In a breeze, the contrast between their dark green glossy surfaces and silvery or pale lime green undersides creates a pleasing effect.

The word *glauca* in the scientific name comes from a Greek word meaning silvery.

The showy reddish leaf stems and new



A young paradisetree, native to Florida
photos by Gerri Reaves

leaves are especially pretty, as is the small ovoid fruit that in summer ripens from green to scarlet to purple.

In spring, male and female flowers appear on different trees. Four- or five-petaled cream-colored flowers bloom in terminal panicles as long as 18 inches.

The raw fruit of about an inch long is reportedly edible but bland. However, birds and other wildlife consume it.

In Central America, the oil in the seeds is used for cooking and making margarine.

Caution: Seed residue is toxic.

Give this tree a spot with full sun or



Reddish stems and new leaves add to the tree's ornamental beauty

partial shade, good drainage and rich sandy soil. It has moderate drought tolerance, few pest problems and high salt tolerance, although it will not tolerate salt inundation.

Plant it where the seeds and fruit will not stain surfaces or the shallow mature roots will upheave pavement or be damaged by mowers or vehicles.

It often self-sows near the female tree, and the seedlings are easy transplanted.

Sources: *500 Plants of South Florida* by Julia F. Morton; *Florida, My Eden* by Frederic B. Stresau; *Florida Plants for Wildlife* by Craig N. Huegel; *A Gardener's*

Guide to Florida's Native Plants by Rufino Osorio; *Growing Native* by Richard W. Workman; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; *Trees of Everglades National Park and the Florida Keys* by George B. Stevenson; *Wild Plants for Survival in South Florida* by Julia F. Morton; www.fnps.org; <https://hort.ifas.ufl.edu>; www.plantbook.org; and www.regionalconservation.org.

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

Quarry Receives Wildlife Habitat Certification

CEMEX's Alico Quarry in Fort Myers has earned Conservation Certification from the Wildlife Habitat Council (WHC), recognizing the operation's ongoing commitment to biodiversity and conservation education.

WHC recognized Alico Quarry specifically for its voluntary Purple Martin Nesting Project, an initiative designed to provide supplemental nesting habitat for this bird species. Purple Martins have fewer natural nesting spaces available and rely on help from land stewards, like the team at Alico Quarry where they installed

a 12-room birdhouse to support a colony for nesting and fledging annually. In addition, CEMEX is exploring conservation and education alignments in the region to develop partnerships to help achieve greater results.

CEMEX's Alico Quarry is scheduled to receive its Conservation Certification certificate at WHC's 2021 Conservation Conference in Baltimore, Maryland on June 8 and 9.

In addition to Conservation Certification, Alico Quarry was recently recognized by the National Stone, Sand and Gravel Association (NSSGA) for its overall efforts in environmental excellence.

"At CEMEX, we take great pride in being good stewards for the environment, and we are committed to our pursuit of environmental excellence," said Jeff Bobolts, CEMEX USA regional president

of the Florida region. "We are proud of the efforts of our employees at our Alico operation and how they continue to set high standards in sustainability and conservation."

Recently, CEMEX overall was also honored with the most prestigious award presented annually by the Wildlife Habitat Council – the 2020 Corporate Conservation Leadership Award – which recognizes the company's achievements in biodiversity conservation. CEMEX currently has 30 programs certified by WHC,

which all began with the company's first certifications achieved in Florida.

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Tickets Selling Quickly For Virtual Game Show

The “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) on Sanibel has reinvented its annual Go Wild for “Ding” fundraiser. This year, it is a rendition of the favorite TV game show, *Jeopardy*, but titled Go Wild for Jeopard-Ding. Tickets are still available for the original virtual program, scheduled for Wednesday, March 31 at 6 p.m.

Hostess and artist-in-residence Rachel Pierce will be joined by three local celebrities to compete in categories about the JN “Ding” Darling National Wildlife Refuge, “Ding” Darling himself, wildlife and other related topics.

According to April Boehnen, DDWS development officer and event organizer, “Participants are already organizing outdoor watch parties to play along with family and friends.”

Celebrity contestants are: Downtown Diva, actress and director Stephanie Davis; co-host of the *Nature Guys* podcast Greg Torres; and owner of Bailey’s General Store and island personality Richard Johnson.

Individual tickets start at \$25. Special prices are available for couples, school-class participation sponsorship, and Alex Trebek Tribute and VIP packages. Ticket purchases are tax deductible; proceeds benefit conservation education efforts at the refuge.



DDWS pre-recorded Jeopard-Ding in a professional studio; from left, Rachel Pierce, Sierra Hoisington, April Boehnen, Greg Torres, Stephanie Davis and Richard Johnson photo provided

For more information and a link to purchase tickets online, visit www.gowildfording.com. To become a sponsor or for assistance, contact April Boehnen at aprilb@dingdarlingsociety.org or 472-1100 ext. 256.

The following community sponsors are making Jeopard-Ding possible – Call of the Wild: Wendy and John Kindig, Doug and Sherry Gentry, Wayne and Linda Boyd; Champion: Todd and Barbara Bluedorn, Bill and Diane Valerian, John and Kathy McCabe,

Bill and Laurie Harkey; Guardian: Ron E. and Josephine Smith, Sonya Keene and John Moy, Tree West, Island Home Service; Protector: Jim and Patty Sprinkle, Tiffani Kaliko and John Silvia, Mike and Terry Baldwin, Bill and Barbara Millar, Bob and Kathy Wiesemann, VIP Realty Group, The Gresham Family, Ashton Kirchner Group, Taylor and Betsy Hay; Defender: Stewart & Sons Insurance Inc., America’s Cuisine, Mitchell’s Sandcastles, Hank and Linda Spire,

Island Sun.

As a non-profit 501(c)3 organization, DDWS works to support the JN “Ding” Darling National Wildlife Refuge mission of conservation, wildlife and habitat protection, research and public education through charitable donations and refuge nature shop profits.

To support DDWS and the refuge with a tax-deductible gift, visit www.dingdarlingsociety.org or contact Birgie Miller at 472-1100 or director@dingdarlingsociety.org.✪

FGCU Chamber Ensembles To Play On Sanibel

The Chamber Music Ensembles from Florida Gulf Coast University’s (FGCU) Bower School of Music will perform at Sundial Beach Resort & Spa on two Tuesdays, March 23 and 30. The concerts, hosted by the Sanibel Music Festival Emerging Artist Series and sponsored by Gene and Lee Seidler, will be held on the resort’s third floor open-air terrace and adjacent ballroom at 11 a.m. both days.

“The students are excited to be part of this new initiative by the Sanibel Music Festival,” said Dr Kyle Szabo, head of strings studies and orchestra director at FGCU. “Attendees at our concerts can expect an energetic performance in beautiful surroundings.”

The venue will allow socially-distanced seating and easy access. All safety protocols will be observed and a virtual attendance option will be offered.

Register at www.sanibelmusicfestival.org for complimentary, socially-distanced seating or to receive an invitation with a link to watch live performances online. Concertgoers can also register by calling 344-7025 or writing to Sanibel Music Festival, PO Box 1623, Sanibel, FL 33957. Free-will donations are welcome online, by mail or at the concerts. All donations support the Bower School of Music. Walk-ins are welcome as space



The FGCU Bower School of Music Chamber Strings

photo provided

permits.

The program features composers from Bach to present day. On March 23, the Bower String Quartet will perform Haydn’s *Sunrise Quartet, Mvt. 1*, Dvorak’s *American Quartet, Mvt. 1* and two compositions from Olafur Arnalds’ *The Chopin Project*. The Chamber Strings follow with Bach’s *Brandenburg Concerto No. 3* and Mendelssohn’s *String Octet in E-flat Major, Mvt. 1*. On March 30, the Symphony Strings will perform the *Britten Simple Symphony, Mvts. 1 and 4*, followed by Vivaldi’s *The Four Seasons Recomposed* by Max Richter.

“Part of the festival’s mission is to support the careers of emerging artists

through performance opportunities,” said Jana Stone, Sanibel Music Festival president. “The Emerging Artist Series is being piloted in 2021 as a platform to encourage young talent.”

Sanibel Music Festival’s evening concert series at Sanibel Congregational United Church of Christ, featuring professional touring ensembles, has been postponed until 2022 due to the pandemic.

“In March 2022, evening performances will return,” said Nina Orrell, festival vice president. “The 2022 season will celebrate our 35th anniversary with an outstanding program including the multiple award-winning Emerson String Quartet, honored with nine Grammys.”

Dr. Krzysztof Biernacki, director of the Bower School of Music and the Arts, is an award-winning professor, international performer and opera stage director. “I’m delighted the partnership with Sanibel Music Festival provides the opportunity to showcase student talent in the community,” said Biernacki. “Under Dr. Kyle Szabo’s leadership, the orchestra has grown significantly and is more than ready to be part of the regional music arena.”

For more information about Bower School of Music and the Arts, visit www.fgcu.edu/cas/bsma. For more information about Sanibel Music Festival, visit www.sanibelmusicfestival.org.

Sundial Beach Resort & Spa is located at 1451 Middle Gulf Drive on Sanibel.✪



Rachael Lord as Gia, Dianne Stone Fussaro as Sylvia, Lynn Grace as Vera and Rachael Endrizzi as Bridget photo provided

Nana Returns To Theater For Comedy Sequel

The Off Broadway Palm Theatre is rolling the dice and bringing the laughs with *Nana Does Vegas* playing now through April 25. If you loved *Nana's Naughty Knickers*, you're sure to love this hysterical sequel.

Get ready because Nana is back and this time, she's taken a gamble and moved to Las Vegas with her sidekick Vera. Nana invites her granddaughter Bridget for a visit, but the weekend takes an unexpected turn when Nana's new boyfriend, the general manager of the casino, finds himself in hot water with the mob. Things really get interesting when Bridget does some investigating and exposes Vera's side gig, comes face-to-face with a deadly mobster and runs into her fiancé who isn't

supposed to be there.

Officials from the Off Broadway Palm have adjusted their seating arrangement and is operating at a 50 percent capacity. For a list of the extensive health and safety measures the theatre has taken, visit www.broadwaypalm.com. Guests are required to wear masks while not eating or drinking. In addition, a temperature check will be performed on everyone that enters the building, and admittance will not be allowed to anyone with a temperature of 100.4 degrees or higher.

Performances are Tuesday through Sunday evenings with selected matinees. Ticket prices range from \$42 to \$62 with discounts available for groups of 20 or more.

The Off Broadway Palm is an intimate theatre, located in the main lobby of Broadway Palm at 1380 Colonial Boulevard in Fort Myers. For ticket reservations, call 278-4422, visit www.broadwaypalm.com or at the theater.✪

Masterclass Auditioning At The Alliance

On Saturday, April 10 from 1 to 5 p.m., the Alliance for the Arts will present a masterclass which offers students the unique chance to work on their audition techniques, improve their materials and receive feedback in an educational, fun and supportive environment. The class will be instructed by Chad Eric Murnane, who is a New York-based casting director at Binder Casting. With a career in entertainment spanning a decade, he has worked in theatre, film and television across the United States.

With years of experience as a casting director, Murnane has a nuanced perspective of common pitfalls, from lack of preparation to unraveling in the moment. This insight is what allows him to help bolster the artist's most authentic and engaging storytelling. He works with both musical theatre and non-musical artists to identify their individual strengths,

highlighting what they can bring to the material in order to own the audition room. He believes that to be successful, artists need to be assertive about what makes them uniquely stand out. By embracing this philosophy, Murnane teaches artists how to make the most of every audition opportunity.

"I started my career by interning at the Alliance for the Arts summer arts camp, and I hope I can inspire people in my hometown to follow their hearts and passions," said Murnane. "You can absolutely grow up or live in a small town, have big-city dreams and make those dreams come true, whatever they may be. It seems cliché, but it's a reality for so many like me.

"Through teaching this masterclass, I hope to inspire the next generation of arts professionals. I know dozens of people from Cape Coral, Fort Myers and Naples that have fulfilling professional careers in New York and Los Angeles – careers that span from performing on Broadway, to being on film and television sets, to casting and everything in between. If you find yourself in these cities, know that you

continued on page 18

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Dr. John Meyer and Elliott Katz

photo provided

Scholarship Fund Established At Hodges University

Hodges University president, Dr. John Meyer, announced the establishment of The Elliott Katz Hawks Scholarship Fund in honor of Elliott Katz for his contributions to the community and the Southwest Florida region.

“Elliott Katz shares his wealth of expertise with all of Southwest Florida

every year through his Katz Lecture Series, which is hosted at Hodges University,” said Dr. Meyer. “Our university seal, translated from Latin, means: Knowledge leads to growth. Elliott brings his detailed knowledge of the Holocaust to his many devoted fans, always highlighting different layers and nuance. He is an incredible historian and lecturer.”

The fund will assist Hodges University students so they can continue their educational path and reach their career goals. For more information about the fund, visit www.hodges.edu/give-now/elliottkatz.✧

Superior Interiors

Designing A Game Room That All Will Love



by Linda Coin

Do you have a spare room that you want to transform into a unique and frequently used space? A game room would be ideal, as it would serve as a safe and fun-gathering area

where family and guests of all ages can relax and spend time together. While you may have decorated common living spaces before, such as the kitchen, dining room and bedroom, game rooms are unique.

Before you begin thinking about the ideal furniture and accessories for your room, have a clear vision of the layout or plan for placement. Create a list of the products you hope to include in your space and determine which may need to be edited based on the availability of the square footage. Remember that most standard game tables require at least three feet of open space around them and many need as much as five feet. Without this extra room, the area will feel confined and uncomfortable. Ask those who will be using the game room which games they enjoy most to narrow down your options.

It's also important to choose a layout that's effective for entertaining. For example, if your space is on the smaller side and you have limited seating, consider setting up one TV near your sofas and chairs and another by the game tables or bar so that everyone has an optimal view.

To make the furniture and decor selection process easier, decide on a theme. This will also create a fun and social vibe that goes hand in hand with the typical game room environment. Possible themes might include sports, western, 50s, tropical tiki, or cozy lodge. Once you've decided on one, that will dictate what type of furnishings you need, whether this means contemporary, traditional, or eclectic.

In addition to establishing a fun and playful environment, you'll also want to prioritize comfort. Think cushioned, upholstered sofas and accent chairs. Perhaps a sectional sofa for ample seating and a recliner for guests interested in sitting back with their feet up as they tune into the big game. If you're interested in setting up a home theater, there is a wide selection of theater seating options available. These feature everything from plush comfort to cup holders to making your viewing experience one of a kind. A large and cozy area rug that complements your existing color scheme will add warmth and a splash of color as well.

Lighting is key to a stylish and safe game room. Sufficient lighting ensures every game table is well lit, so players don't have to strain their eyes before every move. Rows of pendant lighting or an elegant chandelier might work above each table. For seating areas designed for watching TV and conversation, add a stylish table or floor lamp.

As you arrange your furnishings and accessories, ensure that there is enough space left for traffic flow. If you're expecting to host your family gatherings and parties in your game room, it may also be ideal to invest in furniture that doubles as seating. Look for ottomans and stools that can be used as coffee tables, nesting tables and spots for people to sit, join the conversation and share in the fun.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindeciden.com.✧

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Guest Bartending Event To Benefit United Way

United Way and Burntwood Tavern are teaming up for a fun-filled guest bartending fundraiser on Wednesday, March 24 from 5 to 8 p.m.

United Way has assembled two teams of the most community-minded bartenders in the Fort Myers area to raise online funds that will help those in the community that need it most. Leading up to the event, guest bartenders are actively gathering donations via online virtual tip jars and then inviting the community to this dual event held at Burntwood Tavern, located at Bell Tower Shops and Gulf Coast Town Center.

“We are asking our community to help us make a difference by visiting our virtual tip page at <https://bit.ly/burntwoodbattle> to make an online, tax-deductible donation, then join us at Burntwood Tavern to share a drink served by our guest bartenders” said Jeannine Joy, director and CEO of United Way of Lee, Hendry, Glades, and Okeechobee.

“We were happy to partner with

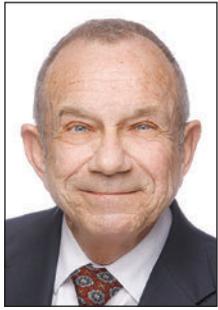
United Way in February at the opening of our newest location in Bell Tower for a dining fundraiser,” said Jen Leonard, director of marketing and events for Burntwood Tavern. “Together, we were able to raise over \$1,700 by giving back 20 percent of our sales for the day. Giving back is an important part of who we are. We believe in partnering with charitable organizations in our community to enhance the area for our guests and our neighbors.”

CDC guidelines will be followed and all United Way participants will be masked up and sanitizing. The event will be airing on United Way's YouTube and Facebook that evening as well. Donors will also be able to Text to Give by texting United to 40691 and choosing which team they'd like to support via the prompts.

All money raised in the United Way Campaign stays in the local community to help support the local human service network. United Way partner agencies and initiatives include Alvin A. Dubin Alzheimer's Resource Center, Child Care of Southwest Florida, Bonita Springs Assistance, Mission United and United Way 211.

For more information, call 433-2000 or visit www.unitedwaylee.org.✧

What's The Market Going To Do?



submitted by Tom Uhler

People often ask me questions like, "What did the stock market do today?" or "How's the market going to react to the vaccine (or the election, or the whatever)?"

Here's what they really meant: "What is the stock market going to do over the short term or as a reaction to some event?" The answer is always, "I have no idea."

When I started in financial services over 40 years ago, the market was mostly large, U.S.-based corporations that everyone knew by name. Even if you weren't an investor, you knew who Ford, Bethlehem Steel and Woolworth were. Now, only Ford of those three remains as a top corporation suitable for listing on the Dow Jones Industrial Average of 30 stocks.

The U.S. no longer dominates the world's stock markets like it did. With globalization of commerce, the explosion in midsize and smaller corporations, and advances in technology, understanding what

corporate stock values are likely to do in the short term becomes ever more difficult.

So, what's an investor saving for retirement or navigating retirement to do?

Stop thinking about the short term! With our 24/7 news cycle telling us minute-to-minute what's happening – or worse yet, what they think will happen – we're inundated with information. But to the intelligent long-term investor, which you should be if you're thinking about retirement and leaving a legacy, the short term is unimportant because no one can predict the daily movements of the stock markets.

What is likely certain is what happens over the long term.

Periodically, things happen (like pandemics and elections) that make people think short term. They call their stockbrokers and say, "Get me out!" And the brokers do what they're told.

Here's the first problem with this: you must be right – that is, the markets have to go down, or you've missed out. And the second is that you have to guess correctly on when to get back in. Getting this right is extremely difficult. I've never seen someone get it right more than once.

So, what should you do if you want to own stocks and enjoy the increased value over the long term? Simple. Think long-term.

Tom Uhler is a principal with Uhler and Vertich Financial Planners, a locally owned comprehensive financial advisory firm.✪

Promotion At Lee Health

David Rybicki has been promoted to vice president of outpatient services at Lee Health. In this role, he will guide outpatient strategy, provide leadership support to continue improvements in patient experience, access to care, quality and financial success as well as establish short and long term direction and objectives consistent with overall targeted system goals.

"Over the past decade, outpatient services has been one of the fastest growing segments of Lee Health, and we expect that to accelerate in the future," said David Cato, chief officer of outpatient and hospital operations and post-acute care. "We are pleased to have David leading this segment. His talent and commitment to operational excellence, quality, safety and the patient experience will be instrumental in the success of our overall growth strategy."

Rybicki has more than 27 years of service with Lee Health. Most recently, he spent four years as system director of outpatient operations and special



David Rybicki photo provided

projects where he was instrumental in the advancement of operations, project oversight, budget development, strategic growth and financial contribution to the system. Since joining Lee Health in 1993, Rybicki has served in a variety of leadership roles including oversight of significant growth initiatives of both adult and pediatric specialties to support community access to care.

For more information, visit www.leehealth.org.✪

Scholarship Applications Being Accepted

Collier County Supervisor of Elections Jennifer J. Edwards is currently accepting applications for a scholarship opportunity provided by the Florida Supervisors of Elections (FSE). The FSE is offering three \$1,200 scholarships to eligible Florida residents enrolled or accepted as full-time students in a senior college or university in Florida.

Applicants must be political science, public administration, business administration, journalism or mass communication majors who have finished two years of junior college or

undergraduate work. Students should also demonstrate a financial need.

The scholarship applications and guidelines are available at www.colliervotes.gov, or can be obtained at the Collier County Supervisor of Elections office located at 3750 Enterprise Avenue in Naples.

Completed applications and two letters of recommendation must be submitted to the supervisor of elections of the county in which the applicant is registered to vote by 5 p.m. on Friday, March 26.

FSE is a statewide, professional organization of 67 county supervisors of elections, dedicated to "supporting fair, honest and accurate elections in the state of Florida."

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Book Review

A Perilous Proposal



by Di Saggau

Jennifer Schiff has just released the seventh book in her Sanibel Island Mystery series. *A Perilous Proposal* is indeed an appropriate title. It finds Guin, island reporter and heroine of all her

books, in a very precarious position. Her pal Birdy is back on the scene, and he has quite the proposal for Guin. He asks her to marry him in a mock wedding in order to save him from harm. He says it's a matter of life or death. This isn't exactly what Guin wants, but Birdy is insistent and finally she agrees. After all, it won't be a real wedding. Or will it?

Birdy asks her not to tell anyone that the wedding won't be real, but Guin lets a few close friends know. She definitely tells her detective friend Bill O'Loughlin, who doesn't receive the news favorably. Early on, Guin also finds out that Birdy is the famous mystery writer Wren Finchley, whom she was sent to interview. Birdy is full of surprises.

A cadre of questionable characters surround Birdy including his agent Bettina and a mysterious Russian couple named Boris and Natasha. Now there's a familiar

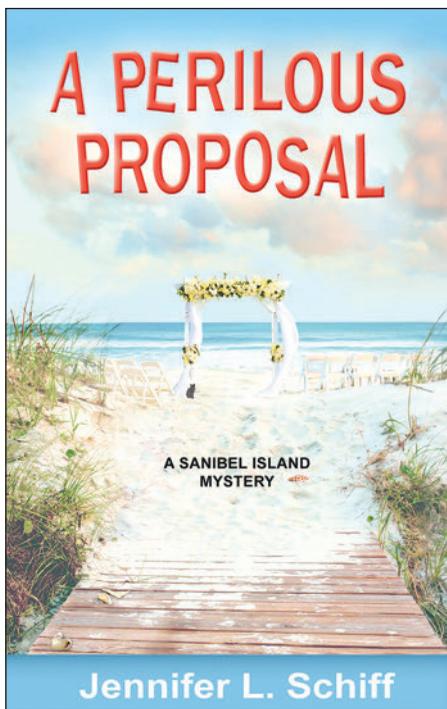


image provided

duo. Not everyone is pleased with the wedding, especially a few of the ladies. Someone is out to do harm to Guin, and she is on the search to find out who and why.

Schiff has a great command of dialogue. You feel as if you are actually there listening to the conversations of the many characters. And, as she scoots around the area, we get to visit so many familiar spots, restaurants, bars and other locations that we all know.

The big day is Valentine's Day. Guin wants a small wedding, but Bettina has other plans. Birdy won't tell her who will be his best man and neither will I. *A Perilous Proposal* is a fun read. I look forward to book No. 8, which is already in the works.

MacIntosh Books on Sanibel will be hosting a virtual book talk about *A Perilous Proposal* on Thursday, April 1 at 5 p.m. If interested, you can contact MacIntosh for details. They also have signed copies of her books.✪

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My fourth grade daughter has struggled all school year with focusing on her schoolwork. It's frustrating for both of us. She can do the work, it's not hard for her, she just has a difficult time staying on task. How can I help her?

Kathy K, Fort Myers

Kathy,

Many kids struggle with focusing and need help learning strategies to help themselves. Here are some suggested strategies for you and your daughter:

Sometimes it helps to jump right into projects – Often the longer you wait to start a task, the harder it is to focus on it. This goes for projects at school and around the house. That doesn't mean your child has to do everything at once, though. To make it easier to get started, try breaking the task into chunks. The important thing is to not put off getting started with the first chunk, then complete it and move to the next. You may have to help her divide the project wisely.

Set a timer – When kids know there's a limit to how long they have to stay focused on a task, it can be easier to hang in there a little longer. When your child sits down to do homework or another not much fun task, set a timer for how long your child needs to work before taking a quick snack or a play break. You can increase the amount of time little by little as your child gets better at focusing.

Limit directions to one or two at a time – Don't overload your child with too many directions at once. When kids struggle with focus, it can be difficult for them to listen to, remember and follow through on directions. For example, at homework time, tell your child to check the assignment notebook and get out the right materials to do that day's work. When that's complete, then give

two more directions and continue only giving a few directions at a time. You will gradually be able to increase the number of directions you give as your child sees success and his self-confidence increases.

Be open to what works – Some people need total quiet to focus and others do better with noise. That's why it's important to ask kids what works best for them. Maybe your child wants to listen to music while doing homework or stand up while reading. Give it a try and see how it goes.

You may want to set up a reward policy for work completion with your child – Start small. Let her track how well she completes her homework for one week. Have her record her progress daily. You might want to use three categories for this like "OK, Good and Great." If she earns three "Great" ratings in a week, she can earn a reward. Rewards should also be manageable and could include things like extra screen time, a special lunch with mom or dad, a pass on a chore. Make a list with her of 10 rewards that would be motivating and gradually increase the goal for success if rewards seem to work. Not all kids respond to rewards but it's probably worth a try.

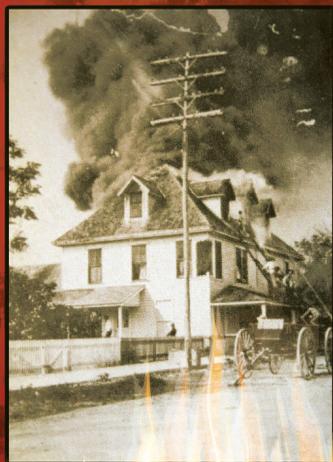
Struggling with focus or any other skill can take a toll on a child's self-esteem – Praise your child's hard work to improve focus. Point out even small improvements, and let your child know that focus skills can get better.

Remember to talk about your child's strengths as well, not just challenges – Make sure that you and your child have discussed these strengths, and then you can ask them how they used their strengths on a particular assignment or activity. Talking about positives helps them stay motivated when things get tough.

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 15

Masterclass

will have an extended family of Southwest Florida natives just waiting to welcome you into our family."

Cost of the workshop is \$120 for Alliance members or \$150 for non-members. You can choose to attend the workshop as an auditor for \$45. Auditing participants will not be able to perform, and there is limited availability to be an auditor.

The onsite theatre class requires face

masks at all times when in the building. The only time masks are allowed to be removed is for individual performances. Class size is limited to 16 students to ensure responsible distancing.

To register for the class or to audit, students must be age 16 or older. This project is supported by Noreen Raney. Pre-registration is required at www.artinlee.org/masterclass.

The Alliance for the Arts is located at 10091 McGregor Boulevard. For more information, to sign up or to learn more about Murnane, visit www.artinlee.org/masterclass or call 939-2787.✪



Jamie Ayres

Nathan Buehler

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Bryan Williams

Golden Apple Teacher Award Recipients

The Foundation for Lee County Public Schools recently surprised six recipients with the prestigious Golden Apple Teacher Award. Golden Apple sponsors, selection committee and foundation board members took part in shining the spotlight on the outstanding performance from these teachers in the education system.

“Once again, the six recipients of the prestigious Golden Apple Award are representatives of all the outstanding educators we have in the School District of Lee County. I can think of no more important profession than teaching. The impact of the teaching profession is felt throughout the entire community and deserves to be applauded,” said Marshall T. Bower, esq, president and CEO of The Foundation for Lee County Public Schools.

The 2021 Golden Apple teacher recipients are:

Jamie Ayres – Cape Coral High School

Nathan Buehler – Mirror Lakes Elementary School

Joseph Camputaro – The Sanibel School

Melissa Holland – Tanglewood Elementary School

Marilyn Pyrsi – Villas Elementary School

Bryan Williams – Mariner High School

The Golden Apple Recipients are chosen after going through an extensive selection process that began in September with a community-wide invitation to nominate teachers from the School District of Lee County. The six finalists were selected after completing a three-step process, which included a blind comprehensive application, observations in their classrooms on their teaching style and skill, and personal interviews with the Golden Apple Selection Committee. The Golden Apple Teacher Recognition Program was the first major project funded and developed by The Foundation for Lee County Public Schools, Inc.

Recipients of the Golden Apple Teacher Award will be honored at a black-tie affair held at Caloosa Sound Convention Center & Amphitheater in downtown Fort Myers on Friday, June 18 at 5:30 p.m.*

Business Hall Of Fame Event Honors Laureates

Junior Achievement of Southwest Florida’s annual Business Hall of Fame event, held virtually on February 25, drew more than 190 virtual attendees and generated more than \$126,000 in funds for the organization. This was the first time the event was held virtually and the first time both Lee and Collier laureates were recognized in one event.

James J. Guerra MD, Sarah Owen, Senator Kathleen C. Passidomo and William T. Prather were recognized as the newly inducted laureates to the Junior Achievement Business Hall of Fame. The prestigious acknowledgment honors influential, visionary leaders from the business community that have made a significant impact, created

new opportunities and elevated the educational landscape for youth in their communities regarding financial literacy, entrepreneurship and work-readiness.

Funds raised at the event will support Junior Achievement of Southwest Florida’s life-changing, no-cost programs on financial literacy and career and work readiness delivered to students in the community. To learn more about Junior Achievement of Southwest Florida and how you can support the mission by donating, volunteering, or becoming a sponsor, visit www.jaswfl.org.

Iberiabank/First Horizon was the Presenting sponsor for the event, Title Professionals of Florida was the Diamond sponsor and Publix Super Market Charities was the Platinum sponsor. Gold sponsors included BB&T now Truist/McGriff Insurance, Broadway Palm Dinner Theatre, Edison National Bank, *Naples Daily News*, and *The News-Press*.*

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Will Power

Are Beneficiary Trusts Too Restrictive?



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

To protect loved ones' inheritances from predators, creditors, divorcing spouses and even from estate taxes in their children's estates, I commonly advise my clients to embed continuing testamentary beneficiary trusts into their estate plan. Testamentary means after death – the trusts are written into the client's revocable trust, but they aren't active until the client's death. This is different than an outright distribution that is free and clear of the client's trust.

A typical beneficiary's trust might name the client's child to act as her own trustee. That child is free to invest her inheritance in whatever she wants. She can sprinkle the income or principal earned by the assets to herself or to her own children or even grandchildren yearly. She may also decide who she wants to inherit the trust assets after her death. Sounds a lot like an outright distribution, but it's not. It has a protective shield around it.

Even though attorneys can draft a beneficiary's trust to provide significant control, I still hear many objections to the idea:

"I don't want to rule from the grave!"

"I want my children to do with their inheritance as they please."

"I just want to keep things simple."

"I heard that income taxes will be higher if their inheritance is held in an ongoing trust."

I Don't Want to Rule from The Grave

This objection is valid if you direct your estate planning attorney to draft a restrictive trust. In some cases, restricting access to the trust assets is appropriate. When you have a beneficiary who will blow their inheritance in short order, have drug, alcohol, gambling, or other addictive problems, or receive government aid such as Medicaid, then you probably desire more restrictive provisions governing the inheritance. In all three examples, you'll name a third-party trustee (advisor, family member, bank or trust company) and specifically direct the trustee how to hold and distribute the funds.

For beneficiaries receiving Medicaid or other need-based assistance, the terms of the inheritance should be mindful of the severe income and asset limitations that beneficiary has before they risk losing benefits.

I Want My Children to Do with Their Inheritance as They Please

This objection can be overcome with a beneficiary's trust. There is nothing to restrict you from naming the beneficiary as her own trustee for their inherited share of your estate. To protect the inheritance, the trust must contain certain provisions, but that doesn't necessarily thwart your beneficiaries from having freedom of choice.

A few years ago, a deceased client's son, who was a practicing physician, called me to complain about his inherited beneficiary's trust.

"I have a beef with how you drafted this trust," he began. "My attorney told me that I can't withdraw the money to buy a vacation condominium in Vail because the withdrawal wouldn't qualify as necessary for my health, education, maintenance and support."

"That's true," I pointed out. "But you can still purchase the condominium using trust income and assets."

"How?" He asked, calming down a bit.

"Have the trust own the condominium," I answered. "That way it's exempt from estate taxes when you die, it's also outside the reach of a divorcing spouse and safe if you get sued for malpractice or for a business deal gone bad."

He thought for a moment. "I understand what you're saying, but my wife expects to be on this deed. If I tell her that it's protected from divorce, that won't go over well. We've enjoyed a solid 20-year marriage."

"Well, you can borrow the money from your trust, and record a mortgage. That protects the equity up to the borrowed amount. Since you're a practicing physician, it makes sense not so much from a divorce standpoint, as you point out, but from an asset protection standpoint."

He was enlightened for the advice and thanked me.

I Want to Keep Things Simple

Turning to this objection, it's true that a beneficiary's trust appears more complicated than a simple outright distribution. Also, a beneficiary's trust, once established, will file a Form 1041 federal income tax return and require an annual accounting, although the latter requirement can be avoided under Florida law through a designated representative.

Those are minor inconveniences compared with fighting a divorcing spouse or a judgment creditor who attempts to satisfy their claims by attacking the inheritance or keeping the IRS away from a child's estate. Significant estate tax savings are possible when your beneficiaries already have significant assets of their own before they inherit from you.

I Heard That Income Taxes Will Be Higher if Their Inheritance is Held in an Ongoing Trust

Finally, let's review an income tax issue. Receipt of taxable rental income, dividends or interest requires someone to pay the income tax. That someone is usually the beneficiary who receives the income. Yet if the income is not distributed, but is instead accumulated inside a beneficiary's trust, then the trust is the taxpayer.

When would a trust accumulate income rather than distributing it? Common examples are for beneficiaries on government aid, minor beneficiaries who shouldn't have too much income, or those beneficiaries shielding the income from a divorcing spouse or creditors.

Federal income tax law imposes compressed brackets on trusts as taxpayers. In other words, a married couple won't pay taxes at the highest marginal rate until they have approximately \$622,000 of income. Trusts pay the highest marginal rate when they have only \$13,000 of income.

The tax law penalizes trusts that accumulate taxable income. There are several work arounds. The first is to simply distribute the income if it won't otherwise lead to adverse consequences. Another is for the trustee to invest in growth assets, which pay a lower capital gains rate. A third strategy is to distribute to other trust permissible beneficiaries; for example, your grandchildren rather than your child. Yet a fourth is to include provisions in the body of the trust that treat the income as distributed even if it is not.

The power to protect the inheritance you leave your loved ones dies with you. Your revocable trust won't protect you from your creditors, predators or divorcing spouses. Your children, likewise, can't easily create their own protective trust.

The trust you create for them can. If you have questions about if these strategies are right for you and your loved ones, then have a family conference with your estate planning attorney. Let your children hear the advantages and disadvantages, and decide together.

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FSW Supports Online Textbooks

As the cost of earning a college degree continues to increase, many colleges, including Florida SouthWestern State College (FSW), have begun to embrace open educational resources (OERs).

OERs are free, openly licensed online textbooks and other digital assets that can be used in place of physical textbooks in educational settings.

FSW Faculty Librarian and Art Professor Arenthia Herren is just one of FSW's many faculty members leading the charge to incorporate OERs into classes. Professor Herren uses an OER in her art history course, which not only saves her students \$200 on textbook costs but has also increased student engagement in her course.

"Many times, students have to wait for their financial aid to come through before they can purchase their textbooks and, by then, classes have already started," said Herren. "With OERs, students have immediate access to the information they

need for class."

According to Herren, many OERs are created by faculty who are tired of watching their students struggle to afford the cost of basic textbooks. She has also seen the benefits of OERs during the COVID-19 pandemic.

"Pre-COVID, students who couldn't afford to purchase a textbook could use a physical library copy of the textbook in an FSW campus library," Herren said. "Now, they don't have access to the physical library copy because of the sanitation process required after each use."

Before an OER can be approved for use, it goes through a review process by subject experts and must meet certain standards to ensure its accuracy.

OERs have also become a worldwide movement. Creative Commons licensing allows them to be translated into other languages, even some lesser known languages, so the resources can be used internationally.

Even FSW's bookstore, which is managed by Follett, is on board with OERs. It is currently working on a partnership with a printing company so that students who prefer to have

a physical copy can print OERs at a reasonable cost.

"It is really hard financially when a professor requires a \$200 access code and a \$600 textbook on top of tuition," said FSW student Hannah Higgins. "I personally pay for all my classes myself without help from my parents or anything similar, so when classes use a free textbook, it's very helpful."

Herren recently completed a six-month long certification in OER Librarianship and serves on FSW's Textbook Affordability OER Committee. "Our goal is to bring in grant money to help more FSW faculty bring OERs into their classrooms and to eventually begin creating their own."✪

Energy Saving Tools From LCEC

In addition to the many simple ways you can save electricity, Lee County Electric Cooperative (LCEC) offers customers three interactive tools to make saving even easier. Not only will

these online tools help you understand and manage your energy usage, they can also help you discover new ways to conserve energy while reducing your electric bill.

SmartHub – This tool helps LCEC customers manage usage, compare monthly bills, receive alerts, convenient pay and receive important information. It is available on your computer or mobile device.

Interactive Home – Understanding your electric usage is easy and fun with the online Interactive Home. By spending a few minutes clicking through the "virtual" home, you will learn many proven ways to save energy dollars year after year. Many of the energy-saving suggestions are low-cost or no-cost.

Calc-U-Savers – Calc-U-Savers help to answer many of your energy questions by analyzing your usage and assessing ways to save through energy tips. Calc-U-Savers options include an energy advisor, appliance, lighting, pool/spa and television.

For more ways to save or to get started with any of these three tools, visit www.lcec.net.✪

Frankly Speaking

by Howard Prager



Before diving into March Madness, let's dive into the madness of March. During the Mets-Cardinals game in Port Lucie last Sunday, Mets infielder Luis Guillorme worked an incredible 22-pitch

count for a walk in the fifth inning. Guillorme accomplished the feat against hard-throwing righty Jordan Hicks, who threw 10 99-plus mph pitches during his at-bat. This is reported to be the most pitches in an at-bat in a spring training game since 1988 when pitch count records started being collected. If this was the regular season, he'd own the record. The longest official plate appearance in Major League Baseball belongs to Giants first baseman Brandon Belt at 21 pitches in 2018.

So much for distractions from the true March Madness, and never has that been better named. Because of the pandemic, four teams are "in the wings" to come into the tournament from major conferences should a team need to exit. However, the NCAA says that has to happen by last Tuesday night. Good luck with that, as we have seen COVID-19 has no timetable. Already Virginia and Kansas are travelling to Indy shorthanded and had to withdraw from their own conference tournaments

because of positive tests. Most of Virginia's team is in quarantine due to contract tracing and won't even practice until Thursday. So how is this going to work out and how and why would they bow out by Tuesday night? Let's hope the timeline changes as you are reading this. The four bubble teams who would step in are St. Louis, Colorado State, Ole Miss and Louisville, all who were on the cusp. The teams that would benefit the most if the Cavs and Jayhawks pull out are Gonzaga (already the pre-tournament favorite) and Iowa, the top two seeds in the West Regional.

For the first time since 1995, Duke is not in the NCAA Tournament. Duke had already bowed out of the ACC Tournament hours before a quarterfinal game against Florida State due to its first positive COVID-19 test, coming at the worst possible time. This ended the third longest streak in men's college basketball. "This season was a challenge for every team across the country and as we have seen over and over," coach Mike Krzyzewski said. "This global pandemic is very cruel and is not yet over. As many safeguards as we implemented, no one is immune to this terrible virus."

It's not a big change to the NCAA Tournament format this year, but it certainly is an adjustment, reported CBS Sports. "It's the first time we'll have to wait until Thursday for NCAA Tournament games to start following Selection Sunday, and it's the first time all of the games will be held primarily in one city, with Indianapolis logistically being the most sensible option because of its myriad venues: Bankers Life Fieldhouse, Hinkle

Fieldhouse, Indiana Farmers Coliseum and Lucas Oil Stadium along with Mackey Arena, Purdue's home court in West Lafayette and Assembly Hall, IU's home in Bloomington." The women's tournament will be played in and around San Antonio and Austin, Texas, with the championship taking place at the Alamodome. I'll be following No. 7 Northwestern women, who play No. 10 UCF on Monday.

Our good news story features a transfer player from No. 6 BYU, Gideon George. Gideon was a soccer fan, not a basketball player and grew up in Minna, Nigeria. Gideon was tall and lanky - he'd eventually grow to 6-foot-6 and 190 pounds - with long arms and broad shoulders, but he didn't know the first thing about basketball and soon quit. Through a U.S. charity called Timeout 4 Africa, a nonprofit that provides school supplies and athletic gear to those in need, several pairs of shoes found their way to a local coach named Harry Ayere, who offered them to George for free. There was just one catch: He wanted Gideon to play basketball in exchange for the shoes. After a few months in the gym, Gideon began to realize where basketball might take him.

Then came Brandon Goble, director for JuCo Advocate, an organization that connects international basketball prospects with schools in the United States, and he agreed to give Gideon George a look. "We could just tell right away that he's just got something different in him," Goble said. He sent a few videos of Gideon playing to a friend, Luke Adams, who was in his first season as coach at New Mexico Junior College (NMJC). Adams told Goble that if Gideon could get a visa, he'd have a spot

on the team.

At NMJC, Gideon saw a pair of sneakers in the garbage. They would have cost his parents a month's salary. "Can I have these?" he asked. In the following weeks, Gideon went from locker to locker asking for spare shoes, explaining that the shoes he wore as a kid were often torn, with holes in the soles, and he was among the lucky ones. In Nigeria, the lack of proper footwear is among the leading causes of disease, with bacteria spread through open wounds on the feet. Before long, Gideon had a pile to send, hoping to give back the way that he started his journey, with a free pair of sneakers. He has made it his mission to give others the same chance. "I'm grateful," Gideon said, "and I wanted to be able to touch the lives of people like me back in Africa." NMJC's athletic director heard about this and helped by offering free tickets to fans who donated a pair of shoes. Dozens showed up for the game, sneakers in hand. "I don't know if there's a person on Earth who doesn't like Gideon," Adams said. "You can just see his heart." He has sent over 400 pairs of sneakers and slippers, hiking boots and dress shoes, from New Mexico and now from BYU where he's a junior transfer and playing in his first NCAA tournament... while continuing to collect and send shoes back to Africa. What a heart.

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

SPORTS QUIZ

1. The Territorial Cup is a trophy awarded in the college football rivalry series between what two teams?
2. What nickname did Stevie Wonder bestow on Philadelphia 76ers legend Darryl Dawkins?
3. What endurance race did drivers Hurley Haywood and Scott Pruett each win a record five times?
4. Craven Cottage stadium in London is the home ground of what English Premier League football club?
5. Figure skating legend Sonja Henie hailed from what country?
6. What infamous corporation held naming rights to the Houston Astros' stadium from 2000-02?
7. What team selected Purdue running back Mike Alstott in the second round of the 1996 NFL Draft?

ANSWERS

1. The Arizona Wildcats and the Arizona State Sun Devils. 2. Chocolate Thunder. 3. 24 Hours of Daytona. 4. Fulham F.C. 5. Norway. 6. Enron. 7. The Tampa Bay Buccaneers.

Rotary Mini Golf Tournament

The Rotary Club of Fort Myers South is hosting a Mini Golf Madness Tournament at Alico Family Golf on Saturday, April 24 from 4 to 7 p.m.

Proceeds will benefit the Rotary Club of Fort Myers South Foundation, which issues grants to multiple nonprofits in the Southwest Florida community. Registration to participate in the tournament is \$50 per person, and this includes admission into the mini golf tournament, food and beverage at the event. Those wishing to attend the event without playing mini golf can register at a rate of \$35.

"We know that this year has been one of challenge for so many, and we hope this event will bring a little fun into our lives, while also raising funds to support our community," said Suzi Ward, Rotary Club of Fort Myers South Club president. "Our foundation has provided grants recently to Project Dentists Care, Habitat for Humanity, Harry Chapin Food Bank, Midwest Food Bank, Keep Lee County Beautiful, Alliance for the Arts, LARC, local law enforcement community programs and many more."

The Rotary Club is seeking donations and sponsors. Businesses and individuals can sponsor the Mini Golf Madness tournament with sponsorships starting at \$100. Contact Suzi Ward at 834-8643 for details.✱

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Conservancy Raises Funds During Gala

The Conservancy of Southwest Florida's annual fundraising event, Magic Under the Mangroves, brought in \$1.4 million to support the Conservancy's longstanding mission of protecting the water, land, wildlife and future in Southwest Florida. This year's event, themed The Magic Hour, was chaired by Katrina Lundmark-Kash with Carol Walter serving as vice-chair.

Held virtually this year due to the pandemic, the event was livestreamed from Keewaydin Island where the Conservancy first started in 1964 when a new road was planned to run right through the heart of Rookery Bay. Those who understood the importance of Rookery Bay knew it was time to take action. Several local citizens immediately began to work together to fight what they dubbed "The Road to Nowhere." It was here on Lester Norris' porch at the Keewaydin Club, they planned their strategy.

And on March 4, that's where Conservancy President and CEO Rob Moher kicked off The Magic Hour event. Inside the Keewaydin Lodge, auctioneer Scott Robertson and co-host Rachel Pierce rallied competitive bidding throughout the live auction with packages ranging from culinary experiences to remote getaways to custom jewelry. Additionally, the event featured a live Fund-A-Need that raised \$592,000 to support the mission-critical work of the conservancy including science, environmental education, wildlife rehabilitation, advocacy and policy.

"While it's been a year like no other, once again, our supporters came through for us in an especially meaningful and significant way," said Moher. "On behalf of our staff, volunteers and board of directors, we are truly honored and grateful for the continued support. The commitment and generosity we experienced further empowers and inspires us to continue to tirelessly protect our natural environment and outdoor resources for the well-being of everyone, now and forever."

The event was presented by Northern Trust and supported by William Raveis Real Estate. Community supporters include Waterside Shops, Gulfshore Life, Florida Weekly, Naples Daily News and NBC2.

Named one of the top charitable events in Naples, Magic Under the Mangroves helps move the Conservancy's mission forward year after year. Since its inception 17 years ago, the event has raised nearly \$15 million. All funds are used to support local environmental causes.

The Conservancy of Southwest Florida is a not-for-profit environmental protection organization with a 57-year history focused on the issues impacting the water, land, wildlife and future of Collier, Lee, Charlotte, Hendry and Glades counties. The conservancy accomplishes this mission through the combined efforts of its experts in the areas of environmental science, policy, education and wildlife rehabilitation. The Conservancy of Southwest Florida Nature Center and von Arx Wildlife Hospital are headquartered at 1495 Smith Preserve Way in Naples. For more information, visit www.conservancy.org.



Katrina Lundmark-Kash photos provided



Auctioneer Scott Robertson and co-host Rachel Pierce



Carol Walter



Rob Moher conducts an interview



Behind the scenes of the virtual gala

Beautifulife:

Lessons



by Kay Casperson

My youngest daughter, who is now 14, recently went to a gathering with her friends at an indoor trampoline park. Unfortunately, she bounced wrong, fell, and landed on

her ankle, which is now fractured, and her leg is in a cast.

The worst part about all of that is that this is now her spring break. Also, her cheerleading tryouts for high school next year are at the end of this month. She is bummed about it but knows this too shall pass, and it is what it is. Her takeaway lesson from this is that she probably should not have been doing what they call the trampoline park's wipeout section. This park area is most likely where you can, as they say, "wipeout" and land wrong, especially right before cheer tryouts and spring break, when all her friends want to be at the beach.

As her Mom, I, of course, reminded her about making good decisions, good choices and understanding the consequences when you don't. Life lessons are something we learn over our lifetime; in fact, we never stop learning them. There will always be something thrown our way now and then that requires us to choose wisely and live with the outcome.

From our own health and wellbeing to the care and decisions we make for our loved ones. From the actions we take when a crisis hits to where

and how we choose to live our lives. From who we choose to love to who we choose to keep as acquaintances. All of these things and many more are choices we make all the time, and they are not always easy ones to make.

With everything we do and go through in our lives, there is a lesson to be learned. It may not be apparent right away as to what that lesson is, but I assure you that there is one.

We all just went through an incredibly unpredicted experience this past year. It was a crazy year for sure, between the pandemic and politics. I hope my children don't ever have to go through this kind of year again in their lifetimes. But, if they do, they will be just fine as we have done our best to prepare them for the future. The lessons we can take away from the past year are most likely too many to list here. They range from staying healthy and fit to trusting your heart and focusing on the truth.

Yes, life's lessons are essential as they keep us moving forward to our best and most beautiful life. I encourage you to find the lesson in everything that you have gone through, past and present. Know that all of these things can and will push you to a new level of gratitude, humility, forgiveness, strength and wisdom.

My affirmation for you this week is:

"I am opening my heart to my life lessons and know that I am a better human because of them."

*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.**

Lee Health Posts Visitation Changes

Lee Health has made changes to its hospital visitation hours to protect the safety of patients and staff from the recent surge of COVID-19 cases in the community. Visitation hours are now 9 a.m. to 6 p.m.

At the adult acute care hospital campuses, patients are allowed to designate up to two visitors upon admission, and both may visit at the same time. No visitors under age 12 are permitted. Exceptions will be made for compassionate care reasons.

All visitors are required to practice physical distancing, complete a health screening and thoroughly sanitize their hands with alcohol-based gel before visitation. Visitors are also required to bring their own mask or face covering, and wear it all times while in a Lee Health facility. Ventilated masks are not allowed as they let expelled breath into the air.

Visitation to any COVID-19 units or patients requiring airborne precautions (in an isolated room because they are potentially infectious) will continue to

be restricted to compassionate care. Compassionate care generally refers to end-of-life situations to give family members the opportunity to say goodbye to their loved ones, but can cover other areas depending on individual circumstances. Compassionate care visitation is at the discretion of hospital leadership.

"Visitation is an important part of a patient's recovery, and we understand these restrictions are a hardship. We ask the community for their understanding as we implement necessary measures to keep people safe during this critical time," said Larry Antonucci, MD, MBA, Lee Health president and CEO. "We are taking every precaution to ensure the safety of patients, visitors and health care workers."

In outpatient facilities, adult patients are allowed one visitor to accompany them to their appointments. For surgeries, a visitor can accompany a patient to registration and pre-op and then reunite with them in the recovery room.

Golisano Children's Hospital visitation hours will remain the same; two parent/guardians at the bedside 24 hours per day and one additional visitor over age 12 during normal visitation hours of 8 a.m. to 8 p.m.

For more information about Lee Health, visit www.leehealth.org.

Comedian And Family Raising Funds With Video

Beloved actor and comedian Kevin Nealon has supported Hope Hospice's mission for more than two decades – from participating in the 1999 Hope Gulf Walk on Captiva, to appearing at Broadway Palm in Fort Myers for a sold-out, stand-up performance in 2018, to competing on ABC's Family Feud for his charity of choice last year and winning \$25,000 for Hope.

Now, Los Angeles-based Nealon enlisted the help of his siblings Kim and Chris Nealon in Fort Myers and Mike Nealon in Atlanta to create a heartfelt video with a two-fold purpose: to share their appreciation for the organization that provided comfort and care for the family's grandmother, mother and father over the last 20 years, and to encourage others to support Hope Hospice too as part of the "More Hope" campaign.

"I've supported Hope for over 20 years because I've seen firsthand the comfort and peace Hope provides to people who are seriously ill – and also to their families," said Kevin Nealon. "I give 'More Hope' because Hope's team truly honors the lives of those in their care."

Kim Nealon shared, "There comes a time when you have to realize you can't do it by yourself, and you need help. And so it was Hope Hospice to the rescue."



Kevin Nealon and his mother Kathleen Nealon at his 2018 stand-up fundraiser for Hope Hospice photo provided

Hope Healthcare President and CEO Samira K. Beckwith said it's important that the Nealon family is sharing their Hope experience with others.

"It really helps other people know that it's OK to talk about these issues. It also lets people know that everybody needs help, and it's OK to reach out," said Beckwith. "But to provide all the compassionate comfort that people in our care deserve, Hope relies on support from our community. We are able to fulfill our mission thanks to amazing donors,

continued on page 25



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What To Do For Chronically Itchy Skin

by Suzy Cohen, RPh



Dear Readers:

The average person is estimated to scratch an itch on their body about a hundred times a day, and that is considered pretty

normal. But what if you have a chronic itch? The scratching could be non-stop, and you could scratch yourself to the point of bleeding. I can help you today.

Itching is one of those symptoms that will drive you mad unless you get to the root cause and treat it. This can be the most difficult part. Unfortunately, digging deep isn't what happens at first when you show up at the doctor's office with an itchy rash. You will have to go to the pharmacy to pick up a steroid like a Medrol Dose pack, and some Benadryl. If you're among the lucky, the itchy sensation will clear up with those.

But what if it doesn't?

The misery of chronic itchy sensations, and an accompanying painful rash could baffle you and your practitioners for weeks, sometimes months and years. Today, I'll cover a few conditions that cause itch, along with my suggestions for treatment. Please ask your doctor about what's right for you.

Tinea Versicolor – This common fungal infection results in discolored patches of skin that are lighter or darker than surrounding skin. Since this is caused by a fungus, you will need to eliminate refined sugar in your diet because that feeds fungus. You could rub some coconut oil on the area, since that is an easily accessible natural anti-fungal. If it's all over, you could take a shower and use a selenium sulfide body wash (like

Selsun Blue) or buy a soap containing zinc pyrithione.

Hot Tub Folliculitis – This is sometimes also called Pool Folliculitis, and the rash can cause itchy, red and tender bumps that contain pus. You can get this from a swimming pool or whirlpool that looks like it has perfectly, clean water because the causative bacteria *Pseudomonas aeruginosa* will survive in water that's been chlorinated. Treatments usually include silver-containing creams or gels. Some people try compresses with distilled vinegar. In serious cases, an antibiotic will be prescribed.

Progesterone Dermatitis – This is an immune-driven condition that causes itchiness in a recurring fashion due to the rise in progesterone with every menstrual cycle. Managing hormones and suppressing the immune response may help this.

Neuropathic Itch – This type of itch is a difficult one to diagnose because there is no presentation of a rash or bump, or scaly skin or anything. It's your word basically, and nothing to show for it. You can change your shampoo, soap, laundry detergent, bedding and clothing, and the itch will stay with you. One of the most promising treatments for neuropathic itch are the JAK inhibitor drugs. One in particular is Xelgan (tofacitinib). I researched like crazy to find a natural JAK inhibitor, and it appears that thymoquinone might be helpful. Black seed oil supplements are rich in that compound.

In closing, I will refer you to the work of Dr. Brian S. Kim who can be found on twitter as @itchdoctor. Dr. Kim has done pioneering research on the topic of itch. If you're interested in the longer version of my article, which includes more causes for chronic itch, I can email it to you if you're part of my online community. Just sign up for my newsletter at www.suzycohen.com.

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

Doctor and Dietician

Muffin Recipe For A Healthier Breakfast Bite



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

We are always looking for something different, yet quick, to eat for breakfast. We found this recipe on a plant-based eating blog: www.veganak.com. Making muffins like this is a great way to incorporate more vegetables into your daily eating plan.

These muffins are packed with nutrients and flavor. This is a vegan recipe so you will see that we used applesauce instead of eggs. Applesauce provides the same texture and brings a unique taste to baked goods.

Ceylon cinnamon (and cinnamon Cassia) is a spice used in many cultures in both sweet and savory dishes. It has many health benefits including promising use as an insulin stabilizer, antioxidant and immune system stimulator. Interestingly enough, cinnamic acid contained in cinnamon also has anti-inflammatory properties and helps blood flow through the body, reducing the stress on the heart. Recently we read a study on the beneficial effects of Ceylon cinnamon for neurologic conditions such as Alzheimer's disease and the prevention of its onset.

So, give these nutrient-packed tasty muffins a try. Feel free to add your own tweaks. Hope you enjoy them as much

as we do!

Ingredients:

2 cups all-purpose flour (we use Bob's Red Mill Gluten-free, all-purpose flour)

3/4 cup brown sugar, packed (we reduced this in half. Can also substitute Erythritol)

1 1/2 tsp. baking soda

1 1/2 tsp. baking powder

3 tsp. cinnamon (we like Ceylon Cinnamon for its health benefits)

3/4 tsp sea salt

2 cups grated organic carrots

1 cup grated zucchini or grated apple (or half and half)

1/2 cup shredded unsweetened coconut

1/2 cup mixed seeds, sunflower, and pumpkin (or pecans or walnuts)

Zest of one large orange

1 cup unsweetened apple sauce

1/2 cup oil (grapeseed, coconut, or avocado)

3 tsp vanilla extract

1/3 to 1/2 cup dried cranberries, cherries, or raisins (optional)

Directions:

Preheat oven to 425° and grease a 12-cup muffin tin. Press a clean kitchen towel into the zucchini to remove excess liquid. In a large mixing bowl, mix together flour, sugar, baking soda, baking powder, cinnamon and salt. Add grated carrots, zucchini, coconut, seeds and orange zest. Make a well in the center and add oil, applesauce and vanilla. Mix but do not overmix. Evenly divide into 12 muffin cups. Bake for five minutes at 425° then reduce heat to 350°. Continue to bake for 20 to 22 minutes or until toothpick comes out clean. Remove and cool.

These are delicious right out of the oven with some butter, vegan butter, nut butter, or just plain. Bon appetite!

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.✳

Food Campaign Begins For North Bound Residents

Lee County Solid Waste's 3rd annual Donated not Wasted food rescue campaign encourages seasonal residents and visitors to donate unopened pantry items before returning north. The two previous campaigns resulted in 6,000 pounds of food diverted from potential disposal – enough to provide 5,000 meals to hungry people.

Nationwide, Americans throw out 30 to 40 percent of the available food supply. In Lee County, food waste accounts for 13 percent, or 70,000 tons, of the local waste stream, according to a 2016 audit.

Since the onset of COVID-19, the need for food has increased dramatically.

"Last year, we distributed 32.4 million pounds of food," said Meg Madzar, food drive coordinator for Harry Chapin Food Bank. "Now, we are distributing nearly one million pounds a week and feeding a quarter of a million people a month."

People can drop off unopened canned or dry goods from March 22 to April 5 at libraries or Lee County Parks & Recreation centers. Additional collection containers are located at the Parks & Recreation's Six Mile Cypress Slough Preserve and at Lee County Solid Waste's Topaz Court Household Chemical Waste Facility.

Partners in the Donated not Wasted campaign include: Harry Chapin Food Bank' Lee County Government – Lee County Solid Waste, Lee County Parks & Recreation and the Lee County Library System; additional municipal libraries – City of Sanibel and Town of Fort Myers Beach libraries; Waste Pro; and FOX4.

Drop off locations include:

Estero Recreation Center, 9200 Corkscrew Palms Boulevard, Estero
North Fort Myers Recreation Center, 2000 North Recreation Park Way, North Fort Myers

Veterans Park Recreation Center, 55 Homestead Road South, Lehigh Acres
Wa-Ke Hatchee Recreation Center, 16760 Bass Road, Fort Myers
Bonita Springs Public Library, 10560 Reynolds Street, Bonita Springs
Cape Coral-Lee County Public Library, 921 SW 39th Terrace, Cape Coral
Captiva Memorial Library, 11560 Chapin Lane, Captiva

Dunbar Jupiter Hammon Public Library, 3095 Blount Street, Fort Myers
East County Regional Library, 881 Gunnery Road, Lehigh Acres
Fort Myers Regional Library, 2450 First Street, Fort Myers
Fort Myers Beach Public Library, 2755 Estero Boulevard, Fort Myers Beach

Johann Fust Community Library, 1040 West 10th Street, Boca Grande
Lakes Regional Library, 15290 Bass Road, Fort Myers

North Fort Myers Public Library, 2001 N. Tamiami Trail, North Fort Myers
Northwest Regional Library, 519 Chiquita Boulevard North, Cape Coral
Pine Island Public Library, 10701 Russell Road, Bokeelia
Riverdale Branch Library, 2421 Buckingham Road, Fort Myers
Sanibel Public Library, 770 Dunlop Road, Sanibel

South County Regional Library, 21100 Three Oaks Parkway, Estero
3. Additional sites
Six Mile Cypress Slough Preserve, 7751 Penzance Boulevard, Fort Myers
Topaz Court Solid Waste Annex, 6441 Topaz Court, Fort Myers.

Visit www.leegov.com/solidwaste or call 533-8000 for more information.✳

Health First

Eight Ways To Keep Your Brain Fit



by Julie Rosenberg, MD

Mental decline is one of the most feared consequences of aging. The good news – cognitive impairment is not inevitable. The aging process

itself is generally not a cause of cognitive decline. Those individuals who develop severe cognitive impairment typically have underlying neurological impairment, a brain injury or an organic brain disorder. For those who are undergoing the normal aging process, here are eight strategies you can use to help maintain cognitive fitness.

1) Keep learning – Participating in educational activities helps you to develop neuroplasticity, the ability of the brain to adapt to changes in one's environment by forming new neural connections over time. In other words, challenging your brain with "mental exercise" activates processes that help maintain individual brain cells and stimulate communication among

them. Read, take classes or tackle word puzzles. Play Chess or Bridge – both games require working memory and reasoning skills. Consider trying a new craft or hobby, such as drawing or painting.

2) Eat a good diet – Good nutrition helps both your mind and your body. Research has shown that individuals who eat a Mediterranean-style diet that emphasizes fruits, vegetables, fish and plant sources of protein, nuts and unsaturated oils such as olive oil, are less likely to develop cognitive impairment and dementia.

3) Exercise – Research indicates that regular physical activity (at least 30 minutes per day) helps prevent cognitive decline and Alzheimer's disease. These benefits may be the result of increased blood flow to your brain during exercise. Studies have also shown that exercise can increase the size of the hippocampus, the part of the brain responsible for memory, which naturally shrinks as you age. So, check out a dance class, take a walk, go for a bike ride, garden – moving your body will help your brain!

4) Protect your head – Traumatic brain injuries, even without loss of consciousness, may have serious and long-lasting effects and can increase your risk of cognitive impairment. Falls are the most common cause of traumatic brain injury in older individuals. Don't take chances (This applies to everyone). Avoid household hazards, such as obstacles (shoes,

clothing) on the floor, loose rugs, slippery floors, or poor lighting. Wear a helmet if you engage in any type of contact sport and when you are bicycling.

5) Limit alcohol – Excessive alcohol intake over time is a major risk factor for dementia. If you choose to drink, limit alcohol to one drink per day. Drinking alcohol in moderation has not been conclusively linked to an increased risk for dementia. In fact, research has shown that drinking wine or beer in moderate amounts has no negative effect on brain function later in life.

6) Don't smoke – Smoking cigarettes is associated with serious health risks, such as cancer, cardiovascular disease and chronic obstructive pulmonary disease. People who smoke are also at higher risk of developing dementia and at much higher risk (up to 79 percent) for Alzheimer's disease. Some researchers have suggested that smoking raises the risk of Alzheimer's disease by increasing oxidative stress on the brain. Smoking is also a major risk factor for cerebral vascular injury, including atherosclerosis, aneurysm and stroke, which can increase the risk of dementia and cognitive impairment.

7) Get enough sleep – Aging well means prioritizing sleep. Most adults need at least seven hours of sleep per night for proper cognitive and behavioral function. Sleep is important for brain function. During sleep, your brain reorganizes and recharges itself, and removes toxic byproducts which

have accumulated throughout the day. Evidence is building that sleep disturbances may contribute to cognitive decline and may also increase the risk of Alzheimer's disease by increasing amyloid burden. More research is needed to better clarify the mechanisms linking sleep disturbance and risk for Alzheimer's disease.

8) Build social networks – Research shows that people who regularly engage in meaningful social interactions maintain better brain health at all ages. Social interactions facilitate the development of support systems. Meaningful human interactions and strong social ties have been associated with a lower risk of dementia and longer life expectancy.

In conclusion, cognitive decline impairs quality of life and threatens independence. In this article, I've discussed eight lifestyle interventions that will help to keep your brain fit. Challenging your brain and embracing a healthy lifestyle will help to support long-term cognitive function.

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.✪

County Initiates Website On Water Quality

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

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

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

The site features a story map to take visitors on a tour of the watershed, discussing the challenges and causes as well as the steps Lee County and partner agencies have taken to help improve local water quality. What are the problems? What are the causes? What is Lee County doing? What are other agencies doing? What can you do?

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

Water quality affects residents and visitors alike, and everyone has an opportunity to be a part of the solution, even during every-day activities such

as walking the dog or taking care of the lawn. To encourage engagement, the site also provides links to partner agencies and organizations.

For more information, visit www.leegov.com/water.✪

From page 23

Comedian

like Kevin, who give so generously and share the importance of hospice care."

The video is available for viewing at www.morehope.org.

"Hope provides the dignity that everyone deserves, so I invite others to give more hope so that everyone in Southwest Florida who needs comfort and care can find that support," said Nealon.

Nealon appeared on *Saturday Night Live* from 1986 to 1995. He starred in CBS's *Man with a Plan* and *Weeds* on Showtime and several movies, including *Daddy Day Care*, *Happy Gilmore* and *The Wedding Singer*. He also hosts the popular YouTube series *Hiking with Kevin*.

As a local, not-for-profit, community-based, safety net organization, Hope Hospice has served Lee, Hendry and Glades counties since 1979. Help is available 24 hours a day, 7 days a week for people facing issues related to serious illness. Hope Hospice is one of many programs and services provided by Hope Healthcare. For more information, call 482-4673 or visit www.hopehcs.org.✪

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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



"They're the famous _____ team."

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!

Raider

PARTIE

Veer

WEVERS

Sugar

CORUSES

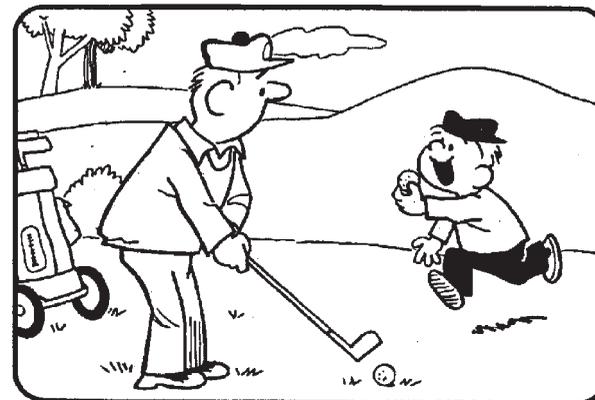
Chide

CLODS

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Boy is moved. 2. Golf club is missing. 3. Tree is added. 4. Golf shoes are different. 5. Hedge is different. 6. Zipper is added.

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.

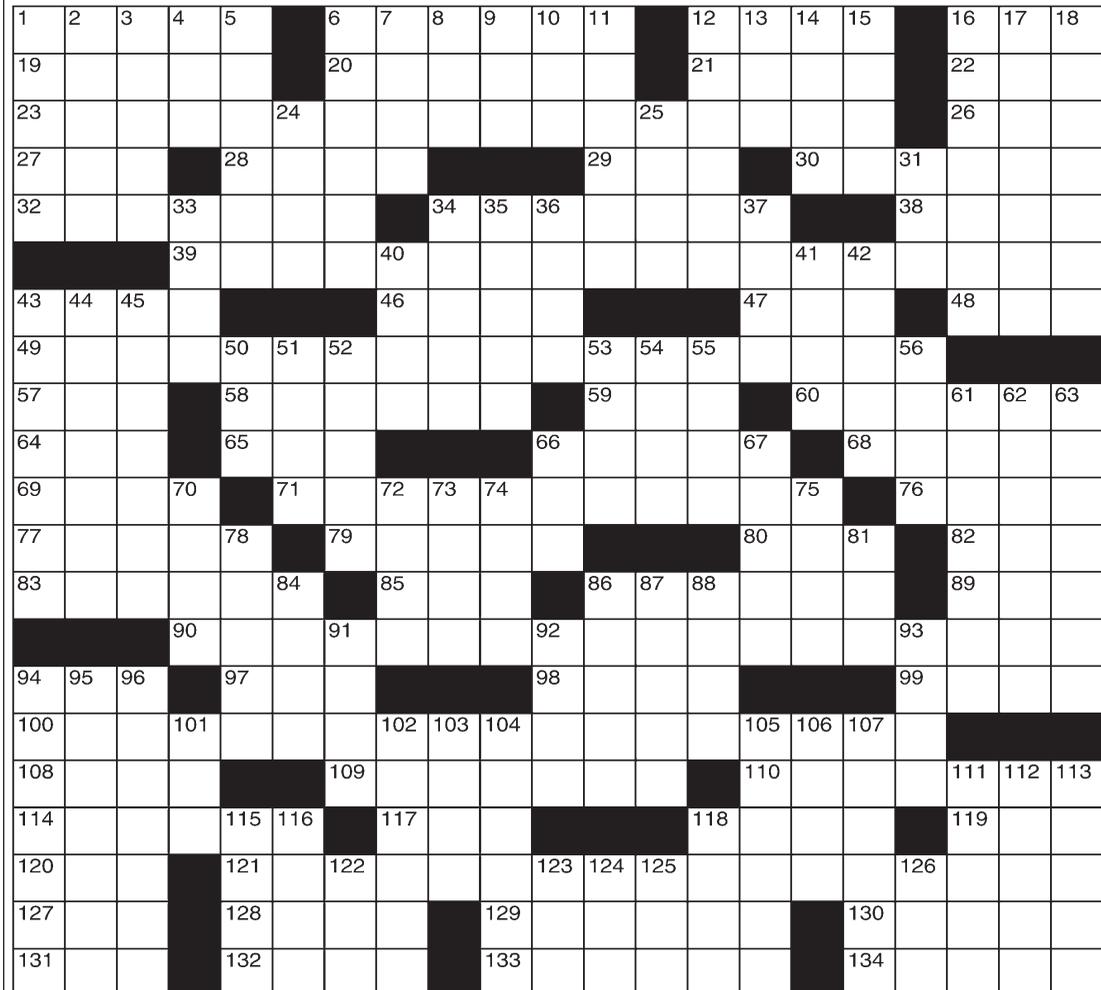
	1		9					5
5				3		7	2	
		4			8			9
		3	8					6
7		9			6	2		
	4			1			8	
		2	7					1
	5		6	4			3	
8					5	6		

PUZZLES

Answers on page 31

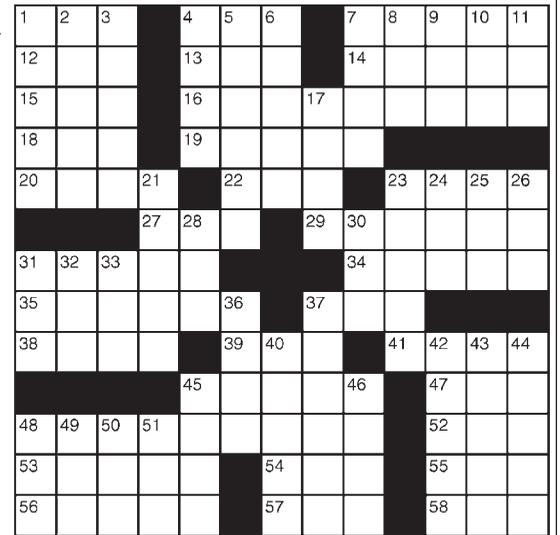
Super Crossword RIDING ON EMPTY

- ACROSS**
- 1 Veg-o- — (Ronco product)
 - 6 Cesar who played the Joker
 - 12 Stocking material
 - 16 Counterpart of a column
 - 19 Neighbor of Minneapolis
 - 20 Hybrid ride
 - 21 Falco of "Outside In"
 - 22 Dramatist Levin
 - 23 Start of a riddle
 - 26 Engage in, as a trade
 - 27 Chilling Chaney
 - 28 English actress Diana
 - 29 Astronaut Grissom
 - 30 Charisma
 - 32 Like a triangle with three unequal sides
 - 34 Respected
 - 38 Fashion's Wintour
 - 39 Riddle, part 2
 - 43 Emotes, e.g.
 - 46 Pupil locale
 - 47 Young tiger
 - 48 Tijuana "two"
 - 49 Riddle, part 3
 - 57 Earthy hue
 - 58 Chaperones, typically
 - 59 Hot dog roll
 - 60 Part of SWAK
 - 64 Work unit
 - 65 It often follows "Co."
 - 66 Use a kayak
 - 68 Like snakes
 - 69 Untidy type
 - 71 Riddle, part 4
 - 76 Parallel (with)
 - 77 Cake layers
 - 79 "To clarify ..."
 - 80 Suffix with Taiwan
 - 82 TV's Longoria
 - 83 Calm
 - 85 Backwoods denial
 - 86 Inventive Edison
 - 89 Male sheep
 - 90 Riddle, part 5
 - 94 Toothpaste box org.
 - 97 Memento of Molokai
 - 98 Haughtiness
 - 99 Spots
 - 100 End of the riddle
 - 108 Roll-call call
 - 109 "30 Rock" star
 - 110 Seasons of falling leaves
 - 114 Sneakers brand
 - 117 Hwy. offense
 - 118 Part of SWAK
 - 119 Roll-call call
 - 120 Fellow
 - 121 Riddle's answer
 - 127 LGA info
 - 128 German Mr.
 - 129 Join a class
 - 130 Rebound on a pool table
 - 131 Comfy room
 - 132 Female sheep
 - 133 Entertainer Charles Nelson —
 - 134 Revival shouts
 - 6 Got long again, as a mown lawn
 - 7 Phil of protest songs
 - 8 Bon — (witticism)
 - 9 Outer: Prefix
 - 10 Match cheer
 - 11 Salem locale
 - 12 Teacher of martial arts
 - 13 Boise locale: Abbr.
 - 14 Peruvian capital
 - 15 Maintain
 - 16 Matured
 - 17 City near Epcot
 - 18 Attacks from ambush
 - 24 Skye of the screen
 - 25 Mongolian tent
 - 31 Shriver of tennis
 - 33 Final
 - 34 Actor Buchholz
 - 35 Overlooks
 - 36 Humorist Ogden
 - 37 Cato's 750
 - 40 Small brook
 - 41 Actors' aids
 - 42 Melancholy instruments
 - 43 Certifies (to)
 - 44 Actor Sheen
 - 45 Did a slowish ballroom dance
 - 50 — chi ch'uan
 - 51 Novelist O'Brien
 - 52 Emmy winner Susan
 - 53 Internet auction site
 - 54 StarKist fish
 - 55 In a little bit
 - 56 Confront
 - 61 Shirley's TV roommate
 - 62 Give a lift to
 - 63 Balls of fire
 - 66 Hoodwink
 - 67 Pathological plant swelling
 - 70 Bric-a- —
 - 72 Prefix with potent
 - 73 Tire (out)
 - 74 Cry buckets
 - 75 "Pronto"
 - 78 Swiped
 - 81 Special ability, for short
 - 84 Fancy pourer
 - 86 Yours, in the King James Bible
 - 87 Equine, in tot-speak
 - 88 Really, really
 - 91 Special ability
 - 92 Street stray
 - 93 Biblical brother of Jacob
 - 94 Humiliated
 - 95 When delivery is expected
 - 96 Nigerian, e.g.
 - 101 Nurtured
 - 102 Bill tack-ons
 - 103 "Movin' —" ("The Jeffersons" theme song)
 - 104 Shipping container
 - 105 Chiefly
 - 106 Cashews and pecans
 - 107 Cornell's city
 - 111 Mother, in Spain
 - 112 Stocking material
 - 113 Appears
 - 115 Tennis star Arthur
 - 116 Whole bunch
 - 118 Actor Ferrell
 - 122 Sooner than, to bards
 - 123 Ending for butyl
 - 124 — Lanka
 - 125 Fa-la linkup
 - 126 Water flow stopper



King Crossword

- ACROSS**
- 1 Nightwear, for short
 - 4 Rm. coolers
 - 7 Fable writer
 - 12 Decay
 - 13 Prefix with athlete
 - 14 Preamble
 - 15 Mode lead-in
 - 16 Soundly defeated
 - 18 Zilch
 - 19 Berth places
 - 20 Retain
 - 22 Away from NNW
 - 23 Roundish 'do
 - 27 Writer Harper
 - 29 Sitting room
 - 31 Prepared apples for baking
 - 34 Street punks
 - 35 Uproar
 - 37 Rotating part
 - 38 A Great Lake
 - 39 Actor Stephen
 - 41 Dumbstruck
 - 45 Striped equine
 - 47 Hockey's Bobby
 - 48 Performed to the end
 - 52 Gun-lobby org.
 - 53 Broadcaster
 - 54 Code-
 - 9 Pigs' digs
 - 10 Metal source
 - 11 Group of whales
 - 17 Get ready, briefly
 - 21 West Point freshman
 - 23 Bakery lure
 - 24 "Alice" waitress
 - 25 Scepter
 - 26 Hosp. areas
 - 28 College URL ender
 - 30 "Eureka!"
 - 31 "Evita" narra-
 - 32 Owned by us
 - 33 MLB stat
 - 36 Raised
 - 37 Tenor Enrico
 - 40 Deep, lustrous black
 - 42 Candymaker Willy
 - 43 Goofed
 - 44 Pulls
 - 45 Goose egg
 - 46 — impasse
 - 48 Bit of butter
 - 49 Fib
 - 50 Branch
 - 51 "Uh-huh"
- DOWN**
- 1 Bit of mischief
 - 2 "Salt" star
 - 3 Angelina
 - 4 Perched on
 - 5 Vacation at sea
 - 6 Locations
 - 7 Has a bug
 - 8 Disney deer



MAGIC MAZE ● "S" COUNTRIES

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

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

- Samoa
- Singapore
- Spain
- Sweden
- San Marino
- Slovenia
- Sri Lanka
- Switzerland
- Senegal
- South Africa
- Sudan
- Syria
- Serbia
- South Korea
- Swaziland



Chocolate Dipped Strawberries

photo courtesy Fresh From Florida

**Chocolate Dipped Strawberries**

10-15 Florida strawberries

10 ounces melting chocolate

Various toppings such as cookie crumbs, powdered peanut butter, sprinkles

Prepare berries by rinsing and drying thoroughly. Chocolate will not stick to berries with excess moisture on them. Place onto a parchment-lined sheet pan and set aside.

Prepare a double boiler to melt the chocolate by filling a small pot 1/4 full of tap water. Bring to a boil then reduce to a simmer and place a heat safe bowl (usually indicated on the bottom of the bowl) on top of the pot. The bowl should fit snug over top but do

not allow the bowl to touch the water, as it can burn the chocolate. Using a double boiler gently melts the chocolate by steam rather than direct heat. Place the chocolate in the bowl and stir every minute or two. Depending on the level of heat this can take up to 10 minutes. When melted and smooth, carefully lift the bowl from the pot using hot pads to handle the bowl. Steam will escape when lifting the bowl and has the potential to burn, use caution at this step!

Pour the chocolate into a container deep enough to fully submerge the berries. Using the green leaves as a holding spot, dip the berry into the chocolate and allow excess to drip off. Place onto the parchment-lined sheet pan. If you are using toppings now is the time to apply them, the chocolate will dry very quickly at this stage. Continue process until all berries are coated. Store in air-tight container, in the refrigerator, for 2-3 days.*

My Stars ★★★★★

FOR WEEK OF MARCH 15, 2021

Aries (March 21 to April 19) Consider moving beyond the usual methods to find a more creative means of handling a difficult on-the-job situation. Avoid confrontation and, instead, aim for cooperation.

Taurus (April 20 to May 20) Seasonal change creates a new look for the outdoors. It also inspires Taureans to redo their own environments, and this is a good week to start redoing both your home and workplace. Enjoy.

Gemini (May 21 to June 20) A misunderstanding needs to be straightened out so the wrong impression isn't allowed to stand. If necessary, offer to support the use of a third party to act as an impartial arbitrator.

Cancer (June 21 to July 22) A career change offering what you want in money and responsibilities could involve moving to a new location. Discuss this with family members before making a decision.

Leo (July 23 to August 22) Feeling miffed over how you believe you were treated is understandable. But before you decide to "set things straight," make sure the whole thing wasn't just a misinterpretation of the facts.

Virgo (August 23 to September 22)

Showing you care makes it easier to build trust and gain an advantage in handling a delicate situation. What you learn from this experience also will help you understand yourself better.

Libra (September 23 to October 22) Planning for the future is fine, especially if you include the roles that family members may be asked to play. Don't be surprised if some hidden emotions are revealed in the process.

Scorpio (October 23 to November 21) Making choices highlights much of the week, and you have a head start here, thanks to your ability to grasp the facts of a situation and interpret them in a clear-cut manner.

Sagittarius (November 22 to December 21) Carrying a torch can be a two-way situation: It can either keep you tied to the past or help light your way to the future. The choice, as always, has to be yours.

Capricorn (December 22 to January 19) Your watchwords this week are: "Focus." "Focus." "Focus." Don't let yourself be distracted from what you set out to do. There'll be time later to look over other possibilities.

Aquarius (January 20 to February 18) A workplace opportunity might require changes you're not keen on making.

PETS OF THE WEEK



Link ID# A853663

photos provided

Lee County Domestic Animal Services

Link And Minnie

Hello, my name is Link. I'm a 6-year-old brown hound mix. I'm an energetic boy who may be short in stature, but not in personality. I love to be the center of attention whether I am playing outside or just sitting on the couch snuggling. I love to flirt with the girls in the next playyard and share my toys with them. My adoption fee is \$40.

Hi, my name is Minnie. I'm a 5-year-old female domestic shorthair. I'm your typical tortie with the "it's all about me" motto. But no worries, I'm a sweet, loving cat who will greet you at the door after a long day of work and be your BFF! My unique coloring makes me one of a kind. Be sure to



Minnie ID# A633733

stop by the adoption center and visit with me today. My adoption fee is \$20, and you can adopt a friend for me at no additional fee.

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.*

To advertise in
The River Weekly News,
call 395-1213

Discuss the pluses and minuses with someone familiar with the situation before you make a decision.

Pisces (February 19 to March 20) Love and romance are strong in your aspect this week. If you've already met the right person, expect your relationship to grow. And if you're still looking, odds are you'll soon be finding it.

Born This Week: You approach life in a wise and measured manner, which gives you an edge in many areas.

MOMENTS IN TIME

• On March 23, 1839, the initials "OK" are first published, in *The Boston Morning Post*. Meant as an abbreviation for "oll korrekt," a popular slang misspelling of "all correct" at the time, OK steadily made its way into the everyday speech of Americans.

• On March 26, 1920, *This Side of Paradise* is published, immediately launching 23-year-old F. Scott Fitzgerald to fame and fortune. While in Europe, Fitzgerald finished his masterpiece, *The Great Gatsby* (1925).

• On March 25, 1933, the newly commissioned USS Sequoia becomes the official presidential yacht. Previously, the Department of Commerce had used the Sequoia as a decoy to catch Prohibition

lawbreakers.

• On March 22, 1947, President Harry Truman establishes a sweeping loyalty investigation of federal employees in response to public fears of communism in the U.S. Congress had already launched investigations of communist influence in Hollywood.

• On March 28, 1958, William Christopher Handy, the famous blues musician known as WC, dies in New York City. Jazz standards *The Memphis Blues* and *St. Louis Blues* are his most famous compositions, but his musical legacy can be heard in works of composers as varied as George Gershwin and Keith Richards.

• On March 27, 1973, actor Marlon Brando declines the Academy Award for Best Actor for his performance in *The Godfather* as a protest against Hollywood's portrayal of Native Americans in film. The first performer to turn down a Best Actor Oscar was George C. Scott, for *Patton* in 1971.

• On March 24, 1989, one of the worst oil spills in U.S. territory begins when the supertanker Exxon Valdez, owned and operated by the Exxon Corporation, runs aground on a reef in Prince William Sound in southern Alaska. An estimated 11 million gallons of oil

continued on page 30

 FRIDAY Partly Cloudy High: 78 Low: 70	 SATURDAY Sunny High: 77 Low: 71	 SUNDAY Sunny High: 74 Low: 66	 MONDAY Mostly Cloudy High: 75 Low: 68	 TUESDAY Sunny High: 78 Low: 70	 WEDNESDAY Mostly Cloudy High: 77 Low: 71	 THURSDAY Mostly Cloudy High: 76 Low: 68
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	6:39 am	9:41 am	4:39 pm	None
Sat	5:19 pm	12:37 am	None	None
Sun	6:13 pm	1:55 am	None	None
Mon	7:32 pm	3:16 am	None	None
Tue	9:09 pm	4:23 am	None	None
Wed	1:18 pm	5:15 am	10:31 pm	4:18 pm
Thu	1:23 pm	5:58 am	11:36 pm	5:19 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	5:44 am	9:43 am	3:44 pm	None
Sat	4:24 pm	12:39 am	None	None
Sun	5:18 pm	1:57 am	None	None
Mon	6:37 pm	3:18 am	None	None
Tue	8:14 pm	4:25 am	None	None
Wed	12:23 pm	5:17 am	9:36 pm	4:20 pm
Thu	12:28 pm	6:00 am	10:41 pm	5:21 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	5:49 am	10:03 am	4:11 pm	None
Sat	6:56 am	12:26 am	4:55 pm	10:22 am
Sun	8:16 am	2:02 am	5:47 pm	10:47 am
Mon	7:03 pm	3:17 am	None	None
Tue	9:22 pm	4:17 am	None	None
Wed	12:03 pm	5:11 am	10:45 pm	4:29 pm
Thu	12:30 pm	5:58 am	11:46 pm	5:35 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	8:49 am	2:47 am	6:49 pm	12:57 pm
Sat	7:29 pm	3:53 am	None	None
Sun	8:23 pm	5:11 am	None	None
Mon	9:42 pm	6:32 am	None	None
Tue	11:19 pm	7:39 am	None	None
Wed	3:28 pm	8:31 am	None	7:34 pm
Thu	12:41 am	9:14 am	3:33 pm	8:35 pm

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Licensed & Insured

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407-902-7845
Juan Penaloza

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From page 28

Moments In Time

eventually spilled into the water, polluting more than 700 miles of coastline.

NOW HERE'S A TIP

• “When thickening soup, don’t overlook instant mashed potato mix. It’s perfect for making a thin broth into a nice, thick stew sauce, and it’s pretty cheap. It only takes a couple of tablespoons.” – IF in Utah

• “Cut kitchen sponges into smaller pieces. They clean as well as a larger sponge, and you can dispose of the smaller pieces when they get yucky.” – OC in Michigan

• Don’t forget to clean out your dryer’s lint trap regularly. It can get clogged up, and that can be a fire hazard. Set a reminder on your phone to vacuum it out once a month.

• If you have high boots, you can use this trick to keep them looking good and upright in storage. Simply use 1-liter soda bottles. They can be empty, or you can

poke some small holes around the bottom and add a little baking soda, which will keep the boots dry and odor free.

• Ficus trees can remove up to 80 percent formaldehyde in the air. Other great indoor air-cleaning plants include peace lilies, ivies, spider plants and ferns.

• “Have you overdyed your hair at home? Try washing your hair with a dandruff shampoo. You may have to repeat it, but dandruff shampoo can sometimes get the extra color out of your hair follicles. Make sure that you condition well afterward.” – BR in Georgia

STRANGE BUT TRUE

• Attention, *Lord of the Rings* fans: the dark region on the north pole of Pluto’s moon, Charon, is called Mordor.

• A common issue with blood donation – along with other types of charitable contributions – is that if donors don’t know the recipient, it’s harder to convince them that donating is beneficial. Therefore, in an effort to encourage more young people to give blood, Sahlgrenska University Hospital

in Gothenburg, Sweden, sends a text when their donation has been dispensed to someone in need, providing proof that it’s going to good use.

• The Twitter bird actually has a name – Larry, after Hall of Fame basketball player Larry Bird.

• In the 18th century, Napoleon Bonaparte and Benjamin Franklin were both defeated at chess by a machine called the Mechanical Turk – or at least they thought they were. It was later revealed to be quite the elaborate hoax, with a highly skilled chess master hiding inside the “machine” and moving the pieces against the opponent.

• In a move to keep disease-wary Nazis away, Polish doctor Eugene Lazowski faked a typhus outbreak, saving over 8,000 people from slave labor camps and death.

• The longest song title ever is Hoagy Carmichael’s 1943 *I’m a Cranky Old Yank in a Clanky Old Tank on the Streets of Yokohama with my Honolulu Mama Doin’ Those Beat-o, Beat-o Flat-On-My-Seat-o, Hirohito Blues*.

• Duncan Hines was a real person – a popular restaurant critic who also wrote a book of hotel recommendations.

• Eight of the 10 largest statues in the world are of Buddhas.

• Pittsburgh is the only city where all the major sports teams (MLB, NHL, NFL) have the same colors: black and gold.

THOUGHT FOR THE DAY

“Many are stubborn in pursuit of the path they have chosen, few in pursuit of the goal.”

– Friedrich Nietzsche

TRIVIA TEST

1. **Literature:** Which 19th-century novel begins with the sentence, “There was no possibility of taking a walk that day”?
2. **Chemistry:** Which element’s Latin name is hydragyrum and goes by the symbol Hg?
3. **History:** Who was the first female detective in the United States, hired by the Pinkerton Detective Agency in 1856?

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3/12 * 3/19

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3/19 * 4/9

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6/21 * TFN

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1/4 * TFN

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1/26 * TFN

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3/19 * TFN

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6/5 * TFN

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ANNUAL RENTAL

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4/20 * TFN

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1/8 * 4/2

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Just give me a call...

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12/11 * TFN

HELP WANTED

THE BUBBLE ROOM

The Bubble Room is now hiring f or our new soda fountain/ice cream parlor concept! Job responsibilities include: making espresso/coffee drinks, serving Bubble Room cake, scooping ice cream and giving excellent customer service. We have additional positions available in the restaurant and Emporium gift store! Great pay and benefits!

Please email your resume to
bubbleroomemporium@gmail.com or stop in for an interview

3/12 * 3/26

ADMINISTRATIVE ASSISTANT

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

1/22 * TFN

FOR SALE

APPLIANCES

• White LG Dishwasher – Mint Condition
• White LG 30" French Door Refrigerator – One tiny dent on front – barely noticeable

• White Kenmore oven with white cooktop – Mint Condition. Non-smoking household. Single Mother, empty nester so not a lot of usage. Selling due to renovation in kitchen. Email for pictures or appointment to see them. LisaSanibel@centurylink.net

12/11 * TFN

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.

To advertise in the
Island Sun and The River Weekly News
Call 395-1213

4. **Advertisings Slogans:** What product's 1970s advertising slogan was, "I can't believe I ate the whole thing"?
5. **U.S. Presidents:** Only two Catholics have served as president of the United States. Who are they?
6. **Movies:** The *Star Wars* movie series was partly filmed in which African country?
7. **Language:** What does the name Boca Raton (Florida) mean in Spanish?
8. **U.S. States:** The highest and lowest points in the contiguous United States can be found in which state?
9. **Entertainers:** Which American actor and comedian was born Eric Marlon Bishop?
10. **Television:** Which 1950s Western series featured the theme song *Happy Trails*?

HORTOONS

INVASIVE SPECIES



HORTOON/PETCHER

TRIVIA ANSWERS

1. Jane Eyre 2. Mercury 3. Kate Warne 4. Alka-Seltzer 5. John Kennedy and Joe Biden 6. Tunisia 7. Kat's mouth (named for sharp rocks where ships docked) 8. California: Mount Whitney and Death Valley 9. Jamie Foxx 10. "The Roy Rogers Show"

SCRAMBLERS ANSWER

1. Pirate
2. Swerve;
3. Sucrose;
4. Scold

Today's Word
CIRCUS

PUZZLE ANSWERS

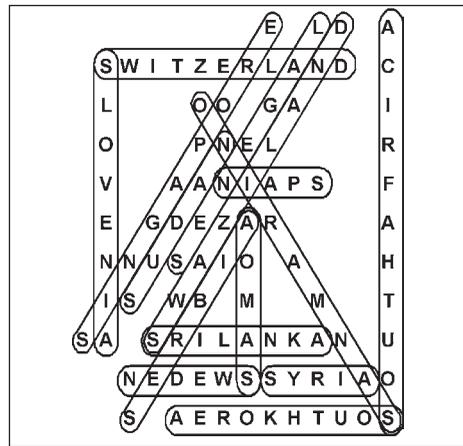
SUPER CROSSWORD

M	A	T	I	C	R	O	M	E	R	O	S	I	L	K	R	O	W				
E	D	I	N	A	E	C	O	C	A	R	E	D	I	E	I	R	A				
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KING CROSSWORD

P	J	S		A	C	S		A	E	S	O	P	
R	O	T		T	R	I		I	N	T	R	O	
A	L	A		O	U	T		P	L	A	Y	E	D
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				L	E	E		P	A	R	L	O	R
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T	E	M	P	O		Y	O	N		A	D	S	

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Sanibel Estates	Sanibel	1991	3,277	\$3,695,000	\$3,445,000	45
Frowes Subdivision	Captiva	1983	3,215	\$3,699,000	\$3,300,000	168
Bonita Beach	Bonita Springs	2019	3,787	\$3,590,000	\$3,275,000	82
Key West Courtyards	Fort Myers Beach	2005	2,187	\$2,480,400	\$2,375,000	52
St. Charles Harbour	Fort Myers	2003	5,938	\$2,500,000	\$2,200,000	485
Parkridge	Fort Myers	2008	4,838	\$1,650,000	\$1,615,000	9
North Captiva Dunes	Upper Captiva	1988	1,667	\$1,650,000	\$1,530,000	188
Cape Coral	Cape Coral	2009	3,798	\$1,498,500	\$1,500,000	115
San Carlos Estates	Bonita Springs	2017	4,203	\$1,495,000	\$1,495,000	4
Castaway Key Unrecorded Subdivision	Upper Captiva	1986	2,134	\$1,395,000	\$1,385,000	40

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