



SW-FloridaCon attendees at a previous convention

photo provided

Pop Culture Event Coming In May

SW-FloridaCon will return to Crowne Plaza Hotel Fort Myers at Bell Tower Shops on Sunday, May 2 from 10 a.m. to 5 p.m. The comic and pop culture event will feature over 125 exhibitors that cater to a wide-spectrum of interests including comic books, magazines, toys,

gaming, video games, movies, records, wrestling, television, anime, manga, cosplay, artwork, sketches and apparel. A roster of comic industry professionals and fandom-related celebrities will be in attendance for attendees to meet and greet.

The collectors mecca convention will also include live wrestling, a trivia contest, a cosplay contest and a lip sync battle.

Masks will be mandatory for admission

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Estates Offering Virtual Field Trips



Mangoes hang from a tree near the Thomas Edison house at the estates

photo provided

Edison and Ford Winter Estates is offering school groups an opportunity to visit the historic homesite virtually. The virtual field trip is available to schools across the United States and can be tailored to suit the educational grade level of students, ensuring children have an age-appropriate experience.

"This is a great opportunity for children to learn about the history and impact that Thomas Edison and Henry Ford have

had on technology and people's everyday lives," said Mike Cosden, COO and vice president. "It's a way for students to learn and see another location, without taking any traveling risks."

On a virtual field trip, an Edison Ford educator will guide students across the properties of Thomas Edison and Henry Ford. The tour covers the historic winter homes, Edison's study, swimming pool complex, caretakers' houses and

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The Barefoot Movement

photos provided

Live Bluegrass At Davis Art Center

The Sidney and Berne Davis Art Center will feature two high energy bluegrass concerts in celebration of Bluegrass American roots music in the next two months.

The Barefoot Movement will perform

on Friday, April 9, while the David Mayfield Parade will be on stage on Friday, May 21.

The Barefoot Movement is a fresh, young acoustic quartet teamed with a pair of legendary studio wizards whose credits include projects by Bob Dylan, Bruce Springsteen, Linda Ronstadt and the Eagles. The band earned the International Bluegrass Music Association's prestigious



David Mayfield Parade

Band of the Year Momentum Award in 2014 and has recorded tunes built around silky smooth bluegrass/Americana harmonies, laced with tantalizing flecks of bluesy grit.

With their latest EP *Rise & Fly*, the Nashville-based musicians comfortably dip their bare toes into everything from the high-energy of *Doin' Alright* and the deceptively cheery but acerbic break-up

tune *Every Little Thing* to the gutsy *Lonely Mississippi Blues* and the stirring call-and-response of the traditional *Early in the Morning*.

David Mayfield Parade consists of Grammy and Emmy nominated producer David Mayfield on guitar, mandolin and vocals; Steven Moore, two-time National Bluegrass Banjo Champion; Christine

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Historic Downtown Fort Myers, Then And Now:

Edgepark Court

by Gerri Reaves, PhD



The post-World War II years in Fort Myers were marked by rapid growth and burgeoning tourism. Motels, or motor courts, were among the types of accommodations that proliferated to serve the tourist economy.

Edgepark Court on Cleveland Avenue was one of many small but charming motels.

Opened circa 1949, it had a comfortable neat appearance, as seen in the postcard image likely taken in its early days.

The two one-story L-shaped buildings were located on the east side of Cleveland Avenue across from Lions Park.

The clean white walls and roof, clamshell awnings and neat landscaping gave it a comfortable, inviting appearance.

The 12- to 14-unit motel advertised “modern accommodations” and an AAA recommendation.

By 1954, ads included the motel’s convenient proximity to the new Howard Johnson’s Restaurant.

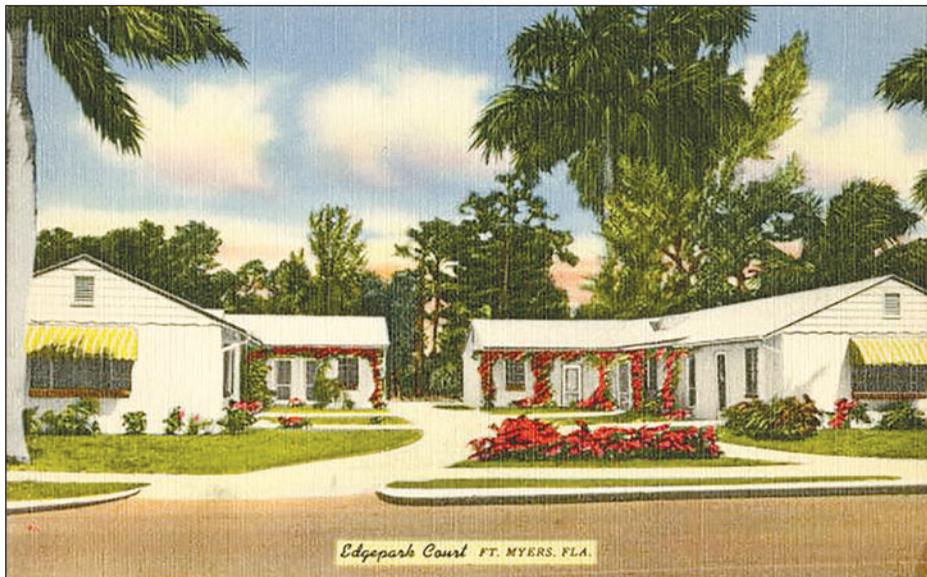
The motel chugged along through the years, changing owners several times and with no particular claim to fame.

However, in 1962, it had a brief moment in the spotlight when owner-operator Butler M. Thomas formally complained to *The News-Press* in a prominent article about the lack of accommodations for the season’s record number of visitors.

Lodgings throughout the area were full and turning away visitors or referring them to private homes. Some people were sleeping in cars, the newspaper reported on February 28.

As president of Lee County Chapter of the Florida Motel Association, Thomas took exception to the article and, two days later, *The News-Press* printed his response on the front page.

He stated that, in fact, on the very day the newspaper reported a lack



Edgepark Court opened circa 1949 on Cleveland Avenue. The postcard image is undated, but was probably taken soon after the motel opened. photo courtesy Florida State Archives



Today, a medical building stands on the site

photo by Gerri Reaves

of accommodations, there were at least 28 vacancies in town among motel association’s lodgings.

The reporting, he wrote, was not representative of the actual availability of rooms at the city’s approximate 94 hotels, motels, tourist homes, etc.

In addition, the “startling headlines” would drive away potential visitors and was bad publicity for both the association and Fort Myers.

We can only wonder if Thomas’ refutation helped to boost business for motels that had rooms going begging that season.

In 1970, the Edgepark Court was renamed the Sea Horse Motel. However, its days as a motel soon ended.

In November 1974, the former motel became the 14-bed Alcoholism Unit of the Lee County Mental Health Guidance Center, which served five counties around the clock.

All signs of the classic little motel on Cleveland have disappeared, and today a medical building occupies the site.

The next time you pass by Cleveland at South Street, take a moment to appreciate the many motels that that housed tourists in and out of season.

Then visit the following research centers to learn more about where all those visitors rested their heads and how they entertained themselves while here.

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

The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m.

It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 for more information.

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park.

Hours for the nonprofit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only.

For more information, call 332-8778 or visit www.leecountyblackhistorysociety.org.

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

Sources: Archives of the Southwest Florida Historical Society and *The News-Press*.✧

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A previous Easter egg hunt at Lovegrove Gallery & Gardens

photo provided

Easter Egg Hunt In Matlacha This Saturday

Lovegrove Gallery & Gardens will host and partner with Lee County's entertainment troupe Hot Flashz for the 9th annual Bunny Hop Easter Egg Hunt on Saturday, April 3 from 8:30 to 10:30 a.m. More than 2,000 eggs will be hidden. The event is free and space is limited so come early.

The Hot Flashz will be there leading the kids in various fun dances. There will be raffles for items and gift certificates from many area businesses. Pre-affle tickets will be sold at the Ice Cream Shop, 1107 Homestead Road in Lehigh Acres, and Cape Cleaner, 810 Cape Coral Parkway in Cape Coral.

The garden gates will open promptly at 8:30 a.m. The egg hunt is limited to children ages 10 and under. All children must be accompanied by an adult.

Lovegrove Gallery & Gardens is located at 4637 Pine Island Road on Matlacha Island.✪

Volunteers Sought For Global Warming Initiative

William Ulrich, a Cape Coral resident, recently devoted his life to educating others about the global climate crisis. He launched <https://globalconscience.world> to build a movement of people working together to advance awareness and understanding as well as to discover remedies that are essential to creating a healthier, greener environment for future generations.

"Today, we announce a groundbreaking alliance of concerned volunteers who will work together to raise awareness about global warming," Ulrich said. "We are the first generation to suffer the negative effects of this crisis, and we aim to do something about it. The biggest way each one of us can make an impact on global climate change is to speak up. That's why we created globalconscience.world. It will take a worldwide team of dedicated individuals to scratch the surface."

Ulrich is seeking multiple volunteer brand ambassadors from every state in the United States and every country in the world to help drive his vision. "This is really going to take a village," said Ulrich. "We'd like to have as many

ambassadors from each state and country as possible."

Recently added to the team are Sumarie Jordaan, musician from Republic of South Africa; The Calendar Girls, dance group in Southwest Florida; Anna Pribil, musician from Austria; Winnie Cheche, climate activist for Kenya East Africa; Max Muchado, student in Cape Coral; and Ruvimbo Muskwwe, journalist in Zimbabwe. All share climate crisis concerns and a passion for change.

Ambassadors for globalconscience.world are those that want to help brand and build an online presence while making the world a better place by taking the fight against global warming to the people of the world. This volunteer work can generate opportunities for anyone who wants to increase their influencer/social media presence, personal branding, public relations and marketing skills.

Globalconscience.world provides materials to all ambassadors and promotes them through their partner program. Those interested in helping to change the world are invited to share ideas and apply to become an ambassador by contacting globalconscience.world.

"I am consumed by this," Ulrich said. "There isn't a day goes by that I don't think about solutions to end this crisis."

For more information or to join the movement, visit <https://globalconscience.world>.✪

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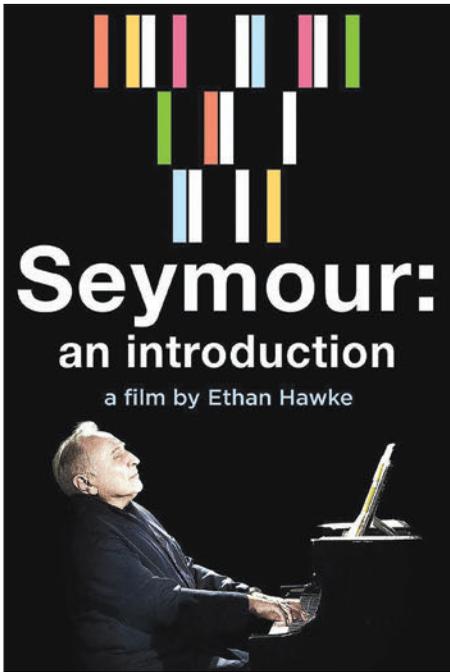
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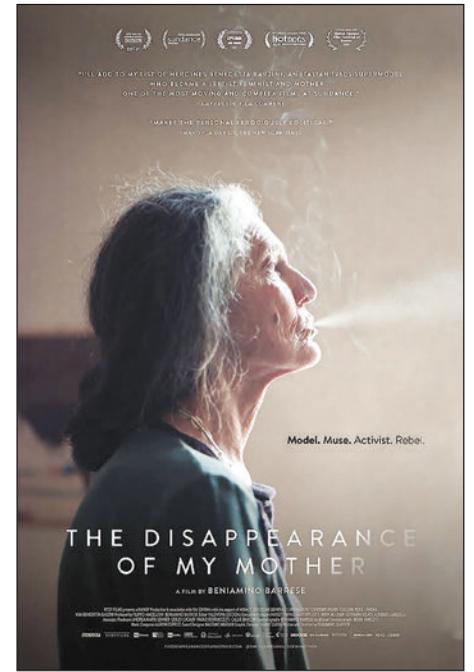
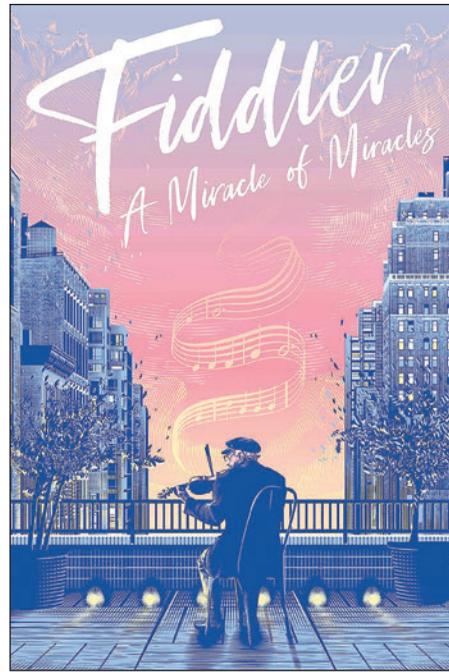
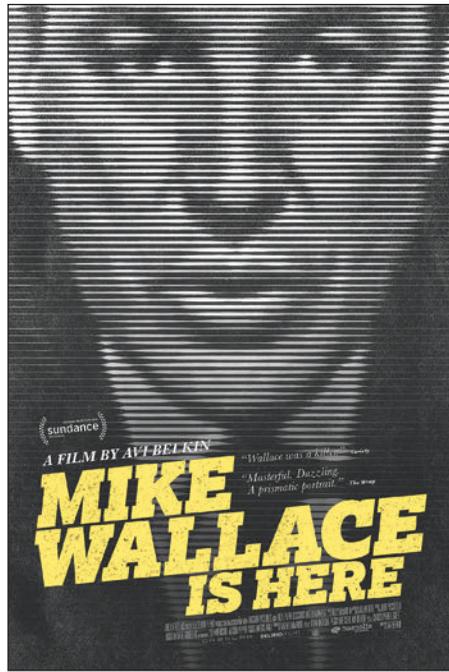
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BIG ARTS Documentary Series Lineup For Documentary Series At BIG ARTS

by Di Saggau

Starting on Wednesday, April 7 at 12:30 p.m., the critically acclaimed BIG ARTS Documentary Series will begin in Christensen

Performance Hall. The documentaries are thought-provoking, eye-opening and entertaining. I will give a brief introduction before each film and a discussion with the audience will follow. In selecting the films, I look for not only entertainment but for films that offer you an inside look into either the person or the subject matter.

The first film on April 7 is *Seymour: An Introduction*. It's about Seymour Bernstein, a classical pianist in his 80s who, at the midpoint of his career at

age 50, gave up public performances and became a teacher of piano instead. Ethan Hawke directed the film and does a few interviews with Seymour. We learn his life story, his perceptions on art, and his philosophy on life in general. The two met when seated next to each other at a dinner party.

The second film on April 14 is *Mike Wallace Is Here*. If they were famous or infamous, they likely sat across from newsman Mike Wallace at some point during his seven-decade career. Relying exclusively on archival footage, the film interrogates the interrogator, tracking Wallace's storied career and troubled personal life while unpacking how broadcast journalism evolved to today's precarious tipping point.

The third film on April 21 is *Fiddler: A Miracle of Miracles*. It tells the origin story behind one of Broadway's most beloved musicals, *Fiddler on the Roof*, and its creative roots in early 1980s New York, when "tradition" was on the wane as gender roles, sexuality, race, relations and religion were evolving. It's a very fascinating, lively look back at Broadway and cinema history.

On April 28, the final film is *The Disappearance of my Mother*. Bernetta Barzini was the first Italian model to appear on the cover of *American Vogue*. Barzini, now 76, hobnobbed with Salvador Dali and Andy Warhol. In Italy, working as a journalist and an educator, she became a leading feminist voice. The once iconic fashion model wants to escape the world of images, but her son's insistence on

making a final film about her brings about an unexpected collaboration and confrontation with the camera's gaze.

Tickets are \$10 and available in advance or on the day of the film at the BIG ARTS box office, 900 Dunlop Road on Sanibel, online at www.bigarts.org or by calling 395-0900.

Di Saggau is a member of the BIG ARTS Film Series Committee, past president of the Film Society of Southwest Florida, and feature writer for the *Island Sun* and *The River Weekly* newspapers.*

From page 1

Field Trips

important areas of the 20-acre botanical garden. The broader historical impact of the lives and inventions of Edison and Ford is also covered.

The virtual tour combines both modern and historic footage, which makes the tour a unique experience. Live shots through Zoom can also be incorporated. The program includes a Zoom-based, 35-minute tour followed by a 10-minute question-and-answer session as well as printable pre- and post-tour materials delivered digitally.

The virtual field trip costs \$60 per class. Educators can register by calling 334-7419.*

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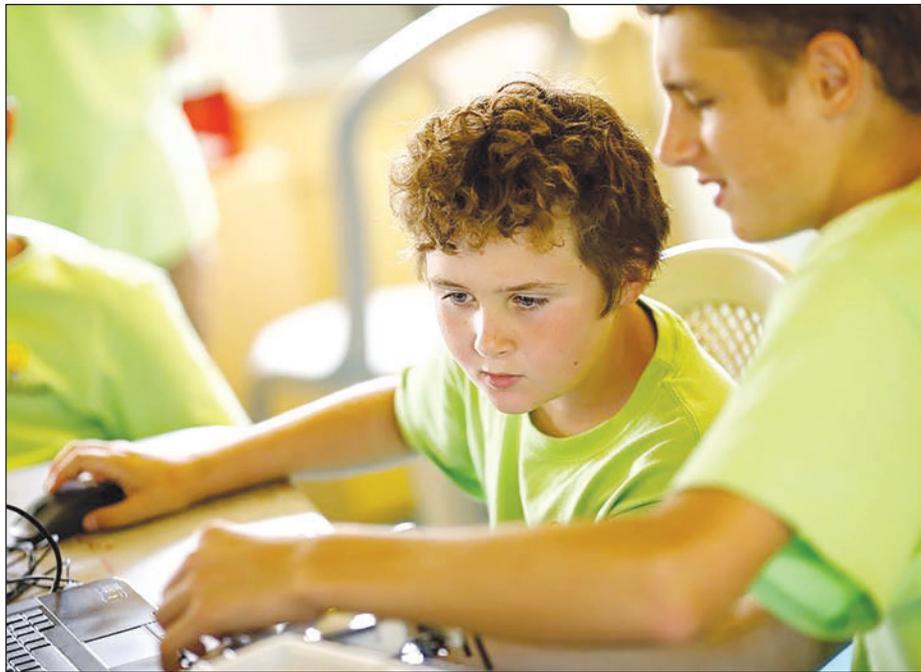
Estates Offers Summer Camp Scholarships

Due to generous donors and sponsorships, Edison and Ford Winter Estates is offering multiple summer camp scholarships this year. Captains for Clean Water, Entech, Fort Myers-Lee County Garden Council, Panther Printing, Fred and Giny Quinn, the George and Mary Jo Sanders Foundation, Scientists' Society of Southwest Florida and TriCircle Pavers have made donations so that underprivileged children can experience summer camp.

Most camp offerings have scholarship openings available. A committee will determine scholarship eligibility based on financial need. The deadline to apply for a scholarship is April 23. Parents or guardians can apply through the website www.edisonfordwinterestates.org/education/camps.

Summer camp at Edison Ford is a unique educational experience unlike other summer camp offerings. This is the place where famous inventors Thomas Edison and Henry Ford experimented and invented some of the world's best-known inventions. Campers get to invent, design and build, and learn in the very spot those two famous icons worked many years ago.

Summer camps offered at Edison Ford this year include:



Students learn coding at Edison and Ford Winter Estates during summer camp

photo provided

First through third grades:

Kitchen Chemistry, June 21 to 25 – Fast-paced chemistry experiments that fizz, bang, pop are designed to inspire curiosity in young scientists.

Mini Makers, June 28 to July 2 – Students will walk in the footsteps of Edison and Ford along the path of innovation, while designing and building.

Eager Engineering, July 6 to 9 – Students will tackle daily engineering

design challenges in this fast-paced camp, while exploring simple machines and physics.

Movie Making, July 12 to 16 – Every camper participates in learning the secrets and process to make a movie.

Space and Rockets, July 19 to 23 – Campers explore our solar system and the forces of flight, and launch their own rocket.

Radical Robots, July 26 to 30 – Robots big and small are examined in this

high-tech camp.

Art Smarts, August 2 to 6 – Campers fuse imagination with science and design as they expand their tool-belt of creative expression.

Fourth through sixth grades:

Kitchen Chemistry, June 21 to 25 – Fast-paced chemistry experiments that fizz, bang, pop are designed to inspire curiosity in young scientists.

Code Camp, June 28 to July 2 – Students will explore the world of code and computer science, coding Minecraft on the Raspberry Pi, making video games on Scratch and coding a LEGO robot.

Eager Engineers, July 6 to 9 – This camp includes tackling daily engineering design challenges.

Movie Making (two-week camp), July 12 to 16 and July 19 to 23 – Students will learn the secrets and process to making movie magic. Each camper will participate in all aspects of movie production, from story boarding, directing, acting, working with cameras, lights and sound.

Radical Robots, July 26 to 30 – Robots big and small are examined in this high-tech camp, including a functional LEGO Mindstorm robot.

Art Smarts, August 2 to 6 – Campers will fuse imagination with science and design as they expand their tool-belt of creative expression.

All campers are required to wear a mask. Social distancing guidelines per the Centers for Disease Control are followed. To learn more about camps and other educational programs, visit www.edisonford.org.

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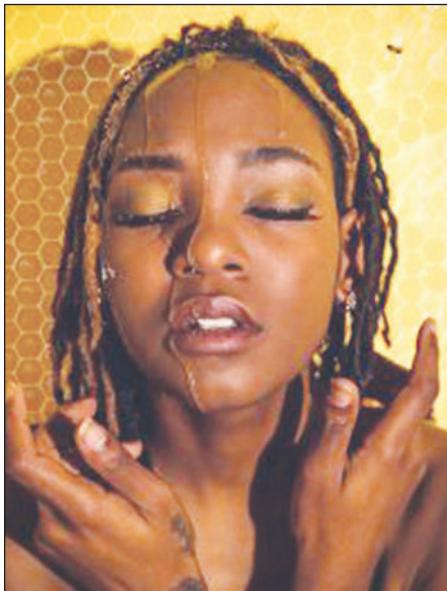


by Tom Hall

The Art Southwest Florida's Women's History Month spotlight on March 24 was Lehigh Acres' dancer and choreographer Bianca "JustBee" Russell. An all-

around artist, Russell dances, sings and paints. Although kind and humble, she is known as a vocal advocate of her culture and heritage, and proponent of traditional West African dance.

Russell turned 30 on March 23, so clearly her most productive years lie ahead. If the past is any indication of her tremendous potential, it is sobering to take stock of the impact she has already made in both the local and national dance and theater scene. In this respect, Russell has choreographed and performed for such noteworthy productions as *Subzero*, *The MAAFA*, *Ophelia*, *Thesis*, *Raw Impulse*, *Legends Who Rock and Inspire* and *The Soul Train Experience*. Judges Laurieann Gibson, Chriss Judd and



Bianca "JustBee" Russell photo provided

Mia Michaels gave her high marks and a performance scholarship for her choreography on *So You Can Think You Can Dance*. She was also awarded a performance scholarship from *America's Best Dance Crew*.

As a dancer and instructor, her repertoire consists of ballet, contemporary, musical theater, lyrical, jazz, hip hop and West African dance. She learned classical technique at Lehigh High School Center for the Arts, and ballet and modern dance at Hillsborough Community College. She received more than 15 years of

instruction in traditional West African dance from Sharon Hill and Donna Duffee Kojo. Always drawn to hip hop culture, she dedicated herself to studying the physical and historical connection between traditional African movement and modern hip hop techniques. But her understanding and mastery of hip hop really coalesced during an intensive six-month program at Dance New Amsterdam in New York City that featured a mentorship under legendary choreographer Jennifer Archibald (who has choreographed for the Atlanta Ballet, Alley II, Cincinnati Ballet, Ballet Memphis, Kansas City Ballet, Tulsa Ballet, Ballet Nashville, Grand Rapids Ballet and worked commercially for Tommy Hilfiger, NIKE and MAC Cosmetics).

Russell's dance career has led to opportunities in both film and commercials. However, she finds herself most at home in the dance studio. She is currently a member of Ovations Global Network, Female Energy and Arosen Dance companies, but she also teaches and choreographs at Footnotes Dance and Music Studio several times a year.

Russell's focus at each of these venues is, and has been, helping children and aspiring young performers gain an appreciation for the arts while simultaneously learning theory and technique not only in conventional disciplines, but in culturally driven dance such as West African and hip hop. Many of the students in her classes contend with various stressors that impede academic success – such as poverty, one or both absentee parents, substance abuse, involvement with the criminal justice system and/or mental health issues in the family. Her students experience improvements in achievement levels and academic scores as a direct and proximate result of the character development, self-discipline and confidence they derive as part and parcel of the instruction she imparts.

"Although she's a member of Ovations Global Network, she maintains close ties to her native Lehigh Acres and all of Southwest Florida," said Alliance

for the Arts Community Engagement Coordinator Sonya McCarter. "She's always looking for ways to get her community out, up and moving. She teaches dance for our summer camps and has taught dance for our ASD (autism spectrum disorder) program."

The Alliance offers the latter program in partnership with Family Initiative, Inc. Russell teaches ArtPlay: Dance, which engages children with ASD who are ages 8 through 18 in dance while focusing on identity development, self-awareness, self-esteem, social communication and building positive coping skills.

Russell's accolades include being named by the Alliance for the Arts as the Angels of the Arts' Young Artist of the Year in 2008. That same year, she also won a young artist award in dance, a highly-competitive award for young performing artists in Southwest Florida.

In addition to her considerable vocal and dance skills, Russell is a playwright and visual artist.

"Last month, we featured her artwork in our theater lobby gallery," McCarter added.

Whether as a dance instructor, choreographer, entertainer or artist, Russell's objective is to inspire peace, love and healing through music, movement and art.

"I celebrate the things I find beauty in; I investigate the things that I don't," Russell wrote in her artist statement for the theater gallery show. "I ask, and sometimes, somehow, answer my life's curiosities. The art is just a reflection of all these things."

In recognition of her work as an instructor, choreographer, dancer, visual artist and community activist, Art Southwest Florida celebrates Bianca "JustBee" Russell during Women's History Month.

*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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Chamber To Host Cornhole Tournament

The Greater Fort Myers Chamber of Commerce is bringing back its popular cornhole tournament at Florida Repertory Theatre's outdoor venue on Friday, April 16. Team check-in will begin at 1 p.m. and the tournament will run from 2 to 5 p.m.

The second annual cornhole tournament will offer a fun, friendly competition for up to 32 teams with double-elimination rounds leading to the tournament champion. Registration is \$200 for a team of four and includes lunch from Bubba's Roadhouse & Saloon with drinks from Fort Myers Brewing and Coca-Cola Beverages Florida. A spectator ticket is available for \$30 and includes lunch and drinks.

The 2021 Cornhole Tournament is presented by Iberiabank/First Horizon. Fort Myers Brewing Company is the official beer of the tournament. Other sponsors include APEX Roofing SWFL, Bubba's Roadhouse & Saloon, Coca-Cola Beverages Florida, Crowne Plaza Fort Myers at Bell Tower, Decorum Luxury Apartments, Florida Repertory Theatre, Gulfpoint Construction, NFI Masks, Pool Pros, Inc. and Sanibel Captiva Community Bank. Additional sponsorship opportunities include the "Ace" sponsorships at \$1,000 and "Cornament" sponsorships at \$500, which include team registration, recognition in marketing and promotional materials, and company presence at the event.

Florida Repertory Theatre is located at 2268 Bay Street in Fort Myers. To register or learn more about sponsorship opportunities, visit www.fortmyers.org or call 332-2930.*

Symphony Classical-Pop Fusion Concert

The Southwest Florida Symphony makes its long awaited, highly anticipated return to Barbara B. Mann Performing Arts Hall on Saturday, April 17 with a Brave New Music concert, under the direction of rising classical-pop fusion star, Maestro Steve Hackman. Showtime is 7:30 p.m.

During his time in quarantine, Hackman revised his innovative Beethoven v. Coldplay program to include new Coldplay songs that have been fused with Beethoven's Symphony No. 3. This is in addition to performances of original tunes by Hackman, making this version of his show a world premiere event.

Hackman has become a favorite guest conductor with the symphony because of his innovative arrangements, which fuse classical with contemporary music.

Tickets range from \$15 to \$109 Attendance is capped at 50 percent and all CDC guidelines will be followed to ensure the health and safety of patrons, musicians and staff. Temperatures will be taken upon entry, masks must be worn by patrons at all times and social distancing is advised.

"I have had my fingers crossed for this concert to happen for months," said Hackman. "My appearance with the Southwest Florida Symphony was



Maestro Steve Hackman photos provided

one of the last orchestras I led before the world shut down, so it's befitting that my return to the podium is also with this orchestra. We have formed a warm, supportive relationship during the past several years, taking creative risks together and enjoying the rewards of those risks."

There will be a post-concert outdoor party at Nice Guys Pizza, 1404 Cape Coral Parkway in Cape Coral. A portion of the proceeds from the post-concert party will be donated to the orchestra. "I grew up immersed in classical arts and understand its importance in any community," said Batkovic. "I love



Beethoven v. Coldplay dress rehearsal, May 2019

that we can make classical music more approachable through programs like this. Before the pandemic, we saw so many new faces at concerts as a result of Brave New Music concerts. We're all thrilled that we can finally bring them back."

"This is the perfect way to finally kick off the orchestra's 60th anniversary season. It has evolved from beginnings as a community orchestra comprised of volunteer musicians in the early '60s through the early '80s to becoming Lee County's only professional full symphony orchestra and one of the most

innovative in the state. A great deal of that innovation and fearless creativity has been driven by relationships with conductors like Steve Hackman," said Amy Ginsburg, the orchestra's executive director. "We are emerging from the past year financially healthy, energized and eager to get back on a big stage. Our future is very bright."

For tickets, visit www.swflso.org or www.bbmannpah.com, call the symphony box office at 418-1500 or stop by the Barbara B. Mann Hall box office, located at 13350 FSW Parkway in Fort Myers.✪



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Volunteers help out on the PB&J Drive

photo provided

Peanut Butter And Jelly Drive For Food Pantries

Community Cooperative is asking businesses and the community to help support a Peanut Butter & Jelly (PB&J) collection drive through April 21. Peanut butter and jelly are some of the most frequently requested items at mobile food pantries because it is kid-friendly, shelf-stable and

protein-rich. Community Cooperative will be gathering supplies to keep shelves stocked all summer long.

"It's easy for school-age kids to make sandwiches for themselves without risk of cuts or burns," said Tami Holliday, Community Cooperative's community relations and development manager. "Of course, peanut butter and jelly isn't just for kids, but families and seniors also rely on these pantry staples."

In addition, the collection honors Community Cooperative's late founder Sam Galloway Jr., who began the Soup

Kitchen 37 years ago by handing out peanut butter and jelly sandwiches after church in downtown Fort Myers to people who needed food.

Donations are needed of any brand or type of peanut butter, almond or alternative nut butter, jelly or jam in plastic jars instead of glass. Also, no expired or homemade items or pre-made sandwiches will be accepted.

A weigh-in to see which team and individual collected the most peanut butter and jelly with prizes and fun is

planned from 2 to 4 p.m. April 21 at Community Cooperative, 3429 Dr Martin Luther King Jr. Boulevard, Unit 4403, in Fort Myers.

For more information on the PB&J drive, email tami@communitycooperative.com. A food drive tool kit and printable flyers are available to decorate collection boxes or bins. Financial donations to purchase peanut butter and jelly for the drive are also welcome.✪

Grant Awarded To Florida Junior Achievement

The Junior Achievement (JA) Florida Foundation recently announced that it has received a \$60,000 grant from State Farm. The statewide initiative will support Junior Achievement learning experiences in eight localities throughout Florida, enabling thousands of young people to participate in JA's nationally recognized financial literacy and work readiness learning experiences.

"The mission of State Farm remains committed to ensuring that young people receive financial literacy and work readiness education programs," said Jose Soto, corporate responsibility analyst at State Farm. "Junior Achievement programs help all students improve their

financial literacy, especially the low to moderate-income students who derive greater benefits from the programs."

Each JA area will use the support to advance learning experiences most needed in their region. Junior Achievement of Southwest Florida will provide the JA Personal Finance learning experience to high school students, educating young people on the relationship between today's financial decisions and future financial freedom.

Angela Fisher, president and CEO of Junior Achievement of Southwest Florida stated, "We are so grateful for the support of State Farm all across Florida. JA is providing our young people with the tools to transform their futures. Through our learning experiences focused on financial literacy, work readiness and entrepreneurship, we are increasing economic equity, economic mobility and creating a brighter tomorrow for all."✪

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

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

ALL SAINTS BYZANTINE RITE CATHOLIC

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

ANNUNCIATION GREEK ORTHODOX

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

BETH YESHUA MESSIANIC SYNAGOGUE

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

BIBLESHARE

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

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

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

CHAVURAT SHALOM

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

CHURCH OF THE CROSS

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

COVENANT PRESBYTERIAN

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

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

REDEEMER CHURCH

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

CYPRESS LAKE PRESBYTERIAN

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

CYPRESS LAKE UNITED METHODIST

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

FAITH UNITED METHODIST

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

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

FORT MYERS CHRISTIAN CHURCH

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

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

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

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

LAMB OF GOD

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

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

SAMUDRABADRA BUDDHIST CENTER

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

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

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

SAINT JOHN THE APOSTLE METROPOLITAN

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

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

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

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETH EL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE FAITH CENTER

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

THOMAS A. EDISON CONGREGATIONAL

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

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

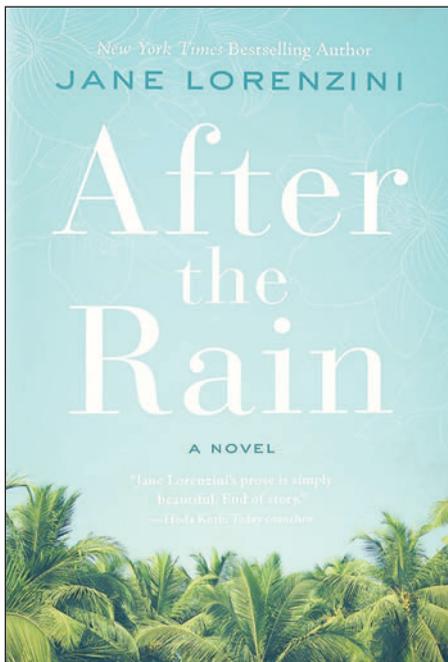
Sunday 10 a.m., Wednesday 7 p.m., 2120 Collier Avenue, 274-8881.

ZION LUTHERAN

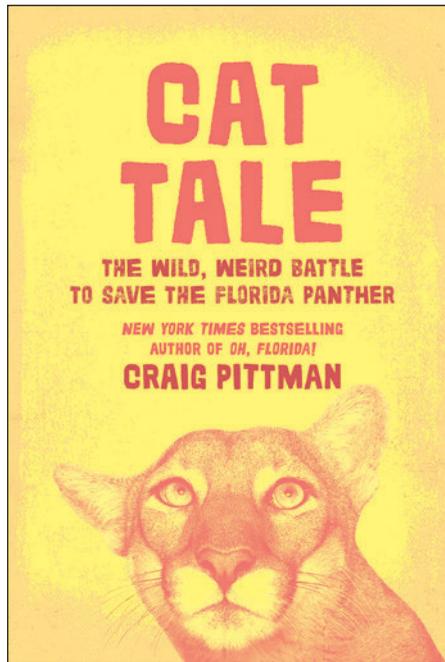
Sunday 8, 9:30 and 10:45 a.m., www.zionfm.org, 7401 Winkler Road, 481-4040.

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

Famous Author Series Live Streaming



images provided



Famous Author Lecture Series will continue with a streamed live lecture with bestselling author Jane Lorenzini on Monday, April 12 from 1 to 2 p.m., and on Monday, May 10 with bestselling author Craig Pittman from 1 to 2 p.m.



Jane Lorenzini

tended the acres of exotic gardens. She currently lives in Nashville and writes everywhere. Lorenzini will share the most impactful lessons she learned during her process, and offer insights on her fiction writing experience.



Craig Pittman

Pittman is a native Floridian and an award-winning journalist. He spent 30 years at the *Tampa Bay Times* and now writes a weekly column on environmental issues for the *Florida Phoenix*. Pittman is the author of five books, including the *New York Times* bestseller *Oh, Florida! How America's Weirdest State Influences the Rest of the Country*, which won a gold medal from the Florida Book Awards. His latest, published in January, is *Cat Tale: The Wild, Weird Battle to Save the Florida Panther*. The Florida Heritage Book Festival recently named him a Florida Literary Legend, and he is co-host of a podcast called *Welcome to Florida*. Pittman lives in St. Petersburg with his wife and children. Learn more about him at www.craigpittman.com.

The Famous Author Lecture Series is sponsored by FineMark Bank. Tickets are \$10 via live streaming.

For streaming tickets to the Lorenzini lecture, visit www.sbdac.com/author-lecture-jane-lorenzini-2. For streaming tickets to the Pittman lecture, visit www.sbdac.com/author-lecture-series-craig-pittman.

Local Named To Dean's List

Hannah Alston Fay of Sanibel has been named to the dean's list for the fall 2020 semester at

Wofford College in Spartanburg, South Carolina.

To be named to the Dean's List, a student must be enrolled for at least 12 semester hours of graded courses and attain a semester grade point average of 3.6 or higher.

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Trouper and Dot Lee staying safe
photos provided

Programs Offered With Trouper, The Blind Raccoon

Trouper, the blind raccoon and his companion, wildlife rehabilitator Dorothy "Dot" Lee, are available for educational appearances at small gatherings such as birthday parties, family celebrations, summer camps and



Trouper in the grass

fundraisers. They follow CDC social distancing and mask recommendations.

Lee fought to save Trouper's life after he was mistreated as a wild baby raccoon. Trouper is now a federally licensed wildlife ambassador for the Wildlife Education Project.

Trouper and Lee love to travel

around Southwest Florida to ensure the future of wildlife through their education presentations. Virtual presentations on Zoom are also available. During the presentation, you will hear the story of Trouper, watch as he grasps fingers and shakes hands with guests, learn about his fascination with music and hear about many other interesting raccoon facts.

There is a tax-deductible donation requested to help support Trouper and Lee and their mission. Educational appearances start at \$100 and last about an hour. If traveling outside of the limits of Fort Myers, there is an additional \$50 travel fee to cover expenses.

To learn more about Trouper and his mission, visit www.wildlifeeducationproject.org or www.facebook.com/trouperandfriends.

To book a presentation, contact Lee at 482-7176 or email her at dot@wildlifeeducationproject.org.

Fort Myers Film Festival Returns In May

The 11 annual Fort Myers Film Festival, an independent filmmaker's event to create, unite and showcase the fine artistic cinematic works, will be held in person at the Sidney & Berne Davis Art Center in downtown Fort Myers and other event centers around town and online from Wednesday to Sunday, May 12 to 16.

The Fort Myers Film Festival, which has been on hold due to entertainment regulations and keeping patron safety in mind, will feature in person and virtual activities. Participant and attendee safety will be prioritized with organizers implementing reduced capacity with spaced seating, extra sanitizing measures, and encouraging the use of

masks and social distancing.

The event will begin with a scaled back Red Carpet Opening Night at the Sidney & Berne Davis Art Center. Doors open at 5 p.m. for drinks, mingling and musical entertainment with local and international filmmakers prior to the featured movie. Tickets are \$15 for movie only or \$100 for movie and VIP meet and greet. To buy tickets, visit www.sbdac.com.

Films and short film blocks are \$10 during the festival.

To finish off the weeklong celebration, there will be an awards ceremony on Sunday, May 16. Join the local and international filmmakers and celebrate the winners of the Fort Myers Film Festival. Champagne and dessert will be served and short award-winning films will be shown.

The Fort Myers Film Festival was awarded the prestigious 2015 Chrysalis Award for Cultural Achievement by the Lee County Visitor & Convention Bureau and the Greater Fort Myers Chamber of Commerce Inc. at the annual Celebration of Business and Tourism Awards Luncheon and Trade Show.

For more information, visit www.fortmyersfilmfestival.com.

Mastersingers Virtual Concert This Saturday

The Fort Myers Symphonic Mastersingers will present Living Legends on Saturday, April 3 at 5 p.m. The virtual performance will be live on Facebook and YouTube and will feature iconic music by legendary artists that are still living today.

"We're committed to singing through this pandemic by offering online events, and we wanted to pique viewers' interest by featuring some of the classic and contemporary favorites we all know and love," said Artistic Director Shannon Arnold, "as well as living choral composers that have greatly impacted choral music today."

The concert will feature a variety of selections including *Yesterday*, written by the Beatles, as performed by The King's Singers, *Wanting Memories* as performed by Sweet Honey in the Rock, *Circle of Life* by Elton John, *Psalm 23* by Bobby McFerrin, and *Animal Crackers*, a whimsical selection of poetry set to music by contemporary choral favorite Eric Whitacre.

The Mastersingers Chamber Chorus will also join the concert, performing two contemporary choral pieces written by accomplished living female composers. Finally, the Intermezzo Memory Choir will perform favorite songs from movies and Broadway.

To join Southwest Florida's premier choral ensemble for their final concert of the 2020-21 season, visit www.facebook.com/mastersingersfm and YouTube. For more information on upcoming concerts, or to make an online donation, visit www.mastersingersfm.com.



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Maundy Thursday service at 4PM on April 1st in the Chapel Yard
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Good Friday service at noon on April 2nd in the Chapel Yard.
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CROW Case Of The Week:

Swallow-Tailed Kite



by Bob Petcher

The swallow-tailed kite (*Elanoides forficatus*) is a large but slender raptor that has narrow pointed wings, a white head, a black backside and a deeply forked tail, which helps in its

buoyant flight style. This species of kite is so named due to its tail's configuration, one that resembles that of a swallow.

The swallow-tailed kite is a sight to see while it is soaring in the air and on the hunt. Much like an aerobatic aircraft, this bird can turn on a dime by flicking and rotating its tail. By doing so, it can divert from a straight course to a tight turn in a quick and precise motion. It further shows off its aerial acrobatics by rolling and diving backward in pursuit of an insect or other prey.

This migration bird stays in the southeastern part of the country throughout the summer, before leaving and migrating to South America. A second subspecies of the swallow-tailed kite is native to only Central and South America.

At CROW, an adult female swallow-tailed kite was admitted after she was



Patient #21-1156 is still at CROW due to an abnormal bloodwork test photo by Shelli Albright

found flapping her wings but not flying while being attacked by eagles. Upon presentation, the patient was quiet but alert and no fractures or areas of swelling were found. Radiographs revealed a large, shelled egg.

"On intake, a quick awake radiograph was performed to rule out any obvious abnormalities such as fractures. The radiographs showed no musculoskeletal abnormalities, but there was a well-shelled egg in the coelom," said Dr. Sasha Troiano, CROW veterinary intern.

Veterinarians found the patient to have a systemic disease as indicated by abnormal bloodwork indicative of

infection.

"The complete blood count (CBC) that measures red blood cell, white blood cell and platelet levels showed moderate abnormal cells, indicative of underlying infection or disease. There were also some puncture wounds found on the left axilla – 'armpit region'," said Dr. Troiano. "It is possible that the changes on bloodwork are due to the puncture wounds, or that the patient was already suffering from a systemic disease and subsequently was attacked because she was already debilitated.

"The bloodwork abnormalities are being treated with antibiotics, and a CBC

will be repeated in a couple days to assess response to the medication," Dr. Troiano said.

CROW veterinary staff suspected the patient may have been egg bound due to an inability to pass the egg, which was secondary to disease. The patient was given fluids and remains under close monitoring.

"The patient was given injectable sedation, and lube was instilled in the vent to help ease passage of the egg," said Dr. Troiano. "The patient is being treated with antibiotics and supportive care. She will be treated until her bloodwork changes have resolved."

The swallow-tailed kite was successful in passing the egg.

"She passed the egg shortly after intake, after receiving sedation and lubrication. She is currently receiving supportive care," Dr. Troiano confirmed.

The kite is still under CROW's care and will be until her bloodwork bounces back.

"The patient is bright and alert and has started eating on her own," said Dr. Troiano. "She will be kept on medication until her bloodwork has returned to normal, at which time she will be conditioned prior to release.

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a nonprofit 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.*

Golf Tournament Supports Heights Center Program

The 7th annual benefit golf tournament titled Tee It Up FORE The Kids will take place at The Club at Shell Point on Saturday, April 24. Registration is from 7:30 to 8:30 a.m. The shotgun start is at 8:30 a.m., with a box lunch and awards following the tournament.

Proceeds will benefit Heights Center Early Learning (formerly GLAD Kids) that supports 85 children from birth through age 4. A part of The Heights Foundation/The Heights Center family, Heights Early Learning's mission is to ensure low-income families have quality, affordable childcare. Children read, learn and play in a safe environment while their parents work to provide for their families.

The event is sponsored by The Masiello Family Foundation, The Healing Heart Giving Fund and Entech.

"The poverty rate for children in Harlem Heights is more than twice the county average," said Pat Ostrom, tournament director. "This tournament will help ensure low-income families have quality, affordable childcare."

The tournament registration deadline is Monday, April 19. Registration is \$125 per golfer or \$500 for a foursome. Sponsorships that include golf packages and recognition are available.

The Club at Shell Point is located

at 17500 On Par Boulevard in Fort Myers. For more information, visit www.heightsfoundation.org/forthekids, call Jim Sanger at 482-7706 or email jim@heightsfoundation.org.*

Free Parkinson Virtual Program

To commemorate National Parkinson's Awareness Month, Hope Parkinson Program is offering a free virtual education event in partnership with Lee Health Rehabilitation Services to share tips and tricks to help manage symptoms of the disease. The interactive Zoom event on Wednesday, April 14 at 11 a.m. will feature a panel of Lee Health Rehabilitation Services speech and swallowing, physical and occupational therapists, and will include opportunities to ask questions of the experts about mobility, balance and daily activities.

Preregistration is required by emailing pdevents@hopehcs.org or calling 425-9886. One-on-one assistance is available in advance to help access the virtual event from computer, tablet or phone.

The Hope Parkinson Program works closely with like-minded community organizations to provide a network of resources and education for people affected by Parkinson's disease and related movement disorders. For more information, call 985-7727 or visit www.hopeparkinson.org.*

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Spring In Full Swing



by Capt. Matt Mitchell

With our season now in full swing, visitors and locals alike could not ask for better weather to be out fishing. Water temperatures have crept back into that magical mid-70s, which fires everything up. The variety and amount of life found throughout our waters is what spring is all about.

During the past week, mornings have started off calm and then south winds have gradually picked up all day. If it's going to be windy, a warm south wind is my favorite for snook fishing. Incoming tide and southerly winds had the snook bite going off all week. Once I located these snook, it was just a matter of returning

again and again to both shorelines and oyster bars to catch these fish depending on the stage of the tide.

During lower periods of the incoming tide, the bite was best in deeper natural channels and shorelines. Find one of these channels that the wind is blowing into, and you can wear these snook out. Free-lined live shiners caught snook, jacks and even a few redfish.

Once the tide gets up higher, I've been switching gears and moving to the many oyster bars in both the sound and Matlacha Pass. Certain bars set up better on a south wind. Depending on the bar, some had super clear water while others were stirred up. Firing shiners up to the edges of these bars and slowly retrieving them had these fish going off. Most days, it seemed the better action came on the bars with the dirty stirred-up water.

Almost over night as water temperatures reached the mid 70s, tarpon started to show up in the sound. Although we did not hook any the first few hours after sunrise, these fish could be seen rolling in all the usual places. Once the winds picked up, they became much harder to locate. These same places have become overrun with black tip sharks. Trying to soak a bait for a tarpon became almost impossible.

With these tarpon now a fixture for the next few months, it makes it a little tough to go fishing for anything else. Last year with all the shut downs due to COVID-19, I got to enjoy chasing these fish a few days a week just for fun. This year, our season is as busy as we have ever seen it with all my boats running daily and no time for me to play. Even after chasing these tarpon for so many years, the excitement of casting a bait and watching one of these giants eat never gets old. Guess that's why they call it tarpon fever.

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.



Ten-year-old Aubree caught this 31-inch snook while fishing with Capt. Matt Mitchell this week photo provided

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Cycling Safety Notes

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



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Dave Doane

Best Buddies Friendship Walk At Miromar Outlets

Best Buddies International will hold the Best Buddies Friendship Walk CARE-a-Van at Miromar Outlets on Saturday, April 17.

The Best Buddies Friendship Walk in Southwest Florida is the latest life-changing movement. Since 2009 more than 250,000 participants have walked in over 60 cities and raised more than \$24 million to support the inclusive programs Best Buddies provides.

This year, Best Buddies in Southwest Florida is expecting to have approximately 300 attendees caravanning for inclusion, all working to surpass 2021's fundraising goal of \$45,000. The drive-thru CARE-a-Van runs from 9 to 11 a.m. in the area nearest the Playland entrance.

With safety in mind, registered walkers and guests will remain in their cars to drive a pre-set course at Miromar to visit various stations that will provide various give-aways such as snacks, drinks, goodie bags and a photo station. Best Buddies welcomes participation from everyone throughout the community based on how they feel most comfortable. Beasley Media will provide a disc jockey and music to accompany cheerleaders, therapy dogs, Way Too Tall Tory and mascots.

"The unprecedented challenges we faced together in 2020 has highlighted just how important our mission of inclusion is for individuals with intellectual and developmental disabilities – they need us now, more than ever," said Anthony K. Shriver, founder, chairman and CEO of Best Buddies International. "This year, we look forward to seeing our communities across the nation unite

to celebrate inclusion and raise the critical funds needed to support people with IDD (intellectual and developmental disabilities). I am beyond grateful that the important work of this organization will continue, thanks to our participants, volunteers, partners and the entire community. I am confident that together we will continue empowering people with special abilities, connecting advocates and mobilizing our supporters to create a more inclusive world."

Proceeds from the Friendship Walk are fundamental in supporting local programs that provide one-to-one friendships, integrated employment, leadership development and inclusive living. These programs can be found in all 50 states and will create promising opportunities for more than 350,000 people across the U.S. this year.

To register and to walk for inclusion, visit www.bestbuddiesfriendshipwalk.org/southwestflorida.

Best Buddies International a groundbreaking nonprofit founded in 1989 by Anthony K. Shriver to establish a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment, leadership development and inclusive living for people with IDD.

This year's Best Buddies Friendship Walk CARE-a-Van in Southwest Florida sponsors and corporate partners include: Tamiami Ford, Finemark National Bank & Trust, Conditioned Air, STARability Foundation, Cross Country Mortgage/The Wesson Group, Movement Mortgage, Fairlife, Woods Weidenmiller Michetti & Rudnick, along with Beasley Media, Miromar Outlets and Starlight Productions.

Miromar Outlets is located at 10801 Corkscrew Road in Estero. For more information, contact Melanie Musick at 859-314-5807 or melaniemusick@bestbuddies.org.

Plant Smart

Showy Milkwort

by Gerri Reaves

Showy milkwort (*Asemia violacea*) is a native perennial wildflower of the milkwort family, of which about 23 species occur in Florida.

Also called violet milkwort and candyweed, this flower grows throughout the state, mostly in dry ground in pinelands and prairies.

The upright stems reach a height of six inches to more than two feet. The narrow lance-like leaves are alternate with smooth edges. They measure one and a half to two inches long, and exude milky sap when broken.

The flowers bloom all year in southern Florida and attract butterflies and bees.

Terminal flower spikes contain small dark pink or purple elaborate flowers that bring an orchid to mind.

Two relatively large sepals, or petaloids, protrude to each side like oval ears or wings, each measuring a little under a half-inch.

Showy milkwort's actual petals are much smaller than the sepals, and the upper one is yellow-tipped.

Small black seeds are contained in the inconspicuous fruit capsule, which is consumed by birds.

This plant prefers a sunny well-drained location in moist to dry conditions. It will grow in nutrient-poor or even sandy soil. An open sandy area is ideal.

It is drought tolerant but not salt



Native showy milkwort's small orchid-like flowers bloom all year in South Florida

photo by Gerri Reaves

tolerant.

This plant's medicinal uses include improving the lactation of nursing mothers and treating snakebites, insomnia and other conditions.

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

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

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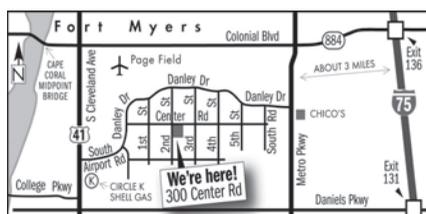


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Expand Your Planting Space

by Melinda Myers

When your plant list is longer than the available gardening space, it is time to expand your planting options. Create new gardening space by adding raised bed gardens, elevated planters and containers wherever space allows.

Convert the end of the drive or edge of the patio into raised bed gardens. Just use a raised bed liner to contain the soil. Raising the garden makes planting, maintaining and harvesting easier on the back and knees. It also allows you to create the perfect soil foundation by filling your raised bed with a quality planting mix.

Long lasting cedar is a traditional choice for raised beds. Now you can also find them made of a wood and plastic composite or metal and in a variety of shapes and sizes. Finding one to complement your gardening style and space is much easier these days.

Reduce time spent watering with a self-watering metal raised bed or similar product. Self-watering raised beds have built-in water reservoirs to extend the time between watering. Or use a raised bed drip or soaker hose irrigation system to easily apply water right to the soil where it is needed.

Elevated gardens are just containers on legs. They are perfect for lanais and



Some raised beds have built-in water reservoirs to extend the time between watering photo courtesy Gardener's Supply Company

other hard surfaces. Use them to define space, create privacy and, of course, grow ornamental and edible plants. Those on wheels can easily be moved out of the way when guests arrive. Or wheel them into the gathering, so everyone can harvest and dress up their meals with garden-fresh herbs and veggies.

Just pull up a chair and start planting

or weeding your elevated garden. Grow vines in those with built-in trellises. Select elevated planters with a shelf below to conveniently store gardening tools and accessories.

Even small space gardeners can expand their planting space with the help of containers. You'll find plenty of attractive options to fit your lanai, patio or deck.

Railing planters and window boxes don't take up floor space yet dress up any outdoor area. Grow herbs in planters located near the kitchen and flowers wherever additional color is needed. Add a few pollinator-friendly plants to attract butterflies and hummingbirds to watch and enjoy.

Extend your time outdoors with outdoor lighting. Or look for multi-functional options like solar illuminated planters. Powered by the sun and with a flip of a switch, you can choose a single or multi-changing light color display.

Don't let the thought of frequent watering stop you from growing in containers and elevated gardens. Self-watering options are available in a variety of shapes and sizes including the

classic, yet curvy self-watering Valencia window box.

Once you select your raised bed, elevated garden or container, you will need to fill it with a planting or potting mix. Figure out exactly how much is needed with a soil calculator. Just plug the size and shape into the form. It tells you how many cubic yards or cubic feet of soil are needed for raised beds and the number of quarts for containers and elevated gardens.

Expanding the garden doesn't have to mean a lot more work. Selecting the right option that provides convenience and ease of care can help you grow more flowers and garden-fresh produce this season.

Melinda Myers is the author of more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses How to Grow Anything DVD series* and the nationally-syndicated *Melinda's Garden Moment TV and radio program*. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Her website is www.MelindaMyers.com.✪

Report Exposes Troubling Trends For Water Quality

On March 22, also known as World Water Day, Calusa Waterkeeper released a report chronicling troubling trends in the quality of Southwest Florida's waterways from 2018 to 2020. World Water Day is an annual U.N. observance day that highlights the importance of freshwater and sustainable management of freshwater resources.

The study covers Collier, Lee, Charlotte, Sarasota, Manatee, Hillsborough, Pinellas, Hendry and Glades counties, and is based on the Florida Department of Environmental Protection (FDEP) assessment criteria – gathered from the agency's annual comprehensive verified list of impaired waters.

According to Calusa Waterkeeper John Cassani, principal author of the report: "Understanding factors contributing to water quality impairment in Florida is important for determining sources and eventual restoration planning. Assessing water quality impairment on a geopolitical basis, for instance, by county, is relevant as most state-mandated restoration programs, such as basin management action plans (BMAPs), are implemented primarily by local government stakeholders."

Among other findings, the report documents that Lee, Collier, Manatee and Charlotte counties experienced the greatest increase in water quality impairment. The report also reveals that fecal bacteria was the most frequently occurring impairment parameter in six of the nine counties including Lee, Charlotte, Sarasota, Manatee, Hillsborough and Pinellas. The presence of fecal bacteria is a

significant public health risk in addition to compromising ecosystems.

Following are highlighted summary points of concern from the full 16-page report:

Counties' ranking with regard to an increased rate of water quality impairment from highest to lowest were Lee, Collier, Manatee and Charlotte.

Counties' percent of total water bodies (WBIDs) impaired from highest to lowest were Glades, Hendry and Lee.

Fecal bacteria were the most frequently occurring impairment parameter in six of the nine counties. Many of these fecal bacteria impairments occur in Outstanding Florida Waters that are supposed to be protected from water quality decline by statute.

Nutrients represented the highest proportion of impairments in Collier, Glades and Hendry counties.

Overall impairment trend: The order (highest impairment trend to lowest) of counties ranked across all metrics defining or contributing to impairment was Manatee, Lee, Hillsborough, Collier, Charlotte, Sarasota, Hendry, Glades, Pinellas.

As the report covers such a broad spatial landscape, colleagues from around the state have contributed commentary:

"Calusa Waterkeeper's nine-county impairment assessment provides a succinct snapshot of water quality issues in our region," said Jaclyn Lopez, Florida director for the Center for Biological Diversity.

Marisa Carrozzo, Everglades and water policy manager for the Conservancy of Southwest Florida said, "Southwest Florida's waters are impacted by multiple types of pollution, and the Calusa Waterkeeper summary provides a county-by-county understanding of impairment prevalence across nine counties."

continued on page 16

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Ginni Rometty, former executive chairman and chief executive officer of IBM, receiving the Edison Achievement Award at the 2019 Edison Awards Gala photo provided

Edison Awards 2021 Agenda Announced

The Edison Awards has announced the agenda for its 34th annual awards celebration, taking place April 21 to 23. This is the first year the prestigious event is being held in the City of Fort Myers and organizers are offering Southwest Florida residents a generous \$350 savings to attend the three-day event.

"We're thrilled to be hosting the Edison Awards in Fort Myers, a city that our namesake considered home," said Edison Universe Executive Director Frank Bonafilia. "Our new location has enabled us to provide attendees a number of exciting learning and networking opportunities at some unique venues."

The Edison Awards agenda features a broad range of executive-level networking opportunities, panel discussions, presentations and field trips with topics ranging from solar energy to space. The event will kick off with an opening reception at the Edison and Ford Winter Estates.

The Edison Awards will celebrate

Earth Day in a unique way on April 22. A full day of educational activities – both live and virtual – will take place at Babcock Ranch, America's first solar-powered town located just outside of Fort Myers. Guest speakers include 2021 Edison Achievement Award Honorees Jennifer Holmgren, chief executive officer of the innovative carbon recycling company LanzaTech; and Reinhold Schmieding, founder and CEO of orthopedic surgical tools company Arthrex.

The three-day event will culminate with the Edison Awards Gala, where the best in innovation will be recognized and honored at the Caloosa Sound Convention Center. This year's list of finalists includes six from the state of Florida: Arthrex, Babcock Ranch, Black & Veatch, ecoSPEARS, Florida Gulf Coast University and NeoGenomics.

Event sponsors include: The City of Fort Myers, The Horizon Foundation, Florida Power & Light Company, Babcock Ranch, Black & Veatch, NeoGenomics, Sabic, Arrow Electronics and Behmke Innovation Group, LLC.

A full event schedule and registration information can be found on www.edisonawards.com. Southwest Florida guests may receive \$350 off the ticket price using the discount code SWFLRES.*

Coast-Lee, Children's Advocacy Center, Gulf Coast Humane Society, Harry Chapin Food Bank, Hope HealthCare Services, Junior Achievement of Southwest Florida, The Salvation Army, Special Equestrians, St. Matthew's House and United Way of Lee, Hendry, Glades & Okeechobee.

The networking event will be held outdoors to allow for safe networking. Appetizers will be provided by Chamber member Burntwood Tavern.

The Women in Business program is \$10 for members of the Chamber and \$20 for future members. Admission includes one complimentary beverage.

Bell Tower is located at 13499 South Cleveland Avenue in Fort Myers. Attendees can register in advance at www.fortmyers.org or call 332-2930.*

Superior Interiors

Subtle Interior Design Tips

by Trinetta Nelson



Often, the difference between a run-of-the-mill room and a truly extraordinary one is subtle. You can't quite put your finger on what sets the latter apart, but there is just

something about it that makes sense. It is cohesive without being monotonous, engaging and well-appointed without being stiff. How are those designers able to do it? Although much of it comes down to experience and creativity, their ability to walk into a space and understand how to get the most out of a room is based on design principles and rules.

In a small or medium-sized room, you generally want to choose one point of visual focus. In a larger room, you might go with two, but anything more than that and you run the risk of creating discord. A space without a focal point is dull, but one with too many can be distracting. Antiques, unique finds and large paintings are all good choices, as they naturally draw the eye and are worth showing off. Use one of them to anchor a room and make the other pieces secondary. Visitors will naturally have their attention drawn to the star of the space, without being distracted by too much going on.

One of the missteps of amateur design is thoughtless rug placement. There are three basic choices when it comes to putting your furniture on an area rug, and you should always be deliberate when deciding which to go with. All on, the furniture completely rests on the rug, creating a slightly fancier look that requires a room and a rug that are both on the larger side. Be sure to leave a foot to a foot-and-a-half of floor space around the borders of the furniture. Front on, only the front legs of couches and chairs sit on the rug. This creates a more well-defined space and unifies the furniture

and can be a savvy move for a room that would otherwise feel disjointed. All off, none of the furniture is on the rug. This makes the most sense for a smaller area rug, especially if you are working with patterned pieces over a solid tapestry. Whichever of these you choose, make sure that you are consistent. If some of the furniture is on the rug and some of it is off, the room could look sloppy.

If you want to create a dynamic visual contrast in your room, you don't always need to use a variety of colors. Sometimes, using furniture and accessories in different textures is a better, more cohesive method of breaking through the monotony. This is particularly true with neutrals. The worry with these shades is that they will come off as bland and uninteresting. Avoid this pitfall by switching up the materials used for a visual depth that goes beyond hue. Some of the sheens will absorb sun, whereas others will reflect it, allowing you to play around with the influence of light on the space.

Always keep scale in mind. Shopping for new furniture on your own can be difficult, particularly because you see it out of the context of your own room. Something that didn't seem heavy in the store can completely dwarf the rest of your pieces. Or, it could have stood out when you bought it, but seemed far too small and forgettable once you brought it home. You should have items of various scale in the rooms you design, and always have a keen understanding of how new pieces will fit into that scheme.

Choose the paint color last. When you're redesigning a room or moving into a new house, it can be tempting to make painting the walls the first thing you do. Sometimes, this makes sense, but it is well-worth considering switching the order and leaving repainting until the end. There are thousands of paint colors out there, and dozens even within the same general color scheme. A particular hue might be perfect to start with, but as you bring in more elements to complete the room, it could be slightly off from ideal. The lighting could also wind up being a factor, making the shade you chose look different than expected.

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

Volunteer Opportunities At Networking Event

The Greater Fort Myers Chamber of Commerce's Women in Business Committee will offer valuable insight on volunteer opportunities with area nonprofit organizations during its networking event at Bell Tower on Wednesday, April 7 from 4 to 6 p.m.

Welcoming 11 nonprofits from across Southwest Florida, this month's Women in Business program will showcase opportunities to volunteer within each organization. Participating nonprofits include Alliance for the Arts, Big Brothers Big Sisters of the Sun

From page 14

Water Quality

According to Jen Lomberk, chair of Waterkeepers Florida, "This report provides a 'big picture' view of the overall health of the waterways in the region and, moreover, shows decreasing trends in water quality over time. It uses scientific data to show that our current approach to dealing with water pollution is not working and something needs to be done."

"The inescapable message is that Florida's water quality regulatory system simply doesn't work. Hopefully, as we cite this report's conclusions before our county and state governments' staff and elected officials, we may finally

force them to pay attention," said Peace+Myakka Waterkeeper Andre Mele.

Cassani was assisted in compiling the report by Chris Shinouskis, co-leader of the Calusa Waterkeeper Estero Zone Ranger Team. The purpose of the assessment is to summarize water quality impairment in nine Southwest Florida counties between 2018 and 2020, using data sourced from the Florida Department of Environmental Protection (FDEP), the University of Florida Bureau of Economic and Business Research (BEBR), NOAA's Coastal Change Analysis Program (C-CAP) and other sources.

For more information and the full report, visit www.calusawaterkeeper.org/swfl-water-quality-report.*

Five-Course Dinner To Benefit Scholarship Fund

The inaugural fundraiser of Lee Association of Remarkable Citizens (LARC) benefiting The Lori Carroll-Collins Scholarship Fund will be held at Misty Morning Barn at Clutch Farms on Saturday, April 17 at 5:30 p.m.,

Butterfly Kisses – A Night of Pouring Generosity will include a five-course dinner created by celebrated local chefs Mike and Karen Gavala of G3 Catering, and Gloria Jordan of La Trattoria Cafe Napoli. Renowned chocolatier Norman Love of Norman Love Confections will provide handcrafted desserts. Kellie Burns of NBC-2 will emcee the event.

Tickets are \$500 per person. Patron sponsorships are available for \$750 per person and include a 30-minute meet and greet with sixth-generation winemaker Clay Mauritson, founder and owner of Mauritson Wines in Healdsburg, California.

Guests will experience gentle breezes flowing through the barn doors, among a backdrop of natural arching oaks, tropical pines and cypress trees.

Mauritson will pair family-crafted wines with each course. In 1998, Mauritson produced his first bottling of Dry Creek Zinfandel under the Mauritson label and, in 2002, he began devoting his efforts full-time to the Mauritson Family Winery project. About 300 acres of Sonoma



Lori Carroll-Collins photos provided

County family vineyards and strong relationships built over the years with other growers have given him access to some of the best fruit that Sonoma County, Dry Creek Valley, and Rockpile have to offer.

The family of Lori Carroll-Collins established the Lori Carroll-Collins Scholarship Fund in her memory. A resident of Fort Myers for 35 years, she cared deeply for her community and people in need, and she led her life by example when it came to generosity and philanthropy. The fund will help bridge financial gaps and allow individuals with intellectual and developmental disabilities

of organizations who are focused on equity in their efforts to serve those disproportionately affected by COVID-19.”

According to Owen, the goal is to have this cohort serve as a productive learning community where they can collaborate to build stronger relationships and impact in the five-county region (Lee, Collier, Charlotte, Hendry and Glades), specifically during COVID-19. The cohort includes organizational and capacity building dollars as well as an opportunity to participate in a comprehensive fundraising school and other opportunities.

“We are witnessing a historic and unprecedented level of suffering and need that must be addressed before this nation falls even further into a state of absolute humanitarian crisis,” said Amanda Misiko Andere, CEO of Funders Together to End Homelessness and chair of the Momentum Fund Advisory Board. “It is essential that the philanthropic sector continues to dedicate itself to this work, which includes addressing the devastating and deadly human health, economic and social impacts that are befalling millions of people of color and vulnerable families across the nation every day.”

The Momentum Fund was launched in May 2020 with a vision of ushering in a new model of philanthropic giving that unapologetically centers racial equity and explicitly prioritizes the needs of Black, Indigenous and People of Color (BIPOC) communities. The Momentum Fund is managed by United Philanthropy Forum.

To view a complete list of Momentum Fund grantees, visit www.momentumfund.org.



Chefs Mike and Karen Gavala

to access innovative services offered by LARC.

“Lori was an inspiration to many, as she lived her life to the fullest, despite living with a disability,” said her husband, Marc Collins. “She never saw herself as different and fought for equal access for herself and others. We chose this event theme because the butterfly was an important symbol in our lives; they represent rebirth, transformation, change, hope and life. Through Lori’s scholarship fund, we wish to provide all of these things to individuals at LARC.”

“This fund will light the way for people

of all abilities for generations to come,” said Angela Katz, interim executive director at LARC. “It will allow individuals with disabilities and economic limitations to access services designed to help them reach their full potential.”

Limited tickets are available. COVID-19 safety guidelines will be followed.

Misty Morning Barn at Clutch Farms is located at 18810 Misty Morning Lane in Fort Myers. For ticket or sponsorship information, visit www.larcleecounty.org, call Angela Katz at 334-6285 ext. 229, or email angelakatz@larcleecounty.org.

Foundation Earns Grant For Pandemic Relief

The Southwest Florida Community Foundation was recently awarded a \$65,000 grant from the newly-formed Momentum Fund to continue its COVID-19 relief work supporting community-run organizations working with communities of color, low-income populations and other groups being disproportionately impacted by the pandemic.

The grant was one of 129 grants, totaling \$8.5 million, awarded by the Momentum Fund to 501(c)3 organizations around the country managing COVID-19 relief funds that provide grants and other forms of direct support to community-run organizations working with communities of color, historically marginalized populations and other groups being disproportionately impacted by the pandemic that continues to ravage these communities.

“The COVID-19 pandemic has had devastating effects on tens of millions of people from communities of color and other historically marginalized populations, and the philanthropic sector has a responsibility to play an unprecedented role in addressing the crisis,” said Sarah Owen, president and CEO of the Southwest Florida Community Foundation. “With this grant and additional funding, we have established a new Thrivability Momentum Cohort with 10 members aimed to build the momentum



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Book Review

The Sanatorium

by Di Saggau



The *Sanatorium* by Sarah Pearse, is not about a bunch of ill people, it's about a former abandoned sanatorium that has been renovated into a five-star minimalist hotel.

This debut novel lends elements of Gothic suspense and mystery set in the Swiss Alps. It's an irresistible page thriller selected as Reese Witherspoon's book club pick last February. Half-hidden by forest and overshadowed by threatening peaks, Le Sommet has always been a sinister place. Long plagued by troubled rumors, the former sanatorium now offers an isolated getaway spot high up in the Swiss Alps.

Elin Warner doesn't want to be there, but as she has taken time off from her job as a detective, she accepts an offer from her estranged brother Isaac and his fiancée Laure to celebrate their engagement at the hotel. She arrives in the midst of a threatening storm and, the next morning, Laure is missing. Elin must trust her instincts if they hope to find her. With the storm closing off all access to the hotel, the longer Laure stays missing, the more

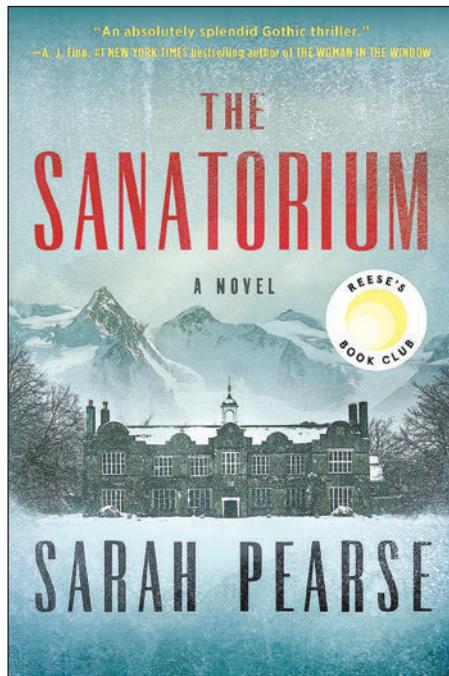


image provided

the remaining guests start to panic. It isn't long before another woman goes missing. Elin has lost confidence in her detective skills, but she continues to warn everyone about the danger they are all in. A shadowy killer appears to be at work and, when a snowstorm cuts off access to and from the hotel, it's up to Elin to investigate a series of disturbing occurrences within the hotel, and get to the bottom of the case. *The Sanatorium* starts out as a slow-burning

suspense story and builds to a thriller that will have you up all night turning the pages.

Author Sarah Pekkanen says, "It's hard to believe this is a debut novel, given how masterfully Sarah Pearse

writes. The setting is starkly chilling, the characters are smart and vulnerable and, as you turn the pages, the slow creep of claustrophobia sets in. Highly recommended."*

School Smart

by Shelley M. Greggs, NCSP



Dear **Shelley,** My fifth grader has trouble with organization and is now facing a couple of bigger assignments at school. He likes school and doesn't

mind the day-to-day homework, but he's overwhelmed by a long-term assignment. How can I help him?

Paula S, Fort Myers

Paula,

When children have a big project or assignment, it is often difficult for them to figure out how to get started and come up with a plan to get their work done. Kids with organizational, focus or time management issues may have an even harder time figuring out a work plan. The key to developing a successful path to getting the work organized and accomplished is to break down the assignment into manageable chunks. Here are step-by-step directions that you can use with your child's input to help break down any overwhelming workload into manageable pieces.

First, calculate how much time your child has to complete the project by counting backwards from the assignment's deadline. Then decide the length of time your child can reasonably work per sitting, and figure out how much time is available with how long your child can work at a stretch. This will help you decide to allot the time available and schedule or "chunk" the workload. Every child works differently, make sure you schedule to meet your child's needs.

Make a list of the materials needed

and help your child gather them in advance. This way, your child won't have to stop working to search for supplies every time he sits down to work. If possible, allow him to keep his materials out so he doesn't waste time getting them organized. His project should be ready and waiting.

Work with your child to write down each task for this assignment on note cards. Make sure to include every task the project involves, from getting the books he'll need, to preparing his final presentation for his teacher and class.

Ask your child to decide what comes first, second, third and so on. Put the task cards in order. This is difficult to do, so he may need your help for this. Then make sure all the steps are clear, that he has no questions about any task, then assign a deadline for each task. Then begin!

You should also make a plan to review your child's progress. Together come up with schedule. Having a set check-in schedule will help your child understand that you are not nagging him about the project. Checking in regularly will also allow you to see how your child is doing, if the project is on schedule and if you need to revise the plan.

This may seem like a lot of extra work, but you will be teaching your child valuable planning and organizational skills that he needs to use as he goes through school.

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.*

EPIC FIRES OF FORT MYERS

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THOMAS P. HALL

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

From page 1

Bluegrass

King, former member of The Railsplitters on fiddle and vocals; and former Cadillac Sky member Andrew Bonnis, a multi-instrumentalist on bass and vocals. The band offers a light-hearted, fun-filled night of harmony, hot licks and laughs the whole family can enjoy.

Mayfield grew up playing bass and touring with his family's bluegrass band. As a teenager, he established himself as a hot picker, collecting national awards for his dexterity on guitar and mandolin. He has appeared on *The Late Show with David Letterman* and brings plenty of personality to the stage. He joined the bluegrass outfit Cadillac Sky, playing sold out shows with British folk revivalists Mumford and

Sons. He then began writing songs and recording his original material, and has toured almost non-stop since 2010.

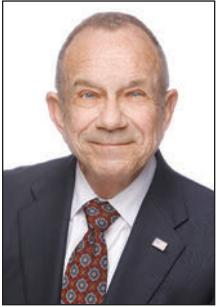
Tickets for either show are \$30 in advance or \$35 at the door. Doors open at 6:30 p.m. and the performances begin at 7:30 p.m.

The shows are underwritten by Pamela Templeton.

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

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What's The Market Going To Do? Part Two



submitted by
Tom Uhler

Long-term thinking benefits investors. The Ibbotson S&P 500 Chart reinforces this – Google it and take a look.

The graph is extremely

compressed vertically. Every year since 1926, inflation has averaged about 3 percent, bonds have earned about 5.5 percent and large company stocks, as defined by the S&P 500 Index, have earned 10 percent.

While inflation and the bond market have relatively smooth lines, the stock market looks a little like a roller coaster... but one that never stays down. Over the long term, companies continue to sell their goods and services at a profit, and put those profits to the bottom line. At least some of the profits go to the owners of the companies, and that's you – if you own stock in the company. So, if you believe people are going to keep purchasing cars, cell phones and potato chips, you likely want to share in those profits.

As someone in or preparing for retirement, you are a long-term investor.

"What?" you might say. "I'm 70 and I don't buy green bananas." Men have an average life expectancy of 83.5 years and women, 86.4 years. Even if you're already

retired, you are a long-term investor.

Your greatest risk in investing isn't any of the things you normally fear – it's inflation. As a 70-year-old with another 13.5 to 16.4 years of anticipated life span, you will see the cost of a \$100 cart of groceries increase to \$162 at 3 percent per year. If you're not invested to grow your money at more than 3 percent per year, you'll be eating beans and franks instead of steak.

Do you think investing in bonds is the solution? Bonds have earned 5.5 percent over the long term and stocks have earned 10 percent. If you think it looks like stocks earned twice as much as bonds, you're wrong. First, you have to deduct 3 percent for inflation from each of those. Now, you can see that stocks earn at three times the rate of bonds. And, that doesn't factor in taxes!

So, why don't I care what the market does today or over any short period of time? Because I have a plan to avoid losing money. You lose money in the stock market by selling something for less than you paid for it. As long as I have a plan to avoid that, I can avoid permanent loss of capital, which is the second thing you should fear.

How to do that? That's a story for another day.

Higher returns historically achieved by stocks are associated with much greater volatility risk. Past performance is no guarantee of future results. The Ibbotson compound annual return data does not factor in transaction costs or taxes. An investment cannot be made directly into an index.

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

Sea Turtle Nesting Season Begins

The Florida Fish and Wildlife Conservation Commission (FWC) is reminding beachgoers they can help protect nesting sea turtles by practicing some simple tips.

Each year, thousands of sea turtles nest on Florida's beaches. Because the state is so important to these special animals, beachgoers can help keep beaches clean and dark so sea turtles nest successfully. Everyone benefits from clean beaches and, since most of Florida's sea turtles nest at night, it is important to keep beaches dark because bright lights can disorient nesting turtles.

Stash the trash – Obstacles on the beach can prevent sea turtles from nesting as they crawl from the water, across the sand, to lay their eggs. They can also prevent sea turtle hatchlings from reaching the water once they emerge from their nests. Beachgoers can help sea turtles by properly disposing of all trash, filling in holes in the sand and putting away boats, beach toys and furniture. Fishing line can be deadly to sea turtles and other wildlife, so be sure to dispose of it properly. To find a monofilament recycling station near you, visit www.mrrp.myfwc.com.

Lights out – Bright lighting can

misdirect and disturb nesting sea turtles and their hatchlings, leading them away from the ocean and toward potential danger, so beachgoers should avoid using flashlights or cellphones on the beach at night. Anyone living along or visiting Florida beaches can do their part by turning out lights or closing curtains after dark to ensure nesting turtles are not disturbed as they come ashore and hatchlings will not become disoriented when they emerge from their nests. If lighting could still be visible from the beach, be sure it is long, low and shielded.

"As beachgoers, we can all do our part to help sea turtles survive," said Dr. Robbin Trindell, who heads the FWC's sea turtle management program. "By keeping beaches dark and clearing the way at the end of the day, we can help ensure that these amazing animals keep returning to our beautiful state."

Other ways to help sea turtles include reporting those that are sick, injured, entangled or dead to the FWC's Wildlife Alert Hotline at 888-404-3922.

Purchasing a "Helping Sea Turtles Survive" Florida license plate contributes to sea turtle research, rescue and conservation efforts. People also can donate \$5 and receive an FWC sea turtle decal.

For more information, see the FWC's Be a Beach Hero brochure or visit www.myfwc.com/seaturtle.✪

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Will Power

What Your Estate Plan Should Consider In A Low Yield Environment



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

In many ways, your estate plan intersects with a variety of disciplines. Legal and tax considerations are the first ones that come to mind, but there are others, such as finance, economics and family dynamics. All play an important role determining the success or failure of your plan.

Consider, for example, a trust for your surviving spouse. Typically, these trusts provide income to her, with principal invasions as necessary for her health, maintenance and support. In today's low yield environment, however, an income/discretionary principal trust isn't your only option and may not be

the best way to provide for her and your children.

Let's say that William has a trust with \$1.5 million of investments at his death, and that his wife, Janet, is to receive the income earned by the trust. In our current low yield environment, if the trustee invested the assets following William's death into a conservative, income producing portfolio, the yield might be 3 percent to 4 percent at best. That equates to only \$45,000 to \$60,000 of annual income, equating to a range of \$3,750 to \$5,000 per month.

That might not be enough for Janet's needs. But let's consider the trustee's duty to not only invest for the income beneficiary (Janet) but for those remainder beneficiaries who receive after Janet's death (William's children). If the trustee balances both needs equally, then the trustee will split the investment portfolio, half into income and half into growth.

Consequently, Janet's income might be halved. This means that her likely income would range from \$1,875 to \$2,500 per month. This looks pretty bleak, doesn't it? Even if Janet is acting as trustee for William's trust, she has a fiduciary duty (absent any language in the trust document to the contrary) to impartially balance her needs with those of the remainder beneficiaries.

If the remainder beneficiaries are the children of William and Janet's marriage, then they would likely tell their mother to consider her needs without considering theirs. But

what if the children aren't so generous? What if William's children are stepchildren to Janet? Would they demand that the trustee, whomever that may be, to consider their needs as well?

Quite the conundrum. But there's an answer.

It's called a "total return unitrust." This type of a trust distributes a set percentage to the income beneficiary, regardless whether that percentage comes from income, capital gains or the corpus (principal). In my previous example, assume that William establishes a 5 percent total return unitrust for Janet. Here, she's going to receive \$75,000 annually, equating to \$6,250 per month.

Should William's children be happy with this result? You might believe this counterintuitive until you consider that the trustee no longer must concern itself with whether it invests in income or growth assets. Instead, the trustee's investment goal will be to outperform the 5 percent distribution. In today's market, that should be attainable, even with conservative investments.

This means two things: First, growth for the remainder beneficiaries. Good for them. Even better, the total return unitrust is recalculated annually. So long as the trustee outperforms the distribution percentage, Janet's income will increase.

Again, let's turn to an example. Let's say that the trustee achieves an 11 percent return on the \$1.5 million trust. That's \$165,000. It distributed \$75,000 to Janet during the year. The trust has net growth of \$90,000, so the end of year balance is \$1,590,000. Note to reader: I'm intentionally omitting income taxes from the calculation to make the math easy.

In the next year, Janet receives 5 percent of \$1.59 million, increasing her annual income to \$79,500, translating to \$6,625 per month. Janet is happy with increased income. William's children are satisfied that the trust is growing for their benefit as well.

What do we do about trusts that are now irrevocable, but they're income trusts? Is it possible to convert the trusts of our deceased relatives to a total return unitrust?

Yes! Florida law allows a trustee to convert an otherwise irrevocable trust to a total return unitrust. There are specific requirements that must be satisfied. If you care to look them up, see Florida Statutes Section 738.1041.

If this interests you, seek the advice of a qualified wills, trusts and estates attorney. Know that there are options available, even within this strategy, and that here I'm breaking down a complex subject into a short column. I don't have room for the important details every family should consider. But it's good to know that this strategy exists both for your lifetime planning and, if necessary, post-mortem planning.

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Structural Racism And Implicit Bias Conversations

FutureMakers Coalitions' Equity Action Team will be hosting free online conversations about how structural racism and implicit bias is impacting the region's education and workforce outcomes on two Fridays, April 16 and 23, from 1 to 3 p.m.

FutureMakers Coalition (FMC) outcomes have demonstrated significant achievement gaps for Black and Latinx students of all ages and these online conversations are meant to help reduce these gaps. Volunteers from the 18-member FMC Equity Action Team have facilitated the conversations with more than 800 Southwest Floridians since February 2020 and during the pandemic.

"Our format was modeled after conversations developed by our partners in Broward County from the Broward Children's Services Council who presented to the coalition at our annual Breakfast of Champions in September 2019," said Tessa LeSage, FutureMakers Coalition director at Southwest Florida Community Foundation, its backbone organization. "In order to meet our goals, we believe we must change the policies, practices and beliefs that are resulting in inequitable outcomes."

FutureMakers Coalitions goal is to transform Southwest Florida's workforce by increasing the percentage of working age (25 to 64 year old) adults that

hold post-high school credentials to 55 percent by 2025. The courageous conversations are designed to support the development of equity imperatives among the FutureMakers partner organizations in hopes of establishing the foundational knowledge needed to create the anti-racist policies, practices and beliefs needed to improve outcomes for all and reach the goal of 55 percent.

The introduction to a conversation about structural racism and implicit bias provides an overview of the history of racism, including local history and concepts related to implicit bias.

"Now, more than ever, we need to have open discussions about structural racism and implicit bias," said Indera Devi DeMine, an immigration attorney in Fort Myers. "The events that occurred in 2020, most notably, the tragic death of Mr. George Floyd, was a turning point for me as a business owner. I felt a need to listen, to become educated, to train my staff and to become actively anti-racist. The training that our office received from the FutureMakers Coalition has given us the tools and guidance to not only recognize our own biases, but to be advocates for change in our community."

Implicit bias refers to attitudes or stereotypes that impact the understanding, actions and decisions in an unconscious manner.

To register for the April 16 event, visit <https://events.blackthorn.io/36ojFe6/4a4H1RlyJ1>. To register for the April 23 event, visit <https://events.blackthorn.io/36ojFe6/4a4H1RlyJ6>.✪

Bank Hires Service Member

Brenda Martinez has joined Sanibel Captiva Community Bank as a customer service representative and teller at its Downtown Branch, located at 1503 Hendry Street, Suite 100. She is responsible



Brenda Martinez

for assisting customers with personal and business banking transactions. Martinez has nearly 15 years of office administration experience working for several Southwest Florida businesses.✪

Vaccination Scheduling In Lee County

The Florida Department of Health-Lee has adequate COVID-19 vaccine supply for its Lee County site near Southwest Florida International Airport to schedule all preregistered individuals age 65 and older in Lee County during this week and next week.

FDOH-Lee is asking for assistance from preregistered seniors while the state's contracted vendor continues to call those who are preregistered.

If you are 65 or older, are preregistered and missed a phone call from an unknown number, email Lee-PIO@Flhealth.gov. Put in the email subject line: "Missed call." Provide in the body of the email: name, date of birth and phone number you used to preregister.

FDOH-Lee staff is standing by to match your information to the preregistered list for seniors. FDOH-Lee is doing this in tandem with the state vendor's efforts to continue to place calls. The state asks that preregistered individuals continue to monitor their phones and respond.

Seniors who had previously preregistered but since have received their vaccination elsewhere are asked to remove themselves from the preregistration list by sending an email to Lee-PIO@Flhealth.gov and putting "Cancel reservation" in the subject line. In the body of the email, include name and date of birth.

For more information, visit www.leegov.com/vaccine or <https://floridahealthcovid19.gov>.✪

From page 1

Pop Culture

to the show. Temperatures will be taken at registration. There will also be hand sanitizer stations throughout the show.

Tickets are \$20; no charge for children under age 11.

Crowne Plaza Hotel is located at 13051 Bell Tower Drive in Fort Myers. For more information and tickets, visit www.swfloridacomicon.com.✪

Frankly Speaking

by Howard Prager



There were eight, and then there were four. My deadline is before the Final Four are identified, but there still is a lot to write from the Sweet 16.

UCLA, which was so dominant in college basketball for years, is finally back, taking down No. 2 Alabama in overtime. 'Bama tied it at the buzzer with a clutch 3-pointer to end regulation play, but then UCLA dominated in OT. Considering UCLA barely made the tournament beating Michigan State in a play-in game, that's quite a ride. They have to beat that other Michigan team, No. 1 Michigan, to make it to the Final Four. UCLA has won an NCAA-best 11 Division I men's college basketball championships (thanks to storied coach John Wooden), the last one being in 1995. Houston is in the Final Four for the first time since 1984 after beating Oregon State. Baylor is in their first final four in 71 years after defeating Arkansas in the Elite Eight. I find it interesting that Gonzaga, Baylor and Michigan, three of the four top seeds are still in it and should be favored if they all survive the Elite Eight.

On the women's side, UConn, Stanford

and South Carolina, also top seeds, are in the Elite Eight, with Indiana upsetting NC State in the Sweet 16 but then losing to Arizona. The Arizona women are in their first Final Four. I always find it interesting that with all these brackets and upsets, most of the top seeds make it through. Is that because the NCAA is so good identifying the top seeds, or is it because the top seeds live up to their expectations?

One other highlight to note on the men's side is about the favored team to win the tournament, Gonzaga. The last undefeated team to win the national championship was 45 years ago - Indiana University in 1976. The tournament was different then, and IU had to beat four Top-10 opponents in the Sweet 16 and Final Four to win. Should Gonzaga get to the Final Four, they'll have beaten a 16th seed, 8th seed, 5th seed and 6th seed. Only then will they play either #1 Michigan or #11 UCLA. Still, 45 years since an undefeated champion is quite a long time.

My sports historian, Ralph, shared with me some facts about Elgin Baylor, who passed away last week. "Elgin Baylor was a true superstar who is all but forgotten today. He was like the Stan Musial of basketball, consistently brilliant but overlooked. Baylor was the No. 1 draft pick of the NBA in 1958, chosen by the once-prominent Minneapolis Lakers. The Lakers of the late 50s were struggling to stay afloat financially. Baylor became Rookie of the Year in 1959, scored a rookie record 55 points in one game, and kept fans coming to Lakers' games for two

final seasons before the franchise moved to Los Angeles. In LA, Baylor averaged over 30 points per game three seasons in a row and teamed with Jerry West to form a superstar duo. Baylor scored a league record 64 points in one game and later broke his own record with 71 points, the record that stood until Wilt Chamberlain scored 100 points in 1962. In the NBA Finals that year against the Boston Celtics, Baylor had a 61 point game, a Finals record that still stands. As great a scorer as he was, with the ability to hang in the air like none of his contemporaries, Baylor was just as spectacular as a rebounder. At just 6'5", he enjoyed battling taller players under the backboards and averaged 13.5 rebounds per game throughout his career. Baylor was also an excellent passer. Serious and numerous knee injuries limited his career, forcing Baylor to retire in 1972, the year that the Lakers finally became NBA champions." Baylor went on to a long career as coach and general manager of the Los Angeles Clippers.

Baseball season is about to begin. All parks will have some attendance that will add to more normalcy, and the National League is back to having pitchers hit again. However, the Blue Jays are starting the season in Florida because of US/Canada border closures. Hopefully they will be back playing in Toronto by June. The Twins are projected to at least be a wild card team, depending if the White Sox live up to their preseason additions and expectations. But the Sox have already lost one of their star hitters, Eloy Jimenez, for most if not the whole season. It's been widely reported that preseason injuries

have been worse this year throughout the league, with several teams losing star players for the season.

Now for the good news story of the week and a great cause, The Good Fight. "I am a fighter. It's what I do. Now I want to fight the good fight for those who can't," says Dustin Poirier, former UFC interim lightweight champion. "I have created a platform for fellow athletes and fans to join together, fight for underserved communities and answer the call of those in need." The foundation has raised thousands of dollars since 2018 to impact others, including the young family of fallen Lafayette, Louisiana officer Michael Middlebrook, and disabled children who didn't have a playground. They delivered 3,000 meals to the local Second Harvest Food Bank, provided over 100 women experiencing homelessness with care packages, and 500 children with school supplies and backpacks at Acadian Middle School. "We were also able to provide the shelter with brand new furniture for their residents," reports The Good Fight website. "Donations to The Good Fight also support former UFC fighter Justin Wren, who now champions long-suffering Pygmy tribes in Africa providing new water wells, solar power and 43 acres of purchased land for the Uganda Batwa tribe." The Good Fight is a great cause doing good throughout the world.

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

SPORTS QUIZ

1. Jacksonville Jaguars punter Chris Hanson was injured by what object used as a motivational tool in the locker room during the 2003 season?
2. What team selected Michigan's Chris Webber with the No. 1 overall pick in the 1993 NBA Draft and immediately traded him to the Golden State Warriors?
3. What 1983 NASCAR Cup Series Rookie of the Year won the Daytona 500 in 1994 and 1995?
4. In 1982, South Korean boxer Duk Koo Kim collapsed and later died after a 14-round loss to what lightweight champion?
5. What NBA shot-blocking legend had his No. 53 jersey retired by the Utah Jazz?
6. In January 2001, the New York Giants defeated what team 41-0 in the NFC Championship Game?
7. Sebastian the Ibis is the official mascot of what university's athletic teams?

ANSWERS

1. An ax. 2. The Orlando Magic. 3. Sterling Martin. 4. Ray "Boom Boom" Mancini. 5. Mark Eaton. 6. The Minnesota Vikings. 7. The University of Miami Hurricanes.

Input Needed On Management Of Three Fish Species

The Florida Fish and Wildlife Conservation Commission (FWC) will be holding three virtual workshops to gather public input about the short-term management of snook, redfish and spotted seatrout in Southwest Florida.

The following workshops will start at 6 p.m. Each webinar will be tailored to a specific area:

1. Charlotte Harbor area and south - April 5.
Sarasota Bay area - April 6.
Tampa Bay area and north - April 8.
Beginning in August 2018, the FWC

made a series of temporary, precautionary regulation changes to help conserve snook, redfish and spotted seatrout following a prolonged red tide that occurred in late 2017 through early 2019. Ultimately, these popular inshore species were made catch-and-release only in all waters from Pasco County through Gordon Pass in Collier County through May 31.

FWC staff want to know how these fisheries are doing and your ideas for how to manage these species immediately after May 31, when the temporary catch-and-release measures expire.

To participate in these workshops, visit FWC.adobeconnect.com/redtide during the specific times.

If you can't attend one of the virtual workshops, a virtual workshop will be posted online in the near future on the workshop page.✧



On Saturday, April 17, 2021 at 9 a.m., an informal 5K walk will take place at Lakes Park in Fort Myers to raise funds and awareness for more than 20 million Americans with addiction. By coming together, we are breaking down the stigma those with addiction face and creating a path to a full and fulfilling life. Shatterproof is changing the conversation about addiction. They are advocating for policy change, educating our communities, transforming addiction treatment, and shattering stigma. Your support helps expand their efforts to support prevention, treatment and recovery of addiction.

On the morning of March 20, 2019, our lives changed forever. Our son, brother, grandson, nephew, cousin and friend, Matthew "Matt" Harris lost his struggle with addiction by taking something that was laced with Fentanyl. By honoring Matt's memory, we would like to take part in this fundraiser to help those still struggling with addiction. There are too many loved ones dying every day from the epidemic. If we can prevent others from this heart-wrenching loss, we will be most grateful.

Team Matt consists of Kathy, Rebecca and Paul Harris along with Rebecca's fiancé, Rick and family, and Matt's friends. Please consider donating or walking and "Rise Up Against Addiction." Together, we are stronger than addiction. Together, we are Shatterproof!

If you would like to donate, please copy and paste the link below in your browser or contact Kathy at goulet.harris@gmail.com. Thank you.
<https://fundraise.shatterproof.org/participant/4047>

Shatterproof - US 501(c)(3) Nonprofit Organization
Shatterproof is a national nonprofit dedicated to reversing the addiction crisis in the United States.





Jeff O'Coin of DeLand won overall male with a time of 23:43 photos provided

Stacy Vu of Casselberry won overall female with a time of 26:39

Petrik and Kelly Welborn in the 2021 Fort Myers Metro-McGregor Kiwanis BUG Chase 5K run

Kiwanis 5K Run Raises Money For Local Children

The Fort Myers Metro-McGregor Kiwanis held the 13th annual BUG Chase 5K run as a virtual format for their 2021 fundraiser and raised over \$7,500. All proceeds of the race benefited the club's BUG (Bring Up Grades) program and other club-sponsored youth service projects. There were over 100 registered individuals who participated from local race routes to those as far away as Michigan. The race was supported by RunSignUp with the RaceJoy app and was supervised by the Fort Myers Track Club. Race sponsors included Passarella & Associates and Weinstein Wilkes Financial Group.

The run was featured in a two-page spread in the March edition of the *Kiwanis Magazine*, which is distributed worldwide. The story featured the club's innovation during the pandemic of switching to a virtual run to keep up the important fundraiser to help children in Southwest Florida.

Jeff O'Coin of DeLand won overall male with a time of 23:43 and Stacy Vu of Casselberry won overall female with a time of 26:39. Full race results and photos can be found at www.ftmyerstrackclub.com. Photos from the race can be found at www.facebook.com/metro.mcgregorkiwanis.

"The race was even more important this year to keep going as a revenue source for our much-needed community projects," said race chair Rachel Toomey, "We are so thankful to our 26 business and individual race sponsors and all the race participants – near and far."

The Fort Myers Metro-McGregor Kiwanis BUG (Bring Up Grades) program is designed to provide recognition to local elementary students who raise their grades to an acceptable range and maintain or continue to raise them from one grading period to the next, and other local club sponsored youth service projects. The Fort Myers Metro-McGregor Kiwanis currently has



Amy McCann and Kathy Duncan



Mary Bartoshuk



Rachel Toomey

BUG programs at Littleton Elementary School, Orangewood Elementary School and Rayma C. Page Elementary School.

The Fort Myers Metro-McGregor Kiwanis Club also supports the following sponsored leadership programs: Aktion Club at LARC, Circle K International (CKI) at Florida Gulf Coast University, Key Club at FSW Collegiate High, Builders Club at Cypress Lake Middle and K-Kids at Littleton Elementary. The club built multi-sensory rooms at Tropic Isles Elementary, NFM Academy for the Arts, Heights Elementary and Rayma C. Page Elementary. The Fort Myers Metro-McGregor Kiwanis supplies every fourth grader at the following schools with a world atlas: Rayma C. Page Elementary, Heights Elementary, Orangewood Elementary and Littleton Elementary. The club built and supports a reading oasis and reading mentoring program at Orangewood Elementary.

The Fort Myers Metro-McGregor Kiwanis club supports many other organizations including the SWFL MS Support Group, Pine Manor Improvement Association, March of Dimes, The Salvation Army, Ronald McDonald House, Johns Hopkins All Children's Outpatient Care, Early Learning Coalition, Children's



Patrice and Shea Cunningham were runners in the 13th annual BUG Chase 5K run

Advocacy Center, Healthy Start SWFL, United Way, Lee, Hendry, Glades & Okeechobee and more.

For more information regarding the 13th annual Fort Myers Metro-McGregor Kiwanis BUG Chase, contact Rachel Toomey at rachel.toomey33@gmail.com.

The Fort Myers Metro-McGregor Kiwanis is looking for more service-minded individuals and business professionals who would like to make

a direct impact on the community through volunteering. Meetings are currently being held virtually every Tuesday. For details on joining the Fort Myers Metro-McGregor Kiwanis, call membership chair Linda Petrik at 357-2053. Interested individuals or businesses can also email linda3petrik@gmail.com. The Fort Myers Metro-McGregor Kiwanis can be found on Facebook or online at www.metro-mcgregor.com.✧

Autism Support Center Opens In Southwest Florida

The new Family Initiative Autism Support Center at 734 Southwest 4th Street in Cape Coral will mark the grand opening of its Lizbeth Benacquisto Building with a ribbon-cutting ceremony followed by an invitation-only reception beginning at 9 a.m. on Thursday, April 8.

The 3,900 square-foot facility is Southwest Florida's first facility dedicated to championing individuals with autism spectrum disorder (ASD) and their families. It features three cutting-edge clinical rooms for direct, evidence-based assessment; therapeutic intervention rooms; group activity spaces; kitchen; office; and observation room for caregiver and staff training. Advanced technology installed in the building allows for remote training and workshop hosting as well as enhanced security and safety.

"We've seen a rapidly growing demand from hundreds of families across Southwest Florida who desperately desire a place where their kids can develop skills, create connections, gain confidence and simply be free to be themselves," said



Family Initiative Autism Support Center

David Brown, MSW, president of Family Initiative. "The new Autism Support Center, inspired by them, enables us to deliver first-class ASD services with the innovation and compassion these families deserve."

The Family Initiative Autism Support Center is a culmination of more than two years of planning and construction, and

its opening coincides with April, Autism Acceptance Month. The ribbon-cutting celebration is one of many activities planned by Family Initiative to bring attention to and promote acceptance of children and families impacted by ASD.

Funding for the \$400,000 project was sourced through a mix of state and private funds. The building is named in

honor of former Florida Senator Lizbeth Benacquisto who championed efforts to secure project funding from the State of Florida. Fort Myers-based Burt Hill/Pollock Krieg Architects provided design services, and Banks Engineering contributed pro bono site work.

To learn more or donate, visit fi-florida.org.

photo provided

Campaign On Stillbirth Prevention

The Florida Department of Health is partnering with Count the Kicks, an evidence-based stillbirth prevention public health campaign, to educate and empower pregnant women in Florida about the importance of tracking fetal movement in the third trimester of pregnancy. One out of every 147 pregnancies in Florida end in stillbirth, according to Florida vital statistics.

Count the Kicks, which was launched in April 2020, near the onset of the COVID-19 pandemic, teaches the method for, and importance of, tracking fetal movement during the third trimester of pregnancy. Research shows the benefits of expectant moms tracking their baby's movements daily and learning how long it normally takes their baby to get to 10 movements. After a few days, moms will begin to see a pattern, a normal amount of time it takes their baby to get to 10 movements. If their baby's "normal" changes during the third trimester, this could be a sign of potential problems and is an indication that the expectant mom should call her healthcare provider.

During the COVID-19 pandemic, expectant moms have reported changes to their regularly scheduled prenatal visits and an increase in telehealth visits. Now is an especially important time for expectant women to track their baby's movements every day in the third trimester. By doing so, expectant moms will have the peace of mind to know when things are OK and when things have changed.

Punta Gorda mom Brianna Hunt helped save her son Daeo while using Count the Kicks to track her son's movements. Thanks to her team of

medical providers at Cape Coral Hospital-Lee Health, Brianna was familiar with Count the Kicks, and knew to speak up right away when she noticed a change.

"In July of 2018, I was nearing the end of my pregnancy with my son and had been frequently reminded by my medical team to count the kicks," she said. "I did, every day, and was very familiar with my son's pattern of movement. That is how I knew I needed to go to the hospital when I stopped feeling him move normally one morning. That trip to the hospital saved my son's life as he was delivered by emergency surgery. Count the Kicks trained me how to save my own son's life. Every mother should be empowered with that information."

"I learned about Count the Kicks from attending Association Women's Health Obstetrics and Neonatal Nurses meeting and seeing the wonderful materials provided for patient education," said Nancy Travis, director of women's services for Lee Health-Cape Coral Hospital. "Our providers and midwives, as well as the nursing staff, have embraced this education and teach all expectant parents about the importance of tracking their baby's movements. Stories like baby Daeo's are incredible to highlight what a difference this makes and how babies can be saved by a simple, yet effective tool that can be taught to all expectant women."

Thanks to the partnership with the Florida Department of Health, maternal health providers, birthing hospitals, social services agencies, childbirth educators and other providers in Florida can order free Count the Kicks educational materials (available at www.countthekicks.org) to help them have the kick counting conversation with expectant Florida parents. Since the launch of the campaign last year, more than 313,000 educational pieces have been distributed throughout the state. Count the Kicks also has a free

app available in the iOS and Google Play app stores that provides expectant moms a simple, non-invasive way to monitor their baby's well-being every day. The Count the Kicks app is available in 12 languages, including English, Spanish and

Haitian-Creole, and its features include a kick-counting history, daily reminders and the ability to count for single babies and twins. More than 1,500 expectant women have downloaded the app in Florida since the launch.

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dearRPharmacist

Calcium Channel Blockers And Cancer Risk



by Suzy Cohen, RPh

Dear Readers: Calcium channel blockers are a broad category of prescription medications used for their ability to help

with cardiovascular disease. And they do help people. However, like every medication, there is a risk to benefit ratio that you should consider before just popping the pills with complete trust as many consumers do.

Calcium channel blockers or CCBs are given to people with high blood

pressure (hypertension) as well as cardiac arrhythmias and/or chest pain, termed “angina.”

Typical side effects of CCBs include low blood pressure, lightheadedness, drowsiness, constipation, dry mouth from poor saliva production, ankle edema and reflux. As for the neuropsychiatric side effects including suicidal ideation – these are commonly associated with certain antihypertensives – but I would say that the CCB category is not one to worry about. In fact, it could help with bipolar and acute mania, so sometimes it is prescribed for these conditions. However, there is dark side to using antihypertensives, which is why I have always recommend natural vitamins, or herbal remedies, weight management and exercise to improve blood pressure numbers. The dark side is the development of DNA damage that could raise one’s risk for cancer.

Research from 1997 implied an increased risk of cancer, particularly bladder cancer with some CCBs. Not every study finds a correlation, so do not panic and go off your medication

unless you and your physician agree, and you have a new strategy to control your blood pressure. Also, not every drug in the CCB class of medications carries risk for cancer.

If you are worried about a particular medication you take, please speak to your physician and look online for studies at Pubmed. If you spend a minute researching this topic, you will come across a recent study suggesting that the “short-acting” CCB drugs increase one’s risk for pancreatic cancer.

You may be wondering how it is even possible. It’s because the calcium channel blocker drugs do just that – they block the channel where your calcium is entering the cell. At first, chest pain may improve, and systolic and diastolic numbers improve, but over time these drugs damage the calcium channels. Calcium is an antioxidant, and it happens to make your muscles contract properly.

To improve blood pressure, improve your diet and take nutrients that rejuvenate cell membrane health. Reducing sodium chloride (table salt

as NaCl) and processed foods which contain NaCl could be helpful.

There are beneficial dietary supplements available at health food stores that you can ask your practitioner(s) about. One excellent idea is hawthorn. This herb has been used for heart and blood pressure health for centuries. Fish oils and garlic supplements are well-known to support a healthy cardiovascular system. Magnesium and potassium are two minerals known to support blood pressure. And finally, CoQ10 and B Complex vitamins support a healthy heart and vascular system. Ask your doctor what’s right for you, and do not suddenly stop your CCB medication. You need to be under the supervision of your medical doctor(s) for all changes and additions to your medication regimen.

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

Doctor and Dietician

Buffalo Wing Cauliflower



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

Cauliflower is making its way into all sorts of dishes. Why? Well, cauliflower is loaded with nutrients, especially as a cruciferous vegetable, making it one of nature’s super foods. Cauliflower is loaded with nutrients, including B vitamins, Vitamin C, Vitamin K and other minerals such as potassium, zinc, magnesium and phosphorus. Not only nutritious, cauliflower also helps keep you regular because it is a good source of natural dietary fiber. Cauliflower comes in different colors as well. We know we have seen them in our local grocery stores: white, green, purple and even orange.

Cauliflower helps prevent oxidative stress due to its high levels of antioxidants and phytochemicals called indoles and glucosinates. They stimulate enzymes that protect the body from oxidative stress. Cauliflower is also great for your blood circulation and helps keep your blood vessels healthy. It has also been shown in studies to have anticancer potential, and helps regulate and maintain electrolyte balance, immune function, skin and hair growth, as well as provide bone, eye and respiratory support.

Cauliflower has really taken off as an alternative to other less healthy foods. It can be steamed or roasted and served as a side, mashed into mashed potatoes, as a “pizza crust” or as a rice substitute. One of the latest uses for cauliflower is as a vegetarian substitute for chicken wings. I know it sounds weird, but do not knock it until you try it! Here you go...

Buffalo Wing Cauliflower Recipe

What you need:

1 cauliflower head, cut into bite-sized pieces; ½ cup flour (we use gluten free); 1 tsp. each of garlic, onion powder and cumin; 2 tsp. paprika (we like Hungarian sweet & spicy); ½ tsp. each of sea salt, pepper, plus a dash of cayenne if you have it; ¾ cup milk (we use almond, soy, or cashew)

Wing Sauce:

½ cup water, ¼ cup white vinegar, 1 tsp. paprika, 1 tsp. garlic, ¼ tsp. cayenne, ½ tsp. salt, 3 tbsp. tomato paste

What to do:

Preheat oven to 450 degrees. In large bowl, combine flour and all seasonings, then add milk and mix well. Add cauliflower and toss to evenly coat. Place on prepared baking sheet (use parchment paper). Bake for 20 minutes, flipping once at halfway point. Meanwhile, mix all sauce ingredients in a small pan and whisk to combine, simmering for three to five minutes over medium heat. Remove cauliflower from oven, then brush the pieces with a generous amount of sauce or toss in a bowl. Return to oven for 10 to 15 more minutes, flipping halfway through. Serve with your favorite dipping sauce like ranch or blue cheese.

Bon appetite!

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

Beautifulife:

Church



by Kay Casperson

Holy week reminds me of how fast this year flew by and that it is the second Easter that some will have missed going to their place of worship to celebrate this awesome event.

Easter is known to be one of the most important church services as the focus is on many of the essential teachings. From suffering to death and resurrection to redemption. It is known to draw more people to church over any other time of the year. Many churches have had pretty elaborate celebrations from passion plays, concerts, special speakers and flowers at the altar.

Unfortunately for many individuals, having the ability to attend in person at your place of worship is still not possible for various reasons. It might be that it is still not open for in-person services. Or, some may not feel comfortable yet to venture out to open venues.

If you cannot physically go to church for any reason, there are many options for you to stay connected. Most churches have online services for you to attend. If yours does not, many others do, so you might need to find another alternative to stay inspired.

People have found that they can continue with spiritual growth by listening to podcasts and online services rather than attending church in person. But, there is something to be said about being with others who believe as you do.

Attending church in person can; Keep you connected and supported by others

Keep you focused on hope and a

brighter tomorrow

Keep you grateful for your blessings
Keep you learning and growing for a stronger foundation

Church can mean something different for everyone. It may be similar to a place you grew up going to. It might be in your home for now. Or, you may even find yourself worshipping on a beach, causeway, or in a park.

Regardless of where you feel comfortable, the most important thing is continuing the inspiration, teachings, wisdom and motivation to live your best and most beautiful life.

My affirmation for you this week is: “I am finding the right “church” experience for me to stay fulfilled and inspired.”

Happy Easter!

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. ✨

Drug Abuse Is On The Rise

Narconon reminds families that drug abuse is on the rise in almost every community nationwide. Many families don’t know where to turn or what to do about their loved one who’s suffering from addiction.

To learn more about how to help your loved one, visit www.narconon-suncoast.org/blog/a-letter-to-any-family-dealing-with-addiction.html.

Narconon can help you take steps to overcome addiction in your family. Call for free screenings or referrals at 877-841-5509. ✨



The United Way Board of Directors

photos provided

United Way Reaches Campaign Goal

The United Way of Lee, Hendry, Glades, and Okeechobee has concluded its 2020-21 campaign, and met the campaign goal of \$10.8 million. This is the 28th consecutive year that the goal has been met or exceeded.

Campaign chairs Karen Ryan of LCEC and Bob Beville of Waterman Broadcasting announced the record amount attributed to local residents and companies. The theme of the 2020-21 United Way Campaign was Rise to the Challenge.

“The United Way of Lee, Hendry, Glades, and Okeechobee met its fundraising goal of \$10.8 million in spite of an economy devastated by COVID-19. It is stunning and speaks volumes about the generosity of our community,” said Ryan.

The announcement was made at the March 26 meeting of the United Way board of directors at the Bell Tower Courtyard. The meeting was a hybrid Zoom/in-person event in order to comply with CDC regulations. “When we accepted this challenge in the middle of a pandemic, we knew it was going to be difficult to meet the goal, but Karen and I knew we couldn’t let the 96 United Way partner agencies down. Through the perseverance and dedication of the United Way board, the incredible United Way staff, a “never give up” campaign cabinet and our amazing community, we proved that we could rise to the challenge,” said Beville. “The generosity of our community during good times and bad is remarkable. It is truly heartwarming to see so many offering a hand up when it is needed most.”

Alexis de Tocqueville donors, those that donate over \$10,000 to United Way and comprised 43 percent of the campaign this year, were led by David Lucas, who has a 31-year history of fostering philanthropy among his United Way peers. This year, with Lucas’ encouragement, there was an additional \$629,082 donated to the campaign; a 15.7 percent increase over last year’s totals. Lucas brought in an additional 25 members to the group, which brings this year’s total to 203 members and a record-breaking \$4,658,204.

Making the goal means United Way Partner agencies will receive their share of funding for the coming year. Long standing United Way Partners like Harry Chapin Food Bank, Community Cooperative, Abuse Counseling and Treatment (ACT), and Children’s Advocacy Center will be able to continue their vital programs because of the support provided to United Way by the community in surpassing the goal. Because of the generosity of Southwest Florida, hungry families will receive food, veterans will find support through Mission United, abused children will find safety and shelter, older persons can find assistance to remain in their own homes and thousands of lower income families can get their taxes done free through Volunteer Income Tax Assistance (VITA). Donations and support help others live a better life.

“A very sincere thank you to all of the individuals, companies, communities and partner agencies for your generous contributions. You all prove time and again what an incredibly caring community this is,” said United Way President Jeannine Joy.

“It is such a testament to the incredible generosity of our community and the drive and tenacity of the entire United Way team for achieving this incredible goal. On behalf of the entire United Way Partner Agency Network, we extend our gratitude to everyone who made reaching this goal possible,” said David Brown, president of United Way Partner Agency, Family Initiative, Inc.

The top local contributing companies and the top communities are as follows: Top United Way Contributors; Million Dollar Circle of Excellence; Publix; Bonita Bay Community; \$500,000 Circle of Excellence; Bonita Bay Group; Islands of Sanibel & Captiva; \$100,000 Circle of Excellence; Fiddlesticks Community; FineMark National Bank & Trust; Grandeza Community; Gulf Harbour Community; Gunterberg Foundation, The Culliton Family, Brotherhood of Heroes Resource Center & Museum; LCEC; Lee Board of County Commissioners; Lee County School District; Lee Health; Mediterra Community; Pelican Landing Community; Pelican Preserve Community; Shell Point Community; and The Brooks Community.

All money raised in the United Way Campaign stays in the local community to help support the local human service



United Way staff

network. United Way partner agencies and initiatives like Alvin A. Dubin Alzheimer’s Resource Center, Child Care of Southwest Florida, The Salvation Army, Bonita Springs Assistance, Lighthouse of Southwest Florida, Mission United and United Way 211 serve a diverse range of needs in the community such as nurturing children and youth, strengthening families and meeting critical needs such as helping the elderly and disabled live independently, and empowering communities by bringing health and human services to neighborhoods.

In addition to supporting 96 partner agencies and over 260 programs, United Way in 2020 provided: \$1.97 million for childcare scholarships, allowing families to

get back to work; 1.05 million PPE items to families, seniors, medical facilities, veterans and nonprofits; 16,396 items to students in need through the United Way School Resource Center; 1,790 veterans with resources for housing, counseling and care coordination; Tens of thousands of meals for struggling residents through food banks and pantries; Tax returns for 5,800 individuals and families resulting in \$10 million from refunds and fees going back into the Southwest Florida economy; Response to 80,545 UW 2-1-1 calls directing families and residents to much needed services.

The United Way of Lee, Hendry, Glades, and Okeechobee has raised and distributed over \$199 million since it was established in 1957. ✨

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THE RIVER

WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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

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

- CLUBS & ORGANIZATIONS**
- American Legion Post #38 239-332-1853
 - Angel Flight 1-877-4AN-ANGEL
 - Animal Refuge Center 731-3535
 - American Business Women Association 357-6755
 - Audubon of SWFL <https://www.audubonswfl.org/>
 - Caloosahatchee Chapter DAR 482-1366
 - Caloosahatchee Folk Society 321-4620
 - Cape Chorale Barbershop Chorus 1-855-425-3631
 - Cape Coral Stamp Club 542-9153
 - duPont Company Retirees 454-1083
 - Edison Porcelain Artists 415-2484
 - 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



"We can discuss a date after you get _____!"

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!

Average

MAILED

Ship

FIGHTER

Tasty

VARYOS

Cycle

PLEAD

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTIKOFF



Find at least six differences in details between panels.

Differences: 1. Sign is different. 2. Stick is shorter. 3. Earuffs are gone. 4. Mittens is shorter. 5. Skates are different. 6. Cracks in ice are added.

To Play Sudoku:

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

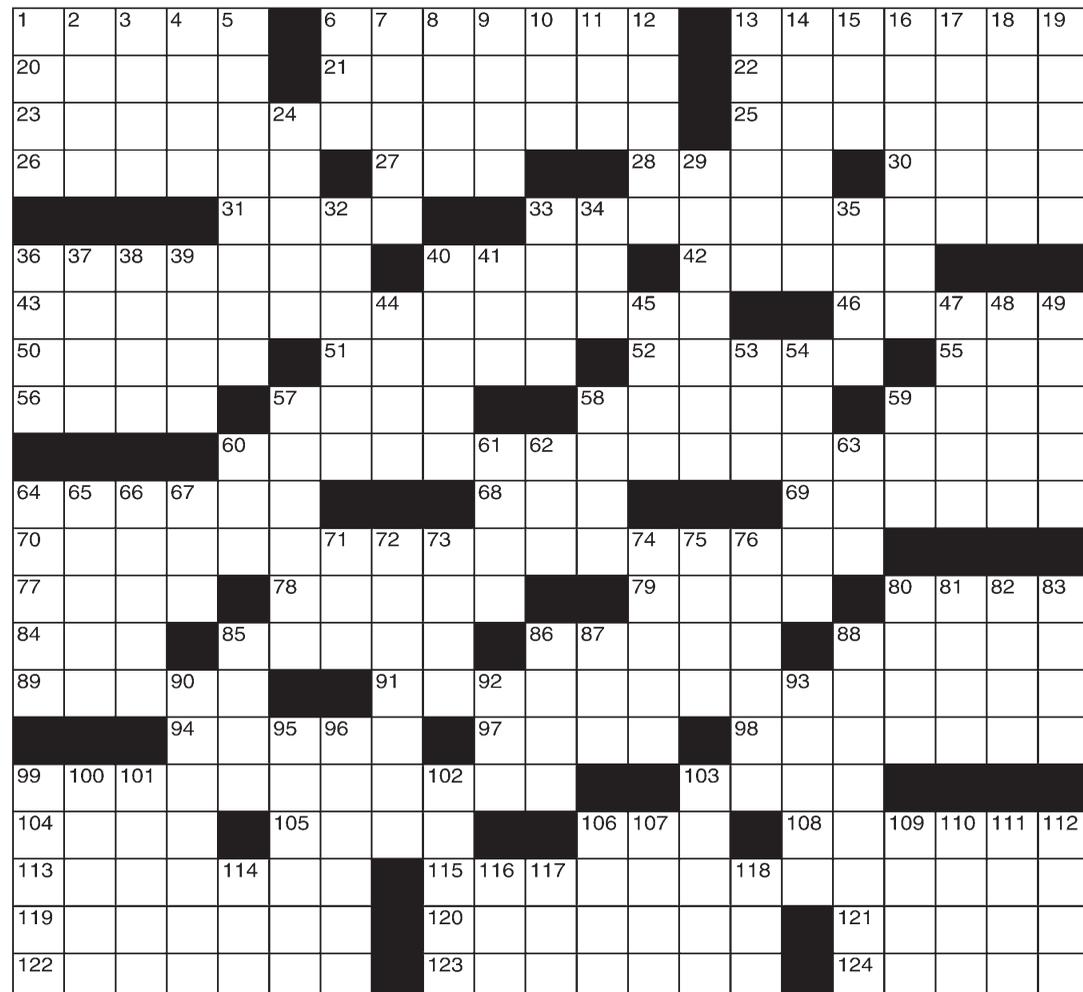
	6		9		1		7	
3					7		4	
		4		8		1		5
1			5					7
	7	6			2	9		
2				3			1	
		3		7		2		9
	8		6				5	
9		7			8			3

PUZZLES

Answers on page 31

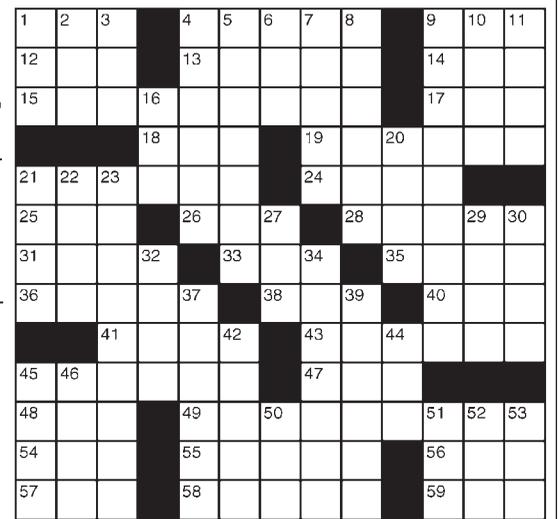
Super Crossword OPENING CUTS

- ACROSS**
- 1 Past artifact
 - 6 Steal the scene from
 - 13 "Chicago P.D." or "Law & Order"
 - 20 Kagan of justice
 - 21 Indigenes
 - 22 Euphoric
 - 23 Change in the side of a military formation
 - 25 Gates of philanthropy
 - 26 Karate instructor
 - 27 Female bleater
 - 28 Not docked
 - 30 Perfect site
 - 31 Court throw
 - 33 Really funny
 - 36 Talk up
 - 40 Get tangled
 - 42 Paid to get a hand
 - 43 Body that voted for the trial resulting in Charles I's execution
 - 46 "Baloney!"
 - 50 Creative flashes
 - 51 Rain forest, for one
 - 52 Sunset's direction, in French
 - 55 Tokyo sash
 - 56 TV's "Warrior Princess"
 - 57 With 77-Across, has a connection with
 - 58 "Ad — per aspera"
 - 59 Resting atop
 - 60 Twilight
 - 64 Liaison
 - 68 Excited, with "up"
 - 69 Wipes away
 - 70 Single bullet, say
 - 77 See 57-Across
 - 78 Dress up
 - 79 Sign gas
 - 80 Last letters
 - 84 Big bother
 - 85 "Help!" co-star
 - 86 Encountered
 - 88 Gnat's kin
 - 89 Oahu porch
 - 91 Vision test
 - 94 Bow of film
 - 97 Wine vat sediment
 - 98 Most snooping
 - 99 "Walker, Texas Ranger" star
 - 103 Ernie's buddy
 - 104 Dialogue bit
 - 105 — facto
 - 106 Toothpaste tube inits.
 - 108 Louise's film partner
 - 113 Fatty
 - 115 Old ad question
 - 119 Colonist, e.g.
 - 120 Russia and Turkey's place
 - 121 Good odor
 - 122 Own
 - 123 Distributing
 - 124 Benefactor
 - 10 "Hail, Cato!"
 - 11 High mil. rank
 - 12 Founded, on city signs
 - 13 "Enter"
 - 14 Like many short plays
 - 15 Buddy
 - 16 Safeguards
 - 17 Language of India
 - 18 Limerick writer Nash
 - 19 Strike heavily and loudly
 - 24 Mazda roadster
 - 29 Ordinance
 - 32 Belgrade's land
 - 33 Vatican City surrounder
 - 34 Suffix with Wyoming
 - 35 Retained
 - 36 Grand — (race event)
 - 37 Uncouth
 - 38 Premonition
 - 39 Film-rating gp.
 - 40 Mall stall
 - 41 Home to Hanoi, briefly
 - 44 Mortgage claim
 - 45 Quick bite
 - 47 Kachina doll carvers
 - 48 Dry as —
 - 49 Birds flap them
 - 53 Prior to, to bards
 - 54 Get for less
 - 57 ENT part
 - 58 Abbr. at the top of a 111-Down
 - 59 Actress O'Connor or Merkel
 - 60 Comic Caesar
 - 61 "Jeepers!"
 - 62 Pot-au- — (French dish)
 - 63 Suffix with 93-Down
 - 64 Popular typeface
 - 65 Actress Jane
 - 66 Portable bed
 - 67 Year, in Rio de Janeiro
 - 71 — diavolo (pasta sauce)
 - 72 Unpaid debts
 - 73 Steenburgen of "Ink"
 - 74 Peruvians of old
 - 75 Crawl (with)
 - 76 Chemical "I"
 - 80 Tubular pasta
 - 81 Actress Falco
 - 82 "I" problems
 - 83 Email status
 - 85 Lustrous fabric
 - 86 Service costs
 - 87 Wood splitter
 - 88 Editorial page feature
 - 90 Consents to
 - 92 Film director Roth
 - 93 Missouri-to-Iowa direction
 - 95 Licoricelike seeds
 - 96 People using lassos
 - 99 Bracelet part
 - 100 Baseball's — Nomo
 - 101 Army squads
 - 102 Used oars
 - 103 Sink part
 - 106 — Sea (shrinking Asian lake)
 - 107 Arnaz of 1950s TV
 - 109 Long Spanish river
 - 110 Spinks of boxing
 - 111 Office note
 - 112 Not nearby
 - 114 Bullfight cry
 - 116 — and cry
 - 117 Noted period
 - 118 Present label



King Crossword

- ACROSS**
- 1 Actress Farrow
 - 4 Carries
 - 9 "Blue Bloods" network
 - 12 Fireplace residue
 - 13 WWII sub
 - 14 "2001" computer
 - 15 William and Kate's daughter
 - 17 Lawyers' org.
 - 18 Cato's 502
 - 19 Noah's land-fall
 - 21 Summaries
 - 24 Garr of "Tootsie"
 - 25 Berliner's cry
 - 26 Hog haven
 - 28 Quartet doubled
 - 31 Ella's style
 - 33 Congeal
 - 35 iPhone voice
 - 36 King of Judea
 - 38 Dazzle
 - 40 Right angle
 - 41 "I've Got — in Kalamazoo"
 - 43 Sneaky sort
 - 45 Secret matters
 - 47 Request
 - 48 Perched
 - 49 Fraud
 - 54 Candle count
 - 55 Violin piece
 - 56 Bird (Pref.)
 - 57 Standard
 - 58 Wimp
 - 59 Poke
 - 9 Donor's beneficiaries
 - 10 Rum cake
 - 11 Venetian-blind part
 - 16 Vitamin stat
 - 20 Story lines
 - 21 Impetuous
 - 22 Caesar's "Behold!"
 - 23 Role
 - 27 Evergreen tree
 - 29 Perry's creator
 - 30 Cash drawer
 - 32 Forum wear
 - 34 In the direc-
 - 37 Does the mambo
 - 39 "Blade" actor Snipes
 - 42 Christine of "Chicago Hope"
 - 44 Alias abbr.
 - 45 Now, in a memo
 - 46 Sitar music
 - 50 Ger. neighbor
 - 51 Mahal pre-ceder
 - 52 Gardner of film
 - 53 Pen tip
- DOWN**
- 1 Buddy
 - 2 Somewhat (Suff.)
 - 3 "Caught ya!"
 - 4 Dutch exports
 - 5 Woodwind players
 - 6 Youngster
 - 7 Really annoy
 - 8 Sound system



MAGIC MAZE ● — PUDDING

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

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

- Banana
- Black
- Blood
- Chocolate
- Christmas Figgy
- Frozen Hasty
- Nesselrode Plum
- Proof of the Tapioca
- Vanilla White
- Yorkshire



Strawberry and Peanut Butter Blondies

photo courtesy Fresh From Florida



Strawberry and Peanut Butter Blondies

1 cup strawberries, sliced
 ½ cup salted peanuts, chopped fine
 ½ cup natural sugar
 1 ¼ cup brown sugar
 1 cup unsalted butter
 1 cup peanut butter chip
 2 teaspoons natural vanilla
 2 eggs
 1 egg yolk
 2 ¼ cups natural all-purpose flour
 1 teaspoon sea salt
 ½ teaspoon baking powder
 2 teaspoons cornstarch plus 1
 tablespoon set aside
 Preheat oven to 350 degrees.
 Melt the cup of butter in a small
 saucepan. In a large mixing bowl,

combine the sugar, brown sugar, and butter. Stir until well combined. Add the eggs including the extra yolk and vanilla. Stir until well combined.

In another smaller mixing bowl, use a whisk to combine the flour, 2 teaspoons cornstarch, salt, and baking powder. Make sure the dry ingredients are mixed well. Gradually add the dry ingredients to the wet ingredients until combined. Add the chips and chopped nuts into the blondie batter and fold to combine.

Lightly grease or spray a 13 x 9 inch pan. Evenly spread blondie batter into baking pan. Add the sliced strawberries to the small bowl used for the dry ingredients. Sprinkle the sliced strawberries with the tablespoon of cornstarch and lightly stir to try to evenly coat. Place the lightly coated strawberries on top of the blondie batter in an even way. Bake strawberry blondies in the preheated oven for 20 to 25 minutes until golden brown. Let the blondies cool completely before cutting and serving.*

PETS OF THE WEEK



Mario ID# A853662

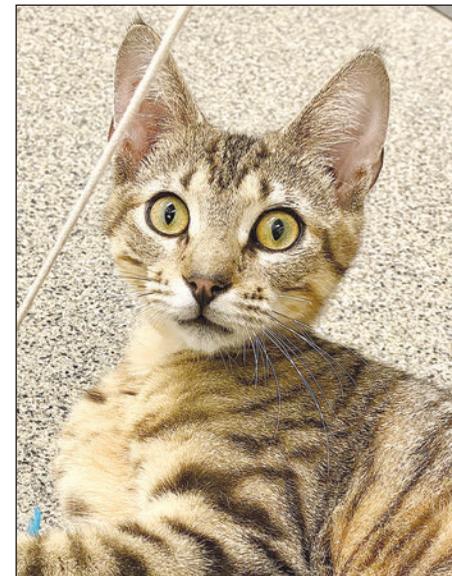
photos provided

Lee County Domestic Animal Services

Mario And Milo

Hello, my name is Mario. I'm a red male 8-year-old pit bull/boxer mix. The staff and volunteers of LCDAS have promised me that my family is out there waiting, and they do not want to let me down. During the recent Flip This Kennel event, I watched as most of my canine friends were adopted. Visitors would pass by and some would say hello, but all would overlook me. Could it be my age? Perhaps my size? I'm not sure. But what I do know is that I'm a handsome fellow who has lots of love left to give to a lucky family. Senior pets are among the most loyal you will find. Stop by today to visit with me! My adoption fee is \$25.

Hi, my name is Milo. I'm a 1-year-old



Milo ID# A856395

male brown tabby domestic shorthair. I'm a pint-sized cutie and a ball of fun. I may be on the small side, but I am not short on personality. I will zoom around and play for hours, but if you want some snuggle time, I'm up for that as well. Be sure to take advantage of the adopt a cat and get a feline friend at no additional charge to bring home a friend for me to play with. My adoption fee is \$20.

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 29, 2021

Aries (March 21 to April 19) With change dominant this week, don't be surprised to find new facts emerging that could put another slant on a situation and offer you another choice. Think it through before you decide.

Taurus (April 20 to May 20) There could be some lingering problems from a previous matter that involved a decision you felt you had to make. Resolve the situation with your strong Taurean no-nonsense approach.

Gemini (May 21 to June 20) The Gemini's carefully made plans could be undone by someone's unexpected decision. Getting the full story behind that surprise move can help you decide how to deal with the matter.

Cancer (June 21 to July 22) Recently uncovered information might put a new light on a situation you thought had been resolved. Keep an open mind about possible changes that you might have to consider.

Leo (July 23 to August 22) With a potential revision of an old agreement, you can't beat the Big Cat for knowing how to sharpen a "clause" to the best

advantage. Someone close could have the news you've been waiting for.

Virgo (August 23 to September 22) Certain issues in the workplace could put you in the middle of a dispute you'd rather not deal with. Express your honest feelings before the pressure to take sides builds up.

Libra (September 23 to October 22) You might feel uneasy disagreeing with someone you've been close to. But your relationship should be able to withstand and even thrive when confronted with your true feelings.

Scorpio (October 23 to November 21) A romantic situation seems to be creating more confusion than you can handle. If so, own up to your feelings. The sooner you do, the better your chances are for working things out.

Sagittarius (November 22 to December 21) With change directing the Archer's aim, consider a second look at your plans and see where they might benefit from a revision. A workplace matter is close to a resolution.

Capricorn (December 22 to January 19) New contacts help you learn some important information about upcoming developments. The week calls for the Sea Goat to be more flexible than usual in a

number of matters.

Aquarius (January 20 to February 18) With both change and uncertainty in your aspect, you might feel less confident in a previous decision. That's OK. Check it out and see where it could be modified, if necessary.

Pisces (February 19 to March 20) Old relationships that seemed to be sinking are buoyant again, and new relationships are benefiting from Cupid's loving care. This could be a good time to make a major move.

Born This Week: While you prefer to tread your own path, you'll go out of your way to help someone in need.

MOMENTS IN TIME

- On April 5, 1614, Pocahontas, daughter of the chief of the Powhatan Indian confederacy, marries English tobacco planter John Rolfe in Jamestown, Virginia. The marriage ensured peace between the settlers and the Powhatan Indians for several years.
- On April 9, 1865, Confederate Gen. Robert E. Lee surrenders his 28,000 troops to Union Gen. Ulysses S. Grant, effectively ending the American Civil War. The two generals met in the parlor of the Wilmer McLean home at 1 p.m.

Grant arrived in his muddy field uniform, while Lee turned out in full dress attire, complete with sash and sword.

• On April 10, 1906, O Henry's second short story collection, *The Four Million*, is published. It includes one of his most beloved stories, *The Gift of the Magi*, about a poor but devoted couple who each sacrifice their most valuable possession to buy a gift for the other.

• On April 6, 1968, Stanley Kubrick's *2001: A Space Odyssey* debuts in theaters. The film went on to win an Oscar for Best Visual Effects. Today it is regarded as one of the defining films of the 20th century.

• On April 7, 1970, legendary actor John Wayne wins his first – and only – acting Academy Award, for *True Grit*. Wayne played a drunken, foul-tempered but endearing U.S. marshal named Rooster Cogburn.

• On April 11, 1988, actress and singer Cher collects the Academy Award for Best Actress for her performance in *Moonstruck* (1988). Cherilyn Sarkasian first became famous as the taller, female half of the 1960s singing duo Sonny and Cher.

• On April 8, 1990, "Who killed

continued on page 30

 FRIDAY Partly Cloudy High: 75 Low: 63	 SATURDAY Partly Cloudy High: 74 Low: 64	 SUNDAY Mostly Sunny High: 78 Low: 66	 MONDAY Partly Cloudy High: 79 Low: 69	 TUESDAY Partly Cloudy High: 80 Low: 68	 WEDNESDAY Partly Cloudy High: 78 Low: 69	 THURSDAY Partly Cloudy High: 76 Low: 64
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	4:16 pm	None	None	None
Sat	5:04 pm	12:39 am	None	None
Sun	6:11 pm	2:06 am	None	None
Mon	8:01 pm	3:29 am	None	None
Tue	1:02 pm	4:34 am	9:55 pm	3:48 pm
Wed	1:01 pm	5:22 am	11:15 pm	5:09 pm
Thu	1:09 pm	6:00 am	None	6:00 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	3:21 pm	None	None	None
Sat	4:09 pm	12:41 am	None	None
Sun	5:16 pm	2:08 am	None	None
Mon	7:06 pm	3:31 am	None	None
Tue	12:07 pm	4:36 am	9:00 pm	3:50 pm
Wed	12:06 pm	5:24 am	10:20 pm	5:11 pm
Thu	12:14 pm	6:02 am	11:19 pm	6:02 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	6:07 am	10:21 am	3:56 pm	None
Sat	7:27 am	12:25 am	4:52 pm	10:35 am
Sun	6:48 pm	1:54 am	None	None
Mon	12:23 pm	3:13 am	8:49 pm	3:04 pm
Tue	12:27 pm	4:16 am	10:09 pm	4:15 pm
Wed	12:35 pm	5:10 am	11:19 pm	5:15 pm
Thu	12:45 pm	5:56 am	None	6:06 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	6:26 pm	2:38 am	None	None
Sat	7:14 pm	3:55 am	None	None
Sun	8:21 pm	5:22 am	None	None
Mon	10:11 pm	6:45 am	None	None
Tue	3:12 pm	7:50 am	None	7:04 pm
Wed	12:05 am	8:38 am	3:11 pm	8:25 pm
Thu	1:25 am	9:16 am	3:19 pm	9:16 pm

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From page 28

Moments In Time

Laura Palmer?" was the question on everyone's mind when David Lynch's surreal TV drama *Twin Peaks* premiered on ABC. The body of the blonde homecoming queen was found washed up on shore wrapped in plastic in the show's opening episode.

NOW HERE'S A TIP

- Buff out small scratches in glass with toothpaste. Apply a small dab and rub in circles lightly, then wipe away.
- "Establish a family lost and found for small items that are discovered in places where they don't belong. It can be as simple as socks or hairbrushes to money and electronics." – PO in Virginia
- If an egg spills on the floor, sprinkle it with salt. Egg can be very slippery, and the salt will help keep it in place so that it is easier to clean up.
- Give your garbage disposal some love and clean her out. Add a handful of baking soda and some crushed ice, then a cup of vinegar or lemon juice and

follow up with hot water.

- "Label storage bins on all sides so that no matter how you stack them, or which direction you shove them in, you can always see at a glance which are which. Recently, I went searching through my attic for a particular box, and several boxes were moved out of the way. I had to spend much more time turning them to face the right way so that the labels would be visible." – RF in Ohio

- If a glass breaks, here's a tip to get up those tiny glass shards that are impossible to pick up or sweep up: Use the inside of a slice of white bread, wadded up. No bread? You also can use a blob of play dough.

STRANGE BUT TRUE

- One dung beetle can drag 1,141 times its own weight.
- Italian banker Gilberto Baschiera was a modern-day Robin Hood. Over a period of seven years, he secretly diverted 1 million euros from wealthy clients to poorer ones so they could qualify for loans. He made no profit

from these dealings and avoided jail in 2018 with a plea bargain.

- In 2006, a Coca-Cola employee offered to sell Coca-Cola secrets to Pepsi. Pepsi took the high road and responded by notifying Coca-Cola.
- Ever wonder why there's no period in "Dr Pepper"? It was removed because the old logo font made it look like "Di: Pepper."
- Wildlife technician Richard Thomas took the famous tongue twister, "How much wood would a woodchuck chuck if a woodchuck could chuck wood?" and calculated a rough estimate of the actual answer. It came out to around 700 pounds.
- For years your dentist has no doubt advised you to be sure to floss. But the benefits extend beyond your teeth. Researchers have discovered that flossing can also help your memory. It prevents gum disease, which prevents stiff blood vessels, which in turn cause memory issues.
- The future Queen Elizabeth II's wedding dress was entirely paid for with ration coupons.

- Red Solo cups have not only been honored in a song by country singer Toby Keith, they're a common souvenir to bring back from the U.S. The novelty comes from their appearance in numerous movie party scenes.

- American children are given an average of \$3.70 per lost tooth.
- To properly write adjectives in order, list them by amount, value, size, temperature, age, shape, color, origin and material.

THOUGHT FOR THE DAY

"No matter what path you're on in this life, if that path isn't about love, you're on the wrong path."

– Lawrence Overmire

TRIVIA TEST

1. **U.S. Presidents:** The poem *O Captain! My Captain!* was written after the death of which president?
2. **General Knowledge:** What is the weight of a U.S. quarter?
3. **Movies:** What was the name of the skyscraper in the drama *Die Hard*?
4. **Television:** What city was the

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setting for the sitcom *Mork and Mindy*?

5. **Science:** What is the study of knowledge, reality and existence called?

6. **Animal Kingdom:** What are male blue crabs called?

7. **Geography:** What is the highest point in Japan?

8. **Food & Drink:** The acai berry is native to which continent?

9. **Literature:** Who wrote the *Winnie-the-Pooh* book series for children?

10. **Measurements:** What is an angstrom?

TRIVIA ANSWERS

1. Abraham Lincoln
2. 0.2 ounces
3. Nakatomi Plaza
4. Boulder, Colorado
5. Philosophy
6. Jimmies
7. Mount Fuji
8. South America
9. AA Milne
10. One ten-billionth of a meter, used to measure very small distances.

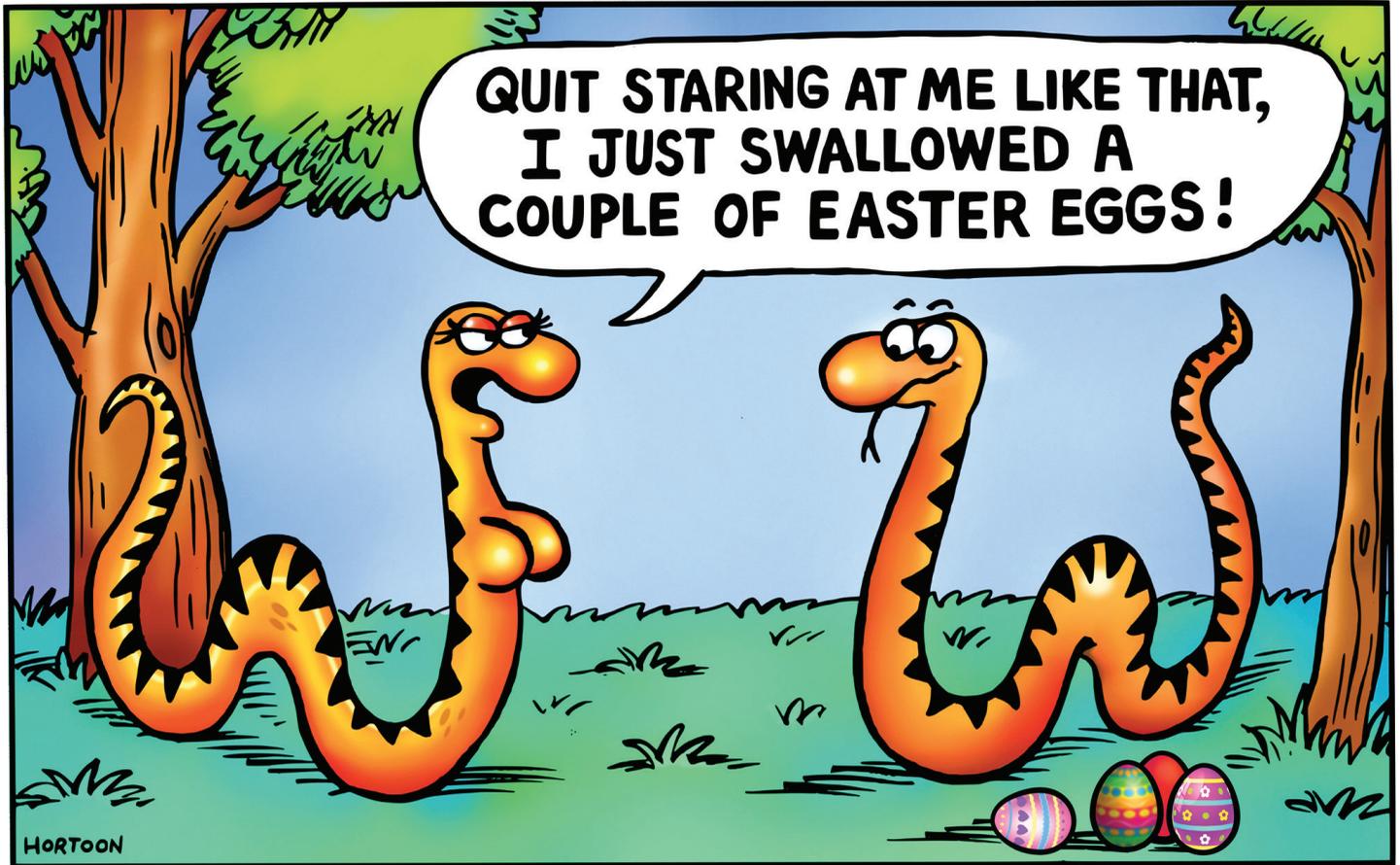
SCRAMBLERS ANSWER

1. Medial
2. Freight;
3. Savory;
4. Pedal

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