



New Shows Bring Cuban Flair To Davis Art Center

The Sidney and Berne Davis Art Center will offer two unique art exhibitions in April with an opening night reception during Art Walk on Friday, April 2 from 6 to 10 p.m.

Remodeling by artist Norlam de Leon will be featured in the Grand Atrium, while Radial Pilgrim by Alex Lago will be on display in the Capital Gallery.

de Leon was born in the province of Cienfuegos, Cuba. At the Provincial Culture House, he began classes with self-taught painter Humberto Cuervo and was forevermore committed to the world of the fine arts. Upon arriving in the United States in 2013, de Leon has been shown in many exhibitions, a few private showings as well as in the permanent collections of the Patricia & Phillip Frost Florida International University at Miami.

Through his Remodeling exhibition, he hopes to reflect the thoughts of the



The Walking Island by Alex Lago

image provided

human condition. de Leon takes cues from the roughest organic surfaces, creating unique works of earth elements such as rocks, water and fire to carry the essence of Cuban flavor into his pieces. His compositions are created with an originality via engravings, wood carvings, metal cuttings, sculptures, paintings on canvas as well as on paper with great complexities and smart use of colors.

Lago, a Cuban American artist, studied painting at the prestigious San Alejandro School of Art in Havana after graduating as a biochemist from the University of Havana. His work has been exhibited in personal and group exhibitions in Latin America, Europe and North America. Lago's Radial Pilgrim exhibition represents the true connectedness of everything. His idea of a walking island is a paradox itself, just a starting point, to speak visually of the experience of growing up in motion. It is a personal evocation of the origin and the path, of a perennial process of self-knowledge and reconciliation.

Lago's use of watercolors and oils takes the viewer into a dream phase and brings

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Visitors enjoying an outdoor concert at Edison and Ford Winter Estates photo provided

Jimmy Buffett Tribute Band At Estates This Friday

Edison and Ford Winter Estates will host the Jimmy Buffett tribute band Caribbean Chillers on Friday, March 26. The concert will take place on the Ford lawn, along the Caloosahatchee. Gates open at 5:30 p.m. and the music

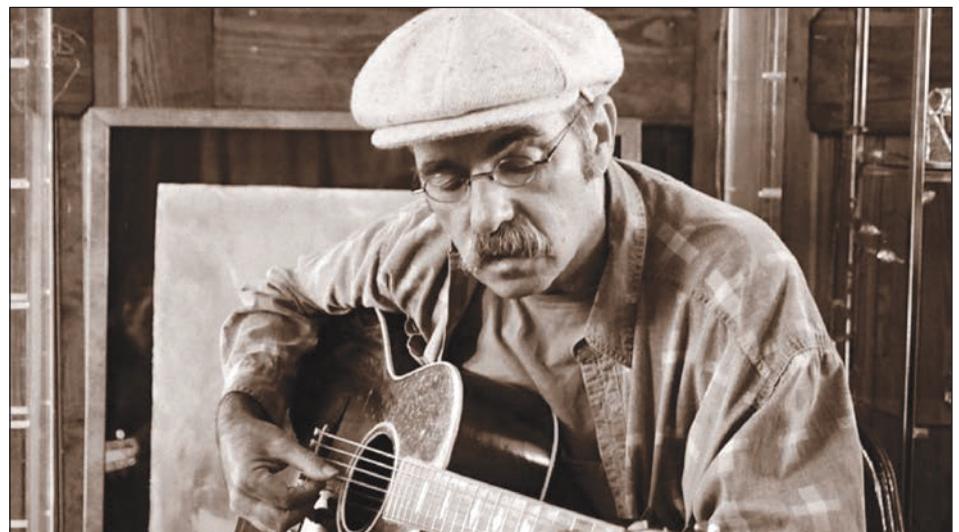
starts at 6 p.m.

The band plays Buffett's top hits and crowd favorites for an authentic show. Refreshments will be available for purchase from American Grilled Cheese Kitchen and Vibes and Spice food trucks, plus The Liquid Pony and Millennial Brewing Company will have cash bars. No coolers are permitted. Free parking is available in the main Edison Ford parking lot at 2350 McGregor Boulevard.

Guests should bring a folding chair and

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Blues Storyteller To Perform At Alliance



Roy Book Binder

photo provided

The Alliance for the Arts will feature blues artist Roy Book Binder on Sunday, March 28 at 4 p.m. The production will be held outdoors and with social distancing on the Alliance GreenMarket stage.

When Binder brings his "Tour Bus" to town, a one-man blues-fest ensues. He plays and entertains, feeding the audience with music and stories.

Seating is limited and attendees will need to purchase a pass for a six-by-six-foot square space on the GreenMarket lawn. In order to maintain social distancing, all lawn spaces will be six feet apart. Guests are required to bring their own lawn chairs and blankets. A pass for

a square space is \$15 for one person, \$30 for two people or \$60 for a group of four. The average per person price is \$15 plus fees.

For safety reasons, all squares must be purchased in advance.

Event staff and volunteers are required to wear masks at all times. Attendees are required to wear masks when indoors of the Alliance, using restrooms and when social distancing is not possible. No pets will be allowed.

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

Historic Downtown Fort Myers, Then And Now:

Annie Hill Departs

by Gerri Reaves, PhD



The real stuff of history isn't only about people who make it into the history books. Underneath the glories of political accomplishments, fortunes made, stunning military victories and achievements, businesses founded and wars won, ordinary people go about their everyday lives.

By definition, few people are remarkable, but we all have our moments of insight, success, compassion, creativity and despair.

When we fade away, no one except for our loved ones and friends will probably take note – and then life goes on.

Annie Hill exemplifies the uncelebrated life that is the beating heart of history.

Although she never made a mark on the world in the usual sense, she was lovingly eulogized on the frontpage of the *Fort Myers Press* several days after her death on March 7, 1909. The modern obituary page didn't exist at that time, but newspapers often printed announcements or tributes.

Major events such as deaths and births might have been reported in only a sentence or two or in a lengthy tribute, as with Hill.

Speculation about why one death received more press – and seemingly more sympathy – than another could fill a small volume.

Was the person from a prominent or highly respected family? Beloved community leader? Infamous criminal or scoundrel? Wealthy and influential? Victim of a grisly end? Just plain unconventional and interesting?



In 1916, the “new” three-story Hill House was built. It stands on the corner today and is a law office. Behind it is the 1924 Franklin Arms Hotel tower, now condominiums.

photo by Gerri Reaves

Reasons can be inexplicable and often rooted in reasons impossible to determine now.

Information on Annie Hill is sparse and simple, a fact reflected by her plain flat rectangular gravestone in the Fort Myers Cemetery, which reads: “Anne Hill, 1874 – 1909.”

But the respect held for her family probably helps to explain the pointed recognition of her passing.

She was the daughter and sister of two now-legendary pioneers, Mary Florence Hill and M. Flossie Hill, respectively. All three came to Fort Myers in 1885 when Annie and Flossie were children.

Several years later, Mary bought a boardinghouse and named it Hill House. She ran it successfully with her daughters and made it one of the most popular establishments in town history.

“Miss Flossie,” as she was known, opened a downtown women’s clothing store in 1905, and ran it for over 50 years.

Both Mary and Flossie made significant contributions to the business and civic affairs of Fort Myers and were themselves later eulogized upon their deaths.

Hill House, which stood on the southwest corner of First and Lee, is pictured in the undated historic photo. (The hotel was sold in 1918 and later developed into the Franklin Arms Hotel.)

The *Press*’s tribute to Annie is a delicate exercise, titled “A beautiful young life ended – Sadness left behind.” Her demise, it states, has “cast a gloom over the entire city.”

Her final day is described in language reminiscent of a Victorian novel. She is likened to a “lovely flower, full blown,” who “faded away and sank calmly and sweetly” into eternal sleep.

“Her spirit winged its flight to that beautiful beyond,” to await those who remain behind to mourn her.

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The original Hill House hotel-boardinghouse (right) stood on the southwest corner of First and Lee. It, and the second Roberts Building on the southeast corner (left), are pictured circa 1910.

photo courtesy Southwest Florida Historical Society



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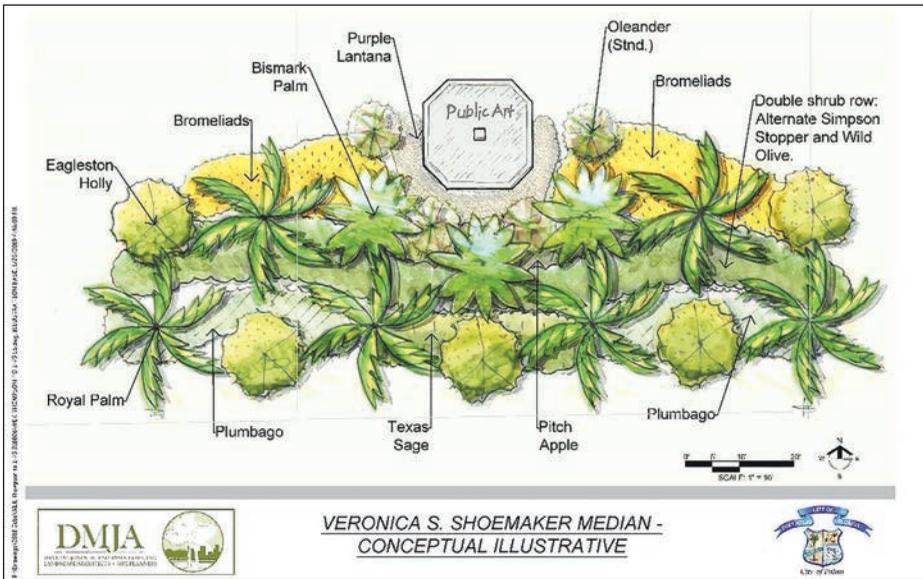
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The proposed installation site

photo provided

Public Meeting On Downtown Art Installation

The public is invited to voice their preferences for a landmark sculpture at the intersection of Dr. Martin Luther King (MLK), Jr. and Veronica S. Shoemaker (VSSB) boulevards during a community Zoom meeting on Monday, March 29 at 6 p.m.

The public art project is part of the Dr. MLK, Jr. Blvd. Landscape Refresh along the commercial corridor. The CRA and the City of Fort Myers Public Art Committee have joined forces to

bring a piece that is both interesting and representative of the community.

This intersection is a main arterial road into the City of Fort Myers that is traveled by thousands of people each day.

Input is being sought as to the aesthetic, design, look and feel of the sculpture. This information will be incorporated into the Request for Proposals (RFP) that will guide artists submitting applications in response to what the community envisions.

Interested participants must register in advance through the link at <https://cityftmyers.com/civicalerts.aspx?aid=1240>.

For more information, contact the Fort Myers CRA at 321-7100 or cra@cityftmyers.com.✪

Easter Egg Hunts In Lee County

Three Lee County Parks & Recreation sites will offer opportunities for children to put egg-hunting skills to the test in advance of Easter, which is Sunday, April 4. All events will follow CDC guidelines and hand-sanitizer stations will be available.

The days and locations for upcoming events are:

March 27 – Lehigh Acres:

Veterans Park Egg-Citing Bunny Trail will be held from 10 a.m. to 1 p.m. at the park, 55 Homestead Road South. Cost is free for ages 12 and younger. This event is sponsored by the Lehigh Acres Rotary Club. Check-in starts at 10 a.m. at the band pavilion. The Easter Bunny will arrive at 11:45 a.m. via Lehigh Acres Fire and Rescue Firetruck. The hunt will be located around the walking path of the central lawn. There are prizes for the first 200 participants that complete the scavenger hunt. Bring your camera for a photo opportunity. Drawing for prize baskets at noon. Must be present to win. For more information, call the Veterans Recreation Center at 369-1521.

April 3 – Estero:

Estero EGGStravaganza will be held

from 8 a.m. to noon at Estero Park, 9200 Corkscrew Palms Boulevard. Cost is \$5 per child for ages 12 and younger. Pre-registration is required at www.leeparks.org, by calling the recreation center at 533-1470 or in person.

Enjoy a fun-filled morning with an egg hunt, a goodie bag, an arts & craft kit to take home and a chance to meet the Easter Bunny. Bring your camera for a photo opportunity and a basket to collect eggs. At each scheduled start time, a child can collect up to 10 eggs and will have a chance to find the prize egg. The prize egg wins an Easter egg/basket filled with goodies. Register early, as space is limited to 200 participants. For more information, call the Estero Recreation Center at 533-1470.

April 3 – Boca Grande:

Boca Grande Tortoise and the Hare Egg Races will be held from 9 to 11 a.m. at the Boca Grande Community Center, 131 First Street West. The egg races and hunt are free for children age 11 and younger. Pre-registration is required by calling the community center at 941-964-2564. There will be a candy-guessing contest and prizes. Bring your camera for a photo opportunity. Donations of individually wrapped soft candy are being accepted until April 2. For more information, call the Boca Grande Community Center at 941-964-2564.✪

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Mound House Outdoor Nature And Education

The Mound House, the oldest standing structure on Fort Myers Beach, is offering an array of outdoor nature and education programs each month. One of Southwest Florida's most iconic historic attractions is open Tuesdays, Thursdays and Saturdays from 9 a.m. to 4 p.m. Admission is \$10 for ages 13 and older, \$8 for students with IDs, \$5 for ages 6 to 12, while age 5 and younger are admitted free. Beach residents receiving a 50 percent discount.

The following are upcoming programs:
 Friday, March 26; Saturday, March 27, 9 a.m.: Mangroves by Kayak Tour – Ages 12 and older; weather permitting; Explore the winding mangrove creeks and hidden waters of the Estero Bay Aquatic Preserve on a tandem kayak with an environmental educator guide. Witness birds, fish, manatee and dolphins. All paddling and safety equipment provided, with kayak tours in accordance with Florida Society of Ethical Ecotourism guidelines. Cost: \$45-per-person; Mound House members \$15. Advance reservations necessary; private tours available. Eight paddlers per tour.

Friday, March 26, 6:45 p.m.: Full Moon Kayak Tour – The unique tour offers kayakers the rare opportunity to experience the backwaters of the Estero Bay in the quiet of twilight by the light of

the full moon. Participants explore the estuary's tidal creeks, winding mangroves and abundant wildlife illuminated by the full moon. Weather permitting and reservations required at www.moundhouse.org; Cost: \$45-per-person, \$15 for Mound House members. All paddling and safety equipment provided; maximum of eight people per tour; CDC and social distancing guidelines in place; everyone must wear a mask while on land.

Saturday, March 27, at 11 a.m.: Shell Mound Outside Guided Tour – All ages; If you dig archaeology, this program is for you. Tour the 2,000-year-old Calusa Indian Shell Mound led by the Mound House interpretive staff as you explore the archaeology of the site while unearthing clues about this ancient society. All participants over age 6 must wear a mask. Cost: \$5-per-person that does not include Mound House admission; Mound House members free.

Saturday, March 27, 1 p.m.: Advanced Kayak Tour – Ages 12 and older; weather permitting; For kayakers who want a three-hour challenge of exploring areas of the Estero Bay where few get to venture, including the Hell Peckney Bay's mangrove isles. Cost: \$55-per-person; Mound House members \$25; includes Mound House admission as well as all paddling and safety equipment. Advance reservations necessary, with CDC and social distancing guidelines in place; all participants must wear a mask on land; maximum of eight paddlers per tour.

Saturday, March 27, 2 p.m.: Fishing Rancho Outside Guided Tour – All ages; The perfect program for Florida history

buffs; learn about the Latino fishing village known as a "Rancho" that existed on the shell mound between the ancient Calusa and Anglo-Pioneer eras; explore the site's archaeology and history through unearthed clues about this multicultural society; all participants over age 6 must

wear masks; everyone must observe CDC guidelines; Cost: \$5 per person; does not include Mound House admission

The Mound House is located at 451 Connecticut Street on Fort Myers Beach. For more information, visit www.moundhouse.org or call 765-0865.*

From page 2

Historic Downtown



Annie Hill's gravestone reflects the simple grace her eulogy attributed to her

photo by Gerri Reaves

The account makes it easy to envision Hill's last days in cinematic terms, in which she and her mother undertake a summer trip to the north in hopes of alleviating her lingering illness – to no avail.

In her last hours of the Sunday she died, she sat outside, perhaps on the porch visible behind the trees and fence in the historic photo.

She was then carried to bed, where she gave instructions on how she wished to be dressed and to dispose of her possessions. She died at 7 o'clock.

Walk down to First and Lee and ponder Annie Hill's life and departure.

Then visit the following research centers where you'll find lots of old obituaries to remind you that we are all, in the end, both extraordinary and ordinary as we strive to get through each day with dignity. Hours might be affected by the coronavirus pandemic, so call first. The Southwest Florida Historical

Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday from 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 and the Fort Myers Press.*

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Heights students at Boys & Girls Club

photo provided

Healthy Lifestyle Initiative Led By Heights Students

Five Heights Elementary students – Hunter, Liam, Henry, Aydan and Hector – collected fitness and sports equipment as a part of a project focused on living a healthy lifestyle. They dropped off bags of kickballs, basketballs, jump ropes, hula hoops and other items to a Lehigh Acres club recently. The boys hung around to test out some of the new equipment. Together, they had snacks, played a few games and everyone had a great time.

“We are so proud of our Heights Elementary students for giving back to their community while promoting the importance of living a healthy and active lifestyle,” said Denise Gergley, CEO of the Boys & Girls Clubs of Lee County. “Our staff and members are extremely grateful for all of the awesome new equipment.”

“Seeing kids helping kids tells me we’re winning as parents, teachers, coaches, and mentors. Watching kids from different neighborhoods and different communities smiling and laughing around a common interest, sports in the case, shows me that our future is bright,” said Mike Knox, board president of the Boys & Girls Clubs of Lee County.✱

Edison Mall Hosts Inaugural Black Expo In April

Edison Mall, in partnership with the Dunbar Festival Committee, De’ Marshawn’s Salon & Makeup Studio and SWFL Impact Partners, will host the inaugural SWFL Black Expo, a free public event, highlighting minority businesses of all types in the Southwest Florida area on April 9, 10 and 11. A portion of the proceeds from this signature event will go to fund and expand local black-owned 501(c)3 nonprofits in the area. Edison Mall, as a goodwill ambassador is focusing on providing a safe, diverse, family-oriented center that is culturally and economically impactful for the Southwest Florida community.

The SWFL Black Expo includes a designated kid zone with crafts and activities, seminars, workshops and speakers for the brand-new entrepreneur to the seasoned business professional. There will be vendors, food trucks and more. An opening reception is scheduled for April 9 with Lee Pitts Live hosting in the mall’s Food Court.

“At Edison Mall, we believe in the importance of embracing the diversity and multicultural backgrounds of our guests,” said Brad Lunn, general

manager. “We are looking forward to creating a truly community wide event, in partnership with the Dunbar Festival Committee, De’ Marshawn’s Salon & Makeup Studio and SWFL Impact Partners. We need to celebrate the rich diversity our Southwest Florida community holds.”

Sponsorship and vendor opportunities are available. As April is Diversity Month, Edison Mall and its partners are inviting all businesses of color to become a vendor. Black-owned 501(c)3 nonprofit groups will have a space reserved for free. For more information on vendor and sponsorship opportunities, contact Angeli Chin at angeli.chin@washingtonprime.com or 939-1933 ext. 2725.

In the continued need to address COVID-19, the town center has proactively implemented additions to the Code of Conduct, effective immediately and until further notice.

These additions include the following guidelines: Practice social distancing and stay at least six feet (two meters) from other people; covering your mouth and nose with a cloth face cover is recommended; do not gather in groups; adhere to each individual tenant’s COVID-19 policies; adhere to all federal, state and local regulations, recommendations and mandates regarding COVID-19.

The Code of Conduct is posted at the town center and available online.✱



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Fort Myers Art:

Conjuring Magic With Young Performers



by Tom Hall

Each day during Women's History Month, Art Southwest Florida is honoring someone past or present who has or is advancing arts and culture in Southwest Florida.

On March 12, we recognized director, choreographer and costume designer Lauren Perry.

Perry joined the Alliance Youth Theatre nearly four years ago. Since then, she has provided the choreography for a handful of shows beginning with *Spamalot the Musical*, where she took the reins after her predecessor moved on midway through rehearsals. *The Hunchback of Notre Dame*, *Princess Camp*, an assist with *Freckleface Strawberry* and *Pippin the Musical* followed in short order. But her greatest works have yet to see the stage.

Like so many in theater, Perry's trajectory was flattened by COVID-19. She had been working for weeks as



Lauren Perry

photo provided

Carmen Crussard's choreographer for *In the Heights*, but Lab Theater had to postpone the show's opening indefinitely. (Lab is hopeful that it can bring the show to the stage in the fall.)

Perry had also been scheduled to make her directorial debut with *Charlotte's Web* and *Rent* in the spring and summer of 2020 (although *Charlotte's Web* was performed virtually last summer so as not to disappoint the show's eager cast).

Had those shows taken place, Perry would undoubtedly be a household

name among Southwest Florida theater aficionados. Not to mention parents of neophyte triple threat wannabes.

Like all good choreographers, Perry possesses a strong spatial sense, enabling her to visualize spaces and movement. She's charismatic and possesses the vocabulary and language skills necessary to articulate her vision and drive her dancers and other performers to new heights and personal bests. An adroit storyteller, she's a great judge of movement with an eye for art, design and the elusive elements of balance, texture, color, energy, flow, white-space, connection, pulse and rhythm. And she has an uncanny grasp of energetic flow – not just between the performers themselves, but between the troupe and the audience they are entertaining.

"Lauren's passion for dance and storytelling shines through in every piece of her choreography; she leaves a mark on every audience member with how intentional her thought and movement is," said Giselle Meyer, who flourished as Fastrada (Charlemagne's wife) in *Pippin* and *The Lady of the Lake* in *Spamalot* under Perry's tutelage and guidance. "She is creative and attentive. She is unafraid to try everything to design what the integrity of the art calls for – all with a positive attitude and a huge heart."

Perry's choreography is informed by more than two decades of dance.

"My mom co-owned a dance studio. I started dancing while I was still in the womb," she quipped.

But in truth, she was already teaching dance and doing choreography by the time she was 14.

"My father was a drama teacher and he used to call me in to choreograph all of his middle school productions. When I got into the Cypress Lake Center for the Arts, I would help out doing the choreography there too."

While she was in high school, she worked as an entertainer for the Walt Disney Company, and upon graduating from the Center for the Arts, Perry received a contract on the Disney Cruise Lines and performed on the *Disney Wonder* for two years.

Working for an entertainment company like Disney provided Perry with so many great learning experiences, but none exceeded the fundamentals and fine points that she learned when she got the chance to help workshop a brand new show for the cruise line.

"They brought in Broadway choreographers, and we put together the show from start to finish," recalled Perry. "That was the biggest learning experience of my life. Even on days I wasn't called, I came in just so I could observe and soak it all in. I even sat down with the wig people so I could learn how to do wigs."

After her stint with Disney ended, Perry returned to Fort Myers and began teaching. In addition to dance experience, she has her degree in early childhood education and has worked teaching pre-kindergarten and first through sixth grades for several years in both private and public schools.

She has also taught and competed professionally in ballroom dance with Fred Astaire franchised studios.

But the magic Perry conjures with her pre-teen and teenage performers far exceeds her experience, technical competence and extraordinary vision. She conveys intangibles like heart, poise, grace and passion to everyone who comes within the sound of her voice.

"Both in and out of the rehearsal room, Lauren shows patience, grace and care for each and every student she comes across," Meyer said. "She is unstoppable and this is why I wholeheartedly believe she plays an integral role in Southwest Florida's theater and dance community and, of course, my life."

True, her influence locally would have undoubtedly been greater had COVID-19 not interfered. But she has already positively influenced the scores of young performers that she's had the opportunity to coach over the past four years. Like Yuliana Garcia (*The Leading Player* in *Pippin* and *Esmeralda* in *The Hunchback of Notre Dame*). And Elijah Grant (*Pippin*, *Spamalot* and *Hunchback of Notre Dame*) and Harvey Evans (*Quasimodo* in *Hunchback*). And, of course, Giselle Meyer.

"As a young adult coming to the realization that performing is what I wanted to pursue, there couldn't have been a better example for me than Lauren Perry of how art is essential and kindness is the strongest tool," added Meyer. "From the time I first met her when I was 16, the instant trust, warmth and energy she brought into the room and to me inspired me and my work. She pushed me to be my best in every moment of a performance, while never forgetting that sometimes kids (and adults!) also just need patience and care. Lauren never once let me doubt myself or my ability. She played, and continues to play, a huge role in making me feel that I can do anything and fulfill such a lofty dream of mine."

Clearly, Perry possesses that rare ability to assess talent, draw performances from her actors that they didn't know they had inside, and inspire them to strive for their very best. For that reason, the impact she's exercised is already inestimable. The impact she has yet to exert is exciting to contemplate. And for that, Art Southwest Florida recognizes Lauren Perry as a woman who is making theater in Southwest Florida better than she found it when she arrived here several years ago.

To read more articles about honorees past or present who have or are advancing arts and culture in Southwest Florida, visit www.artswfl.com/newsfeed and click on the most recent "Actors, Artists, Directors, Filmmakers and Events" headline.

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.*



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Construction Begins On New Flow Basin

The South Florida Water Management District (SFWMD) recently celebrated the groundbreaking of the C-139 Flow Equalization Basin (FEB) in southeast Hendry County. SFWMD officials were joined by the Florida Department of Environmental Protection, local partners, stakeholders and the public to celebrate the groundbreaking. Condotte-Ryan, JV is the prime contractor building the project.

"Moving water south is critical to saving America's Everglades," said SFWMD Governing Board Chairman Chauncey Goss. "Under the leadership of Gov. Ron DeSantis, we are full-steam ahead on projects like the C-139 Flow Equalization Basin that will help restore the River of Grass and send water south into Everglades National Park, where it is needed most."

"We're really proud to be a part of the important Everglades restoration work by the South Florida Water Management District," said Andres Mendoza, president of Condotte America, representing Condotte-Ryan, JV. "Condotte America and Ryan Incorporated Southern have been doing business in south Florida for almost 40 years, and we are excited to be working together in this joint venture. This project provides job opportunities



From left, Jason Andreotta (DEP), Mayor Kristine Petersen (Clewiston), Director Drew Bartlett (SFWMD), Chairman Chauncey Goss (SFWMD), Commissioner Karson Turner (Hendry County), Andres Mendoza (Condotte America) and Joseph Burke (Ryan Southern Inc.)

photo provided

in the region and, once complete, will be a great benefit to the environment. We thank Governor Desantis and the district for continuing with these types of projects and classifying this work as essential to the state."

The C-139 FEB, an 11,000-acre shallow storage feature, will store water in the C-139 Basin and control the flow of water to the adjacent Stormwater Treatment Area (STA) 5/6. The FEB will help improve the performance of STA 5/6, remove nutrients from stormwater and improve water quality.

C-139 FEB project elements include:

8.8 miles of perimeter pmbankments; 2.4 miles of internal embankments; 3.8 miles of new seepage collection canal; inflow pump station; outflow structure; seepage discharge structure; and replacement of the G-711 Water Control Structure.

C-139 FEB project benefits include: removal of nutrient pollution; improving water quality before it flows south to Everglades National Park; increasing water storage; improving the effectiveness of stormwater treatment area 5/6; and creates public recreation opportunities.

The project is expected to be complete in 2023. SFWMD continues to advance

important Everglades restoration projects that will send more water south, reduce harmful discharges and improve water quality in South Florida.*

Flip This Kennel Contest At Animal Shelter

Lee County Domestic Animal Services, along with county agencies, area shelters and rescues will decorate kennels and catteries for the Flip This Kennel event to highlight shelter pets in the county's adoption center.

Visitors to the shelter on Saturday, March 27, can vote for their favorite flip between 10 a.m. and 4 p.m. People also can vote at [facebook.com/leecountydomesticanimalservices](https://www.facebook.com/leecountydomesticanimalservices) by liking the picture of a favorite kennel or cattery all day Saturday and Sunday. Winners will be posted on the Facebook page Monday, March 29.

This is the 7th annual Flip This Kennel event, and this year's theme is Video Games. Expect creative spins on Mario, Pokemon and even Nintendogs. Prizes will be awarded for first, second, third place and honorable mention in both in-house and Facebook votes.

The adoption center at Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Available pets can be viewed online at www.leelostpets.com.*

Southwest Florida Living



NEW

BEACHY COTTAGE VIBES

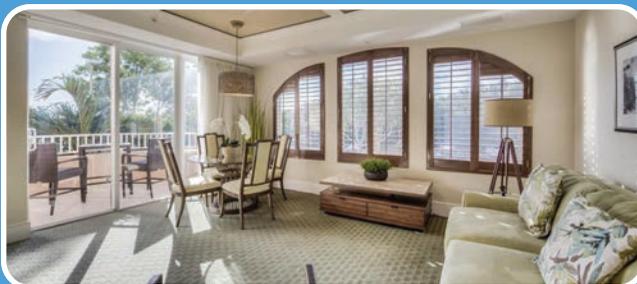
Gulf side turnkey furnished Bahama Beach Club condo. Laminate flooring, crown molding & plantation shutters throughout. Updated kitchen. Established weekly rentals in place. MLS#221019212 \$349,900



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William Ulrich is surrounded by the Calendar Girls in Jaycee Park

photo provided

Local Nonprofit Supports Calendar Girls

The Calendar Girls, a lively senior women's dance team, was recently featured on the WGCU PBS station's airing of *Growing Bolder's Ordinary People Living Extraordinary Lives*. *Growing Bolder* features inspiring people from Southwest Florida who make

up the soul of the community.

The show, featuring footage produced by members of The Rainbow Movement Foundation, aired several times in early March. The Rainbow Movement Foundation is a local nonprofit that brings awareness to organizations and groups doing good deeds in the community. Rainbow has been a public recognition supporter of the Calendar Girls for some time by producing videos, photos and sponsoring events for the dancing group.

"These women, each and every one, are local heroes," said William Ulrich,

founder of The Rainbow Movement. "They dance to support Southeastern Guide Dogs who train and connect service dogs to veterans. Since 2006, The Calendar Girls have sponsored 24 guide dogs to U.S. veterans in need. What they do is just amazing."

The Calendar Girls stay fit by dancing for donations at local venues. Ranging in age from 50 to 80, they make fitness fun while making a difference in the lives of veterans and bring smiles to their audience. Their belief, 'there's so

much life in life' shines through in every performance.

The Calendar Girls generally rehearse in Cape Coral's Jaycee Park three to four times a week from 8 a.m. to 9:30 a.m. For more information on their schedule, visit www.calendargirlsflorida.com.

The Rainbow Movement Foundation stands with those who need a voice and supports projects that provide a better quality of life for those in need. For more information, visit www.rainbowmovement.world. ✨

Helicopter Engines Donated To Local College

Students in Fort Myers Technical College's turbine generator maintenance, inspection and repair program are getting hands-on experience thanks to the U.S. Navy. Navy officials just donated two H-60 helicopter engines to Fort Myers Tech.

"Having these engines really helps illustrate (on a smaller scale) what a powerplant does, which solidifies the education given here, and it gives us the boost we need to send this program further," said FMTC Turbine Instructor Todd Regan.

The T700 military turboshafts have earned a reputation for exceptional performance in combat and under the

continued on page 18



Helicopter engine

photo provided

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

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

ALL SAINTS BYZANTINE RITE CATHOLIC

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

ANNUNCIATION GREEK ORTHODOX

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

BETH YESHUA MESSIANIC SYNAGOGUE

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

BIBLESHARE

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

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

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

CHAVURAT SHALOM

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

CHURCH OF THE CROSS

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

COVENANT PRESBYTERIAN

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

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

REDEEMER CHURCH

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

CYPRESS LAKE PRESBYTERIAN

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

CYPRESS LAKE UNITED METHODIST

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

FAITH UNITED METHODIST

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

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

FORT MYERS CHRISTIAN CHURCH

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

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

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

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

LAMB OF GOD

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

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

SAMUDRABADRA BUDDHIST CENTER

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

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

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

SAINT JOHN THE APOSTLE METROPOLITAN

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

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

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

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETH EL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE FAITH CENTER

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

THOMAS A. EDISON CONGREGATIONAL

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

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

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

ZION LUTHERAN

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

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

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Shell Point is located along the Caloosahatchee River in Fort Myers, Florida, just minutes from the islands of Sanibel and Captiva.

Shell Point is a nonprofit ministry of The Christian and Missionary Alliance Foundation, Inc. ©2021 Shell Point. All rights reserved. SLS-4332-21

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Least terns foraging on the beach

photo provided

Five Ways To Help Protect Nesting Waterbirds

As nesting season begins for waterbird species across the state, the Florida Fish and Wildlife Conservation Commission (FWC) is sharing five easy ways that members of the public can help conserve these vulnerable bird species.

Many shorebird and seabird species, such as the least tern, nest directly on beaches across the state where their eggs and chicks are well camouflaged in the sand. Colonies of wading birds, such as herons, will typically nest on mangrove islands off the coast. Biologists stress that the most important thing for waterbirds during nesting season is space. When these birds are disturbed and forced to leave their nests, their eggs and chicks are left vulnerable to heat and predators.

"Small actions can make a big difference for wildlife," said FWC Florida Shorebird Alliance Coordinator Shea Armstrong. "By taking a few steps to limit disturbance to nesting waterbirds, we can help ensure they have a successful nesting season and that they will be around for our children and grandchildren to enjoy."

Here are five ways you can limit disturbance and make a difference for nesting waterbirds:

1) Keep your distance from birds, on the beach or on the water. If birds become agitated or leave their nests, you are too close. As a general rule, it is best to stay at least 300 feet from a nest and to avoid walking through flocks of birds whenever

possible. Birds flushing, calling out loudly and dive-bombing are signals for you to give them space.

2) Respect posted areas, including critical wildlife areas, which are established to protect congregations of one or more species of wildlife from human disturbance during critical life activities including nesting, feeding or migration. Avoid entering any area marked with signs for nesting birds and use designated walkways when possible.

3) Keep the beach clean and do not feed wildlife. Food scraps attract predators, such as raccoons and crows, that can prey on shorebird eggs and chicks. Litter on beaches can entangle birds and other wildlife.

4) It is best to not take pets to the beach but, if you do, keep them leashed and avoid shorebird and seabird nesting areas. Always take your pet to pet-friendly beaches and be respectful of the rules.

5) Know what to do if you hook a bird while fishing. Remember, don't cut the line: reel, remove, release. Visit www.myfwc.com/unhook to watch an educational video that shows step by step how to safely unhook a bird. It could save a life.

For more information, visit www.myfwc.com/shorebirds and download the *Share the Beach with Beach-Nesting Birds* brochure. Visit www.flshorebirdalliance.org to learn more about how to participate in shorebird and seabird conservation efforts.

Report illegal activity and any unposted nests to the FWC's Wildlife Alert Hotline at 888-404-3922, #FWC or *FWC on a cellphone or by texting tip@myfwc.com.✪

Board Approves Plan For Preserve

The Lee Board of County Commissioners recently approved a land management plan for the GS-10 Preserve in East Lee County that includes a water management and restoration project by the Lehigh Acres Municipal Services Improvement District (LAMSID).

The board approved the purchase of the 624-acre GS-10 Preserve in April 2019 through the Conservation 20/20 program. The board and LAMSID entered into memorandum of understanding to

partner on the management of the land.

The land management plan provides a general overview to construct a filter marsh to provide flood mitigation, total maximum daily load credits for improving surface water quality and to provide for nature-based recreation.

There are currently 31,060 acres within Conservation 20/20, Lee County's land acquisition and management program. Conservation lands help the county protect drinking water, enhance water quality, provide nature-based recreational opportunities, protect areas from flooding and provide wildlife habitat.

For more information, visit www.conservations2020.org.✪

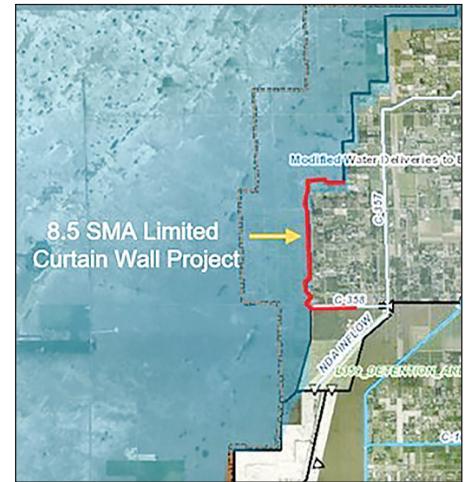
Wall Approved For Everglades Restoration Goals

The South Florida Water Management District (SFWMD) Governing Board recently approved the construction of a 2.3-mile long curtain wall along the 8.5 Square Mile Area (Las Palmas Community) in unincorporated Miami-Dade County.

The underground wall will help prevent seepage of water away from Everglades National Park, support ongoing Everglades restoration goals and support the increase of the flow of water south.

The 2.3-mile long, 26-inch wide curtain wall, in conjunction with other projects SFWMD has completed, will also help keep the water in the park to support restoration goals.

Subject to future years' funding and approval from the SFWMD governing



A current map of the 2.3-mile long curtain wall that was approved by the South Florida Water Management District

image provided

board, the district may expand the wall after the completion of the 2.3-mile long wall. Construction is expected to take 12 to 16 months.✪

Application Deadline Nears For Scholarships

Application deadline for several scholarships amounting to more than \$20,000 from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) is March 31. Ranging from \$1,000 to \$3,000 each, the scholarships are available to high school seniors, college students, and graduate students in or from Lee, Collier, Charlotte, Hendry, and Glades counties pursuing degrees in environmental-related studies.

DDWS will award the scholarships at a special ceremony at the JN "Ding" Darling National Wildlife Refuge on Sanibel in June, if prevailing pandemic guidelines permit.

Now in its 15th year, the DDWS scholarship program presented its first awards in 2006, donated by Tarpon Bay Explorers, the refuge's official recreation concession. To date, the program has awarded more than \$147,000.

Interested students can find more information and printable application forms at www.dingdarlingsociety.org/articles/student-scholarships.

To learn more about the scholarship program and establishing a permanently endowed scholarship, contact Birgie Miller at 472-1100 ext. 4 or director@dingdarlingsociety.org.

Named scholarships to date for 2021 include:

Richard Bailey Memorial Scholarships
Mike and Terry Baldwin Scholarship
Dr. Andrew and Laura Dahlem Scholarship

Dr. H. Randall Deming Scholarship for Conservation and Environmental Studies, a permanently endowed scholarship
"Ding" Darling Conservation Scholarship

Hans and Leslie Fleischer Scholarship
Mary Elaine Jacobson Memorial Scholarship

Win and Marilyn Kloosterman Education Scholarship, a permanently endowed scholarship

Francine and Barry Litofsky Scholarship

Tarpon Bay Explorers Scholarships
Jane Werner Environmental Scholarship, DDWS' first permanently endowed scholarship.✪

County Pursues Conservation Land Acquisitions

The Lee Board of County Commissioners voted recently to pursue acquisition of two parcels through the Conservation 20/20 program that are near publicly held land.

The parcels are:

About 0.23 of an acre located inside the Caloosahatchee Creeks Preserve in North Fort Myers, east of Interstate 75 and south of Bayshore Road.

About 2.5 acres located within the Corkscrew Regional Ecosystem Watershed area, a 60,000-acre area of interconnected environmentally critical land.

Both parcels were recommended unanimously by the Conservation 20/20 Land Acquisition and Stewardship Advisory Committee.

The Lee County Conservation 20/20 program acquires land from willing sellers for resource-based recreational opportunities such as hiking, birdwatching, nature study, photography and paddle craft launches. The program for environmentally sensitive land acquisition and management has preserved 31,060 acres since its inception. In addition to recreation, conservation lands help the county to protect drinking water, enhance water quality, protect areas from flooding and provide wildlife habitat.

For more information, visit www.conservations2020.org.✪

CROW Case Of The Week:

Mourning Dove

by Bob Petcher



The mourning dove (*Zenaida macroura*) is a plump-bodied, small-headed and short-billed dove that is regarded as the most widespread and abundant game bird in the country.

Mourning doves spend a lot of time on the ground foraging for seed. Interestingly, they have the ability to store seeds in

an enlargement of their esophagus called the crop. They've been known to eat roughly 12 to 20 percent of their body weight per day.

At CROW, a fledgling mourning dove was admitted when it was found surrounded by cats after it had fallen from its nest in Cape Coral. Upon intake, the bird weighed 50 grams and was warm, alert and apparently healthy. With a history of a cat attack, the bird was started on antibiotics due to the amount of bacteria present in a cat's mouth, which can lead to life-threatening infection.

"We use a broad-spectrum antibiotic that is commonly used to cover for bacteria such as *Pasteurella multocida*, commonly found in cat mouths," said CROW Rehabilitation Manager Breanna Frankel. "We keep suspect cat attack patients on five days minimum of antibiotics. At that point, we reassess them to determine if there is continued concern for infection. If there is, we will continue their antibiotics for a few more days. If not, we discontinue the medication and monitor for any potential changes.

"Signs of infection don't show up right away, so with history of cat attacks, we can't take the risk of not



Patient #21-904 is getting along with its cage mates

photo by Haillie Mesics

providing immediate antibiotics. Infection and bacteria in the bloodstream can set in quickly, so it is important to start antibiotic treatment, if possible, before the animal appears sick."

While a cat attack was suspected, there were no clear signs of puncture wounds.

"There were no obvious marks from cat bites," confirmed Frankel. "The tricky thing with cats is that

their teeth don't always puncture the outer skin but can still damage internal organs. It's difficult to assess cat bites because not all wounds are externally visible."

The patient was also started on a feeding plan while it was closely monitored for signs of infection for a few days.

"Doves under a certain size are fed a liquid diet until they are developed enough to start digesting seeds," said Frankel. "This dove hasn't fully weaned onto eating seed, so it is still receiving a couple supplemental liquid feeds a day.

"The next step is for the dove to continue growing. It is starting to transition onto eating seed and will continue to grow into a fledgling and continue the rehabilitation process."

As of March 19, the mourning dove had spent a week at the clinic and needed more time to learn how to live in the wild.

"The dove at this point can't go back to mom and dad so it needs to learn survival skills here at the clinic," said Frankel. "This means foraging for food, avoiding predators and acting appropriately."

CROW hospital staff members have reported that the patient is eating well and has been getting along well with its cage mates. The young dove weighed in at 68 grams.

"The patient is doing very well and is still transitioning to eating on its own. It's getting along with its cage mates and is making good progress," said Frankel. "As of right now, it will be here for at least a couple more weeks before being considered 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.



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A Week Of Firsts



by Capt. Matt Mitchell

No matter how long I guide, I continue to see things happen that simply cannot be scripted. Spending over 300 days a year on the water, it just never gets old. Nature is full of surprises and things that happen when you're out on the water never fail to disappoint.

While fishing crystal clear water over the past few weeks, we have been involved with the most nonstop spawning sheepshead bite I may have ever seen. Sight-fishing these schools of hundreds of fish is as good as this fishery gets.

As the week wore on the average size of this fish slowly began to decrease, though the action continued to be as fast as you can put a bait on a hook.

I went fishing with clients from Indiana early in the week. One of my regulars, Larry, brought both his future son-in-law Lloyd and his employee Ben who had never fished in saltwater. I decided to return to a shoreline that I had done really well previously. During the day before, I was a little chuffed that one of my other boats had beat me there. On his first bait and first cast, Ben hooked a giant snook that screamed 50 yards off the reel and went up under the other boat which was anchored up near me. The captain of my other boat was quick to react and backed the boat out before the big snook could break off. After a few minutes, a monster came to the landing net. Ben's first saltwater fish was a 40-inch snook. You just can't make this stuff up.

During midweek, we had approaching weather and strong south winds, which always fires off the bite. While hiding from the wind during the first stop that day, we reeled in a trout on the first cast. Then, on



Ben from Indianapolis with his first saltwater fish, a 40-inch snook

photo provided

the second cast, we hooked and somehow landed a 40-pound tarpon.

What made this a really amazing catch was the fact it was caught on a medium light rod with 15-pound test line and a 1/0 hook intended for snook. After a few laps around the boat and lots of crazy jumps, I managed to get a leader touch before the tarpon

broke off and swam away.

Like I said, some days just cannot be scripted!

Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email captmattmitchell@aol.com. ✨

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Native Virginia sweetspire is a low-maintenance shrub suitable for moist areas with a mix of sun and shade photo by Gerri Reaves

Plant Smart
Virginia Sweetspire

by Gerri Reaves

Virginia sweetspire (*Itea virginica*) is a slender-branched native shrub of the currant family.

It is semi-evergreen in South Florida, where it grows in all but the southernmost part of the state. It is also called Virginia willow, even though it is not a true willow. *Itea* comes from a Greek word meaning willow.

It typically reaches a height of three to eight feet with a spread of two to four.

Its natural habitat is low-lying wet areas such as swamps, floodplains, wet hammocks and along rivers and streams.

Slow-growing, it prefers plenty of moisture but will tolerate some drought once established.

It has very low salt tolerance.

Give it a moist site with rich organic content and both sun and shade. At least some bright sun ensures fuller foliage.

Alternative leaves measure two to four inches long and are elliptic with pointed

tips and finely toothed edges.

The spikes are terminal, that is, at the branch ends, and are three to six inches long. They arch or droop, thus inspiring another common name, tassel white.

The showy, five-petaled white flowers are fragrant and about an inch long. They bloom in spring or summer, attracting butterflies and other pollinators.

The foliage provides cover for birds.

This shrub can be propagated by seed, cuttings, or division. In addition, it readily spreads via suckers to form colonies.

The fruit is a tiny brown two-part capsule.

Use this long-lived species as a background plant in a shady moist area.

Once established in the right spot, it is essentially maintenance free.

Sources: *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, www.fnps.org, and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.*

Beach Launches Water Quality Initiative

Fort Myers Beach Mayor Ray Murphy, Vice Mayor Rexann Hosafros and Town Councilors Bill Veach and Dan Allers are supporting their colleague, Town Councilor Jim Atterholt, in an initiative to encourage Beach residents and visitors to “help in the fight to win the war for clean water” by sending handwritten notes to legislators in Florida and their home states over the next few weeks.

“Solutions to the water quality problems in Florida require a two-pronged approach involving both the federal government and the state of Florida,” said Atterholt. “Having been a legislator in Indiana and chief of staff for a governor, I know that elected officials rarely get handwritten notes. Receiving even a handful of letters on one topic from people who live in their district or state can really get their attention.”

To participate, residents of Florida (Floridian Advocacy Reserves) and visitors to our state (Snowbird Advocacy Army) need to find their legislators’ contact information and write them a note explaining who they are, where they live and why clean water is important to them.

“It is important to let the elected officials know why this issue is

important and that it must be solved because it impacts not only Fort Myers Beach but all of Florida’s environment, economy and health,” said Councilor Atterholt.*



Angelique Allen

photo provided

College Graduate

Angelique Allen of Fort Myers graduated with a master of arts in clinical mental health counseling during the fall 2020 semester from the University of the Cumberlands in Williamsburg, Kentucky.*

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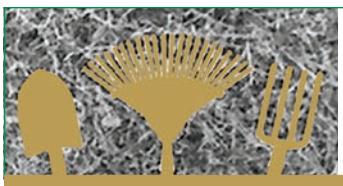
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School Board Chair Earns Distinction

Lee County School Board Chair Debbie Jordan has earned the distinction of certified board member from the Florida School Boards Association (FSBA).

"Becoming a certified board member means so much to me," Jordan said. "Through my training, it has allowed me to be a better board member for my district."

To earn this distinction, members must complete 96 hours of training in three different content areas. The bulk of this training falls under boardmanship, school finance, policy governance, bargaining and personnel, curriculum and instruction, state/federal legislative processes and school law.

"I am proud to recognize Debbie as a certified board member," FSBA Director of Leadership Services Tina Pinkoson said. "Since her election in 2018, she has shown a willingness and desire to learn."

Fellow Lee County School Board members Chris Patricca and Cathleen Morgan also have the distinction of being certified board members. The distinction is one of several professional development programs offered by the Florida School Boards Association to ensure board members obtain well-



Lee County School Board Chair Debbie Jordan photo provided

rounded and thorough understanding of his or her policy-making job responsibilities.

The Florida School Boards Association is the professional association for school boards in Florida. The mission of FSBA is to increase student achievement through the development of effective school board leadership and advocacy for public education.

For more information, visit www.leeschools.net.

Students Honored As Carson Scholars

The School District of Lee County named 29 students who have been honored as 2021 Carson Scholars. The Carson Scholars Fund will provide each student with a \$1,000 college scholarship.

The Carson Scholars Fund awards \$1,000 college scholarships to students in fourth to 11th grade who excel academically and are dedicated to serving their communities. Each school is able to nominate one student to apply. Carson Scholars must have a minimum grade-point average of 3.75 and display humanitarian qualities through community service.

The Carson Scholars this year are: Magdalena Abella, eighth grader, Oak Hammock Middle; Delaney Beougher, fifth grader, Dr. Carrie D. Robinson Littleton Elementary; Issac Cirilo, fifth grader, Colonial Elementary; Austin Couly, fifth grader, Caloosa Elementary; Alivia Davis, fifth grader, Ray V. Pottorf Elementary; Sebastian Diaz, seventh grader, Lee Virtual School; Gladys Gonzalez, fourth grader, Lehigh Elementary; Hendrix Kohn, fifth grader, Edison Park Elementary; Valkyrie McClellan, fifth grader, Mirror Lakes Elementary; Brody Meyer, fifth grader, Skyline Elementary; Matthew Miller, fifth grader, Heights Elementary; Janaiya Montrond, fifth grader, J. Colin English Elementary; Karime Morales Diaz, fifth grader, Orange River Elementary; Marissa Morgan, fifth grader, Gateway Elementary; Elisha Nicholson, fifth grader, Tanglewood Elementary; Leslie Nicles, fifth grader, Tropic Isles Elementary; Christopher Ottolini, 11th grader, Riverdale High; Maxon Palomba, fifth grader, Pinewoods Elementary; Mason Pequigney, fifth grader, Villas Elementary; Katherine Reid, fifth grader, Allen Park Elementary; Kaitlyn Rider, fifth grader, Diplomat Elementary; Geoffrey Selby, fifth grader, The Sanibel School; Keira Singer, fifth grader, Pine Island Elementary; Jayden Smith, fifth grader, North Fort Myers Academy for the Arts; Leah Swanson, fifth grader, The Alva School; Adelle Thomas, fifth grader, San Carlos Park Elementary; Levi Townsend, fifth grader, Bayshore Elementary; Gwendolyn Wallace, fifth grader, Orangewood Elementary; and

Ethan Zigrand, fifth grader, Edgewood Academy.

Eighty students in the School District of Lee County are earning Carson Scholar Recognition in 2021. Carson Scholar Recognition is an elite honor that affirms the prestigious status of Carson Scholars in their pursuit of academic and career goals. Eight of those 80 have earned Carson Scholar status every year of eligibility.

They are: Isabella Acosta, Fort Myers High; Hunter Bailey, Mariner Middle; Aubrey Beougher, Mariner Middle; Kaelyn Bernaldo, Cypress Lake High; Katie Blackwell, North Fort Myers High; Hannah Blasetti, North Fort Myers High; Kayah Bonilla-Mas, Cypress Lake High; Lily Boutelle, Fort Myers High.✧

Understanding Dynamics Of The Housing Market

How are real estate projects adapting to a post-COVID world? What design innovations are emerging? How long will the current frenzied housing market in Southwest Florida last? Answers to these and related development issues will be presented at the Real Estate Investment Society's (REIS) luncheon meeting in the Osprey Room at Pelican Preserve's Clubhouse on Tuesday, April 13 at 11:45 a.m.

Kristine Smale, senior vice president with Zonda, is the guest speaker. She will explain recent shifts in market forces, offer insight on buyer preferences and provide an outlook for Florida's housing industry. Following her presentation, she will respond to questions of specific interest to the real estate investment and development industry.

Smale has been a leading market and site analyst with real estate research firms, home builders and community developers. She is a licensed real estate associate with a degree in finance and marketing.

The meeting is sponsored by LSI Companies. Admission is \$30 for members and \$40 for guests, which includes lunch. Reservations are required by April 8.

Pelican Preserve's Clubhouse is located at 9802 Pelican Preserve Boulevard in Fort Myers. For reservations, visit www.reis-swfl.org.

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Teri Hansen



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Program On Connecting With Your Audience

SWFL Inc.'s Business Owners Sharing Solutions (BOSS) panel will speak on the topic of Creating Authentic Content at the Holiday Inn Fort Myers Airport at Town Center on Tuesday, March 30 from 8:15 to 9:30 a.m. The event includes breakfast, a moderated question-and-answer session, breakout networking sessions and the opportunity for audience members to ask questions.

This program is open to professionals across the region – no chamber membership is required to attend.

In this conversational event, attendees will hear from two experts on how to develop concise but passionate messages to create an emotional connection with new customers. The panelists – Teri Hansen, APR, founder and president of Priority Marketing, and Jeannine Joy, president and CEO of United Way of Lee, Hendry, Glades and Okeechobee – will also help attendees build their own toolkit of ways to improve empathy and better resonate

New Assistant Vice President Of Finance

Jess Hugi, CPA, has joined Hodges University as the assistant vice president of finance and administration.

In this role, he oversees the university's finance, human resources and information technology departments. He also oversees accounts payable, budgetary and general ledger management, and payroll.

A certified public accountant (CPA), Hugi brings more than 10 years of private sector expertise, in addition to audit and assurance services governmental, for-profit and non-profit entities. He earned his bachelor's and master's degrees in accounting from Florida Gulf Coast University, and is a licensed CPA in the state of Florida. He is currently a member of the American



Jess Hugi

with potential audiences.

With their experiences in the marketing and nonprofit worlds, Hansen and Joy will share their strategies to help professionals in any industry connect with new audiences by better sharing what they're doing every day.

The 2021 BOSS series is presented by Suncoast Credit Union and sponsored by NCH Healthcare System, Willett Business Management and *Gulfshore Business*.

Tickets are \$35 and can be reserved at www.swflinc.com/programs-events.

The Holiday Inn Fort Myers Airport is located at 9931 Interstate Commerce Drive in Fort Myers. To learn more about SWFL Inc.'s upcoming events and membership for all Lee, Collier and Charlotte County businesses, visit www.swflinc.com or call 992-2943.*

New Hire At Community Bank

Jennifer Hall has joined Sanibel Captiva Community Bank as a customer service representative and teller at the McGregor branch, located at 15975 McGregor Boulevard. She is responsible for assisting customers with personal and business banking transactions. Hall has prior experience working in the banking, real estate and investment advisory industries.*



Jennifer Hall

Institute of Certified Public Accountants, the Florida Institute of Certified Public Accountants, the Institute of Managerial Accountants/SWFL Chapter and is a cleanup volunteer for Lovers Key State Park.*

New Customer Service Member

Oswaldo Jimenez has joined Sanibel Captiva Community Bank as a customer service representative and teller at the Gateway branch, located at 11691 Gateway Boulevard. He is responsible for assisting customers with personal and business banking transactions.

Jimenez has nearly five years of banking experience and previously worked as a lead teller and customer service representative at a large, national bank.*



Jess Hugi

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Superior Interiors

Tips For Decorating A Studio Condo



by Marcia Feeney

It's been years since you've given your studio condo a revamp (or perhaps this is a new purchase or investment property for you). Now is the perfect time to change things up, but you're at a loss

for inspiration. Don't let the idea of fixing up a small space get in the way of making things happen. You might have less room to work with, but that just allows you to channel your focus on attention to detail and making precise finishing touches.

If you're not sure how to get started, just follow these tips, and carefully consider the scale and size of items that you plan on including in your design plan.

Don't let the open floor plan fool you, you're not stuck with it. There are plenty of ways to divide up the space. For instance, placing a decorative coat and shoe rack adjacent to the door to round out and define the entryway. Floating your sofa instead of placing it against a wall is another simple way to define a line between the areas. Area rugs are also useful in defining areas within an open concept condo.

Why clutter your space with too

much furniture when you can find pieces that are multi-functional? The last thing you want to do is overcrowd your condo and make it look even smaller. You can exchange your queen size mattress for a couch that functions as a pull-out bed (and still leaves space for a useful writing desk). Hollow ottomans make excellent footrests and offer ample storage space for odds and ends. It's important to find the perfect pieces that are indicative of your personal style without taking away from the allotted square footage of the room.

Soft, neutral hues will open your space up. If you choose a light color palette, keep the focus on three shades. This keeps the design from becoming overexaggerated with colors, a minimalist approach if you will. If you feel like something's missing, keep things interesting with the addition of just one dark, deep accent color.

There's no need to clutter the floors with decor. Your walls are an open canvas for artwork, shelving and other decorations. Take advantage of them by using floating wall shelves to keep your items in order and add character to your condo.

Looking for an easy way to make your ceilings appear taller? Hang the drapery from the ceiling, not the windows. This task is often best addressed with the assistance of a design professional, who can help you select the perfect set of custom window coverings in the appropriate length for your living space. Remember to also consider your light control and privacy needs in selecting this important interior design component.

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

Title Sponsor Named For Habitat Initiative

FineMark National Bank & Trust has been named Title Sponsor for Women Build 2021, a Habitat for Humanity initiative. Getting involved with organizations like Habitat is part of the company's culture of community service.

"As individuals and as a company, we are committed to giving back," said Robert Arnall, executive vice president at FineMark National Bank & Trust and vice chair of Habitat Lee and Hendry's Board of Directors. "We believe providing safe and stable housing is the foundation for building stronger families and a more secure future. Habitat for Humanity has a proven track record of changing lives through home ownership, and we are grateful to be a part of Women Build."

For the last decade, FineMark National Bank & Trust has been a reliable partner that has dedicated itself to helping progress the Habitat mission.

"FineMark National Bank & Trust's company culture aligns so well with

our mission," said Habitat Lee and Hendry Senior Director of Strategic Partnerships, Elisha Baird. "Naming them as our Title Sponsor for Women Build 2021 feels like a meaningful way to celebrate a partnership that has already impacted our community in so many positive ways."

Over the last 11 years, Women Build has helped 23 women and 59 children in Lee County achieve strength, stability and independence through affordable homeownership. The purpose of Women Build 2021 is to engage local women and men in an effort to build awareness around the need for affordable housing in Southwest Florida, all while raising \$360,000 to build affordable homes for two additional Lee County women and their children. These mothers represent a larger need as they are just two of 28 female-headed households who will close on Habitat homes by the end of June 2021. Approximately 50 percent of Habitat homebuyers over the last few years have been female-headed households.

Women Build 2021 will be different from previous campaigns. For the health and safety of all who participate, this year's campaign has been thoughtfully planned with COVID-19

in mind. On March 19, Habitat for Humanity of Lee and Hendry Counties will host a virtual kick-off party to officially begin the campaign. The purpose of the kick-off party is to bring people together in the name of women's empowerment and share real stories of Women Build's life changing connections, impact and hope.

To learn more, visit www.habitat4humanity.org/womenbuild.

School District To Host Virtual Event To Hire Teachers

The School District of Lee County will host its virtual Talent Connection Event from April 26 to 30 to hire certified teachers for the 2021-22 academic year.

With a growing enrollment of more than 95,000 students and 120 schools, the district will conduct virtual interviews to connect talented, high-energy educators with instructional vacancies for the upcoming school year. Positions are available across the district with a focus on high-demand positions like English, elementary education, science, math and special education.

During the Talent Connection Event, candidates will have an opportunity to meet with district representatives via pre-scheduled virtual interviews held daily. Qualified candidates are invited to apply online at www.leeschools.net/careers for the position titled Pool – Talent Connection Event (Job ID 20210305) by April 12.

The district's efforts to put "The Right Talent in the Right Place" means that new teachers will receive the support and necessary resources that will enable them to succeed upon entering the field of education. The School District of Lee County offers a competitive and comprehensive compensation plan for its employees with a starting salary of \$47,300. Additional benefits and earning opportunities are also available via advanced degree supplement, summer school, athletic coaching and other programs. Upon hire, a personal benefits selection process will be made available to eligible employees.

To learn more about the Talent Connection Event and available career opportunities, visit www.leeschools.net/careers/hiring_now.

Business Professionals Networking Event

Leadership NEXT, a monthly program for advancing business professionals, will host a networking program at The Wine Room on Tuesday, April 13 from 5 to 7 p.m.

Sarah Newcomb, founder of The Wine Room, will share her entrepreneurial experience, and the challenges of opening a new business

during the COVID pandemic. Prior to launching The Wine Room, Newcomb held positions with Lee County government and The Foundation for Lee County Public Schools before becoming the first person to serve as president and CEO of the Estero Chamber of Commerce.

Guests will also hear from Ali Strauss-Eck, owner and operator of Grazing Haus, who will share her experience launching Southwest Florida's first concierge cheese service. Strauss-Eck founded Grazing Haus in 2019, inspired by her American-Austrian heritage and passion for cultural eating.

Attendees of Leadership NEXT represent a variety of businesses and industries throughout Southwest Florida. Sessions offer opportunities to develop new knowledge and skills, establish working relationships with colleagues and engage in valuable programs and discussions to further enhance their careers. Leadership NEXT's annual sponsor is the Florida Gulf Coast University Alumni Association.

Admission is free for Chamber members and \$10 for future members and includes one complimentary drink. Advanced registration is required for all attendees as capacity is limited to allow for social distancing.

The Wine Room is located at 1544 Broadway in downtown Fort Myers. To register, visit www.fortmyers.org or call 332-2930.

Contract Approved For 911 Call System

The Lee Board of County Commissioners recently voted to award a contract for a Next Generation E911 system that will add capabilities such as improved location of 911 callers using cellular phones and text-to-911 functions.

The contract with Vesta Solutions Inc. is for all associated services, software, equipment and infrastructure at Public Safety Answering Points, including Lee County Public Safety, the Lee County Sheriff's Office, the Cape Coral Police Department, the Fort Myers Police Department and the Sanibel Police Department.

The \$2.9 million contract includes three years of warranty service and will be paid for with E911 reserve funds. The project was bid through an Invitation to Negotiate, and four bidders responded.

The board has made upgrading the system a priority. The work is scheduled to be completed before the end of the year, with most of the installation and training planned for this summer. The system also improves call processing and management.

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Front row from left, Bill Morris, Lori Moore, Justin Thibaut, Mary Gentile and Bev Larson; back row from left, Donald Miller, Molly Scott, Kristine Smale, BJ Brundage, Greg Blurton and Dan Adams. Kent Poli and Josh Philpott are not pictured photo provided

Real Estate Investment Group Names Officers

The Real Estate Investment Society (REIS) recently announced the election of officers and the board of governors to lead the organization during 2021: President Bill Morris, PE of

Morris-Depew Associates; Vice President Kent Poli of Busey Bank; Treasurer Lori Moore of Roetzel & Andress; and Secretary Justin Thibaut, CCIM of LSI Companies.

The board of governors includes: Dan Adams of Stevens Construction; Greg Blurton of Edison National Bank; BJ Brundage of DeAngelis Diamond; Donald Miller, PSM of McKim & Creed; Josh Philpott, AICP of Stantec; Molly Scott

of Chris-Tel Construction; and Kristine Smale of Zonda. Immediate past president Mary Gentile, CSM, CRX of LandQwest Property Management also joins the board.

The Real Estate Investment Society is an independent organization, dedicated to assisting members in the effective utilization of real estate through networking, education, public service and a common voice on pertinent issues. The

membership represents a broad spectrum of real estate, environmental, financial, legal, design, construction, marketing and management companies.

For information on membership and meeting programs, visit www.reis-swfl.org.

Honor Society Inducts New Members

Five Southwest Florida natives were recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective collegiate honor society for all academic disciplines, at Nova Southeastern University in Broward County.

The inductees include: Jonathan Assis of Cape Coral; Ashayla Dean of Fort Myers; Yohanna Zakout of Fort Myers; Kelley Holland of Fort Myers; and Shavonne Patrick of Fort Myers.

The five students are 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.

Contract For Road Widening

The Lee Board of County Commissioners recently awarded a contract for the first phase of widening Corkscrew Road east of Ben Hill Griffin Parkway to four lanes.

The first phase of the top-tier transportation priority for the board will create a six-lane, divided arterial road from Ben Hill Griffin Parkway east to Fire House Lane and a four-lane divided arterial road from Fire House Lane east to Bella Terra Boulevard. The project also includes relocation of potable water, reuse and wastewater utilities. The \$23.3 million contract is with Cougar Contracting, a Lee

County-based company.

The roadway will include four-foot bike lanes and sidewalks along the portions in unincorporated areas. The Village of Estero has an agreement with Lee County to build shared use paths for the Phase 1 roadway portions within the village boundary after roadway construction. The Village limits include the south side of Phase 1 and the north side from Ben Hill Griffin to the western boundary of the Wild Blue development.

The Phase 1 widening project is within existing right-of-way and will begin this spring. Phase 2, which will extend east to Alico Road, will require some land acquisition. Total project costs for both phases is expected to be \$52 million.

For more information on the project, visit www.corkscrewroadwidening.com.

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COURSE DATES:

In-Person: Saturday, May 15 & Saturday, May 22, 2021, 8:30 a.m. to 12:30 p.m. each of the two days.

Virtual: Tuesday, May 25 & Tuesday, June 1, 2021, 6:00 p.m. to 10:00 p.m., each of the two days.

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

LOCAL WATERS - LOCAL CHARTS

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 "ICW". Students should purchase and bring their own copy of chart #11427 (see our website at www.SCBPS.com for detailed instructions on obtaining the appropriate chart). Many area restaurants, and other accessible-by-water destinations, will be mentioned. This class is a one-day, four-hour course, offered on a Saturday morning. The cost for the course is \$45.00 / \$70.00 for two people sharing materials.

COURSE DATE:

In-Person: Saturday, June 5, 2021 8:30 a.m. to 12:30 p.m.



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Book Review

We Begin At The End



by Di Saggau

We Begin At The End is a new book from Chris Whitaker, and it is an extraordinary novel about people who deserve much more than life gives them. Walk is chief of police in the

coastal California town of Cape Haven where he grew up. He lives with a lot of guilt because he gave the testimony sending his best friend, Vincent King, to prison years before. Now, 30 years later, Vincent is being released.

Duchess Day Radley is 13 and proclaims herself an outlaw. Life has not been kind to Duchess and her 6-year-old brother Robin. Kids in town make fun of them. When they throw their sticks, she throws stones. Rules are for other people. She just wants to survive. There is nothing she will not do to protect Robin. Living hand to mouth and surviving by her wits, Duchess has no friends, and all the responsibilities connected with looking after her troubled single mother, Star, who grew up with Walk and Vincent.

When tragedy strikes, Walk arranges for Duchess and Robin to live with

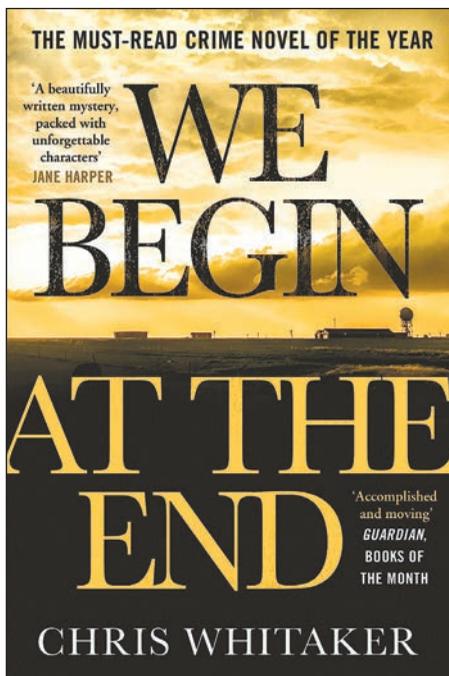


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their estranged grandfather, Hal, in Montana. Duchess curses out anyone who tries to help her or show any sign of kindness, including Hal. At first Duchess is unlikeable, but as you read further, your heart aches for her and Robin. At times, their life is devastating, but there are flashes of humor and hope, and it is ultimately an inspiring tale of family, compassion, revenge and retribution. It's about trying to save someone who doesn't want to be saved and illustrates

how far someone will go to protect those they love. *We Begin At The End* is a beautiful portrait of guilt and grief, and is full of interesting characters.

Here's what author Wally Lamb has to say about it. "Two damaged children, one timid and sweet, the other foul-mouthed

and furious, will break readers' hearts in this well-plotted and perfectly paced novel. If, like me, you love stories that kidnap your intended schedule because you can't not keep turning the pages, then I wholeheartedly recommend Chris Whitaker's *We Begin at the End*.✱

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My 7-year-old child continues to use her fingers for counting. Does this mean she doesn't understand numbers? Should I tell her to stop finger counting and do her numbers in her head? Please help.

Sacha E, Fort Myers

Sacha, Don't become overly concerned with your daughter's finger counting. New research suggests that young children may make gains in math by counting with their fingers. Generally speaking, teachers do tell their students to stop finger counting around the end of first grade. Children are transitioning to perform mental math, and sometimes finger counting is seen as a crutch and possibly a sign of poor math skills.

A new British study published in *Frontiers in Education* suggests that finger counting seems to boost math learning when paired with number games. This research suggests that finger counting can actually support learning math skills and is not a crutch.

This study included 137 6- and 7-year-old children who were split into five groups. Each group played a specific math game and/or used finger counting exercises while playing. One group participated in finger-counting exercises such as counting from 1 to 10 using each finger, showing the correct number of fingers when told a specific number, and doing simple addition or subtraction problems using their fingers. The second group played number games like dominoes and card games. The third and fourth groups did both; they performed finger-counting

exercises and played number games. The final group was the control and didn't participate in either the exercises or the games.

Results indicated that there were positive math skill increases noted in all groups. The children who participated only in the number games group had one math skill slightly boosted, while the children who played a game and finger counted experienced larger gains on a range of tests when they also used their fingers. The children who participated in both activities outperformed the control group in multiple math-related skills, including counting, ordering, comparing and adding.

Tim Jay and Julie Betenson, the authors of the study, suggest an interesting explanation for the boost in math skills: The "part of the brain that responds to number lies in close proximity to the area that is activated whenever subjects perform pointing and grasping activities. So, when we use our fingers, we also activate the areas of our brain associated with counting. This parallel processing may explain why young children benefit from finger counting."

Eventually, older students should move past finger counting but there's now evidence to let younger students continue with this practice. There doesn't seem to be a strong reason to discourage young children from counting on their fingers as it may actually boost math learning, especially when paired with number games.

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.✱

From page 8

Helicopter

worst environmental conditions. Designed to be rugged, reliable and easily maintainable, current T700 models apply advanced technology to an experience base of 50 million hours of operation.

The -701C powers the Sikorsky H-60 Black Hawk and the Boeing AH-64 Apaches. Sikorsky H-60 Seahawk naval and search and rescue variants are designed specifically for the marine environment.

These engines provide practical experience the students need in the workforce. It will show the different

stages of compression from low to high. Students will learn where fuel and air is atomized and mixed to provide combustion when an ignitor is introduced. Finally, they'll be able to see how the turbine performs, what it powers and the subsystems along with it.

"Partnerships occur at all levels, and we are extremely excited to have received this generous donation from the U.S. Navy," said Fort Myers Technical College Director John Roszell. "Equipment like this is hard to come by and will make an immediate and sustained impact on our TGM program."

For more information, contact Valerie Clark, FMTC career specialist at 334-4544 or fmtcjobs@leeschools.net.✱

Life Scientist To Speak At Virtual Meeting

Nora Demers, PhD, associate professor of biology at Florida Gulf Coast University (FGCU), will speak on growth management in Southwest Florida through eyes of a newcomer during a League of Women Voters of Lee County virtual event on Saturday, April 3 from 9:30 to 11 a.m.

Dr. Demers will talk briefly about the lawsuit and settlement agreement between the state of Florida and the Responsible Growth Management Coalition that resulted in the creation of the Estero Bay Agency on Bay Management (EBABM). She will describe her participation with the EBABM from 2002 to 2021. Highlights will include how the role and actions of the agency have changed and envisioning of future evolution for that agency. The focus of her talk, and of the ABM is on the Estero Bay Watershed also known as the Density Reduction/Groundwater Resource area. Recent growth management issues to be discussed include an outsider's view of the Lee County environmental enhancement and preservation overlay and the Kiker Preserve.

Dr. Demers came to Lee County in 1997 as an inaugural faculty at FGCU. After learning that the siting of FGCU resulted in a settlement agreement to allow construction of the university in primary panther habitat, she joined the Responsible Growth Management Coalition, the group that sued the state of Florida. She currently serves as chairperson for the Estero Bay Agency on Bay Management, the agency created as part of the settlement agreement with the state of Florida that allowed construction.

Dr. Demers is a life scientist. Her research interests include analysis of



Nora Demers photo provided

waters in Southwest Florida for the presence of chemicals of emerging concern, their biological effect, relationship to nutrients and their temporal changes. Chemicals of most interest include endocrine disrupting compounds (EDC's) that are present in personal care products, medications, plastics, pesticides and herbicides. Her work is focusing on surface water systems including the drainage district in San Carlos Park, where the majority of the 8,000 homes use septic tanks for their wastewater treatment, local isolated ponds receiving treated wastewater effluent and golf course stormwater ponds. Her undergraduate students are looking at the mosquitofish for evidence of reproductive abnormalities and their relationships to chemicals in the waters. They are also looking at groundwater and drinking water for presence of these chemicals.

For more information and to register, email reservations@lwvlee.org or call 278-1032.✪

Public Invited To Avenue Widening Public Meeting

The Lee County Department of Transportation (DOT) is inviting the public to participate in an Ortiz Avenue Widening Project public meeting at the Hyatt Place at the Forum in Fort Myers on Monday, March 29 from 4:30 to 6 p.m.

The project widens Ortiz Avenue from Colonial Boulevard to Martin Luther King Jr. Boulevard from two to four lanes. Additionally, Ortiz Avenue serves as a relief road to Interstate 75 during periods of heavy congestion. The project will accommodate future widening to six lanes.

The project ties into the planned roadway section at Colonial Boulevard and the existing roadway section at Dr. Martin Luther King Jr. Boulevard. This project will also tie into the newly constructed Hanson Street roundabout. The project includes seven-foot-wide bicycle lanes, a 10-foot-wide trail on the west side of the road, a six-foot-wide sidewalk on the east side of the road, and lighting throughout

the corridor.

The meeting is an opportunity for interested members of the public to review and comment on the project design. Posters, handouts and comment forms will be on display. The public meeting is an open house format; people can come at any time between 4:30 and 6 p.m. Lee County staff will be available to answer questions. Centers for Disease Control guidelines will be observed.

People who do not attend the meeting in person can find all public meeting materials on the project website at www.ortzavenuewidening.com. People can submit comments on the website.

In accordance with the Americans with Disabilities Act, Lee County will not discriminate against qualified individuals with disabilities in its services, programs, or activities. To request an auxiliary aid or service for effective communication or a reasonable modification to participate, contact Joan LaGuardia at 533-2314, Florida Relay Service 711, or jlaguardia@leegov.com. Accommodation will be provided at no cost to the requestor. Requests should be made at least five business days in advance.

Hyatt Place at the Forum is located at 2600 Champion Ring Road.✪

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Income Tax Planning For Trust Beneficiaries



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

In a recent column, I discussed the benefits of embedding continuing testamentary trusts for your children and grandchildren into your revocable living trust. After your passing, rather than having your estate distribute all the assets outright to your loved ones, I suggested protecting them from divorce, creditors and predators.

Your adult children don't have to lose control of these trusts and the assets. My clients fear a situation where their adult child will have to beg a bank or trust company to enjoy the benefits of her inheritance. You can name your adult children as their own trustee, putting them in control of investment and distribution

decisions. This is where the income tax planning comes into play.

When creating testamentary trusts for loved ones, many attorneys will draft provisions that read something like this, "all of the income shall be paid to my child..." This type of provision makes the income tax planning relatively easy in the sense that the trust earns the income (usually interest and dividends) and pays that income to the child/beneficiary. The child/beneficiary is the taxpayer. This type of wording, however, doesn't help with estate tax planning (as the amounts will likely be included in the child's estate when she dies) or with protecting the assets from divorcing spouses, business lawsuits or creditors.

In order to both minimize tax and offer protection, the trust must be discretionary to the trustee/beneficiary. Most attorneys do this by limiting the distributions to an ascertainable standard as defined in the tax law. You've probably seen this phrase: "My trustee may distribute the income to the beneficiary for her health, education, maintenance and support." Those are magic words in the Internal Revenue Code that satisfy various legal requirements.

But that generic language isn't enough to thwart an adverse income tax outcome. Let's suppose, for example, that Lisa is an adult child beneficiary of her mother's trust. Mother recently died. The testamentary beneficiary trust for Lisa's benefit was discretionary, and included the health, education maintenance and support language.

Suppose further that Lisa is subject to a lawsuit, so she doesn't want to distribute the income from the trust, she'd rather accumulate that income inside of the trust until the legal danger subsides.

When income is accumulated, it usually means that the trust is the taxpayer. The income tax rates for trusts are compressed, such that accumulating \$13,000 of income results in the trust paying the highest marginal federal rate! Lisa won't pay that rate unless she earns several hundred thousand dollars of income.

Is there a workaround? Yes, there is. It requires using an advanced planning strategy, that if not used properly, could strip away the asset protection features of Lisa's testamentary trust. I won't go deeper than that as an explanation because the strategy should be tailored to each individual situation, but the result is the income can be accumulated, thereby shielding it from the lawsuit, yet treated for tax purposes as if it was distributed to Lisa, so it's taxed at a lower marginal rate than what the trust would pay.

This strategy is especially effective when you leave Traditional IRA or 401(k) distributions in trust. Using my prior example, let's assume that Lisa has a daughter, Kaylee, who's a minor. Lisa's mother can't name Kaylee directly as an IRA beneficiary or the financial institution where the account is held (Vanguard, Schwab, UBS, etc.) can't make a distribution to a minor. Therefore, Mother created a trust and named Lisa as the trustee with Kaylee as the beneficiary.

When Mother died, the Traditional IRA account became an inherited IRA account. Lisa has 10 years from her mother's death to withdraw the entire balance. She doesn't want to wait until the 10th year to withdraw, since the tax burden would be higher as the amount would be the entire amount plus all the growth over the 10 years.

Say Lisa chooses to withdraw \$50,000 but wants to accumulate it in the trust for Kaylee, and would rather wait until Kaylee is in college before she uses the money. Here again, we have a \$50,000 taxable distribution from the IRA, and the trust will be the taxpayer, paying taxes at the highest marginal rate.

Can we use the same strategy mentioned earlier for a minor beneficiary to tax the income at Kaylee's lower rate? Yes and no. I say "yes" because we can use workarounds to treat the income as distributed when it really isn't. The "no" is because Kaylee is a minor, so the "kiddie tax" rules apply. Her tax rate will likely be Lisa's marginal tax rate.

As you can see, there's a lot more to estate planning than estate tax. Asset protection and income tax consequences are important factors to consider. The rules are complicated, but it pays to consider all your options.

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Healthy Minds Initiative Offers Free Screenings

The mental and emotional effects of COVID-19 are impacting well-being in significant ways, with 40 percent of U.S. adults reporting symptoms of anxiety or depression, increases in substance use and thoughts of suicide.

To address this urgent and increased need for support on a local level, 25 behavioral health organizations across Lee and Collier counties have partnered to launch a new community initiative called Healthy Minds, which will offer presentations to senior communities, local agencies, and professional and community organizations. In addition, outreach events will be held where education, resources and referral information will be provided. All events will include complimentary screenings across Lee and Collier counties, convenient tips on how best to cope with stress, and low/no cost resources for adults who are experiencing anxiety, depression and other difficulties. These might include financial strain secondary to under/unemployment, demands of homeschooling young children, isolation and loss of control. For those who are overwhelmed or struggling, seeking help sooner than later can address challenges before they become crises.

"The need for mental health support is greater than ever as the COVID-19 pandemic continues to impact our families, livelihoods and communities,

yet data has shown that nearly half of Florida adults with an unmet need for mental health treatment are deterred from seeking care because of cost," said Dr. Paul Simeone, vice president and medical director of behavioral health at Lee Health.

The participating behavioral health organizations include: The David Lawrence Centers, Elite DNA Therapy Services; Florida Gulf Coast University; Hazelden Betty Ford Foundation; Healthcare Network; Healthy Lee; Lee County Coalition for a Drug-Free Southwest Florida; Lee Health; Park Royal; SalusCare; United Way of Lee, Hendry, Glades and Okeechobee Counties; Center for Progress & Excellence (CPE); Hope Clubhouse; My Florida Families; Centerstone; Hope Hospice; Samaritan Health; Alvin A. Dubin Alzheimer's Resource Center; Bay Pines VA Healthcare System; Home Base; Chrysalis Health; and Valerie's House. Additional community partners include Better Together, Kimmie's Recovery Zone, National Alliance on Mental Illness (NAMI) and The School District of Lee County.

"The Healthy Minds initiative was created to help address this urgent need for support, linking access to mental health providers in an affordable and friendly setting to connect people to the resources they need and the care they deserve," added Dr. Simeone. Healthy Minds presentations are being scheduled now so don't wait to take advantage of these resources.

No advance registration is necessary for the health fairs and other outreach events. Those interested in resources,

or a free screening, can simply attend the event and speak to an expert who will then help link them and loved ones with local service providers and available community resources. For those wishing to schedule presentations or events in Lee or Collier counties, complete a scheduling request at www.healthylee.com/healthy-minds-presentation-request-form.

A Healthy Minds Resilience Toolkit, which offers additional tips for navigating life's twists and turns, will be handed out to all guests at all events and presentations. The toolkits and fillable questionnaires – available in English, Spanish and Creole – as well as a full list of upcoming events and resources are accessible at www.healthylee.com/healthyminds.✧

Industry Awards Rescheduled For October

Due to COVID-19, the Industry Appreciation Awards' (IAA) event organizers have made the decision to postpone the annual awards celebration to best serve guests, honorees and event supporters. The event will now be held on Friday, October 22 at the Caloosa Sound Convention Center in downtown Fort Myers.

Since 1992, the Industry Appreciation Awards have celebrated the Lee County business community and recognized outstanding local businesses that have positively

influenced Southwest Florida. Come October 22, the event will commence in the same fashion as it has for nearly three decades – as a reason to gather and honor the businesses and leaders that make Lee County extraordinary.

In response to the pandemic, organizers have added a special award category for the 2021 IAA event. The Business Resiliency and Innovation Award will recognize a business that successfully pivoted their operations, products or services to be resilient and help the needs of the community during COVID-19.

"We're excited to bring back the Industry Appreciation Awards after having to postpone them in 2020," said Horizon Council Chair Christopher Spiro. "And to host them at Caloosa Sound makes it even that much more special and rewarding. We're looking forward to an exciting program."

For more information, contact Horizon Foundation Chief Fundraising Consultant Dilman Thomas at 810-1948 or dthomas@horizon-foundation.com.✧

From page 1

Tribute Band

a sweater if the weather is chilly. To meet social distancing guidelines, Edison Ford staff will mark seating locations on the Ford lawn. Masks are required.

Tickets online are \$25 per person or \$20 for Edison Ford members. Tickets at the door are \$30.

For more information or to purchase tickets, visit www.edisonford.org or call 334-7419.✧

Frankly Speaking

by Howard Prager



March Madness is here, and it certainly is. My late father-in-law who started this column, Ed Frank, would be pleased to see the whole tournament played in his home town of Indianapolis

and nearby. Although disappointed that his Indiana Hoosiers weren't in it, he'd be cheering on with the rest of us.

With so many brackets busted this year with upsets, the most in NCAA history prior to the Sweet 16, I turned to my brother-in-law John, who is a superfan, to find out why. The NCAA defines upsets as games won by teams seeded five spots or more lower than the favorite. John believes the plethora of upsets are primarily due to the leveling of the playing field. "There are more great players from high school, and more well coached teams. You can go to different places to get good players. And in the tournament, every game counts. One bad game and you're done. No cruising through rounds anymore."

Why the dominance of the Big Ten during the season and in the seedings with nine teams, and then so poor a showing in the tournament? "The Big Ten has a lot of talent, and they played and beat up on each other during the season – maybe too much," John said. With favorite No. 1 seed Illinois and No. 2s Iowa and Ohio State out as well as other lower seeds,

it's up to No. 1 Michigan to carry the Big Ten banner. Meanwhile, the PAC 12 is undefeated.

What does Baylor and Gonzaga bring that the top Big Ten seeds don't? According to John, they have more consistent excellence than the Big Ten powers that were supposed to dominate. "They each have multiple star players who have come through. One great player can't carry a team alone. You can't afford to have an off night. It's great fun to watch (as long as your team is not the one being upset!) Every other team in the tournament has just enough weaknesses to lose."

Why did Illinois lose to No. 8 Loyola (and this goes for all the teams that were upset)? "For one thing," John said, "I wonder why Loyola, a team ranked in the top 20 before the tournament, rated only an 8 seed? That's no excuse, though. Illinois should have beaten them. Although Loyola doesn't have a star player, they are well coached and get good players who stick around four years and have maturity. You have to have a scheme and execution. The problem with having one star like Illinois is what happens when they are off their game. (Ayo) Dosunmu didn't play well on Sunday and the rest of the team couldn't pick up the slack."

What's the future for these players? "As good as these players can be, a miniscule number are going to the NBA," John said. "It's an exciting tournament, but remember these are just kids. They can't get motivated every night."

Florida fans were disappointed to see No. 7 Florida lose to No. 15 Oral Roberts, who become only the second 15th ranked team to make the Sweet 16.

The previous team? Florida Gulf Coast, who in 2013 beat No. 2 Georgetown and No. 7 San Diego State. They lost that year to No. 3 Florida.

One comment about the women's tournament. They were perfectly right in claiming discrimination when you compared weight rooms and equipment with the men's. The women had a set of dumbbells and yoga mats. The men had a massive room of power racks and weight sets. The women posted a video that was captioned, "We're still fighting for bits and pieces of equality." Northwestern's Veronica Burton said "Is there something we're not doing to deserve it? We're working just as hard as the men. We're in the gym as much as they are, I promise you that." The NCAA made the appropriate adjustments. It's just disappointing this had to be pointed out for them to do so. Personally, I find the women's game exciting in its own way. It's not as fast-paced or above the rim as the men's game, but there's some great shooting, some star players and good rivalries. And they too are having their share of upsets.

The good news story of the week is from the north. You wonder where are the Canadians this winter? They're donating a kidney. Specifically Bonnie O'Reilly, mother of Ryan and Cal. Ryan captains the Stanley Cup-winning St. Louis Blues. Cal is currently on the Lehigh Valley Phantoms' roster. As reported on the good news network: "To make it in any professional sport takes skill, determination and practice. Having someone who believes in you and

goes out of their way to help can be the difference between living the dream or hanging up your skates. Throughout the many years that Graham Nesbitt managed the local skating arena in Seaforth, Ontario, he routinely went above and beyond the call of duty – opening the rink early, staying late and even staying open in the face of snowstorms – to ensure neighborhood kids could get in as many hours on the ice as possible. Nesbitt was diagnosed with Berger's disease nine years ago. A kidney transplant became the 65-year-old's only option for survival. Once O'Reilly learned she was a match, the only thing left to be done was arrange for the surgery."

O'Reilly said about becoming a donor: "What he's done for my boys, helping them achieve their goal of playing professional hockey, it's the least we can do." The transplant took place just a couple of weeks ago, on March 3. O'Reilly and Nesbitt both came through the procedure well and are on their way to recovery. Nesbitt's wife, Pam, deeply touched by O'Reilly's generosity, posted her thanks on Facebook: "From our family to you and yours Bonnie, thanks for the gift of a lifetime... Your selfless act means more than you'll ever know." What you do and how you live your life is always remembered.

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.

Sale Starts Saturday At Red Sox Team Store

The Boston Red Sox Team Store at JetBlue Park will be closing after the last home game on Tuesday, March 30. Store hours are 10 a.m. to 3 p.m. on non-gamedays.

As a thank you to team fans,

beginning on Saturday, March 27, the store will be holding a 50 percent off sale. Some exclusions including memorabilia apply.

The Red Sox Team Store is located at JetBlue Park, the Boston Red Sox's 106-acre Spring Training and Player Development Complex, 11500 Fenway South Drive in Fort Myers. For more information, call 226-4732.

The team store is not scheduled to reopen until January 2022.✱

SPORTS QUIZ

1. What Pro Football Hall of Fame linebacker and defensive end recorded 160 sacks in his NFL career from 1985-99?
2. The Calder Cup is the trophy awarded to the champion of what professional ice hockey league?
3. In 1973, Los Angeles Lakers center Elmore Smith set an NBA record for blocks in a game with how many?
4. What athletic shoe, first released in 1989, had a built-in device that inflated portions of the tongue for a custom fit?
5. What facility outside of Green Bay hosted two to four Packers home games per season from 1953-94?
6. What big-hitting outfielder won World Series championships with the Philadelphia Phillies (2008) and San Francisco Giants (2010)?
7. What actor, known for roles in *Necessary Roughness* (1991), *Street Fighter* (1994) and *BASEketball* (1998), was a replacement player for the Los Angeles Rams during the 1987 NFL players strike?

ANSWERS

1. Kevin Greene. 2. The American Hockey League (AHL). 3. 17. 4. The Reebok Pump. 5. Milwaukee County Stadium. 6. Pat Burrell. 7. Peter Tutusosopo.



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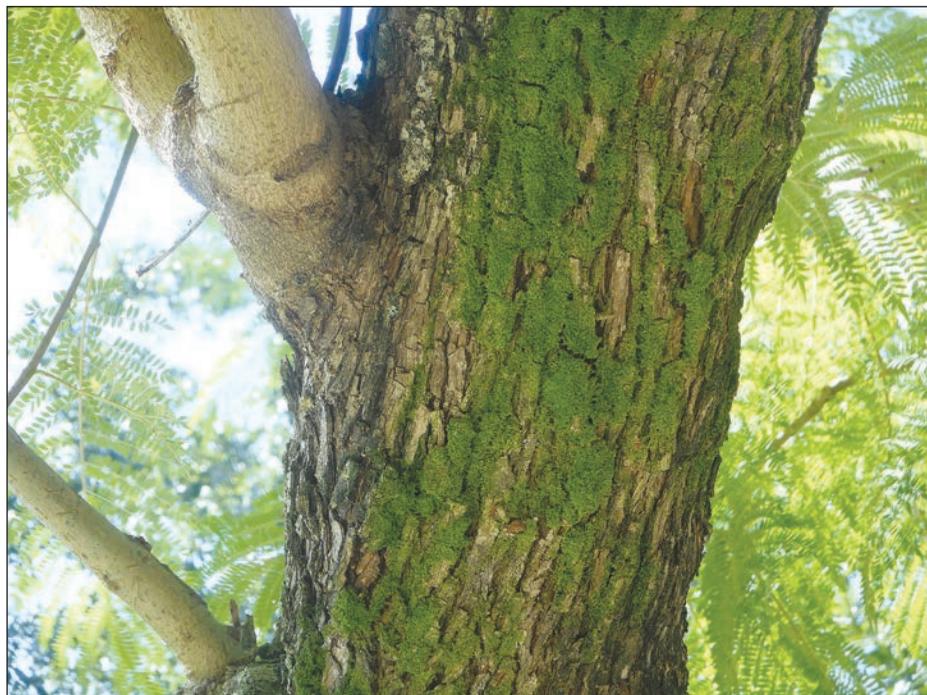
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Rheannon Hill's *Flowers* captured first place

photos provided



The Lifespan of Green Fungus by Melinda Garvey took second place

High School Photography Contest Winners

Following a contest judging on February 25, the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) announced winners and finalists in the 8th annual "Ding" Darling-Theodore Cross High School Photography Contest at the JN "Ding" Darling National Wildlife Refuge on Sanibel. Due to safety protocols, DDWS will not be holding an awards ceremony this year.

Sponsored by the Theodore Cross Family Charitable Foundation, the competition invited high school students from Lee, Collier, Charlotte, Glades and Hendry counties to compete for prizes that included a Canon digital SLR camera package, chartered class trips to the refuge, Tarpon Bay Explorers excursions, and copies of *Waterbirds: Portraits and Anecdotes from Birding Adventures* by contest namesake, the late Theodore Cross.

Cross, who lived part-time on Sanibel, marched with Dr. Martin Luther King, Jr.; advised the Johnson and Nixon administrations on anti-poverty programs; wrote the influential book *Black Capitalism*, among others; and created Birders United, a birding website that ranked legislators according to their record of bird protection support.

Late in life, Cross decided to indulge his love for birds and photography and traveled the world to collect stunning portraits and stories to chronicle his adventures. He photographed often at "Ding" Darling, and a number of the images in his book reflect his love for the refuge. Cross published *Waterbirds* in 2009 at age 85; he passed away shortly after that in February 2010.

NPR's *All Things Considered* called Cross' collection of 179 images and countless anecdotes "spectacular." *The New York Times* described it as "part visual encyclopedia, part memoir."



From left, judges Katy Howosaka, Jennifer Littman and David Jeffrey

Refuge staff employee Katy Hosokawa, photographer David Jeffrey, and Cross family friend and DDWS volunteer Jennifer Littman judged the contest. They reviewed 179 images taken by students from 19 different schools.

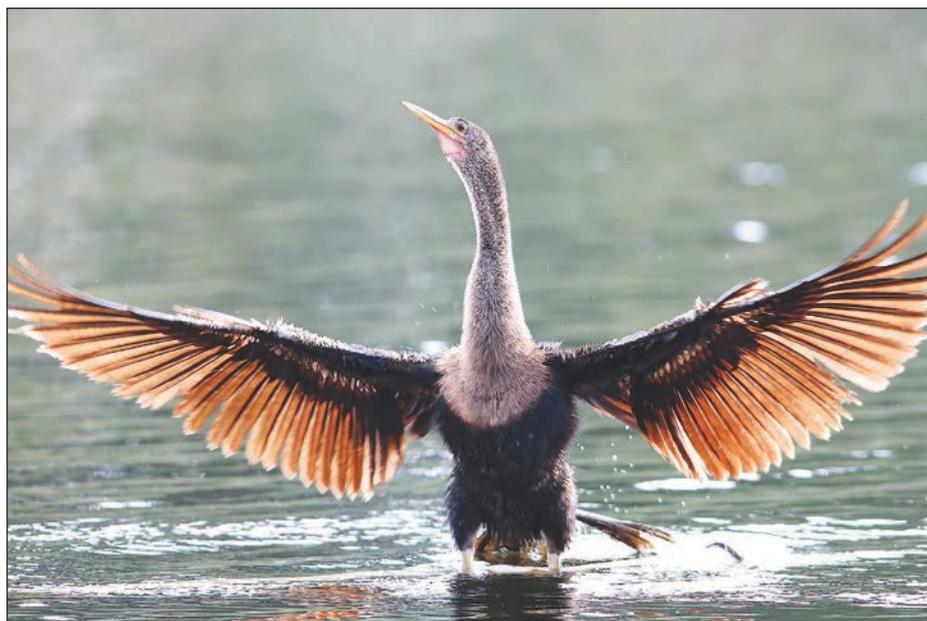
Two monetary awards went to high school teachers who made special efforts to engage their students in entering the contest: Amy Smith from Cape Coral High and Maryellen Montana from Lehigh Senior High. The awards were donated in honor of Jeffrey, a current DDWS board member.

First place went to an image titled *Flowers* by Rheannon Hill from Lehigh Senior High.

"This photo is stunningly beautiful," said Jeffrey. "It's subtle, the depth of field is great, and the composition is really well done. The lighting is also very subtle, yet the colors are beautiful. It makes me want to know what type of flower this is."

In second place, Melinda Garvey from Lehigh Senior High portrayed *The Lifespan of Green Fungus*.

"I chose this photo because it has such vibrant colors – it feels so alive," said Littman. "I like how the sun is coming



Third place was awarded to Virginia Bayne for *Wings of Sun*

through all the ferns in the background, and it really shows the fungus on the tree in all its glory."

Third place winner *Wings of Sun* was submitted by Virginia Bayne of Fort Myers High.

"I love this photo because of how the artist captured a beautiful moment in nature," said Hosokawa. "I love the light glowing through the wings, and the anthing looks so welcoming."

Honorable Mentions (in alphabetical order) went to:

Aspen Combs, Cape Coral High
Abby Corcoran, Cypress Lake High
Anna Gibson, Cape Coral High
Kendra Hernandez, Lehigh Senior High

Amber Irwin, North Fort Myers High
Natalee Jones, Cape Coral High
Juan Matos, Cape Coral High
Julia Miller, Lehigh Senior High
Karla Pichardo, Lehigh Senior High
Chase Qurollo, Cape Coral High
Kailyn Giselle Uria, Island Coast High

Judges and contest coordinators expressed great difficulty in narrowing down the choices. "It always amazes me,

the quality of photos we get from these young adults," said Sierra Hoisington, who coordinates the contest. "We marvel at the unique perspectives and angles."

"Theodore Cross' family made this contest possible, and it has become a solid success story," said Birgie Miller, DDWS executive director. "We couldn't be more thrilled that the family wants its donations used in this way – to reach an age group that often falls through the cracks of conservation education. Kudos to refuge development officer Sierra Hoisington, volunteer Terry Baldwin and our staff for a fabulous job of running the contest."

"We are so happy to be supporting a contest in my father's name, a contest that will get our youth involved with nature by looking at it – as my father so loved doing – through a camera lens," said Amanda Cross.

Students were able to submit up to two photographs. To view winning images online and for information on the 2022 photo contest, visit www.dingdarlingsociety.org/articles/photo-contests.

Beautifulife:

The Box



by Kay Casperson

I'm sure you have all heard the term "step out of the box," but what exactly does that mean? First, let's try to determine what the box is. Is it the perfectly packaged life that we have dreamed

of or carved out for ourselves? Is it how we do things every day? Is it what others think we should be doing, saying or being? Actually, it is all of the above, and I am here to say that being in the box is not as fun or rewarding as being out of the box.

You might be trying to be the perfectly boxed wife, husband, parent, sibling, child, employee, friend, business partner or CEO. Why, though, would you allow what others expect of you to define you as a human? I believe that a package is meant to be opened. I also think that each gift is boxed uniquely and inside there is always a new surprise.

We allow ourselves to be put into a box for many different reasons. Some of these could range from how we grew up to what we were taught to believe. Your package could have also been

formed by those you surround yourself with today. Of course, these things are essential in shaping our daily lives, but we do not have to be defined by any of them.

Stepping out of the box is a crucial thing for everyone to do at some point in life. Freedom comes with deciding that you will not be confined to what has been given to you as your label. There is something special about being unique and doing things differently than what others believe you should be doing.

Whether it is how you cherish your relationships to how you parent your children. How you play your sports to how you manage your business and plan for your future. I know for sure that there is not one box size or shape for all. You are unique, you are special, and you will never ever please everyone. So, step out of your box to continue your journey to your best and most beautiful life.

My affirmation for you this week is: "I will jump out of the box now and then to be the best version of me as I continue to live my life to the fullest."

*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.**

New Website For Foster Care Alternative Group

Better Together, a voluntary, community-driven alternative to foster care, has launched a redesigned website designed to offer an improved user experience while raising awareness of the organization's mission and its two programs – Better Families and Better Jobs.

The Better Together website serves as a referral source for families seeking a preventative to foster care. Through the website, parents can request help to learn more about how Better Families can assist them with hosting their children, engaging with a family mentor, or finding resources for employment. Additionally, organizations, agencies or individuals can make referrals online. For those seeking job support, the website's Better Jobs section connects job seekers as well as employers to events and resources for job fairs, job coaches and more. Additionally, church partners can sign up to receive more information or register for training.

The website offers intuitive navigation system compatible with all devices, including mobile and tablets. Additionally, the website features links to recent news, upcoming events, the organization's annual report and testimonials from families, mentors and church partners.

"We recognize that our website

serves not just as an introduction to our organization, but also as a valuable referral site for families, job seekers, donors, churches and others seeking support during a challenging time, or even in crisis," said Megan Rose, CEO, Better Together. "We've experienced a 155 percent increase in the need for services since COVID-19, and we recognize the importance of being accessible online so that families and referral sources can quickly understand our mission, how to get or give help, and the impact that Better Together has had on those we serve."

Better Together has served over 2,500 children in Southwest Florida and kept 96 percent of families together. The nonprofit was founded on the belief that loving parents should not lose children because they are having money problems, or had the courage to seek treatment, or got hospitalized without childcare. These challenges can be overcome with the right support system in place.

With the help of hundreds of volunteers and church communities, Better Together builds lasting support systems that help families cope with hardships – job loss, substance abuse, homelessness and even jail time – and ensures that children are cared for in a safe home until the family can be reunited. Additionally, Better Together's "Better Jobs" program has helped nearly 29,000 job seekers connect with employment opportunities through church-based job fairs across 20 states.

For more information, visit www.bettertogetherus.org.*

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Doctor and Dietician

Brain Fog
And What
To Do About It

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

Brain fog is one of the most common complaints heard from patients coming to our office. People experience intermittent confusion, forget things and have a reduced ability to focus and think clearly. When this happens, we should take time to listen to what our bodies are trying to tell us and not just chalk it up to “getting older.”

Brain fog is defined by Webster as

a temporary state of diminished mental capacity marked by an inability to concentrate or to think or reason clearly. People report a wide array of symptoms associated with brain fog. They may report that they feel confused, dazed, disoriented, detached, spaced out, struggling, or even like their heads are inside a fishbowl.

Common Causes of Brain Fog:

Poor food choices – Studies show that refined carbohydrates such as sugar and white flour products may cause reactive hypoglycemia, where your blood sugar levels skyrocket, then plummet. The brain needs glucose as its fuel; thus, you may feel irritable, moody, tired, bloated and unable to think straight after consuming a meal high in refined carbohydrates. If this state remains constant, then insulin resistance and even diabetes may be in the future – which have been both tied to developing Alzheimer’s disease. Start dumping the sugar and white flour from your diet.

Not enough good fats – Our brains are loaded with good cholesterol. We need good fats for optimal brain function. Consuming hydrogenated fats (fried food) and oils high in omega-6 fatty acids can lead to brain inflammation. Add good fats, such as avocado, sunflower and olive, to your diet.

Food allergies – Processed foods contain a lot of potential allergens. As you

know, we strongly advocate consuming fresh real food. Top allergy-producing foods are dairy, eggs, wheat, shellfish, peanuts and tree nuts. When our patients complain of the above symptoms, we ask them to remove these from their diet. Often, the results are impressively positive. Never underestimate the power of the right foods!

Food additives – MSG (monosodium glutamate) is a known neurotoxin that is most known for its presence in Chinese food. It is also contained in many processed foods such as canned soups, broths, snack foods and ramen noodles. Be on the lookout for other names - yeast extract, natural flavorings and hydrolyzed protein. Artificial sweeteners, especially aspartame, is made from aspartic acid, phenylalanine and methanol. Original studies falsified testing that showed negative impacts on the brain. Sucralose, another very common artificial sweetener, can also be toxic and lead to brain-altering side effects such as headaches, migraines, depression, anxiety, and even ringing in the ears. The only sweeteners we recommend are natural cane sugar or honey, real maple syrup, erythritol, or stevia.

Nutritional deficiencies – Nutritional deficiencies from the SAD diet (standard American diet) can also lead to neurologic symptoms. The most common nutrient

deficiencies are B 12, Vitamin D, essential fatty acids and magnesium. Changing to a real food diet dramatically improves this, thus you may not require supplementation, but that is not always the case.

Lack of sleep, no exercise, and high stress levels – Enough said about these factors... sleep at minimum seven hours per night, get outside and move daily, and find a way to channel your stress through prayer, meditation, time with friends, and/or walks on the beach.

7. Structural issues in the cervical spine – Cervical (neck) instability (too much movement of the vertebrae) may lead to a “clogged brain toilet” or obstruction of the flow of cerebrospinal fluid out of the brain. We utilize objective measurements in our office to diagnose this problem. We can treat it with regenerative treatments such as prolotherapy and PRP.

Do not go another day with thinking “brain fog” is just a normal sign of aging. It is not. Take an assessment of what is going on in your life and make some changes.

*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.**

dearPharmacist

Two Steps
To Making
Thyroid Hormone

by Suzy
Cohen, RPh



Dear Readers:
Your thyroid gland sits at the base of your throat and, under normal circumstances, it produces thyroid hormone that

gets distributed throughout your body. Every cell in your body has a receptor for thyroid hormone which most people don’t realize. So if you’ve had your thyroid gland surgically removed, you should still be restoring thyroid hormone with prescription medications such as Nature-Throid, Armour Thyroid, Synthroid or something along those lines. Thyroid hormone isn’t just one hormone, it is borne from your thyroid gland as T4 known as thyroxine.

This has to undergo several chemical reactions. If you have genetic polymorphisms in your genes, and most people do, then you may have difficulty making the biologically active form of thyroid hormone dubbed T3 for triiodothyrodine. This is what your periphery requires, what your tissues and cells need in order for you to feel well. Certain vitamins and hormones are required for the activation of T4 to T3.

Just because your thyroid gland secretes T4 and your lab value for “Total T4” is normal, it doesn’t mean you’re well and healthy. In order for T4 (inactive) to

become T3 (active), it has to be converted and the conversion takes place primarily in your liver, as well as your kidneys, brain and intestines.

So step one is to be sure that your liver enzymes are in the normal reference range and that you’re not abusing your liver with too much alcohol, cigarettes or pesticides.

More than 90 percent of the thyroid hormone produced is actually T4 (inactive storage form) and 7 percent is T3 which is the active form. That may sound bad, but it’s not, because T3 is the gas pedal here, and if you take too much T3, you’ll feel wired, anxious, sweaty and sleepless. These symptoms occur in people who take too much Compounded T3 medications, liothyronine (Cytomel) or T3 activating supplements.

About 20 to 25 percent of your thyroid hormone is activated to T3 in your gastrointestinal tract, compliments of friendly microorganisms. So step two is probiotics. This explains why people with poor GI status, or those with Crohn’s, IBS or diarrhea develop hypothyroidism secondary to the lack of healthy microflora.

Treatment for a thyroid disorder varies on the specific disorder you have. This is why there are so many drug treatments, vitamins, herbal remedies and lifestyle factors. There isn’t one single approach that works. For example Hashimoto’s or Graves’ disease require medications or supplements to calm down the body’s immune attack. Medications may be required to either raise or lower thyroid hormone, depending on which direction it was swinging.

Compare that to someone who has hypothyroidism because they are iodine deficient and perhaps eats poorly. Now compare that to someone who is unable to convert their T4 to T3 and simply needs some probiotics, ashwagandha, B vitamins and a smidge more Vitamin D.

Physicians have their hands full trying to figure out how to treat each

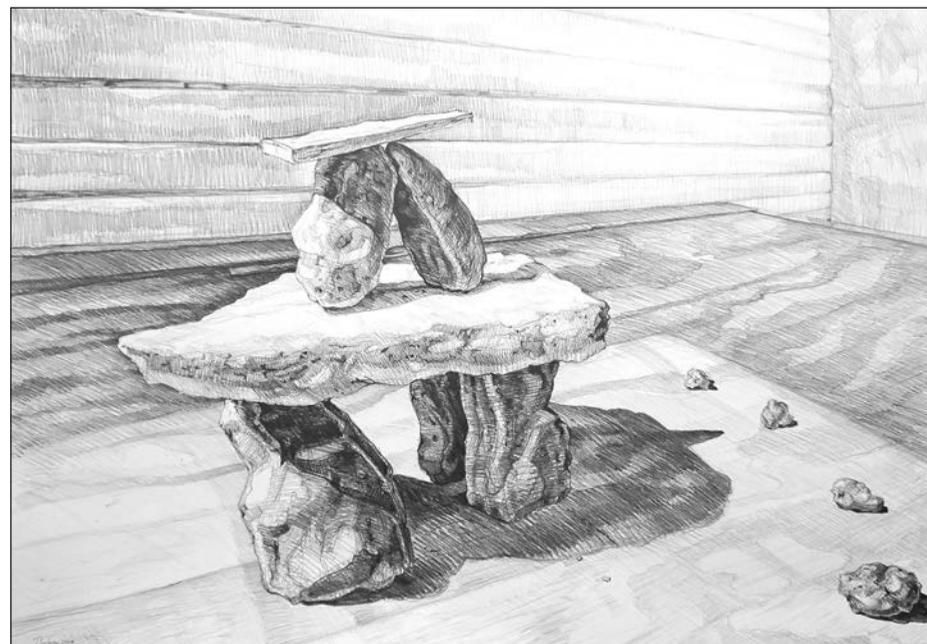
person with a thyroid disease, because it presents differently and therefore the treatment is different. Trial and error and experimentation is required, and so are routine blood draws to gauge where you’re at with all these hormones. I have a longer version of this article which you can receive via email after signing 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.**

From page 1

Cuban Flair



Choice by Norlam de Leon

them back to the reality of one’s self reflection once again. These pieces selected for this showing have become a path on the way to no longer avoid his own self confrontations. He hopes the viewer will feel the challenges a man faces as he leaves the past behind to live in the present. He currently lives and

image provided

works in Southwest Florida.

Both shows will be on display through Wednesday, April 28 at the Sidney & Berne Davis Art Center, located at 2301 First Street in downtown Fort Myers. For more information, visit www.sbdac.com or call 333-1933.*

Health First

New Guidelines For Colorectal Screenings



by Julie Rosenberg, MD

Guidelines for colorectal cancer screening were updated this month by the American College of Gastroenterology, stating that screening should

start at age 45 rather than age 50 for persons of average risk.

Incidence of Colorectal Cancer in the United States

Colorectal cancer is the third most commonly occurring cancer in both men and women and ranks second to lung cancer as a cause of cancer-related death in the United States. In 2021, the American Cancer Society estimates that there will be about 150,000 new cases of colorectal cancer diagnosed in the U.S. and about 53,000 deaths from disease.

During past several decades, overall incidence and mortality of colorectal cancer are declining significantly across the population over age 50. However, the incidence of colorectal cancer diagnosed before age 50 (early-onset

disease) is rising. In fact, incidence rates have doubled in people ages 20 to 49. In 1990, six percent of cases of colorectal cancer were diagnosed in people younger than 50; by 2013, that number had risen to 13 percent.

Early-onset Disease

The absolute risk of any given individual younger than 50 developing colorectal cancer is substantially lower than in older adults. However, younger patients are often diagnosed at later stages, when the disease is more difficult to treat. They also tend to experience greater loss of productive years of life due to premature death from disease.

It's not totally clear as to why more people are being diagnosed with colorectal cancer before age 50. While there are genetic risk factors for colorectal cancer, including hereditary syndromes that increase the risk of developing colorectal cancer at a young age, most early-onset disease occurs in individuals with no family history. Therefore, these trends in early-onset disease may be due to environmental exposures, including smoking, excessive alcohol intake and poor dietary habits, as well as childhood obesity.

New Screening Guidelines

Despite the availability of multiple screening modalities for colorectal cancer (such as stool occult blood assays, colonoscopy, stool DNA testing and CT colonography or virtual colonoscopy) and public health efforts to boost awareness as to the importance of screening, only about two-thirds of the eligible U.S.

population is screened annually.

The new screening guidelines state that the age for starting colorectal cancer screening in average-risk men and women should be lowered to age 45 from age 50, with routine screening still recommended to age 75. Screening beyond age 75 should be individualized to the patient. African Americans should begin screening at age 45, as the incidence rates of colorectal cancer are 24 percent higher in African American men and 19 percent higher in African American women.

Screening can be either a one-step process such as colonoscopy (recommended every 10 years) or a two-step process, such as annual stool-based testing followed by colonoscopy (if positive). Practically speaking, however, the best test for any individual is the test that they are willing to undergo. Screening is only effective if it gets done.

Raising Awareness

In summary, there is a major need for educational efforts aimed at healthcare providers and patients to raise awareness about colorectal cancer in people younger than age 50. In addition, improving adherence to screening among eligible individuals, especially younger patients, will help to decrease the overall burden of colorectal cancer. Speak with your healthcare provider for individual recommendations on colorectal cancer screening.

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.✪

Program On Early Detection Of Alzheimer's

On Friday, April 2 at 2 p.m., the Alzheimer's Association will continue its virtual Ask the Expert series with a program on Seeing the Brain Through the Eyes. The free program will explore how ophthalmology could hold the key to unlocking earlier detection of Alzheimer's disease.

Addressing this topic will be Dr. Delia Cabrera DeBuc, a research associate professor of ophthalmology at the University of Miami Bascom Palmer Eye Institute who specializes in medical image processing and imaging biomarker development.

The program will also include Alzheimer's Community Educator Aja Scott on the 10 Warning Signs of Alzheimer's, as well as Alzheimer's Association Senior Program Manager Stefanie Wardlow on the status of Alzheimer's and dementia research.

Those interested in attending may register by calling the Alzheimer's Association 24/7 Helpline at 800-272-3900. Online registration is available at <http://bit.ly/SeeingTheBrain>.✪

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- Florida Marine Patrol 332-6966
- Florida Highway Patrol 278-7100
- Poison Control 1-800-282-3171
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- 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
 - Embroiderers Guild of America - Sea Grape Chapter 239-267-1990
 - FM UDC Chapter 2614 728-3743
 - Friendship Force Of SW FL 561-9164
 - Garden Club of Cape Coral 239-257-2654
 - Horticulture and Tea Society 472-8334
 - Horticultural Society 472-6940
 - Lee County Genealogical Society 549-9625
 - Lee Trust for Historic Preservation 939-7278
 - Navy Seabees Veterans of America 731-1901
 - Paradise Iowa Club of SWFL 667-1354
 - Sons of Confederate Veterans 332-2408
 - Southwest Florida Fencing Academy 939-1338
 - Southwest Florida Music Association 561-2118
 - Kiwanis Fort Myers Beach 765-4254 or 454-8090
 - Kiwanis Fort Myers Edison 694-1056
 - Kiwanis Fort Myers South 691-1405
 - Iona-McGregor 482-0869
 - Lions Club Fort Myers Beach 463-9738
 - Lions Club Fort Myers High Noon 466-4228
 - Lions Club Estero/South Fort Myers 898-1921
 - Notre Dame Club of Lee County 768-0417
 - Organ Transplant Recipients of SW Florida 247-3073
 - POLO Club of Lee County 477-4906
 - Rotary Club of Fort Myers 332-8158
 - Sanibel-Captiva Orchid Society 472-6940
 - United Way of Lee County 433-2000
 - United Way 211 Helpline (24 hour) 211 or 433-3900

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

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

PUZZLES

Answers on page 31



"Daddy cooked dinner, and then the _____ came."

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!

Shooter
RIPENS

Shoal
FREE

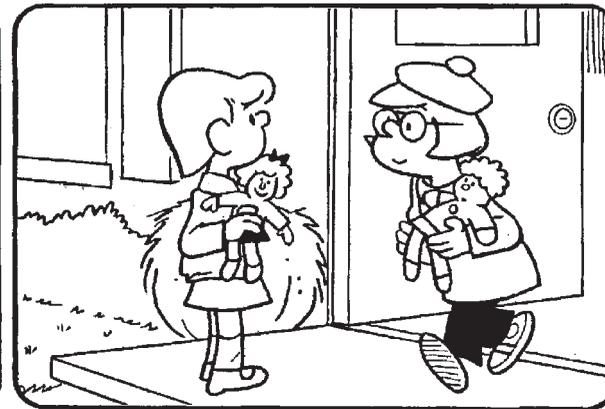
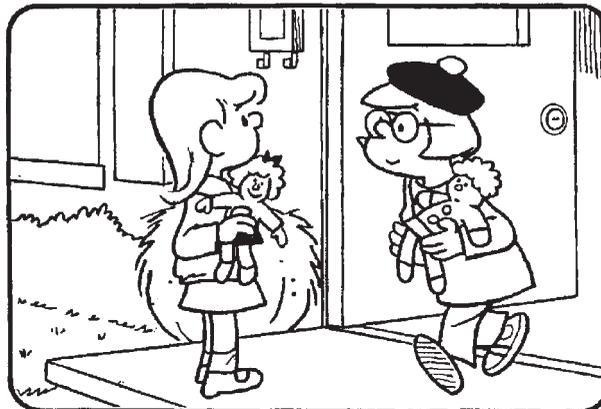
Foil
MISTEY

Bare
UNTIDY

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Hat is different. 2. Socks are higher. 3. Mailbox is missing. 4. Hair is shorter. 5. Pants are different. 6. Mailbox is missing.

To Play Sudoku:

Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

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

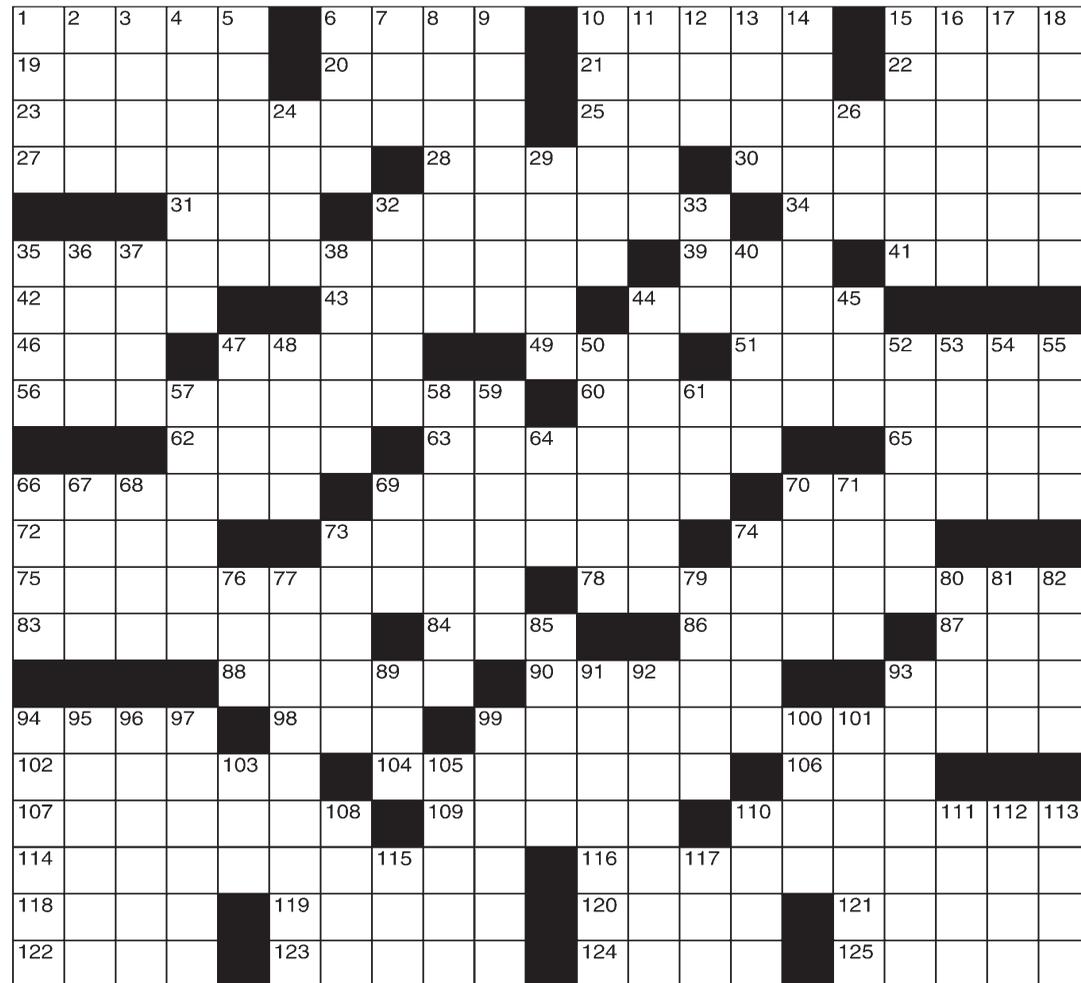
PUZZLES

Answers on page 31

Super Crossword

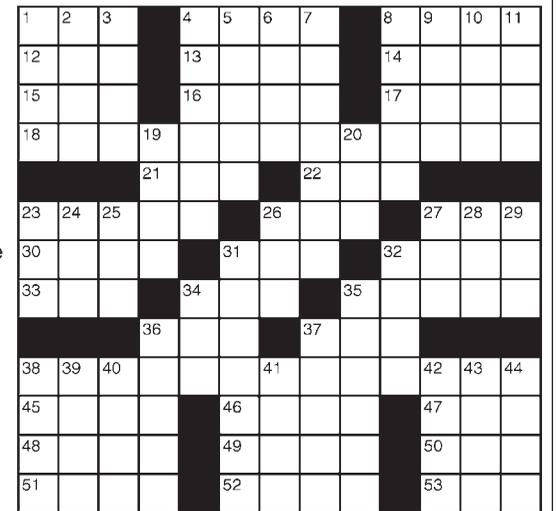
JUMBLE OF TREES

- ACROSS**
- 1 Item in a place setting
 - 6 Duffels, e.g.
 - 10 Grand tales
 - 15 Hence
 - 19 Boundary
 - 20 "— Three Ships"
 - 21 — Park (Edison's home)
 - 22 Took off
 - 23 Really big tree?
 - 25 Fundamental tree?
 - 27 Longs for
 - 28 Franz who composed "The Merry Widow"
 - 30 Early settler
 - 31 "Erin Burnett OutFront" channel
 - 32 Passes on, as a story
 - 34 French brandy
 - 35 Chinese ideology centered around a tree?
 - 39 Actor Mahershala
 - 41 "Family Guy" creator MacFarlane
 - 42 Soon
 - 43 Two of Henry VIII's wives
 - 44 Coagulates
 - 46 "Gunga Din" studio
 - 47 Recorded digitally, in a way
 - 49 LAX datum
 - 51 Wharf locale
 - 56 Tree-dwelling hooded snake?
 - 60 Tree whose trunk curves?
 - 62 Cut of pork
 - 63 Dutch Renaissance scholar
 - 65 Rake part
 - 66 Nuances
 - 69 Item in a place setting
 - 70 Of delicate beauty
 - 72 A shot
 - 73 Love-struck
 - 74 Farm vehicle
 - 75 Tree sold at a low price?
 - 78 Cantaloupe growing on a tree?
 - 83 More flavorful
 - 84 Indy circuit
 - 86 Auction site
 - 87 Union promise
 - 88 Slant
 - 90 Millionaire-making game
 - 93 Menial type
 - 94 Provoke
 - 98 Corp. wheel
 - 99 Charm exuding from a tree?
 - 102 Nancy of the House
 - 104 Like sown seeds
 - 106 "Ally McBeal" co-star Lucy
 - 107 In total
 - 109 — Gay (WWII B-29)
 - 110 Tea-scenting blossom
 - 114 Tree that makes people think like a French novelist?
 - 116 Window sections through which trees are visible?
 - 118 Richard of "Wicked Woman"
 - 119 "Für —" (piano piece)
 - 120 Romances
 - 121 Florida bird
 - 122 Mail in
 - 123 Steven of Aerosmith
 - 124 Fit of pique
 - 125 Plow inventor John
 - 37 "Park" a ship
 - 38 Central Georgia city
 - 40 Gets bested
 - 44 Vivid crimson
 - 45 Egg pouch
 - 47 Slender woodwind
 - 48 CBS military law show
 - 50 Fez dangler
 - 52 Small and 70-Across
 - 53 Chief Norse god
 - 54 Talk wildly
 - 55 Deuce taker
 - 57 Hackneyed
 - 58 Grid of fine lines in an eyepiece
 - 59 Franklin of soul
 - 61 — -de-sac
 - 64 See 71-Down
 - 66 Splinter group
 - 67 Laugh sound
 - 68 Golf coups
 - 69 Thurman of Hollywood
 - 70 Funny Carvey
 - 71 With 64-Down, hostile swarming insect
 - 73 Suit fabric
 - 74 Old computer language
 - 76 Entertainer Zadora
 - 77 Gift for a drawer, perhaps
 - 79 Dealt (out)
 - 80 In — of (replacing)
 - 81 Gas leak giveaway
 - 82 Zilch
 - 85 Suburb of Dallas
 - 89 Hack (off)
 - 91 Prohibits
 - 92 High crime
 - 93 Bird feathers
 - 94 Gaps
 - 95 Mammal's fur
 - 96 Comic Tracey
 - 97 Roly-poly
 - 99 Cavalry soldier
 - 100 Actor Ruck
 - 101 Talked like Cindy Brady
 - 103 Alert at sea
 - 105 Car contract
 - 108 As is fitting
 - 110 Joke
 - 111 About
 - 112 — -do-well (idler)
 - 113 Punta del —
 - 115 1,000 G's
 - 117 Luau bowlful



King Crossword

- ACROSS**
- 1 Gearwheel tooth
 - 4 Baby elephant
 - 8 Bar bills
 - 12 Coffee vessel
 - 13 — about (circa)
 - 14 Panache
 - 15 Salty expanse
 - 16 Chills and fever
 - 17 — avis
 - 18 Driver's aid
 - 21 Superlative suffix
 - 22 Inlet
 - 23 Protractor measure
 - 26 Actress Lucy
 - 27 "See ya!"
 - 30 Old salts
 - 31 "The Bells" author
 - 32 Edge
 - 33 Sea, to Henri
 - 34 Periodical, for short
 - 35 Belt holders
 - 36 Summer cooler
 - 37 "Alice" waitress
 - 38 Fortress on the Thames
 - 45 Pearl Harbor site
 - 46 Stage show
 - 47 Docs' bloc
 - 48 Alum
 - 49 Give temporarily
 - 50 Use a ray gun
 - 51 Bygone jets
 - 52 Talks nonstop
 - 53 Before
 - 7 Giveaway array
 - 8 Towel material
 - 9 Jai —
 - 10 Hoedown site
 - 11 Unforeseen problem
 - 19 Morays
 - 20 Vichy water
 - 23 \$ dispenser
 - 24 Scot's denial
 - 25 Spike's warning
 - 26 Journal
 - 27 Buddy
 - 28 Shriek bark
 - 29 Type measures
 - 31 Magnificent
 - 32 Benefit
 - 34 Ruin the veneer
 - 35 British insurer
 - 36 Vendettas
 - 37 Be on either side of
 - 38 Raiments
 - 39 Rowboat needs
 - 40 "Huh?"
 - 41 Dog bane
 - 42 Stupor
 - 43 Actor Epps
 - 44 Scruff
- DOWN**
- 1 Point
 - 2 Sandwich cookie
 - 3 Chew (on)
 - 4 Sandpaper
 - 5 Uneasy feeling
 - 6 LummoX



MAGIC MAZE ● RELATED TO BODY PARTS

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

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

- Bear arms
- Cold shoulder
- Knee-deep
- Shake a leg
- Belly up
- Evil eye
- Knee-jerk
- Thumbs up
- By a nose
- Hair-raising
- Leg up
- Up in arms
- Chin-wag
- Handout
- Nosedive



Romaine and Strawberry Salad

photo courtesy Fresh From Florida



Romaine and Strawberry Salad

- 8 strawberries, quartered
- 2 heads romaine lettuce, chopped
- 6 ounces goat cheese, crumbled
- Strawberry Vinaigrette**
- 4 strawberries, quartered
- 2 tablespoons honey

1/3 cup apple cider vinegar (or favorite vinegar)
 2/3 cup olive oil
 Sea salt and fresh ground pepper, to taste
 To make vinaigrette, blend strawberries, honey, vinegar, oil, and salt and pepper. Taste and adjust as needed. Set aside (or store in refrigerator) until ready to use.
 Assemble salad, pour desired amount of dressing, serve immediately.*

PETS OF THE WEEK



Francine ID# A855349 photos provided Lee County Domestic Animal Services

Francine And Harley

Hi, my name is Francine. I'm a 2-year-old female brown brindle terrier mix. Are you looking for a loyal companion that will be by your side no matter what? Catch those crumbs when they fall? Sit beside you for movie night? Go for long walks on the beach? Look no further! I'm the gal for you. All I will ask for in return is a good neck scratch and some of my favorite treats! My adoption fee is \$40.

Hi, my name is Harley. I'm a 1-year-old black male domestic shorthair. They tell me that I'm the perfect example of



Harley ID# A855128

"beauty is in the eye of the beholder." The staff and volunteers at Animal Services think I am beautiful because they can look past the injuries I sustained from an unknown cause and see my spunky personality. Our veterinarian says my injuries, which are skin wounds, will heal (of course, better in a home). 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.*

My Stars ★★★★★

FOR WEEK OF MARCH 22, 2021

Aries (March 21 to April 19) The week promises a calmer aspect. Although there might be some lingering effects of a recent job problem, things should continue to ease up. Also expect a change in a home-based situation.

Taurus (April 20 to May 20) If you feel uneasy about a colleague's suggestion, it might be that your wise inner Taurean guide is alerting you to a potential problem. Stepping away could turn out to be the right thing to do.

Gemini (May 21 to June 20) A family get-together opens up new opportunities for renewing ties. It can be especially effective in dealing with disagreements that should have been, but never were, fully resolved.

Cancer (June 21 to July 22) You might be surprised at the response you get to a recent decision. You might be even more surprised by the reasons behind it. In any event, you'll learn something important.

Leo (July 23 to August 22) Your aspects favor resolving any tensions left over from a recent incident. You might want to consider having a "clear the air"

talk as soon as you can. A call can lead to a change of plans.

Virgo (August 23 to September 22) Avoid repeating yourself. If your first few efforts fail to connect, maybe it's because you haven't found the right way to get your message across. Try changing your approach.

Libra (September 23 to October 22) Good intentions plus a strong resolve to succeed can take you where you want to go. Don't give up just because someone suggests you might be pursuing an impossible cause.

Scorpio (October 23 to November 21) An unexpected setback can be a blessing in disguise. Use it to recheck your facts and how you've presented them. Meanwhile, look for ways to expand your contacts.

Sagittarius (November 22 to December 21) You should finally be seeing a positive change in a recent personal situation. However, an on-the-job matter might need more attention than you realized. Stay with it.

Capricorn (December 22 to January 19) While you should be close to completing an important matter, you still need to focus on being focused. But things ease up in time for weekend fun.

Aquarius (January 20 to February 18) A certain matter might take an unexpected turn. Don't simply accept it; ask for an explanation. What you learn might be helpful in shifting the situation around to your benefit.

Pisces (February 19 to March 20) Projecting a positive attitude helps restore calm even when you're confronting some pretty stormy situations. Stay the course. The outcome will be well worth your efforts.

Born This Week: While you enjoy tradition and stability, you also appreciate the good things that change can bring.

MOMENTS IN TIME

- On April 2, 1513, near present-day St. Augustine, Florida, Spanish explorer Juan Ponce de Leon comes ashore and claims the territory for the Spanish crown. Ponce de Leon is credited with the first recorded landing and the first detailed exploration of the Florida coast.

- On April 1, 1700, English pranksters begin popularizing the annual tradition of playing April Fool's jokes. In keeping with the fun, in 1957, the BBC reported that Swiss farmers were experiencing a record spaghetti crop and showed footage of people harvesting

noodles from trees.

- On March 31, 1776, future first lady Abigail Adams writes to her husband urging him to "remember the ladies" when drafting a new code of laws for the fledgling nation. Abigail pondered if and how the rights of women would be addressed in an American constitution.

- On April 4, 1841, only 31 days after assuming office, William Henry Harrison, the ninth president of the United States, dies at the White House. At his inauguration, Harrison declined to wear a jacket or hat and made a two-hour speech. Soon afterward, he developed pneumonia.

- On April 3, 1936, Richard Bruno Hauptmann, convicted in the kidnapping and murder of the 20-month-old son of Charles Lindbergh, is executed by electrocution. In 1932, Charles Lindbergh Jr. was kidnapped from the nursery of the Lindbergh home.

- On March 29, 1973, the last U.S. combat troops leave South Vietnam as Hanoi frees the remaining American prisoners of war held in North Vietnam. America's direct eight-year intervention in the Vietnam War was at an end.

- On March 30, 1981, President

continued on page 30

 FRIDAY Partly Cloudy High: 79 Low: 70	 SATURDAY Sunny High: 80 Low: 72	 SUNDAY Sunny High: 78 Low: 69	 MONDAY Mostly Cloudy High: 79 Low: 71	 TUESDAY Partly Cloudy High: 77 Low: 68	 WEDNESDAY Partly Cloudy High: 74 Low: 67	 THURSDAY Sunny High: 75 Low: 66
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	1:32 pm	6:35 am	None	6:08 pm
Sat	12:32 am	7:08 am	1:43 pm	6:54 pm
Sun	1:25 am	7:38 am	1:58 pm	7:40 pm
Mon	2:18 am	8:05 am	2:16 pm	8:28 pm
Tue	3:13 am	8:30 am	2:38 pm	9:20 pm
Wed	4:14 am	8:50 am	3:05 pm	10:17 pm
Thu	5:28 am	9:04 am	3:38 pm	11:22 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	12:37 pm	6:37 am	11:37 pm	6:10 pm
Sat	12:48 pm	7:10 am	None	6:56 pm
Sun	12:30 am	7:40 am	1:03 pm	7:42 pm
Mon	1:23 am	8:07 am	1:21 pm	8:30 pm
Tue	2:18 am	8:32 am	1:43 pm	9:22 pm
Wed	3:19 am	8:52 am	2:10 pm	10:19 pm
Thu	4:33 am	9:06 am	2:43 pm	11:24 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	12:56 pm	6:38 am	None	6:29 pm
Sat	12:34 am	7:15 am	1:20 pm	7:16 pm
Sun	1:17 am	7:50 am	1:42 pm	8:02 pm
Mon	2:02 am	8:24 am	2:01 pm	8:50 pm
Tue	2:54 am	8:57 am	2:18 pm	9:38 pm
Wed	3:55 am	9:28 am	2:40 pm	10:27 pm
Thu	5:00 am	9:57 am	3:13 pm	11:19 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	1:46 am	9:51 am	3:42 pm	9:24 pm
Sat	2:42 am	10:24 am	3:53 pm	10:10 pm
Sun	3:35 am	10:54 am	4:08 pm	10:56 pm
Mon	4:28 am	11:21 am	4:26 pm	11:44 pm
Tue	5:23 am	11:46 am	4:48 pm	None
Wed	6:24 am	12:36 am	5:15 pm	12:06 pm
Thu	7:38 am	1:33 am	5:48 pm	12:20 pm

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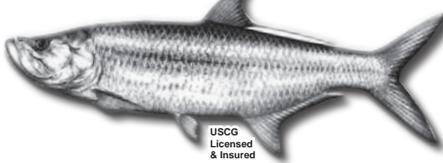


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From page 28

Moments In Time

Ronald Reagan is shot in the chest outside a Washington, D.C., hotel by a deranged drifter named John Hinckley Jr. Hinckley had a pathological obsession with the 1976 film *Taxi Driver*, in which the main character attempts to assassinate a fictional senator.

NOW HERE'S A TIP

- "Shaving cream can be used as a spot remover for many carpets. Use only a small amount, and follow up with a damp cloth." – DL in New Brunswick, Canada
- Here's a great rule of thumb in the kitchen: The quicker it cooks, the more direct the heat. So, for a thin piece of steak that'll cook quickly, a cast-iron pan fry will do nicely. For a thicker cut of, say, chicken, you should bake at a lower temp for a longer time.
- To rid a shirt of a deodorant stain, sponge plain white vinegar onto the residue and rub briskly.
- "Need sliced mushrooms for your salad or recipe. They are hard to cut, but

you might already have the perfect tool for the job in your kitchen. If you have an egg slicer, get it out. It works very well for mushrooms, and it's easier to use than trying to cut those slices yourself." – JR in Utah

- Got an ink stain? Try using the ubiquitous nowadays (thankfully) hand sanitizer. Apply a little sanitizer to the ink stain, then use a clean, dry white rag to blot, checking the rag often and moving to a different spot on the rag as it takes up the ink.

- To get clothing really clean, don't overfill your washer. Oftentimes, we want to get the laundry done quickly by stuffing in as much as possible, thereby reducing the number of loads. But if there isn't enough space for everything to move about, it can actually keep the clothing from getting clean. Never fill more than three-fourths full.

STRANGE BUT TRUE

- Iguanas have three eyes: two in the normal spots and a third on top of their heads, that only perceives brightness.
- Banks employ therapists known as

wealth psychologists who help ultra-rich clients unable to mentally cope with the guilt they feel over their immense wealth, advise on inheritance issues and counsel parents on how to raise children who aren't spoiled by money.

- Tyromancy is the practice of predicting the future with cheese.

- In 2016, a student left a pineapple in an art museum in Scotland. Two days later, it had been placed in a glass case as part of an exhibition.

- "Coffin birth" is a phenomenon that occurs when a pregnant woman delivers a child spontaneously after her death, due to gases that build up in the abdominal area, putting pressure on the mother's uterus and forcing the baby through the birth canal.

- The scientific term for brain freeze is "sphenopalatine ganglioneuralgia." Now you know why we call it brain freeze.

- Originally scheduled to be erected in Barcelona, the Eiffel Tower was rejected because citizens thought it was an eyesore.

- Alcatraz was the only prison to offer its inmates hot showers, but that had nothing to do with personal comfort. Rather, the reasoning went that if the prisoners were

used to the hot shower-water, they'd be unable to cope with the frigid temps of the San Francisco Bay and hence deterred from attempting to escape.

- Hershey's Kisses take their name from the kissing sound deposited chocolate makes as it falls from the machine to the conveyor belt.

- If you point your car keys to your head, it will increase the remote's signal range.

THOUGHT FOR THE DAY

"Looking at beauty in the world is the first step of purifying the mind."

– Amit Ray

TRIVIA TEST

1. **Television:** Which animated series stars a precocious toddler named Stewie Griffin?
2. **Geography:** Where are the Diomed Islands located?
3. **U.S. Presidents:** Former President Jimmy Carter served in which branch of the military?
4. **Literature:** Which 20th-century novel featured a character named Boo

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Radley?

5. **U.S. States:** What animal is featured on California's state flag?

6. **History:** Which U.S. state was the last to remove a ban on interracial marriage?

7. **Animal Kingdom:** What is a group of sharks called?

8. **Ad Slogans:** Which products were advertised with a slogan that called them "indescribably delicious"?

9. **General Knowledge:** What shape has been used in U.S. stop signs since the 1920s?

10. **Psychology:** What irrational fear is represented by the condition called alektorophobia?

TRIVIA ANSWERS

1. Family Guy 2. The Bering Strait.
3. Navy 4. To Kill a Mockingbird 5. Alabama
6. A bear 7. A shiver 8. Mounds and Almond Joy candy bars 9. Octagon 10. A fear of chickens.

SCRAMBLERS ANSWER

1. Sniper 2. Reef;
3. Stymie; 4. Nudity

Today's Word

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HORTOONS



PUZZLE ANSWERS

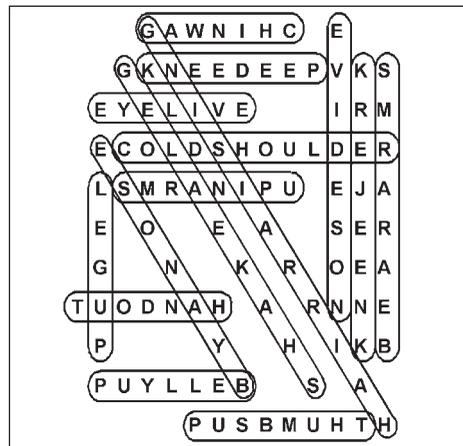
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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2005	6,300	\$14,875,000	\$14,500,000	129
Metes And Bounds	Captiva	1991	4,000	\$6,289,000	\$6,000,000	402
Bay Woods	Bonita Springs	2018	5,358	\$4,995,000	\$4,900,000	364
Cardinal Ridge Unrec	Sanibel	2009	4,752	\$2,595,000	\$2,595,000	652
Winkler Subdivision	Fort Myers Beach	1998	1,846	\$2,495,000	\$2,375,000	155
Captiva Beach	Captiva	2000	2,838	\$2,589,000	\$2,225,000	181
Sanctuary At Wulfert	Sanibel	2020	3,878	\$2,195,000	\$2,195,000	27
Deerwood	Bonita Springs	2005	4,054	\$2,150,000	\$1,950,000	94
Cape Coral	Cape Coral	2001	4,474	\$2,000,000	\$1,900,000	78
Flamingo Park	Fort Myers Beach	2020	2,688	\$1,999,000	\$1,750,000	3

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