



THE RIVER WEEKLY NEWS

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Vol. 20, No. 15

From the Beaches to the River District downtown Fort Myers

APRIL 9, 2021



Visitors enjoy the sunset at Edison and Ford Winter Estates

photo provided

Guitarist To Perform At Estates

Guitarist Jeff Feldstein will perform an eclectic mix of crowd favorites from the '60s, '70s and '80s during the next Sunset Celebration at Edison and Ford Winter Estates on

Friday, April 16 from 6 to 8 p.m.

Visitors can stroll the grounds at their own pace, walk onto the porches of Thomas Edison's and Henry Ford's winter homes, listen to music and watch the sunset. Refreshments will be available for purchase, and guests may bring a lawn chair or blanket to sit and

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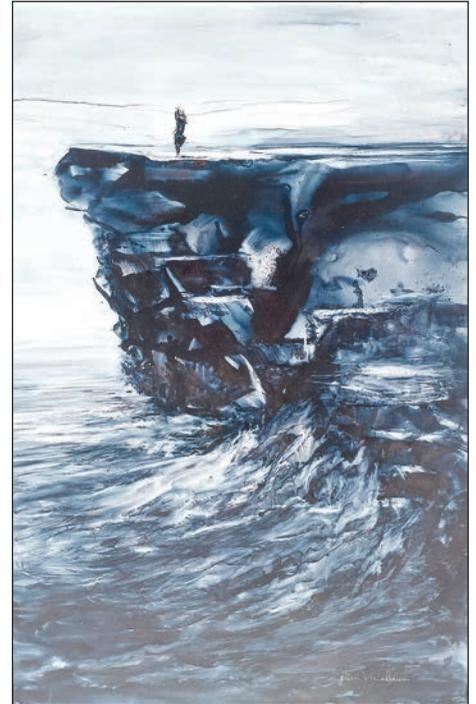


Painting by Milly Pereira images provided

Beach Art Group Summer Show

Fort Myers Beach Art Association (FMBAA) is exhibiting its Summer Show of original artwork by members in both galleries. The show began on April 3 and will continue until the fall.

Beginning Thursday, April 15, the gallery will be open only Wednesdays and Thursdays from 9 a.m. to noon. Mini masters continue to be for sale, priced at only \$10 a piece for matted original artwork. Milly Pereira is



Sheer Mystique by Julie Nusbaum

FMBAA's April Artist of the Month at the Shucker's Galleria. FMBAA has partnered with Shucker's at the

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The new Welcome and Discovery Center at Lovers Key State Park

photos provided

New Welcome Center To Open At Lovers Key

submitted by Gary Mooney

A decade-long dream is on the verge of reality at Lovers Key State Park (LKSP) as the Welcome and Discovery Center (W&DC) will open to the public on or around Thursday, April 15.

Deb Voorhees, executive director

of the Friends Of Lovers Key State Park (FOLKS) capital campaign said she cannot yet confirm the exact date. "LKSP updated its sewer line system to accommodate the new building, and we are still awaiting the final connection and that might account for a day or two delay before we can finally unlock the doors to visitors. When we know the actual date, we will post it on the LKSP webpage so periodically check that out over the next few weeks."

The State of Florida paid for the \$4 million W&DC construction, with FOLKS raising an additional \$1.5



Deb Voorhees by one of the educational exhibits

million for its educational exhibits and furnishings. The nationally known Split Rock Studios from St. Paul, Minnesota constructed the exhibits.

"The W&DC is the first significant Florida Park System building in roughly 22 years, so this is a really big deal," said Voorhees. "LKSP is the second most visited Florida State Park, and an indoor site like the W&DC is crucial, not only for visitors to understand all the unique environments that make LKSP a natural treasure, but because we badly

needed an indoor climate-controlled space to offer programming to our over one million annual visitors, especially during the hot and rainy summer season. We designed the W&DC with many green components, including large windows for ambient lighting, so it is always cheery and bright, yet the interior remains so cool that we do not need much air conditioning. It has LED lighting throughout and the outside lights are all turtle-friendly, so we thought of

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Historic Downtown Fort Myers, Then And Now:

Foot Of Hendry's March Into The River



by Gerri Reaves, PhD

This historic photo taken at the foot of Hendry Street pictures hardscrabble pioneers and emaciated oxen headed to the Everglades.

The photo is undated, but was taken very early in the town's history, perhaps as early as the 1870s.

With wagons loaded with supplies from town, the party faces a daunting trip, one that would remain so for decades to come.

Before modern roads were built, a trip to the trading post at Immokalee (first known as Allen's, then Brown's, Landing) could take up to three weeks in the rainy season.

Think about that the next time you easily whiz by the interstate exit for Immokalee.

Note the proximity of the Caloosahatchee in the photo's background. The riverbank lay more or less at today's Bay Street, but during the rainy season the river often encroached up to First.

In 1878, torrential rains and a hurricane-force storm flooded Fort Myers so completely that a two-masted schooner ran aground at First and Hendry.

The repeated flooding provided an incentive to push back against the river with fill, gradually gaining dry land for downtown, seawall by seawall.

Between 1908 and 1915, the first sections of Bay Street emerged from the riverbed, creations of fill.

By the mid-20th century, downtown had gained quite a chunk of land due to the foot of Hendry's march northward.

When U.S. Army Fort Myers was established in 1850, the first thing built, according to historian Karl H. Grismer, was an almost 1,000-foot railway pier just west of today's Hendry.

The pier was equipped for tramcars and terminated with a loading platform or wharf that was about 100 feet long and suited for use by large vessels.



The foot of Hendry, originally just north of the First and Hendry intersection, has migrated all the way down to the City Pier Building (now a restaurant), seen in the distance

photo by Gerri Reaves

Those facilities expedited the importation of supplies to build the fort.

Thus, even before Fort Myers became a town, the footprint of Hendry qualified as the main artery in what became downtown.

In addition, it was a matter of course that First and Hendry developed into the town's main intersection, for First functioned as the town's de facto "main street."

A dock extended from the foot of Hendry until the 1930s, when the last one, known as Ireland's Dock, was demolished to clear the way for the construction of the Fort Myers Yacht Basin and Riverfront Park.

The foot of Hendry made a significant leap northward with that development.

Today, the foot of Hendry is the City Pier Building, visible in the distance in the recent photo.

That building was constructed in 1998 to serve as a terminal for the Buquebus, a high-speed ferry for people and cars between the city and Key West. Those plans never materialized, however.

Today, it is a restaurant.

Stroll from the original foot of Hendry to the present one and marvel at the seawall's inexorable march northward.

Then visit the following research centers to learn more about how those pushy seawalls enlarged downtown's footprint.

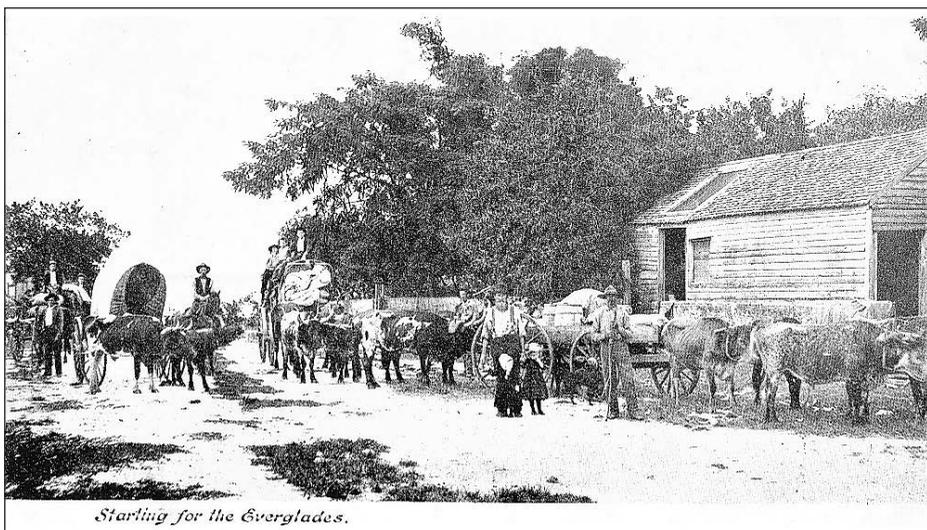
Hours might be affected by the coronavirus pandemic, so call first.

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.leeountyblackhistorysociety.org.

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

Sources: Archives of the Southwest Florida Historical Society, *The News-Press* and *The Story of Fort Myers* by Karl H. Grismer.✧



Starting for the Everglades.

Pioneers depart for the Everglades from First and Hendry. The original foot of Hendry was located approximately at today's Bay Street, which the Caloosahatchee could flood in rainy weather.

photo courtesy SWFL Historical Society

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Read Online: www.IslandSunNews.com

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Lorin Arundel

Accounting

Mike Terry

Advertising

Bob Petcher

**Graphic Arts/
Production**

Ann Ziehl, Manager

Amanda Hartman

Willow Peterson

Reporters

Gerri Reaves, PhD

Kathy Kurtz Ferrari

Contributing Writers

Kay Casperson

Suzy Cohen

Linda Coin

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Katie Frederic

Shelley Greggs

Tom Hall

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Ross Hauser, MD

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Capt. Matt Mitchell

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Howard Prager

Julie Rosenberg, MD

J. Brendan Ryan, CLU,

ChFC, MSFS

Di Saggau

Jeanie Tinch

Allison Havill Todd

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Volunteers cleaning their block

photo provided

Clean Your Block To Celebrate Earth Month

April is Earth Month with Earth Day celebrated on the April 22. Since 1970, Earth Day has served as a yearly reminder to take action to help protect our environment. Keep Lee County Beautiful, Inc. (KLCB) is encouraging residents and visitors to celebrate Earth Month by enlisting some friends and invest an hour or so in tidying up their block, wherever they live.

KLCB's #CleanYOURblock program is a great way to get together with your neighbors and take pride in your community. A clean community signals and encourages litterers to dispose of their trash the right way. Less litter leads to neighborhoods that are beautiful places and environmentally healthy, socially connected and economically sound.

Litter continues to be a problem that plagues our environment. Lee County is a coastal community where eventually the majority of loose trash will find its way into the gulf. Whether it's a lot or a little, every piece of litter picked up makes a difference to help keep our communities clean and protect our environment and local waterways.

Celebrate the Earth all month long and get outside, get together and clean your block. Participating is easy – simply do your cleanup and then share your results with KLCB either via email at tisha@klcb.org or on the KLCB Facebook page.

Keep Lee County Beautiful will be glad to provide any needed cleanup supplies. Email tisha@klcb.org to schedule a day and time to pick-up the supplies. By working together, we can help to keep the community we love clean, green and beautiful.

For more information, call 334-3488 or visit www.klcb.org.

Follow us on Facebook @KLCBInc or Instagram [keepleeountybeautiful](https://www.instagram.com/keepleeountybeautiful/).✪

Taste Of The Beach Moves To Marina In May

The Fort Myers Beach Chamber of Commerce will hold the 25th annual Taste of the Beach at Salty Sam's Marina on Sunday May 2. The festival gates will open at 11 a.m., and food will be served through 4 p.m.

The popular food festival held will include over 10 restaurants, promotional vendors, a beer garden, the famous server competition and live music.

Local restaurants will serve samples of their best signature dishes available for purchase. They will be competing for Taste of the Beach awards including Best Appetizer, Best Dessert, Best Chicken Entrée, Best Surf Entree, Best Turf

Entree, Best Vegetarian/Vegan, Best Decorated Booth and People's Choice. A panel of celebrity judges will determine the winners of the food competitors. Winners will be announced on the main stage at 4 p.m. The always spirited server Ccompetition will return, pitting server teams from local Beach restaurants against each other, vying for the coveted Best Server Team award.

The Taste of the Beach has come a long way since its inception in a muddy field on San Carlos Island 25 years ago. Since then, Fort Myers Beach "Tastes" have been held at various locations on San Carlos and Estero islands. In 2013, the festival was moved to Old San Carlos Boulevard on Fort Myers Beach, where it grew and successfully drew bigger crowds and more participants each year. This year, it will be held at Salty Sam's Marina,

continued on page 6

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Samuel Lewis and Noelle Casagrande
photos provided

Inaugural Event Raises Funds For Child Hunger

Blessings in a Backpack SWFL, along with Millennial Brewing Company recently held the inaugural Brews for Blessings family fun block party at the downtown Fort Myers brewery.

The fundraiser garnered tremendous support and excitement from the community and raised \$20,000 to support Blessings in a Backpack's mission of feeding school children on the weekends.

In addition to offering food and fun, Brews for Blessings helped educate families in the community about



Chelsea Castoria, Chris Fairall and Jesse Blessings in a Backpack

and allowed them an opportunity to help feed a child for a school year. A donation of \$115 will provide meals for 36 weekends for one school-age child.

Due to various circumstances, including COVID-19, local school meal programs have seen the need for weekend meals increase while funding and donations have declined.

To combat this, Brews for Blessings served to increase community awareness, raise funds and have fun.



From left, Carl Barraco Jr, Cecilia St. Arnold and Mike Price

A leader in the movement to end childhood hunger, Blessings in a Backpack SWFL makes sure school-age children receive nutritional meals over the weekend during the school year.

Every Friday afternoon, each child receives a backpack filled with

nutritious, kid-friendly, ready-to-eat items.

They return the backpacks on Monday, and each is filled and ready for the next weekend

For more information, visit www.blessingsinabackpack.org ✨



From left, Kyle Cebull, Tommy Bohannon, Megan Menafee, Katie Bohannon and Cecilia St. Arnold



From left, Katie Bohannon, Cecilia St. Arnold and Connie Ramos-Williams



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Registration Open For Save The Manatee 5K

The 18th annual Save the Manatee 5K is now open for racers of all ages to run, walk, cycle, or do their favorite activity in support of Save the Manatee Club's manatee conservation work. Register at www.savethemanatee5k.com.

To kick off the 2021 all-virtual race, Save the Manatee Club has added a new manatee to the Adopt-A-Manatee program: Lesley, named in honor of dedicated volunteer and Save the Manatee 5K Race Director Lesley Argiri.

All proceeds from race registrations and manatee adoptions help fund advocacy and education efforts for manatees as well as manatee research, rescues, rehabilitation and releases.

Argiri and her husband Brian McDonald started coordinating a 5K race for manatees in their hometown in Michigan back in 2003. Although they lived nowhere near manatee habitat, they soon discovered there were a lot of manatee fans in Michigan who loved to run and walk to support manatee protection.

Argiri worked to mobilize the students at L'Anse Creuse High School, where she taught biology, to help volunteer and fundraise on behalf of the



Lesley Argiri photo courtesy Lesley Argiri
manatees and Save the Manatee Club.

Eventually, this signature event expanded to offer a virtual option for racers around the world to support manatees and receive a T-shirt, race bib and manatee medal to commemorate the efforts.

In 2020, the race went all-virtual, but proved to be a huge success, with people participating from home in all 50 states and several countries.

"We were able to donate \$38,500 last year to Save the Manatee Club, our largest donation in 17 years," said Argiri.

To thank Argiri for her dedication, Save the Manatee Club named a known Blue Spring State Park manatee after her. Now "Lesley" the manatee is the



Lesley the manatee photo by Ally Greco
newest addition to the Adopt-A-Manatee program.

Research teams first identified Lesley the manatee in 2014 due to prominent scars on her back from a boat's skeg and propellers. She returned to Blue Spring for several winter seasons with her first calf Lennox and was being considered as a possible adoptable manatee for the program.

Unfortunately, in March 2018, Lesley the manatee was nursing her second calf and started to lose too much weight. Lesley and her calf Leena had to be rescued by wildlife officials and rehabilitated at SeaWorld Orlando.

After three years in rehabilitation and several surgeries for injuries and internal infections resulting from an

earlier boat strike, Lesley was finally released back to Blue Spring in January 2021. The next morning, she was seen acclimating comfortably with other manatees in the spring run.

Thanks to the dedication of the SeaWorld team, Lesley weighed close to a healthy 1,400 pounds on the day of her release.

"To my surprise, Save the Manatee Club named Lesley after me to show their appreciation of our events over the last 17 years," said Argiri. "I was truly flattered by this gift, and I am very excited that she is released and eligible for adoption."

Lesley, along with over 30 other individual manatees, can be adopted for yourself or for a loved one as a gift at savethemanatee.org/adopt. Each adoption starts at \$25 and includes a personalized adoption certificate and biography of your manatee as well as other Save the Manatee Club membership materials.

Proceeds from adopting Lesley will go to the Manatee Rescue & Rehabilitation Partnership (MRP) to help other manatees in need.

Save the Manatee Club was founded in 1981 by singer/songwriter Jimmy Buffett and former Florida Governor and U.S. Senator Bob Graham to protect manatees and their aquatic habitat.

For more information about manatees and the club's efforts, go to www.savethemanatee.org or call 1-800-432-5646.✪



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Fort Myers Art:

Follow-Up Farce On Stage At Off Broadway Palm



by Tom Hall

On stage in the Off Broadway Palm Theatre through Sunday, April 25 is Katherine DiSavino's *Nana Does Vegas*. If you liked *Nana's Naughty Knickers*, you'll adore *Nana Does Vegas*.

The writing is sharper, the wit more sophisticated, the plot more suspenseful, and DiSavino does an amazing job of not giving away the plot twists too far in advance. Of course, it's a farce. So you can count on it having just the right amount of physical comedy, laugh points, hiding and chase scenes. You can also count on finding characters who will resonate with you and the rest of the audience.

"People want to see some version of themselves," DiSavino explains. "They want to laugh at themselves or their friends. Nudge the person next to them at the table and say, 'That's you.' And they want escapism. They want to laugh."

In this one, Nana has rolled the dice and moved to Las Vegas with her newly



Nana Does Vegas is playing at Off-Broadway Palm through April 25

photo courtesy www.artswfl.com

widowed sidekick Vera, who's quite the troublemaker in general and in this show in particular. After Nana gets an offer she can't refuse, she and Vera begin making costumes for the hottest show in Vegas. What could possibly go wrong? Well, everything!

DiSavino is one of Samuel French's best-selling playwrights. Based in Los Angeles, she currently writes on the CW's *Nancy Drew* and, before that, she wrote for the CW's *The Outpost*.

DiSavino is featured on Tracking Board's Young & Hungry list of the top 100 New Writers in Hollywood. She has

pitched on a number of film, television and digital projects and has worked with screenwriters on feature scripts and TV series in development. Her three published plays have been translated into multiple languages and performed around the world. Theatrical critics have called her work "true-to-life," "superbly written," and "entertaining and laugh-out-loud funny." She is represented by Kendrick Tan at Lit Entertainment Group.

Off Broadway Palm is located at Broadway Palm Dinner Theatre, 1380 Colonial Boulevard in Fort Myers. For tickets, call 278-4422 or visit www.broadwaypalm.com.

Florida Rep Teen Conservatory Performing *Into the Woods*

Florida Rep's next teen conservatory is Stephen Sondheim and James Lapine's *Into the Woods*. Lapine and Sondheim take everyone's favorite storybook characters and bring them together for a timeless yet relevant piece... and a rare modern classic.

The story follows a baker and his wife, who wish to have a child; Cinderella, who wishes to attend the King's Festival; and Jack, who wishes his cow would give milk. When the baker and his wife learn that they cannot have a child because of a witch's curse, the two set off on a journey to break the curse. Everyone's wish is granted, but the consequences of their actions return to haunt them later with disastrous results.

The Tony-winning book and score are both touching and enchanting. One of Sondheim's most popular works, *Into the Woods* is a musically sophisticated show with the opportunity to feature actors adept at dark comedy.

Audiences gather – at a safe distance – under the stars in the heart of the Downtown Fort Myers River District. Show dates are April 14 to 24, and tickets are \$60 to \$100 for a 12-foot by 12-foot six-person square. For tickets, call 332-4488 or visit www.floridarep.org.

Auditions open For *Rock of Ages High School Edition*

Melody Lane Performing Arts Center will be producing *Rock of Ages High School Edition* as its summer young adult production. This amped-up show rocks out with songs from Journey, Bon Jovi, Guns N' Roses and more.

Rock of Ages will be rehearsed as a mega-fast camp workshop from July 5 to 9, and once a week for six weeks leading up to show week. Production dates are July 9 to 11.

Auditions are Wednesday, May 5 and are open to actors ages 13 to 21. Audition sign-ups are now open, but enrollments are limited. So don't delay if you want in. Call 220-9527 or visit www.melodylanepac.com.

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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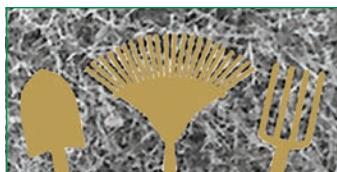
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James Omalia

photo by Mass Communication Specialist 2nd Class Kaleb J. Sarten/Released

Local Navy Man On Deployment

Retail Services Specialist Seaman James Omalia of Fort Myers recently conducted tactical movements during

security reaction forces basic (SRF-B) training aboard the Arleigh Burke-class guided-missile destroyer *USS Mitscher* (DDG 57).

Mitscher is on a routine deployment in the U.S. Sixth Fleet area of operations in support of U.S. national interests and security in Europe and Africa.*

From page 3

Taste Of The Beach

2500 Main Street on San Carlos Island.

Advance tickets and discount ticket packages will be available on the Chamber's website. Tickets will also be available on-site, at the front entrance, the day of the event. Food tickets are \$1 each, with the average plate costing around \$5. Admission fee is \$5, benefitting the Chamber.

All restaurants in the Fort Myers Beach surrounding area are invited to participate. To sign up your restaurant, business, or server team, call the Chamber at 454-7500 or email events@fmbchamber.com

For more information, visit www.fortmyersbeach.org/events/taste-of-the-beach.*

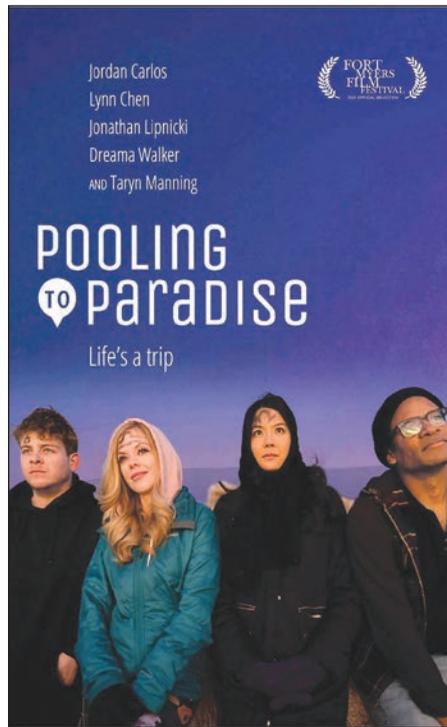
Film Festival To Open With Fresh Indie Comedy

The 11th annual Fort Myers Film Festival, to be held May 12 to 16, will feature the indie comedy *Pooling to Paradise* (2021) at the Sidney & Berne Davis Art Center as the opening night red-carpet kickoff film at 7 p.m. Doors will open at 6 p.m. for general admission and 5:30 p.m. for VIP attendees, which will include cast and crew from the movie.

The movie, written by Caytha Jentis and directed by Roxy Shih, is an 80-minute feature starring Taryn Manning (*Orange Is the New Black, Hustle & Flow*), Jonathan Lipnicki (*The Resident, Jerry Maguire, Stuart Little*), Dreama Walker (*Once Upon a Time in Hollywood, Gran Torino, Gossip Girl*), Lynn Chen (*Saving Face, Go Back To China*) and comedian Jordan Carlos (*Broad City, Guy Code, Girl Code*). This will be the first in-person premiere for the film internationally.

The film follows four millennial strangers who find themselves at a crossroads in their lives. Jenny (Chen), a mom living in Los Angeles with her husband and three kids, is filled with Mommy Angst. She is off to a blogger conference in Vegas to jumpstart her life-after-kids career. Calling a ride-share to the airport, she accidentally chooses "pool" and soon finds herself in a car full of strangers that includes Kara (Walker), a struggling actress feminist; Sean (Lipnicki), a tightly wound, heartbroken talent agent; and, Marc (Carlos), their driver, a hipster anarchist shaman. The trek gives them all an unexpected, deep connection that changes the course of their futures. You can view the trailer for the film here.

Get a preview by watching the virtual discussion with the cast and crew of *Pooling to Paradise* with Eric Raddatz, Jonathan Lipnicki, Caytha Jentis, Mark del Negro here.



Pooling to Paradise is the opening film of the Fort Myers Film Festival photo provided

Tickets are \$15 for movie only or \$100 for movie and VIP meet and greet of cast and crew.

Participants and attendees safety will be prioritized with organizers implementing reduced capacity with spaced seating, extra sanitization measures, strongly encouraging the use of masks and social distancing.

Finish off the weeklong celebration with an awards ceremony on May 16. Join all of the local and international filmmakers and celebrate the winners of the Fort Myers Film Festival. Champagne and dessert will be shared, short award winning films will be played and toasts will be deservedly pronounced.

Sidney & Berne Davis Art Center located at 2301 First Street in downtown Fort Myers. For tickets and more information, visit www.sbdac.com/fort-myers-film-festival-2021.

Protect Children From Outdoor Electrical Hazards

COVID-19 has forced the world to limit outings and stay at home. Many people are embracing the outdoors as a means of getting sunshine, exercise and shaking off cabin fever. No one loves the outdoors and summertime like children. As they explore the outdoors, it is imperative for parents to remind children of the following outdoor electric safety rules:

Keep an eye out for overhead power lines and electrical equipment, and never climb on or play near either.

Avoid climbing trees near power lines. Even if a tree doesn't seem to be touching a power line but is near one, that branch could make contact if more weight is added to a branch.

Only fly kites and remote-controlled airplanes in large open areas far away from power lines. If your kite gets stuck in a tree near power lines, call your electric

utility for help. If you are an Lee County Electric Cooperative (LCEC) customer, call 656-2300. And never fly a kite when a thunderstorm is looming.

Never climb a utility pole or tower. Electricity is carried through utility poles and towers, and has the potential to kill. Steer clear of electric substations which house dangerous, high-voltage equipment. If a pet or toy makes it inside of a substation, call your utility provider immediately.*

From page 1

Guitarist

relax. Discounted admission tickets for the Sunset Celebration are \$20 for non-members and \$15 for members, and can be purchased online or at the ticket counter. The museum and research laboratory will not be open. Guests are asked to wear masks.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information or to purchase tickets, visit www.edisonford.org.

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Trouper, The Blind Raccoon Passes Away Peacefully

It is with devastating sadness that the Wildlife Education Project, Inc. (WEP) shares the loss of its beloved wildlife ambassador, Trouper, the blind raccoon, at the age of 12. Trouper passed away peacefully on Sunday evening, March 28 in the loving presence of Dorothy "Dot" Lee, his lifelong caretaker and teaching partner through the WEP. Together, they educated children and adults around the world on their core teaching, which is to always "extend respect and kindness to all living things."

In 2009 at 8 weeks old, Trouper survived an injury perpetrated by a human, which left him blind, brain damaged and unable to feed or defend himself. Luckily for Trouper, Lee, an animal rehabilitator, rescued and nurtured him through incredible odds of survival, although she regularly says, "Trouper rescued me." As they have shared their message to countless audiences, people from all walks of life are riveted by the story of how Lee brought Trouper back from death's door many times and the lessons he taught her along the way in their life together. Their work inspired the founding of the WEP and its core principles, in the hopes that fun, interactive, educational programs could intervene and make



Trouper photo provided

a difference in the protection and preservation of all living things.

Besides being a licensed wildlife rehabilitator, Lee is a retired physical education teacher with a master's degree in special education from the University of North Carolina and a former Special Olympics swimming coach. She has devoted her life to wildlife rehabilitation and the education of children and adults. She actively advocates for the humane treatment of wildlife and educates the public to respect raccoons and all wildlife during co-habitation in shared spaces.

Residing in Southwest Florida,

Trouper and Lee were internationally known and inspired fans across the United States, Europe and Latin America. They caught the attention of celebrities and loyal fans who would go out of their way to make a trip to Florida just to have a private session with them. Trouper and Lee were featured in Nat Geo WILD's *Unlikely Animal Friends*, *People* magazine, *All Creatures* magazine, *Guideposts* magazine, *USA Today*, *Florida Weekly*, *Naples Daily News*, *The News-Press*, *Times of the Islands*, *Island Sun*, *Cape Coral Breeze*, *Palm Beach Post*, *The River Weekly News* and a multitude of other news outlets and websites across the globe. Trouper also has a children's book, *Trouper: The True Adventures of a Blind Raccoon*, written by Kyle L. Miller.

For more than 12 years, Trouper and Lee carried their message to thousands. Their selflessness and healing energy touched souls and brought joy across the globe. Their hands-on presentations that carry one key lesson – respect – spread awareness and joy. Children, senior citizens and special needs individuals were particular audiences who were touched by Trouper.

In lieu of flowers, please consider making a tax-deductible donation to honor the memory of Trouper and to show support to Lee and their legacy together. There are several ways to donate.

Donate online to the tribute at www.gofund.me/1b850236 or at www.wildlifeeducationproject.org, where you can read more about the foundation.

Cards and donations can also be mailed to Dorothy Lee, Wildlife Education Project, 12901 McGregor Boulevard, Suite 20, Box #218, Fort Myers, FL 33919.✪

From page 1

Summer Show



Painting by Milly Pereira image provided

Gulfshore where artwork is on display and for sale in the dining room. Shucker's is located at 1250 Estero Boulevard on Fort Myers Beach.

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

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.✪

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Centenarian Veteran Receives Overdue Medal

Retired Army officer and 102-year-old Elmer Blair recently received his long-awaited Bronze Star medal nearly eight decades after he led his army platoon safely away from an attack by a German tank during the Arno Line Italian campaign.

"I guess I never realized how much it meant to me," said Blair after receiving the medal.

His 1944 act of bravery in battle had consequences for Blair. His right leg was seriously injured in the confrontation that followed and later – after thwarting that German tank attack – he had to be carried away for medical care. The injury ended his World War II combat infantry days, but not his 38-year military/civilian career.

Seventy-seven years later, the memory of World War II returned for Blair in a most memorable and honorable way when he opened his mail and saw his Bronze Star. For an individual known for his cheerful, humble mannerism, receipt of the award deeply moved him. The medal highlighted the importance of his actions: in combat he led with exceptional valor and saved the life of every single member of his platoon.

His quest for acknowledgement of his act of bravery began two years



Elmer Blair proudly displays his Bronze Star awarded recently to him following a 77-year wait for recognition

photo provided by Cypress Cove

earlier. With the help of his daughter, Debby, and then local Congressman Francis Rooney, Blair sought to receive the medal promised to him. Gaining the attention and recognition proved a laborious effort, explained Debby, who helped her father in collecting all needed service records and discharge papers. Their efforts were not without frustration and disappointment, leading at one time for Blair to exclaim that he didn't care if he ever received the medal.

But he did.

He spoke about the military's omission to many of his friends living at Cypress Cove, the South Fort Myers continuing care retirement community he calls home. Blair said the urging of friends, family and others made him proceed with his quest.

"I am a very proud retired Army officer," he stated in his letter seeking his long-awaited Bronze Star. I was told at one time I would be awarded a Bronze Star for actions during combat, but it never happened."

His never-give-up attitude most likely sprouted from his upbringing in the coal mining regions of West Virginia. There, at a young age, he joined his father working in "the mine." The work would be excellent training for his military combat. He vividly remembers his first terrifying coal car ride into the mine, pressed low into a coal car. The shaft was so narrow and low, that "you had to lay flat beneath the coal car's rim." It was tough, difficult confining work – one that his father did for 61 years.

But soon Blair was called to duty as World War II raged. As a young infantry soldier, he moved up the ranks quickly. He was re-assigned to a position in

northern Europe with the Army's Transportation Corp after recovering from his tank attack injuries. When the war ended, Blair returned home with no intentions of re-enlisting. But the Army had other ideas and offered an incentive package for him to remain with the Transportation Corp.

He obliged and, for the next 16 years (he was now married), he and family would call nine different locations in the U.S., Canada, Europe and Asia home before retirement. Using the GI Bill to help fund his college education for a degree in health and physical education, opportunity for another "military" position came knocking. Blair became the first civilian athletic director of the 101st Airborne Division at Fort Campbell, a position he held for 10 years.

Blair would add another 12 years, and eight moves, serving in Asia and Europe in recreation. For a time, he served as recreation director for all European military installations. Now a retired Major, Blair often reflects on his time of service. And now with Bronze Star in hand, his smile shines even brighter.✧

Mound House Outdoor Nature And Education

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

The following are upcoming programs:

Every Tuesday and Thursday weather permitting at 9 a.m.: Newton Beach Park Guided Beach Walk – All ages, this free outdoor nature program is different every single time, as the walks have a simple premise – the groups walk roughly a half-mile down the beach and back, discussing whatever you find that particular morning. Meet at the thatched hut closest to the beach, with CDC and social distancing in place and face masks mandatory. Bring sunscreen, shoes to get wet, sunglasses and hat. No reservations necessary; while free, parking is \$3 per hour, with one hour generally enough. Newton Beach Park is located at 4650 Estero Boulevard on Fort Myers Beach.

Saturday, April 10, 10 a.m.: Family Outside Adventures – Adults and children age 6 and older; weather permitting. Explore everything fun at the Mound House on this outdoor activity, as the interpretive staff leads families through entertaining and educational experiences. All participants must wear a mask with CDC and social distancing guidelines in place. Cost is

\$2 per person and does not include Mound House admission; Mound House members free.

Saturday, April 10, 11 a.m. and 2 p.m.: Shell Mound Outside Guided Tour – All ages; If you dig archaeology, this program is for you. Tour the 2,000-year-old Calusa Indian Shell Mound led by the Mound House interpretive staff as you explore the archaeology of the site while unearthing clues about this ancient society. All participants over age 6 must wear a mask. Cost: \$5 per person that does not include Mound House admission; Mound House members free.

Saturday, April 10, 1 p.m.: Family Fun Kayak Tour – Ages 6 and older; weather permitting. Fun for the whole family on a specially-designed environmental educator-guided kayak tour. See birds, dolphins, manatee and other wildlife while paddling through the Estero Bay mangroves. Your family must have children between age 6 and 11 to qualify, with advance registrations necessary. Cost is \$25 per person age 13 and older and \$15 per person ages 6 to 12. The Mound House provides all equipment, with CDC and social distancing in place; all participants must wear a mask on land.

Friday April 9, 5:45 p.m.: Sunset Kayak Tour – Ages 12 and older; weather permitting. In addition to catching a breathtaking sunset, explore the tidal creeks and winding mangrove tunnels that extend into the hidden backwaters of Estero Bay while experiencing the estuary's abundant wildlife in the quiet of twilight in accordance with the Florida Society for Ethical Ecotourism guidelines. The Mound House provides all paddling and safety equipment, with CDC and social distancing in place; all participants must wear masks on land. Cost is \$45 per person; Mound House members \$15, with private tours available.✧

VIRTUAL 5K

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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>

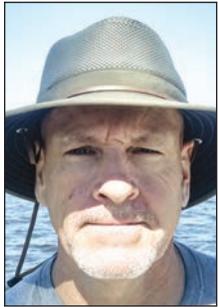
Shatterproof - US 501(c)(3) Nonprofit Organization
Shatterproof is a national nonprofit dedicated to reversing the addiction crisis in the United States.



CROW Case Of The Week:

Little Blue Heron

by Bob Petcher



As its name applies, the little blue heron (*Egretta caerulea*) is a smaller heron species, although it does have long legs and a dagger-like bill similar to the great blue heron.

Most herons are known for slow, deliberate movements when they are hunting prey. This quiet, methodical approach usually takes place along shallow waters

during a food search for fish and amphibians.

Little blue herons are actually white during their first year of life and have been known to congregate with snowy egrets and white herons during that stage of their life. In doing so, they most likely receive extra protection against predators.

Other than size, you can distinguish a little blue heron from a great blue heron by its feather color. Little blue herons have more purples and dark blues compared to their larger relative, which is more grayish overall.

At CROW, an adult little blue heron was admitted after it was found on Sanibel with its left foot caught in a rat trap. Upon initial presentation, the left foot was swollen and lame.

There was no reported wrong doing in the placement of the rat trap.

"It isn't uncommon to inadvertently catch a different animal in a rat trap, resulting in injury and even death to that animal," said Dr. Robin Bast, CROW staff veterinarian.

Reorts say the patient was only bearing weight when agitated.



Patient #21-990 spent two weeks at CROW after stepping on a rat trap
photo by Haillie Mesics

"Although the heron was standing initially, it was putting most of its weight on the good leg and not wanting to bear much weight on the injured leg due to the pain associated with the injury," said Dr. Bast.

"The heron didn't place the injured leg on the ground unless it needed to – for example, when attempting to evade restraint/capture – for normal course of treatments. Otherwise, it bore most of its weight on the good leg.

CROW medical staff indicated there were no obvious fractures in the left foot or toes. The heron did have bruising, abrasions and swelling from the injury.

"No fractures were palpated on exam, and x-rays were taken to confirm the injury was limited to soft-tissues with no bone involvement," Dr. Bast confirmed. "There was a lot of swelling, bruising and fluid trapped in the tissues associated with the wound. It required daily bandage changes as the excess fluid within the tissues slowly resolved, to prevent infection of the soft tissues and assess for appropriate blood flow to the rest of the leg below the site of the injury."

The patient did start to bear weight evenly on both feet a few days later. At that point, the heron was also noted to be eating better, and it continued to receive daily bandage changes.

Twelve days after admittance, the little blue heron was moved to an outdoor enclosure at CROW. It was cleared for release shortly after.

"Once the wound had healed to the point where a bandage was no longer required, and the heron was no longer limping, its medications were discontinued and it was moved outdoors to ensure it could grip/perch appropriately," said Dr. Bast. "It showed no permanent deficits from its injury, and was released two days after moving to an outdoor enclosure."

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

Airport February Traffic Report

During February, 725,735 passengers traveled through Southwest Florida International Airport in Fort Myers. This was a decrease of 41.5 percent compared to February 2020; however, it was a 5.7 percent increase compared to January 2021. Year-to-date, passenger traffic is down 40.5 percent compared to last year.

The traffic leader in February was Southwest Airlines with 151,619 total passengers. Rounding out the top five

airlines were Delta (151,466), United (84,978), American (82,205) and JetBlue (74,266).

Southwest Florida International Airport had 7,875 aircraft operations, a decrease of 22.6 percent compared to February 2020. Page Field saw 10,724 operations, an 8.2 percent decrease compared to February 2020.

Southwest Florida International Airport served nearly six million passengers in 2020 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction. For more information, visit www.flylcpa.com or www.facebook.com/flyrsw.



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An Early April Reset



by Capt. Matt Mitchell

Starting off April with a nasty cold front is never what anyone wants. This is not that unusual though, but this one hurt. It felt like we hit the reset button on our spring fishing, pushing everything backwards. Strong northerly winds and mornings in the low 50s sent our water temperature plummeting more than 10 degrees.

Early season tarpon fishing will be forgotten for at least the next week until water temperatures hopefully recover to that magical mid 70s. Pre cold front tarpon

were being caught all through the area.

I had reports of fish being hooked from marker #4 all the way up to the powerlines along with the waters behind Cayo Costa. These deeper holes and channels are always a good choice for an early season silverking.

Conditions were close to perfect for about a week before this weather made these fish retreat back to the deeper, warmer gulf waters. Nothing puts a halt on early season tarpon fishing like a late cold front.

After a few weeks of nonstop snook action, it may take a few days for this bite to get back on track. Just like after any other cold front, it will be about fishing deeper sheltered channels with warmer water.

Catching fish will require slowing down the presentation to get that bite. Luckily, redfish and trout will fill the snook void for a couple of days until things get right again.

Fishing the passes will produce a variety of species including redfish, trout, mackerel and even a few late season sheepshead.

March and April are traditionally our windiest months of the year. This is certainly proving true yet again. Getting blown out for Easter weekend caused lots of cancellations during what can only be described as an extremely busy time.

Mother nature makes the final decision on if we get to go fishing or not. Small craft advisories and high winds meant a few days off the water until conditions improved.

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.*



Pam Murray with a 27-inch redfish caught this week with Capt. Matt Mitchell

photo provided

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Cycling Safety Notes

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

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Native sleepy morning blooms throughout the year photos by Gerri Reaves

The coarse leaves are dentate or serrated and covered with soft hairs

Plant Smart

Sleepy Morning

by Gerri Reaves

Sleepy morning (*Waltheria indica*) is a native semi-woody subshrub whose habitat includes open pinelands, hammock edges, pine rocklands, shell mounds and disturbed sites.

Multibranched, erect or reclining, it can reach a height of about three feet.

The alternate oval or oblong leaves are coarse and the edges dentate or serrated.

They measure about two inches long and less than an inch wide.

Like the reddish stems, they are covered in tiny soft white star-like hairs.

Compact clusters of five-petaled yellow flowers appear in the leaf axils on very

short stalks. Each petal is only a slight five millimeters or so long.

Flowers bloom throughout the year, and their habit of closing in the evening and opening after sunrise gives them the common name.

This species is a larval food plant for the mallow scrub hairstreak and modest hairstreak butterflies.

The fruit is a minute dark brown hairy capsule.

The plant has many traditional medicinal uses in Africa.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *The Shrubs and Woody Vines of Florida* by Gil Nelson, and <http://floranorthamerica.org>.

Plant Smart explores the diverse flora of South Florida.✳

CROW Unveils New Logo

The Clinic for the Rehabilitation of Wildlife (CROW) revealed a newly designed logo at its 2020 virtual membership meeting on March 31.

The new logo features large block letters with the silhouettes of several animal species that CROW treats each year. Three birds, a brown pelican, a great blue heron and a great horned owl, represent CROW's avian patients which account for over 60 percent of its annual caseload. Mammals, represented by a North American river otter and a northern raccoon, account for 30 percent of patients, and the remaining 10 percent are reptiles and amphibians, represented by a sea turtle.

The sea turtle is featured prominently since CROW is the only licensed sea turtle rehabilitation facility in Southwest Florida with the next closest ones along the Gulf Coast being Mote Marine in Sarasota and the Marathon Turtle Hospital in the Florida Keys. The logo was designed by John Jacobson, a long-time supporter of CROW and owner of Intergraphic 2.0.

"We wanted the animals to represent CROW as a whole, and John did such



image provided

a great job," said Executive Director Alison Charney Hussey. "Our new logo pays homage to our original logo by including the owl and raccoon, but after 53 years and over 100,000 patients, the new logo represents CROW as we are now."

The transition to the new logo is already under way. Followers on CROW's social media may have already noticed the change, while printed materials will not see the change until current stocks have been used. Items with the new logo, including T-shirts, stickers and magnets will be available for purchase at CROW's Visitor Education Center or the online store. All proceeds from the sale of these items benefits wildlife patients in care at the hospital.

For more information, or to plan your visit, go to www.crowclinic.org. If you find an animal that is in need of help, call 472-3644 ext. 222.✳

Tips To Safely Coexist With Alligators

Warm spring weather means Florida's state reptile – the American alligator – becomes more active and visible. It's also a popular time of year for people to enjoy the outdoors with their pets. To help keep people and pets safer when spending time near the water, the Florida Fish and Wildlife Conservation Commission (FWC) is introducing a new graphic outlining important safety tips for people with pets. It is available online at www.myfwc.com/alligator.

"We wanted to produce a tool with easy-to-remember advice that people could easily share with their friends and family on social media," said Brooke Talley, FWC's alligator management program coordinator. "We hope everyone joins us in getting the word out about simple precautions pet owners should take when in or near the water."

When temperatures rise, metabolisms increase for alligators and they begin moving around more as they seek food. Therefore, you're more likely to see them.

The following tips can help reduce the risk of a conflict with an alligator:

Keep pets on a leash and a safe distance away from the water's edge because pets can resemble alligators'

natural prey.

Swim only in designated swimming areas during daylight hours and never allow your pet to swim in fresh or brackish water.

If you believe an alligator poses a threat to people, pets or property, call FWC's toll-free Nuisance Alligator Hotline at 1-866-392-4286, and a contracted nuisance alligator trapper will be dispatched to resolve the situation.

Serious injuries caused by alligators are rare in Florida. The FWC places the highest priority on public safety and administers a statewide nuisance alligator program to proactively address alligator threats in developed areas, while conserving alligators in areas where they naturally occur. SNAP uses contracted nuisance alligator trappers throughout the state to remove alligators believed to be a concern. The FWC also works to keep Floridians and visitors informed, including providing safety information in a video and brochure.

The American alligator, an important part of Florida's wetland habitats, is a conservation success story. Florida has a healthy and stable alligator population, which is estimated at 1.3 million alligators of every size. They are found in freshwater lakes, ponds, swamps and slow-moving rivers in all 67 counties in Florida.

For more information, visit www.myfwc.com/alligator and click on Living with Alligators.✳

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From left, Lisa Birns, Dawn Miller and Mary Wisniewski caught a sea trout with Capt. Rob Fussnecker from Aqua Breeze Charters photos provided

Registration Open For Ladies Fishing University

The popular Ladies, Let's Go Fishing! (LLGF) University returns to Bass Pro Shops Fort Myers on May 15 and 16 for a saltwater inshore fishing seminar weekend. Hosted by the nonprofit Ladies Let's Go Fishing Foundation, the event offers classroom instruction, hands-on fishing activities, conservation, networking and optional guided boat fishing.

Perfect for women, men and teens who want to learn local fishing, this No-Yelling School of Fishing offers an immersive fishing educational experience on Saturday from 9:30 a.m. to 4 p.m. The sessions begin with presentations by Captains Jon Fetter, Debbie Hanson and Rob Fussnecker on inshore/backcountry fishing, equipment usage and conservation. In the afternoon are hands-on fishing skill practice conducted by local guides for releasing, dehooking/conservation, knot tying, lure usage, fly, spin and net casting, fish fighting techniques and more.

On Sunday, participants can opt to



A previous Ladies, Let's Go Fishing University class

fish from flats charters or a group boat. Bass Pro Shops is located within Gulf Coast Town Center at 10040 Gulf Center Drive in Fort Myers.

Featured on national network television and more, the series is supported by major partners including Recreational Fishing and Boating Foundation, Take Me Fishing, Vamos a Pescar, Mercury, Magic Tilt trailers, Shearwater Boats, Power-Pole, Penn, TACO Metals, Lowrance and Fish Florida. Largest annual sponsors are Freedom Boat Club, ICOM, CCA Florida STAR, Bob's Machine Shop, AFTCO, Costa, Smith Optics, Frogg

Tomgs, Hubbards Marina, Star Brite and Future Angler Foundation. Class-specific contributors are listed on the website.

The weekend includes instruction, use of equipment, hands-on training, fundraisers, gifts worth \$20 and door prizes. No equipment or experience is necessary. Class size is limited. Sunday fishing is additional. To register, visit www.ladiesletsgofishing.com.

For more information on the remaining 2021 LLGF event schedule, call 1-954-475-9068, email info@ladiesletsgofishing.com; or visit www.ladiesletsgofishing.com or www.facebook.com/ladiesletsgofishing.✪

Manatees Are On The Move, So Go Slow

The Florida Fish and Wildlife Conservation Commission (FWC) is reminding anyone on the water to slow down and look out for manatees while boating in Florida this spring. As water temperatures warm, manatees naturally disperse from their winter habitats, traveling to other areas of the state and beyond.

Manatees are leaving their winter refuges and are more likely to be in rivers, canals and nearshore waters. Florida boaters are also enjoying the season, so it is crucial to stay alert and avoid manatees while traveling through Florida's waterways.

"This year, especially along the east coast, it is critical that people watch for manatees when on the water," said Ron Mezich, imperiled species management section leader. "With warmer weather, manatees will begin to disperse into open water, heading to a variety of coastal and freshwater habitats containing more ample food sources."

From April 1 through November 15, seasonal manatee zones require boaters to slow down in certain areas to prevent manatees in their summer habitats from being injured or killed by motorboats



Manatees are on the move

photo provided

or personal watercrafts. Boat strikes continue to be a major threat to Florida manatees. In 2020, FWC and partners rescued 29 manatees injured from watercraft collisions, and more died because of watercraft impacts. FWC law enforcement officers are on patrol in state waters to inform boaters of the seasonal manatee speed zones and take appropriate enforcement actions. Boaters are reminded to abide by the regulatory signs they see on the water.

Manatees can be difficult to detect when they are underwater, so it is important for operators of boats and personal watercrafts to be vigilant. You can help protect manatees by following these simple guidelines:

Wear polarized sunglasses to help spot manatees;

Avoid boating in shallow areas to prevent damaging seagrass and to avoid resting and grazing manatees;

Look for large circles on the water,

also known as manatee footprints, indicating the presence of a manatee below;

Look for a snout sticking up out of the water;

Follow posted manatee zones while boating;

Physically helping a stranded manatee may cause it more harm. Instead, report injured, distressed, sick or dead manatees to the FWC's Wildlife Alert Hotline at 888-404-3922 or by dialing #FWC or *FWC on a cellphone so trained responders can assist.

Resources for boaters, educators and other interested members of the public are available at www.myfwc.com/manatee. What should you do if you see a manatee? The viewing guidelines page provides helpful tips on respectfully viewing manatees, additional guidelines for boat and personal watercraft operators, and information on what you can do to help these amazing aquatic mammals.

Are you interested in supporting the FWC's manatee research, rescue and management efforts? You can purchase a Florida manatee license plate, or donate \$5 to receive a collectable FWC manatee decal. Both are available from your local tax collector's office.

Spring is an active time for many of Florida's wildlife species. For more information on wildlife in spring, visit www.myfwc.com/news and click on "Spring Wildlife News."✪

New Podcast On Economic Development

The FutureMakers Coalition has launched a new podcast called *Talent Talk* that dives deep into the ever-changing world of talent and economic development.

Each season will include conversations from the perspectives of those designing, working in and experiencing the talent and economic development systems.

"Given the economic impacts of COVID-19, changing perspectives on the value of a college education, and the way and speed at which work is evolving, there is no shortage of perspectives to explore," said Tessa LeSage, FutureMakers Coalition director at Southwest Florida Community Foundation, its backbone organization, LeSage is the host of *Talent Talk*.

Season One included topics on workforce development in rural communities, shifting the way higher education does business, equity and culture competence in workplaces, student voices, adult learners adapting for success and more.

Season Two is now available and features eight episodes that discuss building skills, bold goals for workforce development, students finding inspiration, finishing a degree you started, being a student ally, careers in a year, the importance of early childhood education and prioritizing student needs.

New episodes are available each Friday.

The podcast is available on Spotify, Apple, Amazon, Google and the FutureMakers website at www.futuremakerscoalition.com/talenttalk.



image provided

"We know more than 60 percent of jobs in the United States will require a post-high school credential by the year 2025," LeSage said. "The economic consequences of the COVID-19 pandemic are far more detrimental for those with only a high school degree or those with some college (no degree) with unemployment rates of 17.3 percent and 15 percent, respectively."

She added that, at the same time, the idea that "college" isn't for everyone is gaining momentum, and work is evolving in ways we never would've imagined just five to ten years ago.

"Add the undeniable inequities designed into our talent and economic development systems, and we have the recipe for fantastic conversations with a variety of different ideas and perspectives from leaders, advocates and stakeholders throughout the talent and economic development systems in our region and beyond," LeSage added.

The FutureMakers Coalition encourages businesses to join and invest in sustaining this community-changing initiative by visiting www.futuremakerscoalition.com or emailing Tessa LeSage at tlesage@floridacommunity.com.

Chamber Hosting Program On Internships

The Greater Fort Myers Chamber of Commerce will highlight internships and what employers need to know about organizing impactful internship experiences for future professionals during a monthly luncheon at the Crowne Plaza at Bell Tower on Wednesday, April 28 from 11:30 a.m. to 1 p.m.

For many, an internship is more than a job. In fact, a work-based learning program can be career-affirming or career-altering. Guest speaker Ashleigh Droz, director of the office of internships and cooperative programs at Florida Gulf Coast University (FGCU), will cover all things internships – from development to best practices – to help employers create opportunities that are both challenging and supportive for students expanding their professional horizons in Fort Myers and surrounding Lee County.

Droz holds a master's degree in higher education counseling and student affairs as well as bachelor's degrees in both psychology and theatre arts from California Polytechnic State University. During her time at FGCU, she became a founding member and career specialist of the PAGES program, which focuses on the career exploration and preparation of students majoring in humanities and social sciences. She has taught more than 50 courses on career development, communication and student success as an adjunct instructor at FGCU. Regionally and nationally, Droz has presented on career development theory and practice, liberal arts education and advising theory and practice.

Admission is \$25 for chamber members and \$35 for future chamber members. Advance registration is required as capacity is limited to allow for social distancing.

Crowne Plaza at Bell Tower is located at 13051 Bell Tower Drive in Fort Myers. To learn more or to register for the event, visit www.fortmyers.org or call 332-2930.

New Marketing Coordinator

CONRIC PR & Marketing has hired marketing coordinator Christleen Knaub, an experienced business development, communication and event coordination professional.

"Christleen is a perfect fit for the CONRIC culture," said CONRIC President and Chief Marketing Officer Connie Ramos-Williams. "Her positive attitude and enthusiasm, combined with her experience, will make her a great addition to our team and an asset to the clients we serve."

Knaub will play a multifaceted role at CONRIC, handling account management, digital communication, strategic marketing and event planning. She will work closely with the digital team and CONRIC clients to ensure successful digital marketing campaigns across all social media and newsletter platforms. She will also lend a hand to planning and execution of local events.

"As a Southwest Florida native, I have admired the work that CONRIC does in our community to help local businesses succeed. I am thrilled to join a team of professionals who are



Christleen Knaub photo provided

dedicated to growing our local business community," said Knaub.

Prior to joining CONRIC, Knaub served as the programs and events manager at SWFL, Inc., and community development manager with American Cancer Society. She is a finalist for Connect Corporate's 40 Under 40 designation, awarded annually to young professionals in the corporate events industry.

Knaub studied communication at Florida Gulf Coast University.



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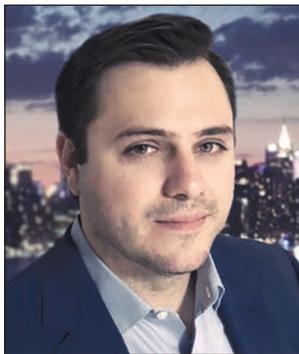
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Webinar To Help Businesses Boost Bottom Line

Businesses across Southwest Florida and the country are looking to bounce back from the damage that the pandemic has done to their bank accounts. The Above Board Chamber of Florida's two-part webinar titled *What is Data Literacy and How Can it Help Your Bottom Line?* – on Tuesday, April 6 and Tuesday, April 13 from noon to 1 p.m. – will provide help to these organizations through harnessing the power of data.

This two-part Zoom presentation will help members and guests better understand the value of data literacy and how the knowledge and use of data can improve a business's profitability and success.

According to Gartner, the world's leading information technology research and advisory company, data literacy is "having the ability to read, write and communicate data in context, including an understanding of data sources and constructs, analytical methods and techniques applied, and the ability to describe the use, application and resulting value."

We live in a data-driven society, and data is more available than ever before. Collecting and understanding data equips business owners and executives with the knowledge to make the right decisions at the right time, enabling

them to manage and stay ahead of change.

Having data available and using it to guide your business are two different things. Putting data to use requires application, not just collection. Data is the key to your business's future, and data literacy can help your business make decisions and uncover new insights and opportunities based on concrete facts.

The webinar is emceed by Jeanne Sweeney, CEO/founder of the Above Board Chamber of Florida, and Timothy Dupre, president and CEO of Conditioned Air.

The expert panel includes:

Laura Madsen, partner at Via Gurus, who will be live from Minneapolis;

Jerry DiMaso, president of The Data Literacy Foundation, who will be live from New Jersey; and

Lake Yoke, operations/data analyst at Island Piling Manufacturing, who will be live from Naples.

Sponsors for the webinars are Conditioned Air and Siena Wealth Advisory Group.

Registration for each one-hour webinar is \$10. Tune in and watch live or save the presentations for viewing at your convenience.

To register, visit www.aboveboardchamber.com/webinar/webinar-what-is-data-literacy-and-how-can-it-help-your-bottom-line. For more information on the event or how to become a member of the chamber, call CEO Jeanne Sweeney at 910-7426 or visit www.aboveboardchamber.com.✪

Manager Retires From Clerk Of Court Office

Lee County Clerk of Court Office Community Relations Manager Rita Miller has announced her retirement effective April 9.

Miller has been with the Clerk's Office for 18 years and has served in her current role since 2013. Prior to that, she worked in various managerial and administrative roles.

During Miller's tenure as community relations manager, she played a critical part in developing the many core tasks associated with the role. She served as a champion for establishing new partnerships with media, community leaders and agency partners.

"Rita has contributed 18 years of

experience to the Lee Clerk's Office, and her achievements will not be forgotten. Rita's work ethic, devotion and service to the Lee County residents have been exemplary," said Clerk of Court, Linda Doggett. "She will be missed, and we wish her all the best for a future of travel and leisure."

A new chief of communications has been hired and comes on board April 12. Joseph Abreu comes to the Lee County Clerk's Office with 15 years of professional experience in public relations and communications.

"We are excited to welcome Joseph, as he brings a wealth of experience and talent to this important position," said Doggett. "He will be vital part of the leadership team and will lead us in community engagement, publicizing important clerk services and communications."

Abreu can be reached at jabreu@leeclerk.org.✪

Superior Interiors

Work From Home In 2021

by Jeanie Tinch



As we continue exploring 2021 trends from the High Point Furnishings Market, the Work from Home category might be one of the hottest topics in the market if

not in your own home. It is undoubtedly no surprise that the Work from Home category is now an extremely important one.

Make working from home a memorable and effective experience for all. Whether working at home as adults or the children doing homework, or both, you all need a place to work on your own, a quiet place without distractions or to take those conference calls. You will want a home office that has it all, one that offers a nice, bright, cheery atmosphere in which to work. If you want to take a break during the day or just sit and escape to read, a relaxing chair will provide the perfect spot. The proper desk offers plenty of storage along with the possible additions of a credenza against the wall and perhaps even a smaller one under the window. Take care in selecting a coordinating desk chair that is comfortable for those long Zoom calls and that the scene behind you provides a thought-provoking backdrop reflecting your interests.

A well-appointed office should not be without a beautiful design feature such as a live edge desk or console full of colorful accessories. Don't forget to add the perfect window treatment to provide you with the right amount of light or privacy when needed. This room may be designed with the needs of only one person in mind, but what about everyone else in the family? What needs do others living in the home require? First, locate a designated room or a quiet space in your home, then begin to choose from the many items essential to your design space.

To meet this new Work from Home trend, manufacturers are pushing to bring desks, chairs, accessories and everything necessary to work from home to the market as quickly as possible. A newly released stylish desk has the eye-catching design elements of polished chrome legs and faux leather top insert that really makes a statement. If this is too much style for your needs, don't worry, desks come in many shapes, styles and sizes. Some are more for looks, some provide self-storage and some have the power rise options and/or USB and wire management.

Whether the workstation is for you or your children, identifying your needs will help you choose the desk that is just right for you. Storage and a place to sit are right there at the top of the list for required office furniture or homework.

At the end of the day, a place to get all the paperwork neatly out of the way is essential for an organized office. The last thing you want cluttering the space are items that distract from your work or a child's homework.

A tip in creating a study area for your children: the space should be designed to specifically meet the needs for your teen (or whatever the age of your child). Let them be involved in the design of their space. If they contribute to the design of the space, it may actually improve their focus and their study habits. While storage is considered functional, you don't have to sacrifice design and style in the space. A beautiful credenza or étagère can be an interesting addition. Seating is certainly crucial in your home office, and there are many types of stationary and moveable desk chairs to choose from that are both comfortable and ergonomic.

No home office desk or table would be complete without the right task light. Important to keep in mind, lighting should be layered. Along with a good task light and other lamps, adequate ceiling fixtures are important, and nothing beats good natural lighting from a sunny window.

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

President Of Marketing Firm Finalist For Award

The Southwest Florida Small Business Development Center (SBDC) has named Samantha Scott, APR, a finalist for the 2021 Distinguished Entrepreneur of Southwest Florida award. The SBDC's Distinguished Entrepreneur Awards of Southwest Florida is an annual event that celebrates those who have attained notable achievements and success in the field of entrepreneurship. The awards will recognize business owners for their business success, innovative technology and business advocacy. The event will be held virtually and broadcast live on Tuesday, May 4 at 6 p.m.

Scott is the president of Pushing the Envelope, Inc. (PTE), a certified woman-owned business marketing communication firm offering strategic communication services since 2006. Recognized in the community and in the marketing communications industry, Scott has been honored by *Gulfshore Business* and *Business Observer* by their separate 40 under 40 awards, and has won more than 30 industry awards with her team.

Passionate about giving back, Scott currently serves as a member of the Florida Gulf Coast University Foundation, is on the Greater Fort Myers Chamber of Commerce board and is a board member for Gulf Coast Humane Society.

To learn more about the Distinguished Entrepreneur awards of Southwest Florida and all the finalists, visit www.fsbdcswfl.org/distinguished-entrepreneur-of-southwest-florida.✪



David Carleton Hall John Wright

Community Bank Chief Financial Officer Retires

David Carleton Hall, executive vice president, chief financial officer and chief operating officer of Sanibel Captiva Community Bank, retired on March 31, following a distinguished career of more than 40 years in banking.

One of Southwest Florida's most established and respected community bankers, Hall has grown Sanibel Captiva Community Bank from its inception in 2001 to the largest community bank in Southwest Florida. Under his leadership, the bank has grown to more than \$700 million in total assets, achieved a return on equity that ranks within the top 60 banks nationwide (out of 4,000 banks), and experienced deposit growth in excess of 26 percent per year compounded for the past eight years.

"David has been my most trusted and valued partner for over 20 years, and has been instrumental in our establishment as a high-performing bank. He was a vital part in the development of every aspect of the bank's growth," said Craig Albert, president and CEO. "David will be missed by the entire SanCap Bank family, and we wish him the best as he enters the next chapter of his life."

Hall is a community steward who has served in leadership roles with various community organizations over the years, including the Southwest Florida Symphony Endowment Foundation, Florida Repertory Theatre, Junior Achievement of Southwest Florida and Fort Myers Community Concert Association. Hall will remain an active member of the bank's board of directors to help guide the future direction of the bank. In his retirement, he intends to travel, spend time with family, take piano and cello lessons, and continue his commitment to his health.

John Wright, who joined the bank in April 2020, has been named executive vice president, chief financial and operating officer. Wright, who has more than 30 years of experience in community banking, has spent the last year working closely with Hall to prepare for his new role. Over his extensive banking career, he has worked for several community banking institutions in Maryland. Wright holds a bachelor's degree in accounting from University of Maryland.*



EMT graduates with Dr. Jeff Ziomek

photo provided

EMT Graduates Celebrated At University

Hodges University and Hodges Connect, the workforce initiative of the university's professional education and training department, recently celebrated the March 2021 Emergency Medical Technician (EMT) class with a pinning ceremony.

The graduation ceremony recognized the accomplishments of the students who completed the rigorous, seven-week

program that included both class work and hands-on training both in the EMT lab and the Hodges University ambulance.

"We prepare them for the license exam in just seven weeks," said Dr. Jeff Ziomek, EMS program director. "By completing this program and passing the exam, they can work in the field. It also opens up other career opportunities."

The March 2021 graduates are: Yulisa Castellanos, Rebecca Fleurane, Kaycie Gabel, Gabrielle James, Connor Maguire, Samantha Martinez and Thomas McCauley.

For more information, visit www.hodges.edu.*

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Book Review

The Four Winds

by Di Saggau



When stopping at a local book store recently, I was told that *The Four Winds* was flying out of the shop. This is not surprising since the author is a favorite of many.

The book is about love and heroism during the Great Depression. In 1921 Texas, 25-year-old Elsa felt unloved by her parents. She is very unhappy and longs for someone to love her. She starts seeing a younger man named Rafe and soon becomes pregnant. Her wealthy parents disown her. Elsa eventually has two children, and life is comfortable for the family. But when the Great Depression hits along with the Dust Bowl, everything changes.

By 1934, the world has changed. Millions are out of work, and drought has devastated the Great Plains. Elsa refuses to stop fighting for her family. As the dust storms get worse, they travel to California hoping for a better life. Instead they find even more hardship and poverty. I found this book to be extremely depressing, but I am glad I read it. Hannah manages to bring her characters to life, and you will feel their small triumphs, the tragedies they face and most of all their bravery.

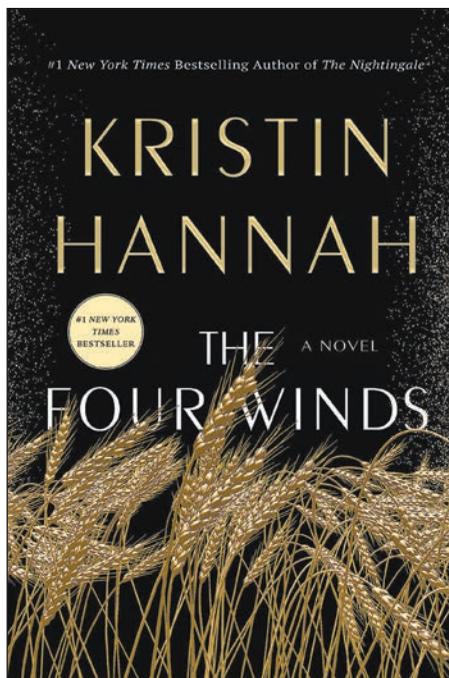


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The Four Winds is an indelible portrait of America and the American Dream, as seen through the eyes of one indomitable woman whose courage and sacrifice will come to define a generation.

Author Delia Owens sums the book up by saying, "Master storyteller Kristin Hannah reminds us that the human heart and our earth are as tough, yet as fragile as a change in the wind, a timely novel highlighting the worth and delicate nature of nature itself."*

School Smart

by Shelley M. Greggs, NCSP



Dear Shelley, My son is in kindergarten, and his teacher says he's having trouble crossing the midline. I'm not really sure what that means, and what I can do about it. Please explain.

Kimberly F, Fort Myers

Kimberly,

The spine is the body's midline. It runs from the base of the skull through all the vertebrae to the sacrum, ending at the coccyx. It connects the top, middle and bottom of the body and is the body's structural and functional center. Crossing the midline is the ability to move an arm or leg across the middle of the body in order to perform a task.

It's an important developmental skill that establishes using both sides of the body together, stimulating coordination and communication between the left and right hemispheres of the brain. This skill may be evident in some infants as young as two months when they start reaching out for an object. Typically, infants show the beginning of this skill development at around six months. The ability to cross the midline continues to develop until a child reaches 8 or 9 years old. By this age, they usually have sufficient core stability to use both sides of their body.

Crossing the midline is vital to the development of using both sides of the body together, such as putting on shoes and socks, writing and cutting. It also encourages bilateral coordination, the process of developing a dominant hand and development of fine motor skills.

Crossing the midline affects a child's ability to perform coordination tasks such as: writing, cutting, reading, fine motor tasks that are the small movements made with the fingers and wrists, and gross motor skills and whole-body movements. When a child avoids crossing the midline, skills such as writing and reading may be delayed or more difficult to learn.

Below are some games that are great for cross-the-midline practice because they provide opportunities to exercise

body awareness, balance and muscular strength, while developing the necessary hemispheric brain communication.

Participating in a tug of war game encourages hands to midline, hands to cross the midline and provides excellent proprioceptive input.

Playing with toy cars is also a good developmental activity. Draw a big road on a flattened cardboard box. Your child can sit on the floor and drive the car along the road crossing the midline.

Baseball/Tee-ball are great for crossing the midline. Holding onto a bat and swinging at a ball on a tee or that has been pitched encourages the hands to cross the midline.

Tennis is also an excellent choice for midline practice. Hitting a tennis ball with different shots encourages a different trajectory across the midline. Practice a forehand swing, backhand swing and overhead serve. If you do not have a tennis racquet or it is too difficult for your child, makes paper plate paddles and use a balloon practicing the same swings.

Digging in the dirt or sand is always fun for kids. Have your child sit down, kneel or squat. Place a bucket on one side of him and the shovel on the other side. Have your child dig and then rotate to place the dirt in the bucket. Do not let him switch hands with the shovel when going to put the dirt in the bucket.

Playing Simon Says is a quick and easy way to build this skill. As the adult Simon, make sure to use instructions and movement such as "put your right hand on your left shoulder" or "touch your left knee with your right hand" to promote crossing the midline.

If after working with your child with these activities, you do not see improvement, you may want to talk with your child's school or physician who might recommend an occupational therapy evaluation.

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

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THOMAS P. HALL
ROBIN C. TUTHILL, EDITOR

"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

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Local Realtor Among Top 30 In Country

The Royal Palm Coast Realtor Association (RPCRA) announced that one of its members, Samantha Marker of Miloff Aubuchon Realty Group, has been named to the National Association of Realtors' *Realtor* magazine 2021 class of 30 Under 30.

The prestigious 30 Under 30 listing recognizes the country's rising stars in real estate who go the extra mile for their clients and communities. Nearly 300 nominations were submitted for the 2021 ranking. Marker was selected by a panel of judges as one of 50 finalists, and then among the top 30. She was one of just three realtors in Florida, and the only realtor from Southwest Florida, to be named as a 2021 honoree. She will be recognized in the National Association of Realtors' May-June issue of *Realtor* magazine.

"We are very proud of Samantha and congratulate her on this notable achievement," said Beate Jones, CEO of RPCRA. "To be selected among 300 nominations across the country is an incredible accomplishment and serves as a testament to Samantha's commitment to excellence and service



Samantha Marker photo provided

to our local real estate community."

Marker is a Realtor with Miloff Aubuchon Realty Group in Cape Coral and has been a member of RPCRA since 2018. She serves on several RPCRA committees, including the Technology and Productions Committee, Events Committee and Young Professionals Network. Originally from Fort Wayne, Indiana, she relocated to Florida after obtaining her bachelor's degree in psychology from Trine University.✧

University Students Push For Clean Energy

By unanimous consent, senators from the University of South Florida's (USF) student government association (SGA) have passed a resolution calling for the university to generate 100 percent of its energy from renewable sources by 2040.

Environment Florida Research and Policy Center and the Florida PIRG Campus Action launched the 100 percent Renewable Campus campaign at USF in the winter of 2021. The campaign urges President Currall to put USF on a path to powering all operations with clean, renewable energy by no later than 2040, and for all electricity to come from renewable sources by 2030.

Since the launch in January, students have been working to build and demonstrate broad public support for a complete transition to clean energy. They held a kickoff meeting in February with over 110 students and staff in attendance, have collected over 400 petitions and have had over 100 faculty and staff engage in the campaign, such as sharing information and endorsing the campaign.

"From our record-breaking kickoff event to the student organizations we've engaged and partnerships we've developed with key players, like student government and athletics, this campaign has shown that sustainability

isn't just a pillar of our education here at USF," said Jona Skendaj, vice president of the Florida PIRG Campus Action Club at USF. "Climate change is a priority issue that students and staff collectively are ready to tackle together."

This resolution comes less than one week after students at the University of West Florida and the University of Central Florida passed similar resolutions. This makes the USF student government the fourth school to formally call for a campus commitment to 100 percent renewable energy. In the spring of 2020, students at Florida State University successfully campaigned to get the student government to pass a similar resolution, making it the first campus in the state of Florida to do so.

Jillian Wilson, a junior majoring in biomedical science, is a project assistant in the Center for Leadership and Civic Engagement and is one of six student senators co-sponsoring the resolution.

"Finding new and innovative ways to achieve clean energy should be everyone's main focus. Fossil fuels and nonrenewable resources will run out within our lifetime," said Wilson. "As a student leader and proud Bull, I believe USF should and can lead the movement for colleges to move towards 100 percent renewable energy."

Now that the SGA resolution has passed, it will be sent to President Currall's desk. Students are planning to continue working with faculty, staff and administrators to officially make USF the first university in the state to commit to 100 percent renewable energy.✧

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IRA Beneficiary Designations And Your Estate Plan



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

Too often, an overlooked yet important element of your estate plan is your 401(k) and IRA beneficiary designations. Financial planners deem these “matter of fact” designations while overlooking their legal and tax consequence, and many lawyers aren’t skilled enough in the retirement arena’s tax laws to raise issues clients should consider.

The current generation of retirees and soon-to-be retirees has a greater percentage of their net worth in IRA and 401(k) accounts than any previous generation. Hence, these accounts become that much more critical to the success of your estate plan, and the wellbeing of your beneficiaries.

For married couples, naming a spouse seems easy enough, for example. In first marriages where the spouse is also the parent of the couple’s children, it’s not unusual to name that spouse as the primary beneficiary. Spouse rolls over the IRA, making her the new owner. She can designate whomever she wants as her beneficiaries, and in all likelihood, it will be the children of that marriage.

As I’ve pointed out in previous columns and white papers, when there’s a blended family, the legal and tax issues aren’t so clear, and should be carefully thought out. Naming a second spouse who is not the parent of your children as your primary beneficiary could result in disinheriting your children. For my thorough discussion on this topic, go to <https://www.floridaestateplanning.com/blendedira>.

Naming one’s revocable trust as a primary beneficiary has become common. This is a minefield for the unwary. And, as I point out, unless your financial planner or estate planning lawyer is skilled in this very specific area of the law, he might lead you astray.

For a beneficiary of your revocable trust to be considered the beneficiary of your IRA for distribution purposes, the trust must meet five specific criteria known as the “identifiable beneficiary” rules. Failure to satisfy all five of those rules often results in the acceleration of taxable income over five years as opposed to 10 years for most beneficiaries, or what might be an even longer distribution period if that beneficiary is your spouse, 10 years or less younger than you, your minor child or disabled.

In other words, failing to satisfy the identifiable beneficiary rules results in the payment of more income taxes sooner, with less tax deferred growth than would otherwise be available to your loved ones. I can best illustrate this by example:

John owns an IRA account naming his revocable living trust as the beneficiary.

His revocable living trust names his wife Jane as the primary income beneficiary for her lifetime, then John’s children as the remainder beneficiary after Jane’s death. Because John’s revocable trust has standard provisions about paying taxes, expenses of administration and creditors (which are also required by law), Jane does not qualify as an identifiable beneficiary, since IRA proceeds might be used to pay creditors, taxes or expenses of administration. Consequently, rather than a lifetime payout to Jane, the five-year payout rule applies.

Assume instead that John names the specific trust share inside of his IRA for Jane as the beneficiary to his IRA. The designation looks something like this:

“The Marital Trust share for Jane under John’s Revocable Trust dated January 3, 2021.” Assume further that if Jane doesn’t survive John, the marital trust divides into three different shares, one each for John’s two children and another to charity.

John’s beneficiary designation now avoids the trap mentioned above that the IRA proceeds can’t be used to pay taxes, creditors or expenses of administration. He has designated Jane’s trust share specifically (and let’s further assume the language of the trust prohibits the payment of taxes, expenses and administration costs from IRA distributions).

Alas, even with all that good drafting, the five-year distribution rule still applies. Why? Because rule #3 requires that all designated beneficiaries must be eligible individuals. If Jane predeceases John, a charity will become a one-third beneficiary of the trust share established for Jane. A charity is not an individual. Whether or not Jane survives John is irrelevant. The five-year distribution rule applies.

How about a share that does qualify as identifiable, yet traps the income inside of the trust share? Assume that John names a trust share for his son, Gary. Gary has a 10-year payout under the SECURE Act distribution rules. Assume in the second year following John’s death, Gary withdraws \$100,000 from his inherited IRA account, but doesn’t distribute the full amount from the trust checking account into his own account.

Irrevocable trusts pay a higher marginal income tax rate than would an individual. Under current law, the trust is the taxpayer to the undistributed funds and pays a 37 percent marginal rate on taxable income accumulated over \$13,050. Gary, as a married filing jointly taxpayer, doesn’t pay that marginal rate until he and his wife have over \$622,000 of taxable income.

Why might Gary accumulate rather than distribute the income? Assume Gary is trying to protect it from a judgment creditor. Gary might practice in a high-risk profession or be sued in a business deal gone bad. There might be any number of reasons.

I could go on and on with other examples, and I haven’t interplayed the gift and estate tax laws yet, among other issues. This is a complex area of the law that will have real economic effect on your loved ones.

Hopefully, you now understand how significant IRA and 401(k) account beneficiary designations are to your estate plan. Don’t be complacent with your choices. Have a well-qualified attorney in your corner and consider all options.

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Webinar On Personnel Management

If you talk to any business owner about the challenges they face, odds are that human resource (HR) management is high on the list. To assist manufacturers and other business owners, Southwest Regional Manufacturers Association (SRMA) will host the Strategic Personnel Management webinar sponsored by PrideStaff on Wednesday, April 21 at 8 a.m. There is no cost to attend, but registration is required.

“It’s difficult to know when to hire, how to navigate the hiring process, as well as how to manage and evaluate employee performance once hired,” said SRMA Board Chair Jeff Poirier. “This month’s webinar will address human resource management tools and tips to help manufacturers and businesses alike.”

Participants will learn valuable HR strategies, tools and tips such as outsourcing, recruiting, annual reviews, how to hire and employment agreements. Featured speakers include Attorney Suzanne Boy of Boy Agnew Potanovic, PLLC; Kimberly Hansen of KHR Solutions; and William Welch of Career Source Southwest Florida. SRMA Board Chair Jeff Poirier will moderate the discussion, and guests will have an opportunity to ask the panel questions that relate to their business.

To register for this free event, visit

www.sрма.net/category/events and a Zoom link will be sent to you. For more information about the Southwest Regional Manufacturers Association visit www.sрма.net, call 258-1385 or email info@sрма.net.✱

Wreaths Across America Hosting Virtual Races

Wreaths Across America (WAA) has announced its 2021 Race Program which will include a 737-mile virtual Escort To Arlington Challenge, two virtual Running For Wreaths options (5K and 10K available) in May and September, and one in-person STEM To Stone Remembrance Run this July, with a virtual option.

This year’s race program is the result of an expanded partnership with event-management and timing company CompetitorME, after a successful inaugural year in 2020 where eight virtual road races were held across the country. The variety of options for supporters provides an opportunity to build community awareness and understanding of WAA’s yearlong mission to Remember, Honor, Teach.

The complete list of the race options and open registrations can be found at www.competitorme.com/wreaths-across-america. The races include:

Escort to Arlington Challenge – This

737-mile virtual course starts in Columbia Falls, Maine, where WAA is headquartered and travels down the East Coast to Arlington, Virginia, just as the annual escort to Arlington does each December.

Running for Wreaths (5K and 10K) Virtual Races in May and September – Participants have the flexibility to run/walk/ruck/bike on the course of their choosing while raising funds to sponsor veterans’ wreaths for participating locations or sponsorship groups they support.

STEM to Stone Remembrance Run (in-person in Maine, with virtual option) – The year 2021 will be the third year this race is hosted on the tip lands in Maine where balsam is grown and harvested each year to make the veterans’ wreaths placed on the headstones of the nation’s heroes.

“We are thrilled to have the opportunity to once again partner with CompetitorME and bring virtual race options for fundraising and fun to our supporters,” said Karen Worcester, executive director, Wreaths Across America. “In spite of the pandemic, last year we saw local groups and individuals participating in our virtual races across the country and sharing the mission as they found a healthy way to stay active and involved in their communities. We hope to continue that momentum by offering these new options to get involved and help share the mission to Remember, Honor, Teach.”

Each individual race registration, sponsors a fresh balsam veteran’s wreath that will be placed on the headstone of an

American hero on December 18, as part of National Wreaths Across America Day. Group or individual fundraising tools and capabilities are available for all of the races and there is a team option for the Escort to Arlington Challenge.

During check out, registrants can designate the Sponsorship Group or participating Wreaths Across America Location they want their sponsored wreath allocated to. Registrants will receive personalized racing bibs and commemorative finisher medallions, with event T-shirts. There is also a free RaceJoy app available for download by registrants to listen while they participate to learn more about the mission, hear stories of those who have served and the names of those that have sacrificed for our freedom.

“After the success of last year’s inaugural Stem to Stone Race Program, which ultimately was executed completely virtual aside from one race in Maine, we saw a great opportunity to try new and creative ways to get the running community involved in the mission,” said Jonathan Kelley, owner CompetitorME. “Through our own team’s personal involvement with the WAA escort to Arlington, we’ve seen what the mission means to our Nation’s Gold Star Families and how important it is to Remember, Honor, Teach, every day of the year, and want to bring that experience to more people.”

For more information or to sponsor a wreath, visit www.wreathscrossamerica.org.✱

Frankly Speaking



by Howard Prager

With baseball opening up and a remarkable NCAA Final Four for both women and men, sports is in full swing, and we had many records set or broken last weekend.

The NCAA tournament. The shot. That used to be a reference to Michael Jordan's last second shot to beat the Cavaliers in the NBA playoffs. It will now be forever linked to Gonzaga's freshman guard Jalen Sugg's shot in the final second of overtime against UCLA, when he banked in a remarkable, nearly half-court shot as time expired, winning the semi-final for Gonzaga and setting up the championship everyone expected against another No. 1 seed, Baylor. The Zags are here to play, and seek to be the first undefeated team to win the tournament since Indiana in 1976. Baylor crushed Houston by nearly 20 in their semi-final game.

This year has been remarkable with teams hot one game and ice cold the next. UCLA upset Michigan State to get into the tournament, then beat No. 6 BYU, No. 14 Abilene Christian, No. 2 Alabama and then No. 1 seed Michigan on its way to the Final Four, where they almost took down tourney favorite Gonzaga. I picked the Illini to go all the way. They got ice cold against hot Loyola, who were frozen against Oregon State. Clearly some very good teams could flip the switch one game and couldn't find it the next.

And as exciting as this all was, the championship featured two No. 1 seeds who were favored at the start of the tournament. It does seem like they truly belonged.

Baylor killed it in the first half of the championship game, as Gonzaga took a while to heat up. Baylor also crushed the offensive boards, getting many more shot opportunities and also knocking three-pointers down at greater than 50 percent. That was too much for the Zags, who were able to close it to 9 before the Bears moved back to a double digit lead. Did Gonzaga run out of gas after the adrenaline rush of the semifinal game? Did Baylor just have it all together for the championship? Probably yes to both. Congrats to the Baylor Bears on their first national championship and great playoff run.

The women's side was an all Pac-12 championship with Stanford and Arizona battling it out. Stanford won, and the 29-year gap between titles (1992 to 2021) is the longest of any Division I team in any NCAA sport, according to ESPN. They are the first team in either the men's and women's tournament to win their semi-final and championship game by just one point. It was a nail-biter as Arizona, who upset perennial favorite UConn, forced Stanford into 21 turnovers with great defense. With 36 seconds to go, Arizona's defense smothered Stanford who couldn't get a shot off, so it was Arizona ball, 6.1 seconds, down by one. Stanford's defense came to life and triple-teamed the Wildcat's best player, Aari McDonald, who took an off-balance shot from 3-point territory that bounced off the rim. Stanford coach Tara VanDerVeer credited the PAC-12 TV contract with shining light on the conference and getting some better players. I give an assist to the

record button, because many of those games are so late for the rest of the country. In December, VanDerVeer, passed legendary Tennessee coach Pat Summitt as the winningest coach in NCAA Division I women's basketball. Summitt held the mark of 1,098 wins – at that time the most in women's and men's basketball – upon her retirement after the 2012 season. With the national championship victory, VanDerVeer has 2,025 wins and 255 losses (.888), one of the best women's programs in the country. They've been in the tournament every year since 1988 and, during that time, have been to 14 Final Fours.

Baseball is back and with records already being broken in the opening weekend. First, Yermín Mercedes, the 28-year old rookie DH and backup catcher for the White Sox, started off going 8 for 8 in his first two games, the first player to do so in the modern era (since 1900), according to Elias Sports Bureau. He played his way into the record books and the Sox lineup. Are the Sox so deep that an older rookie on the bench can look like a superstar? Wow. And yet their record for their opening series with the Angels was just 1-3, while the Twins are 2-1 after taking two out of three from Milwaukee. Boston is 0-3, their worst start in 78 years. Meanwhile, it took until Tuesday for the Washington Nationals to play their first game because of COVID-19. The Nats had four players test positive and seven more under quarantine due to contract tracing. They finally opened

their season Tuesday against the Braves.

How long has it been since a pitcher hit in an AL lineup, especially in the two-slot? Since 1903. Los Angeles Angels pitcher/batter Shohei Ohtani made history during Sunday night's game against the White Sox. Per MLB.com's Paul Casella, "Ohtani is the first player since 1903 to hit second in the lineup in the same game he's the starting pitcher. By using Ohtani in the lineup, Angels manager Joe Maddon also gave up his designated hitter for the game. While that seemed like a potentially risky move going into the series finale against the White Sox, Ohtani helped his own cause by turning on a first-pitch 97 mph fastball from Dylan Cease for a solo home run that traveled 451 feet in the bottom of the first. He also threw with gusto in the first, hitting 101mph on the radar gun. Truly a two-way star. He was taken out in the fifth inning after the Sox tied the game on errors during which Jose Abreu slid into him as he covered home plate. He appears to be OK, and the Angels came back to win the game.

The good news story of the week? The excitement in sports is back, baseball is here for a full season and the Master's is just around the corner.

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. Nicknamed "Mr. DeMarathon," what Olympic bronze medalist won the Boston Marathon seven times?
2. Which NFL defensive back finished his career with more interceptions: Rod Woodson or Charles Woodson?
3. Name the three members of the Los Angeles Dodgers who shared World Series MVP honors in 1981.
4. What World Golf Hall of Famer and South Korean native won the McDonald's LPGA Championship tournament in 1998, 2002 and 2006?
5. The annual award presented to the best female college ice hockey player in the U.S. is named after what Princeton University hockey standout?
6. Elmer Layden, NFL commissioner from 1941-46, played fullback for what college football team?
7. Jordan "Jet" Temkin, Paul "Nurk" Nurkkala and Alex Vanover are former champions in what sports league?

ANSWERS

1. Clarence DeMar. 2. Rod Woodson, with 71 (Charles Woodson had 65). 3. Ron Cey, Pedro Guerrero and Steve Yeager. 4. Se-r-i Pak. 5. Patty Kazmaier. 6. The Notre Dame Fighting Irish. 7. Drone Racing League (DRL).

New Protections For Fish Spawning Aggregations

New protections for multi-species fish spawning aggregations near an area known as Western Dry Rocks went into effect on April 1. This includes

the prohibition of all fishing from April through July in a one-square-mile area near Western Dry Rocks, which is about 10 miles southwest of Key West.

"This science-based recommendation has been endorsed by many of our major fishing and conservation groups: the American Sportfishing Association, Coastal Conservation Association,

continued on page 23



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Fort Myers Beach Art Association Selects Student Scholarship Winners

The Fort Myers Beach Art Association (FMBAA) recently hosted its annual Student Scholarship Show awards ceremony for college bound members of the class of 2021 at Cypress Lake High School Center for the Arts.

Art Excellence Awards and scholarship money were given to students for first, second and third place installations, while the remaining students received Artistic Merit Awards. Renee Chastant and Suzanne Bennett were the judging team who offered a gallery talk and critique for each student.

To encourage development of the arts in the community, three scholarships were awarded to seniors going on to study art at the college or university level.

This year's award recipients were Averi Roes-Kern in first place, Zoe Fountain in second place and Nayeli Ruiz in third place. Artistic Merit Awards went to Olivia Bevilard, Christian De Jesus, Hannah Lynch, Gabrielle Morris, Aleena Pagan, Jacinto Parra De Lao, Hannah Scott, Allison Welker and Elisa Williams.



FMBAA Student Scholarship Show participants and teachers from Cypress Lake High Center for the Arts

photos provided

The annual Student Scholarship Show is supported financially through grants by the year-long fundraising activities of the members of the FMBAA, who created the program to encourage development of the arts in

the community.

Special thanks goes to Cypress Lake High School Center for the Arts faculty: Patricia Bonwell, Elodie Cotton, Marguerite Petcher, Tim Smith and Principal Angela Roles.

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



Averi Roes-Kern captured first place for his installation



Zoe Fountain received second prize for her installation



Nayeli Ruiz placed third for her installation



Judges Suzanne Bennett and Renee Chastant gave constructive critiques of each installation



Dr. Candace Smith Andrew Brace

Red Cross Adds Board Members

The Florida Gulf Coast to Heartland Chapter of the American Red Cross recently announced that Dr. Candace Smith and Andrew Brace joined its board of directors.

Dr. Smith is vice president of operations, chief nurse executive at Lee Health at Cape Coral Hospital and has been in healthcare for over 30 years. She holds a board certification in advanced nursing executive from the American Nurses Credentialing Center. She holds a PhD in education with a specialization in organizational leadership, has a bachelor's degree in nursing from D'Youville College, and a master's degree in public administration from University of Brockport, New York.

Outside of her position with Lee Health, Dr. Smith serves on the board of the Western Florida Chapter of American College of Healthcare Executives and is pastpresident for Sun Coast Organization of Nurse Executives,

a chapter of the Florida Organization of Nurse Executives. She is an adjunct professor at State College of Florida, Health Services Administration program and teaches quality management in healthcare and contemporary issues in healthcare. She has also recently joined Nova Southeastern University as an adjunct professor and teaches quality management in healthcare.

Brace serves as vice president and a senior relationship strategist at PNC Wealth Management and has over 20 years of banking, investment and planning experience with PNC and National City Bank. He is also a retired combat veteran with 20-plus years of service in the Army National Guard. During his time in the Army, he served as first sergeant for an area support medical company where he participated in multiple state-side disaster response engagements and overseas deployments.

Brace has a bachelor of science degree in human ecology, family resource management and a minor in economics from Ohio State University. He also has a master of business administration in management and strategy from Western Governors University in Utah.

"Andy and Candace are both passionate about the communities that they serve. They understand the mission of the Red Cross and the vital role we play in our community and the need for collaboration across organizations," said Jill Palmer, executive director of the Florida Gulf Coast to Heartland Chapter. "With a focus on partnerships and service, Andy and Candace are wonderful additions to our local board."✱

Lee Health Officer Honored For His Service

With more than 30 years of experience in human resources, Lee Health's Chief Human Resources Officer Mike Wukitsch has been recognized as a Ring of Honor recipient by the Greater Miami Chamber of Commerce for his service to the region.



Mike Wukitsch

The Ring of Honor "celebrates the achievements of the community's outstanding human resources professionals, and highlights individuals who have made a powerful impact to the human resources community and their respective workplace."

Wukitsch is one of eight executives in the region to earn this honor. He received the award at the Greater Miami Chamber of Commerce's HR Insights event on April 1.

Wukitsch joined Lee Health in 2018 and, in his role as chief human

resources officer, supports Lee Health's mission, vision, values and strategic objectives by creating the most effective culture and environment for staff to do their best work in support of patients and their families.

Wukitsch is responsible for strategic planning, operations, policies and procedures related to employment; human resources information systems; compensation and benefits; labor relations; talent and performance management; workforce planning; employee relations; the human resources service center; and staffing.

"When I learned that Mike was a Ring of Honor recipient, it wasn't a surprise to me at all. Mike is committed to serving our employees, patients and community, and I am thrilled to see him recognized for his dedication to the human resources field," said Dr. Larry Antonucci, president and chief executive officer of Lee Health.

Prior to joining Lee Health, Wukitsch served as the vice president of human resources for Northwestern Medicine in Chicago. He was also the vice president of human resources for Cadence Health in Winfield, Illinois; the vice president of human resources at the Children's Hospital Colorado, in Aurora, Colorado; and the director of human resources at the Coors Brewing Company in Golden, Colorado.

For more information on Lee Health, visit www.leehealth.com.✱

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From page 21

Fish Spawning

Bonefish & Tarpon Trust, Guy Harvey Ocean Foundation, International Game Fish Association, Lower Keys Guides Association, Wild Oceans and the Congressional Sportsmen's Foundation," said Florida Fish & Wildlife Conservation Commission (FWC) Chairman Rodney Barreto.

Western Dry Rocks is an important spawning location for many recreationally and commercially important species such as snapper, grouper and permit.

The protection of spawning aggregations, in combination with traditional management approaches (eg, size limits, bag limits and vessel limits), represents a comprehensive conservation strategy aimed at sustaining and enhancing fish populations. A seasonal no-fishing closure at Western Dry Rocks provides added protections for multiple species of spawning fishes while allowing fishing access for the remaining eight months of the year.

For more information about Western Dry Rocks, visit www.myfwc.com/ marine and click on Recreational Regulations and Western Dry Rocks.✱

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dearRPharmacist

Causes And Solutions For Dysphagia



by Suzy Cohen, RPh

Dear Readers:

Many seniors experience dysphagia, which is the term for people who have difficulty swallowing their food or pills.

Initially it appears as a frequent need to clear your throat, or a hoarse voice. It may be that you feel like coughing or choking while eating or talking, and sometimes there is regurgitation of food. Most people report fullness, pressure or a burning sensation in the chest (sternal) area while eating. Left untreated, it may lead to other complications like a more chronic cough, choking sensation, malnutrition or respiratory infection. In serious cases, food may be aspirated and result in pneumonia, which then requires hospitalization.

Most everyone has experienced the sensation of dysphagia at one time or another. It can happen by simply eating too large a bite, or not chewing enough. A swallowing issue may be felt if you have a dry mouth, or if you swallow while lying down or even laughing or talking. To resolve simple cases of dysphagia, you should eat smaller meals that include softer food, and chew well. Eliminating caffeine, tobacco and alcohol helps too.

But if the swallowing difficulty is more chronic and serious, dysphagia treatment is required. Treatments vary for each individual and hinges on many factors such as age, severity and underlying conditions.

Sometimes people develop dysphagia rather suddenly. When I worked in the nursing home setting, we saw this frequently occur with new admissions who were started on medications that induced the dysphagia. Their loved ones didn't realize what was happening either, but in some cases, a new medication can give a loved

one dysphagia. Sometimes it's related to a drug side effect, and oftentimes the medication can be switched to something else that does not induce dysphagia. I have a much longer version of this article available with lengthy lists of medications that induce dysphagia. To receive this, sign up for my free newsletter at www.suzycohen.com and I'll email it to you. In the meantime, here are the most common medications that induce dysphagia:

Sedatives – for example, alprazolam or clonazepam

Analgesics for pain – codeine, fentanyl, oxycodone

Muscle Relaxers – cyclobenzaprine or tizanidine

Neuroleptics – haloperidol, lithium, olanzapine, quetiapine and others

Bone-building drugs – alendronate and others

Many antibiotics – doxycycline, clindamycin and others

NSAIDs – ibuprofen, naproxen and others

Aspirin

Asthma medications

Immunosuppressants

Antidepressants

One other reason people have dysphagia is that they're forced to swallow big pills and then they vomit them back up. And if that happens, the person now has caustic stomach acid refluxing into the delicate esophageal tissue. The use of acid blockers like famotidine and demulcents (slippery elm or marshmallow) can bring immediate relief, and may prevent your loved one from having a tube inserted unnecessarily because it looks like they've suddenly developed dysphagia. In my field, we have a saying, "History, history, history!" If someone takes a good history and finds out exactly when the dysphagia started, you might be able to see the cause. Once that is pin-pointed, the proper treatment can be given.

*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.**

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From page 1

Lovers Key

every conceivable detail."

Exhibit Hall – The W&DC's second floor features its Exhibit Hall that includes a "Fishing Shack" Ranger Station, its bookstore full of high-end items including multiple works from local artists at reasonable price points, Donor's Wall and the primary educational exhibits that focus on various LKSP aspects, such as its history, what it means to be a barrier island, estuary information and recreational activities.

As soon as you enter the Exhibit Hall, an interactive barrier island map greets you. Early W&DC visitors, however, will receive just a sneak preview of the final Exhibit Hall, Voorhees said. "We are now in Phase II of our fundraising campaign, to install the Coastal Strand, Mangrove Estuary and Maritime Hammock environmental exhibits. The Coastal Strand and Maritime Hammock elements are crucial, as those environments are most lost to residential development, so many Floridians do not see them much anymore along the coast. Finally, there will be what we think will be the W&DC's signature showpiece – a

Doctor and Dietician

The Skinny On Fat



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

Ever since the "low fat" craze, people got fatter. Why? Many people did not realize the food industry substituted sugar for fat or vegetable fat for saturated ("bad") fat keeping the calorie content the same. Did the public not realize you could get fat on too much sugar too? With more fat-free products than ever, Americans got fatter, which has contributed to an epidemic of obesity. It is best to just eat real, fresh food. A dessert made from organic high-quality ingredients is fine to consume in moderation.

Good oils are used to provide healthy fatty acids and antioxidants. They are needed to help satisfy hunger and will stabilize blood sugars, as well as supply essential fatty acids needed for skin, hair, nails and hormone function.

The Skinny on Fat:

Coconut Oil – Coconut oil has been a subject of controversy in the past years. Although this oil contains a high percentage of saturated fats, it is actually a good choice because the fats in coconut oil are in the form of medium-chain fatty acids, which are known to increase metabolism and are digested and absorbed better than other fats. They may reduce risk of heart disease and cancer. Use organic unprocessed coconut oil. Try making a stir fry or coconut milk curry sauce with coconut oil. Rub some in your hair while you are at it for deep conditioning.

Olive Oil – Good olive oil is so delicious. We recommend extra virgin, cold pressed olive oil. We especially

love EVOO from Greece or Italy. It makes great salad dressings, sauces and can be used in cooking. High in mono-unsaturated fatty acids, olive oil has been shown to improve cardiovascular health. Extra virgin means that it is directly pressed from the olives, which means it has not gone through any harsh processing and will contain the highest level of antioxidants and flavor.

Avocados – Although avocados are technically fruit, they are counted as a fat. Avocados are loaded with nutrients and are great on a sandwich or toast, as a topper to a salad, or to make a mean guacamole, smoothie, or avocado chocolate mousse. Avocados are super foods and one of the healthiest ways to add "brain food" to your diet.

Butter – Butter can also be used for cooking and is much healthier than margarine, which contain chemicals and hydrogenated trans fats. Margarine converts liquid oils to solids. This process involves changing the chemical structure of the oil, thereby rendering it a "bad fat." Avoid all margarines or imitation butters. Again, buy organic, natural butter. Margarine is one molecule away from plastic. You do not want that in your body!

Other Fats – Organic nut butters and nuts are healthy fats that provide good sources of iron, protein, minerals and essential fatty acids. Hummus has really become popular and is a great source of good fats. Try one of the interesting flavors now available – our favorite is caramelized onion and balsamic. We like grapeseed oil for cooking at high temperatures, especially for stir-frying and sautéing. It contains more polyunsaturated fat than monounsaturated oils, therefore, use small amounts. Other oils such as walnut and sesame can add delicious flavors to various cuisines you make so we like to keep those on hand as well.

So, the skinny on fat is that good fat choices provide essential fatty acids and nutrients needed to optimize many body functions. Dump the junk. Choose your fat wisely.

*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.**

large adult and calf manatee sculpture at the main entrance. I predict the manatee sculpture will be the most photographed aspect of the W&DC and on every social media site across the world. We expect these to be in place by November."

Community Room – Across the elevated open-air courtyard from the Exhibit Hall is the large Community Room with an adjacent preparation kitchen and restrooms, as well as an ample open-air deck overlooking the park that offers breathtaking views.

In addition to a rental component, LKSP utilizes the conference room for business meetings as well as educational

programs and lectures, often with Florida Gulf Coast University. "It has a Smart Board and modern technology for in-person sessions or audio-visual conferencing."

The W&DC's ground level offers an open-air classroom, native garden and large open-air space for rental functions.

Lovers Key State Park is located at 8700 Estero Boulevard on Fort Myers Beach. For more information, including the opening date of the Welcome & Discover Center, call 463-4588 or visit www.floridastateparks.org.*

Health First

Weight Gain During Pandemic Is No Joke



by Julie Rosenberg, MD

During the COVID-19 pandemic, most adult Americans have been staying at home and many have experienced their workplaces being shut down.

Further, the pandemic has been a period of prolonged stress. As a society, we are now experiencing a secondary crisis related to the physical and mental health consequences of the pandemic.

In February 2021, the American Psychological Association conducted the Stress in America survey among 3,013 adults over age 18 who reside in the United States. The results of

the survey were recently reported and among them, the survey showed that 42 percent of adults experienced undesired weight gain. They gained an average of 29 pounds and 10 percent of these individuals gained more than 50 pounds. Interestingly, this weight gain was experienced by all age groups.

I understand these challenges, as I've personally struggled with an extra five to seven pounds since the pandemic started. It's been difficult for me to shed this extra weight as I am not as active as when I was commuting to work and traveling on a regular basis. How about you?

While national health efforts have focused on the immediate threats related to COVID-19, the long-term effects of pandemic related to weight gain and sedentary lifestyles may be severe. We have all deviated from our usual routines – and our pandemic-related weight gain could represent a new normal if we are not vigilant. Research on weight management during holidays or vacations has shown that significant weight and fat mass accumulation can occur over a relatively short period of time. These small,

Beautifulife:

Mental Health



by Kay Casperson

Just recently, my 17-year-old daughter asked if she could take a mental health day off of school. I said, of course, you can, but I also wondered if everything was okay. She said that she was a

bit burned out and needed a day to chill out and take a break. It made me realize how much everyone has been through this past year. From young to old, we all have suffered somehow in different ways. Fear can cause panic, and isolation can cause anxiety. Many individuals had their share of all of the above. Regardless of your age, mental health should be a priority.

Our mental health revolves around our thoughts and emotions. Having a healthy mind can affect how we think, feel, deal with stress, socialize and make good choices. So, as you can see, having good mental health is as essential as taking care of your physical health.

You will know that your mental health is in a good place by the following signs:

You have energy in the mornings to enjoy the day;

You have confidence in your ability to handle issues;

You have good self-esteem and feel comfortable in most situations;

You continue to set goals for yourself;

You have a sense of optimism for your life and future;

You surround yourself with individuals who are inspiring;

You allow yourself to laugh at times

and enjoy your life.

There are some essential ways that you can keep yourself at the top of your game with a positive mindset for ultimate emotional wellbeing:

Wake up in the morning with a grateful heart and give thanks for your blessings:

Enjoy a cup of coffee or tea while listening to music or reading something inspirational;

Do something active to boost your energy level and feel a sense of achievement;

Make a list of things you want to accomplish and set some goals;

Reach out to someone you care about to stay connected;

Get creative with a new recipe, home project or activity;

Make plans for a future outing or vacation to remain optimistic.

There are many more things to list that are important for overall mental health and wellbeing, but this is a good start. I also believe it is essential to consult with your doctor and a naturopathic physician to get the best balance of science and nature for your needs.

One of my favorite quotes is, "What lies before us and what lies behind us are small matters compared to what lies within us. And, when you bring what is within out into the world, miracles happen." – Henry David Thoreau

My affirmation for you this week is: "I am making my mental health a priority to live my best and most beautiful life."

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.✪

incremental changes in body weight can become permanent and lead to substantial weight gain over time.

The weight gain that most of us have experienced during the pandemic is no joke. We all know that overweight and obesity can lead to a significant number of health-related concerns including diabetes, heart disease and cancer, to name a few. Together, let's be proactive in addressing undesired weight gain. Here are four tips to shed a few pounds and keep them off:

1) When grocery shopping, choose primarily whole foods – During this time at home, many of us have stocked up on shelf stable, ultra-processed comfort foods such as potato chips, popcorn, cookies and ice-cream. Consider getting rid of food in boxes and choose whole foods – fruits, vegetables and legumes. Eating a primarily plant-based, whole foods diet will help you shed undesired weight.

2) Eat plant-based or lean sources of protein – Rather than eating a ribeye steak or chicken wings, both of which contain a significant amount of saturated fat, consider eating plant-based proteins (such as tofu or tempeh) or lean sources of protein (fish, chicken breast, turkey, lean meats).

3) Choose healthy snacks – Many of us graze while we work, while others graze when they are stressed or bored. Grazing on foods that come in a box or a bag, such as pretzels, chips and crackers, can add undesired pounds over time. When we graze on these foods, before we know it, we've eaten

the whole bag or box. One small bag of pretzels has about 140 calories while a single serving bag of potato chips has about 160 calories. Consider these delicious and healthier snacks: Greek yogurt and berries, apple slices with peanut butter, or celery with light cream cheese. Eating healthy, whole-food snacks can support weight loss as they curb hunger throughout the day, which limits our cravings for unhealthy foods.

4) Get moving – The pandemic has clearly exacerbated the epidemic of sedentary lifestyles. Gym closures, staying at home for prolonged periods of time and working from home have led to a change in routine and a decrease in structured exercise for most of us. So, if you've been sitting too much, schedule short periods of movement (10 to 15 minutes) several times throughout the day. Walk the dog, garden, go for a bike ride.

In conclusion, we all know that habit change is difficult. My goal in writing this article was to offer simple and straightforward ways to manage pandemic-related weight gain. Overall, if we can find good outlets for managing stress, such as yoga, meditation and movement, we are more likely to feel better and less likely to grab and graze.

Julie Rosenberg, MD, is a global healthcare leader, medical consultant and the author of two books, *Beyond the Mat* and *Be True*. For more information, visit her website at www.drjulierosenberg.com. For consulting and speaking requests, email inquiries to info@drjulierosenberg.com.✪

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

ARTS

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

CLUBS & ORGANIZATIONS

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

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!



"It's made especially for vacation wear... it attracts men and repels

Cover
RELAY

Warning
RINSE

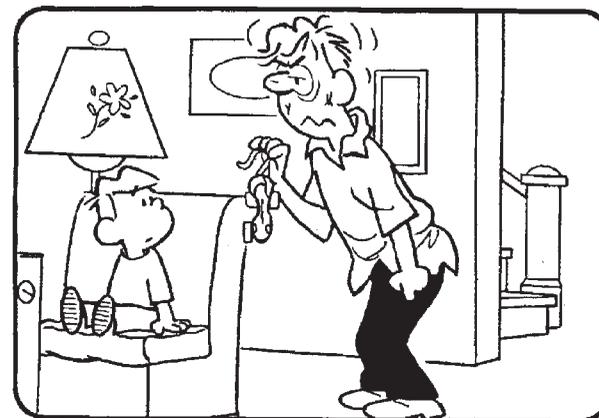
Belt
PARTS

Furnish
REACT

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Lamp is different. 2. TV dial is missing. 3. Stairs are moved. 4. Pants are different. 5. Skate wheel is missing. 6. Frame is thinner.

To Play Sudoku:

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

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

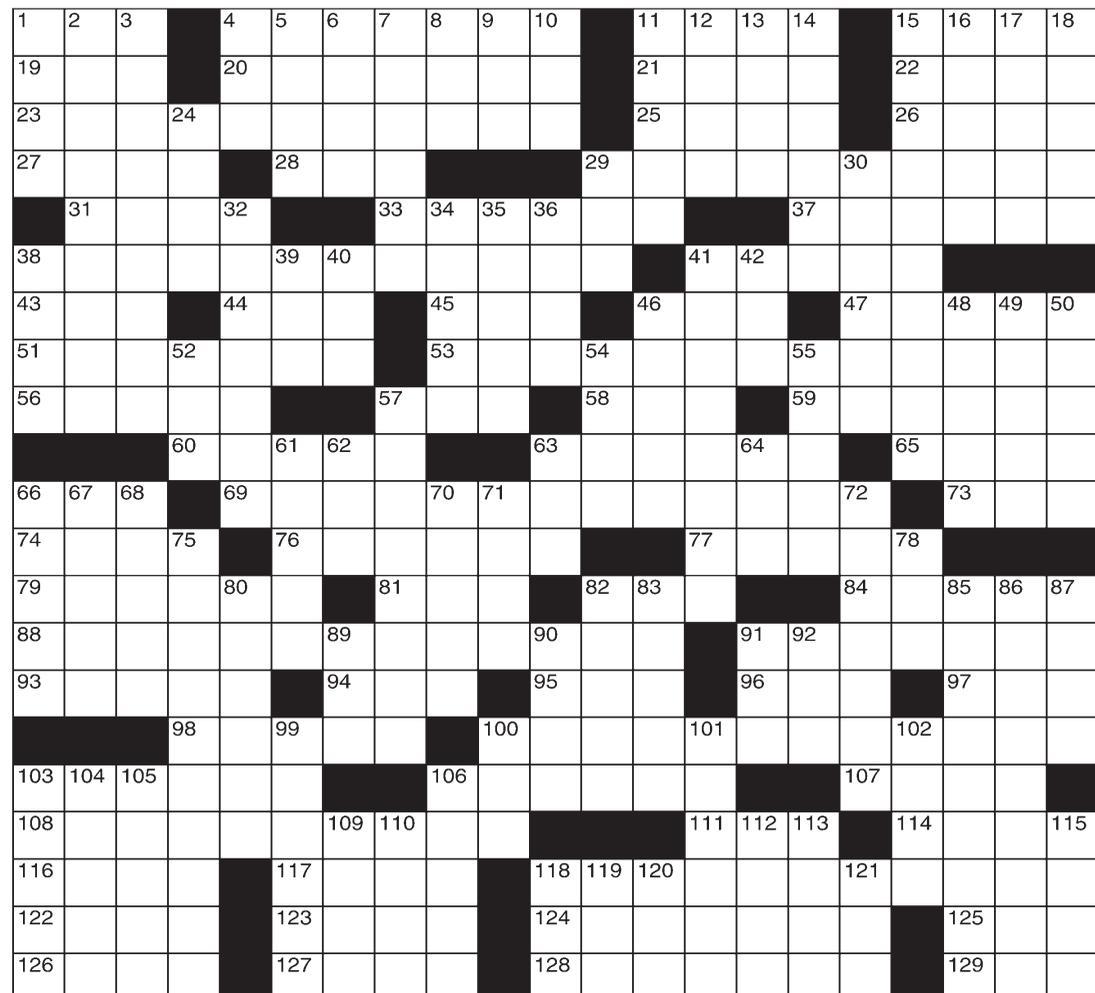
PUZZLES

Answers on page 31

Super Crossword

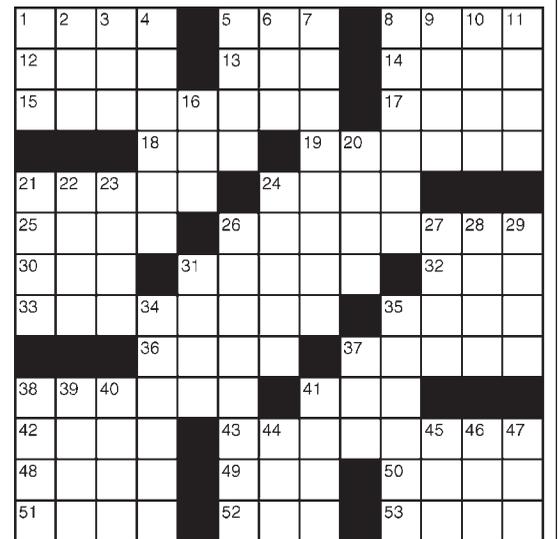
POWER USERS

- ACROSS**
- 1 It may follow "Co."
 - 4 Give a hug
 - 11 Fave buds
 - 15 Location
 - 19 Sheep sound
 - 20 Flan topping
 - 21 Smell — (be suspicious)
 - 22 — -pedi
 - 23 Groups with queens and workers
 - 25 Talk wildly
 - 26 Lickety-split
 - 27 — IRA
 - 28 Ending for host
 - 29 Nitric acid, old-style
 - 31 Knife incision
 - 33 Best Actor awards, e.g.
 - 37 Blood vessel
 - 38 Dairy Queen treat
 - 41 Freshen up
 - 43 Apple product
 - 44 Tax-taking org.
 - 45 Razor-billed seabird
 - 46 Made a lap
 - 47 Xenon and neon
 - 51 Some nameplates
 - 53 Certain recyclable
 - 56 Syringe fluid
 - 57 "Touched" actor Beatty
 - 58 Suffix with Midwest
 - 59 Like dweebs
 - 60 Sleep lab study
 - 63 Ocean route
 - 65 Expectation
 - 66 Airport uniform inits.
 - 69 Peddle stuff on the street
 - 73 The, in Cannes
 - 74 Apple product host
 - 76 View lustfully
 - 77 Really clean
 - 79 Whole bunch
 - 81 Patriotic ladies' gp.
 - 82 "I told ya!"
 - 84 Hoarse
 - 88 Rival of Evander "The Real Deal" Holyfield
 - 91 Petroleum distillate used as fuel
 - 93 "Death Be Not Proud" poet
 - 94 Pro vote
 - 95 URL letters
 - 96 Ocean east of N. Car.
 - 97 Eternally, poetically
 - 98 Make thrilled
 - 100 Be really successful
 - 103 — de corps
 - 106 Spanish wife
 - 107 Ozeki's sport
 - 108 Tiny garden pest
 - 111 Mothers
 - 114 Witty writer Bombeck
 - 116 Showoff's cry
 - 117 Spanish coin
 - 118 Basis of this puzzle's theme
 - 122 Part of QED
 - 123 Deli dish
 - 124 Ouzo flavorer
 - 125 Walk- — (small parts)
 - 126 — terrier (dog breed)
 - 127 Wallet bills
 - 128 Items in the classifieds
 - 129 Word that can follow the starts of nine answers in this puzzle to make the names of 118-Across
- DOWN**
- 1 Steel girder
 - 2 Measurable in microns
 - 3 Cow carrier on rails
 - 4 With 24-Down, organic cotton garb, maybe
 - 5 Drone, e.g.
 - 6 Dudes
 - 7 Demand from a kidnapper
 - 8 Gallic friend
 - 9 Fair grade
 - 10 Golfer Ernie
 - 11 Brand of root beer
 - 12 German wife
 - 13 — bean (risotto bit)
 - 14 Tennis great Edberg
 - 15 Mobile device worn on the wrist
 - 16 Adhesive in an art class
 - 17 Broadcasting
 - 18 Buzzed
 - 24 See 4-Down
 - 29 "How — you?"
 - 30 Salem's state
 - 32 Victory
 - 34 Suffix with land or moon
 - 35 "How — you?"
 - 36 "My Way" lyricist Paul
 - 38 Wee devils
 - 39 Prior to, to a bard
 - 40 Pack animal
 - 41 Material carried away in a deluge
 - 42 End-of-list abbr.
 - 46 Soda insert
 - 48 Bar furniture
 - 49 Flee to marry
 - 50 Monica of the court
 - 52 Sine — non
 - 54 Perceives
 - 55 Purchaser
 - 57 Unaided vision, with "the"
 - 61 Nita of silent films
 - 62 Lamb's mom
 - 63 Stage array
 - 64 Curved bit
 - 66 Unassertive
 - 67 — Gyra (jazz group)
 - 68 Hank of baseball
 - 70 Speechify
 - 71 — a soul (nobody)
 - 72 Excess amount
 - 75 Restaurant rendezvous
 - 78 Crank's cry
 - 80 2001 title role for Audrey Tautou
 - 82 Guide for a DIYer
 - 83 Nobel winner Sadat
 - 85 Sauna alternative
 - 86 Remarkable events
 - 87 Lawn locale
 - 89 Kit — bar
 - 90 Graceful bird
 - 91 Slangy refusal
 - 92 From — B
 - 99 Unmoving
 - 100 Drone, e.g.
 - 101 Most docile
 - 102 Litigant
 - 103 — Park, Colorado
 - 104 Fire initiator
 - 105 March 14, to math lovers
 - 106 Stores safely
 - 109 Pack animal
 - 110 Gulf nation
 - 112 Location
 - 113 Storage site
 - 115 Org.'s kin
 - 118 Logger's tool
 - 119 Spanish "a"
 - 120 Dowel, e.g.
 - 121 Figs. on a masthead



King Crossword

- ACROSS**
- 1 Tub session
 - 5 Petrol
 - 8 Microwaves
 - 12 Jai —
 - 13 Dadaist artist
 - 14 Vicinity
 - 15 Home to the Buccaneers
 - 17 Fish feature
 - 18 Evening hrs.
 - 19 Whirl
 - 21 Jazz genre
 - 24 Crossword hint
 - 25 Former mates
 - 26 Turquoise-like color
 - 30 Mimic
 - 31 Rib
 - 32 Ltr. holder
 - 33 Pentagon VIPs
 - 35 Broad
 - 36 The Eternal City
 - 37 Golfer's wear
 - 38 Calms
 - 41 Actor Holbrook
 - 42 Canal zone
 - 43 Dorm room sleepers
 - 48 Curved molding
 - 49 Corn spike
 - 50 Pakistani language
 - 51 Office plant
 - 52 Reuben bread
 - 53 Grate
 - 9 Croatia
 - 9 Operatic solo
 - 10 Hide
 - 11 Auction
 - 16 Sound booster
 - 20 Year-end celebration
 - 21 Tempo
 - 22 Big fair, for short
 - 23 Pager sound
 - 24 Stop
 - 26 Trucker in a union
 - 27 Floral rings
 - 28 Nullify
 - 29 Always
 - 31 Helen's home
 - 34 Impudent
 - 35 Orville's brother
 - 37 Moving day rental
 - 38 Starting
 - 39 Olympic sled
 - 40 Lusty look
 - 41 Employ
 - 44 Path
 - 45 Epoch
 - 46 License to drill?
 - 47 Dine
- DOWN**
- 1 Cudgel
 - 2 Pie — mode
 - 3 Highland hat
 - 4 Zoo heavy-weights
 - 5 Yaks
 - 6 Coach Parseghian
 - 7 Small telescope
 - 8 Capital of

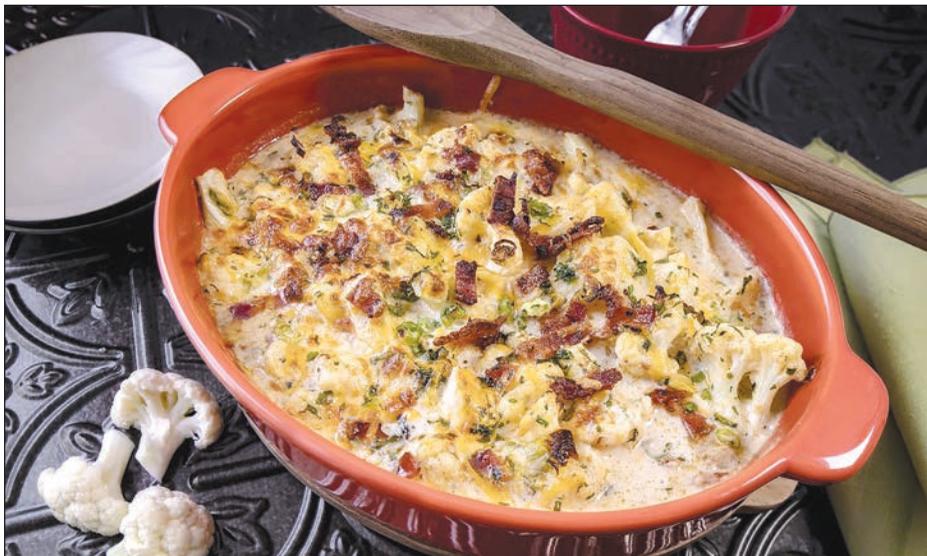


MAGIC MAZE ● — PEPPERS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: Also Known as Sweet Peppers

- | | | | |
|---------|----------|-----------|----------|
| Banana | Chili | Hot | Sergeant |
| Black | Cone | Jalapeno | Stuffed |
| Cayenne | Green | Melagueta | Tabasco |
| Cherry | Habanero | Red | |



Cauliflower Bake

photo courtesy Fresh From Florida



Cauliflower Bake

- 1 head cauliflower, blanched and broken into small pieces
- ¼ cup celery, diced
- ½ cup sweet onion, diced
- ¼ cup green onions, chopped
- 2 tablespoons fresh herbs, chopped fine (such as rosemary, thyme, or parsley)
- 4 strips bacon, cooked and chopped
- 1 cup vegetable broth
- 1 cup milk (whole or 2%)
- ½ cup cheddar cheese
- ½ cup Parmesan, grated
- 3 ounces cream cheese
- 2 tablespoons garlic, minced
- 2-3 tablespoons all-purpose flour (depending on desired thickness)
- 1 tablespoon all-purpose seasoning (such as Everglades)

2 tablespoons unsalted butter
 1 tablespoon vegetable oil
 Sea salt and fresh ground pepper, to taste

Preheat oven to 375 degrees. Lightly grease 8-inch square or oval casserole dish.

Preheat a large sauté pan over medium-high heat, add oil and butter. Sauté celery, onions, and garlic until soft, about 5 minutes. Sprinkle flour over vegetables and stir to create a paste. Slowly add in vegetable broth and milk while whisking. Stir in cheeses and season with all-purpose seasoning and pepper. Bring to a boil then reduce to simmer for 4-5 minutes to thicken. Taste and adjust seasoning if needed. Add in blanched cauliflower, cooked bacon, and fresh herbs. Mix to combine and pour into casserole dish. Sprinkle with more cheese if desired and bake uncovered for 30 minutes, or until golden brown.

Fresh tip: Broccoli can be substituted for cauliflower.*

PETS OF THE WEEK



Zerlina ID# A856258 photos provided

Lee County Domestic Animal Services

Zerlina And Kitty Cat

Hello, my name is Zerlina. I'm a 2-year-old female fawn terrier mix. The meaning of my name is "beautiful dawn." I'm a petite girl who may be small, but I will win your heart in seconds. The staff picked my name not only because I am, of course, beautiful, but also because I'm on the dawn of a new and beautiful life. I was quite sad when I came to LCDAS because I recently had pups that I missed dearly, but, with love and care, I am quickly living up to my hand-picked name. My adoption fee is \$75.



Kitty Cat ID# A855240

Hi, my name is Kitty Cat. I'm a 15-year-old female white domestic shorthair. I'm LCDAS' Super Senior, and I'm looking for a home in which to spend my golden years. I have lost my hearing, but not my ability to love. I'm truly a wonderful lap cat that is looking for the perfect person to give me the care and attention I long for and deserve. My adoption fee is \$25.

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 APRIL 5, 2021

Aries (March 21 to April 19) Regarding your upcoming challenges, the Aries Lamb should very quickly size things up and allow you to make the best possible use of whatever resources you have on hand. Good luck.

Taurus (April 20 to May 20) You rarely blame others for missteps that worked against you. But this time you need to lay out all the facts and insist that everyone acknowledge his or her share of the mistakes. Then start again.

Gemini (May 21 to June 20) You might want to start making vacation plans. And don't be surprised by unexpected family demands. Maintain control. Be open to suggestions, but don't get bogged down by them.

Cancer (June 21 to July 22) Work with both your Moon Child and Crab aspects this week to keep both your creative and your practical sides balanced. Your intuition sharpens, giving you greater insight by the middle of the week.

Leo (July 23 to August 22) The Big Cat finally should have all the information needed to move on with a project. If not, maybe you'll want to give everything a new and more thorough check before trying to move on.

Virgo (August 23 to September 22) Too much emotional pain caused by someone you can't win over as a friend? Then stop trying to do so. You have other things you need to work on this week. Go to it, and good luck.

Libra (September 23 to October 22) It's a good time to reassess where and how your strengths can help you build, and where your weaknesses can hinder you. Remember to build on your strongest foundation.

Scorpio (October 23 to November 21) That personal matter that seemed so hard to deal with should be less confusing now. Don't rush. Let things happen easily, without the risk of creating even more puzzlement.

Sagittarius (November 22 to December 21) Change continues to be a strong factor in many important areas. Keep on top of them, and you won't have to worry about losing control. A personal situation takes on a new look.

Capricorn (December 22 to January 19) A business offer sounds intriguing. But if you don't check it out thoroughly, you could have problems. Take a set of questions with you when you attend your next meeting.

Aquarius (January 20 to February 18) Your self-confidence should be coming back. That's good news. But it might be

a bit over the top right now, so best to let it settle down before you start making expensive decisions.

Pisces (February 19 to March 20) Your life, your decisions. Good enough. But be sure you have all the facts you need to put into the decision-maker mixing bowl and hope it will come out as it should.

Born This Week: You find much of your creativity with new people who give you much to think about.

MOMENTS IN TIME

- On April 12, 1861, the bloodiest four years in American history begin when Confederate shore batteries under Gen. PGT Beauregard open fire on Union-held Fort Sumter in South Carolina's Charleston Bay. Four years later, the Confederacy was defeated at a cost of 620,000 Union and Confederate soldiers dead.

- On April 15, 1912, the British ocean liner Titanic sinks into the North Atlantic Ocean about 400 miles south of Newfoundland, Canada, two hours after hitting an iceberg. With 16 watertight compartments, the Titanic was considered unsinkable.

- On April 16, 1947, multimillionaire Bernard Baruch coins the term "Cold War" to describe relations between the U.S. and the Soviet Union, a war

without fighting or bloodshed, but a battle nonetheless. The phrase became a mainstay in the language of American diplomacy.

- On April 17, 1964, the Ford Mustang is officially unveiled at the World's Fair in New York. Named for a World War II fighter plane, the Mustang was the first "pony car," an affordable, compact sporty vehicle.

- On April 14, 1975, the U.S. airlift of Vietnamese orphans ends after 2,600 children are transported to America for adoption. Operation Baby Lift lasted 10 days and was carried out during the final, desperate phase of the war, only 16 days before the fall of Saigon.

- On April 18, 1989, thousands of Chinese students continue to take to the streets in Beijing to protest government policies and issue a call for greater democracy, resulting in the Tiananmen Square Massacre and thousands of protestors dead. Fear that a severe U.S. reaction to the massacre might result in a diplomatic rupture limited the official U.S. response.

- On April 13, 1997, Tiger Woods wins the prestigious Masters Tournament in Augusta, Georgia, by a record 12 strokes. It was Woods' first victory in one of golf's four major championships. He

 FRIDAY Partly Cloudy High: 79 Low: 69	 SATURDAY Scattered T-storms High: 78 Low: 70	 SUNDAY Mostly Cloudy High: 73 Low: 62	 MONDAY Sunny High: 74 Low: 64	 TUESDAY Sunny High: 76 Low: 65	 WEDNESDAY Partly Cloudy High: 81 Low: 72	 THURSDAY Mostly Cloudy High: 82 Low: 71
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	12:14 am	6:30 am	1:19 pm	6:42 pm
Sat	1:02 am	6:54 am	1:28 pm	7:18 pm
Sun	1:45 am	7:14 am	1:37 pm	7:51 pm
Mon	2:26 am	7:31 am	1:48 pm	8:24 pm
Tue	3:06 am	7:46 am	2:03 pm	8:58 pm
Wed	3:47 am	8:01 am	2:22 pm	9:35 pm
Thu	4:33 am	8:15 am	2:47 pm	10:16 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	12:24 pm	6:32 am	None	6:44 pm
Sat	12:07 am	6:56 am	12:33 pm	7:20 pm
Sun	12:50 am	7:16 am	12:42 pm	7:53 pm
Mon	1:31 am	7:33 am	12:53 pm	8:26 pm
Tue	2:11 am	7:48 am	1:08 pm	9:00 pm
Wed	2:52 am	8:03 am	1:27 pm	9:37 pm
Thu	3:38 am	8:17 am	1:52 pm	10:18 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	12:08 am	6:35 am	1:00 pm	6:49 pm
Sat	12:45 am	7:09 am	1:18 pm	7:27 pm
Sun	1:19 am	7:39 am	1:36 pm	8:04 pm
Mon	1:52 am	8:07 am	1:51 pm	8:39 pm
Tue	2:27 am	8:29 am	2:00 pm	9:14 pm
Wed	3:05 am	8:45 am	2:05 pm	9:49 pm
Thu	3:50 am	8:54 am	2:22 pm	10:25 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	2:24 am	9:46 am	3:29 pm	9:58 pm
Sat	3:12 am	10:10 am	3:38 pm	10:34 pm
Sun	3:55 am	10:30 am	3:47 pm	11:07 pm
Mon	4:36 am	10:47 am	3:58 pm	11:40 pm
Tue	5:16 am	11:02 am	4:13 pm	None
Wed	5:57 am	12:14 am	4:32 pm	11:17 am
Thu	6:43 am	12:51 am	4:57 pm	11:31 am

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From page 28

Moments In Time

was 21 years old.

NOW HERE'S A TIP

• Do you store plastic wrap in the refrigerator? Many home experts will tell you that storing plastic wrap in your fridge or freezer can help with the stickiness factor – the plastic is easier to manipulate and get into place when cold, but still stays put. Try it and see.

• Keep soap scum at bay on your glass shower doors with a layer of car wax. But do NOT let the wax get on your shower floors. That could be unsafe.

• Want delicious fried chicken crust but not the dripping oil? Baste chicken pieces with mayonnaise, then dredge in crushed cracker crumbs mixed with a bit of flour. Bake and enjoy.

• From LDW in Illinois: "When I have a recipe, I put all the ingredients on the counter, and as I use each one, I put it

away. My daughter and daughter-in-law like the idea, as they at one time or another, have forgotten an item." I like that one, too, LDW A well-prepared cook makes a delicious meal.

• Laundry soap – liquids, powder and pacs – should be added to the water before clothing. This allows the soap to disperse correctly throughout the water and also can avoid "grease spotting" that sometimes occurs when detergents land on dry fabric.

• "Many people have freezers in a garage or storage space that is not temperature or moisture controlled. To keep rust at bay, how about waxing the outside of your standing freezer periodically. Hey, it works for the car!" – GC in North Carolina

STRANGE BUT TRUE

• Johnny Cash's estate was approached by an advertising company asking for permission to use "Ring of Fire" in an ad for hemorrhoid cream. The request was refused.

• Tulips can continue to grow as much

as an inch per day after being cut.

• A man with severe OCD and a phobia about germs attempted to commit suicide with a gun to his head. Instead of killing him, the bullet eliminated his mental illness without any other damage.

• Nobody knows how the Academy Awards came to be referred to as "the Oscars." The earliest mention was in 1932 and became official in 1939.

• In 1911, Elmer McCurdy robbed a passenger train he thought contained thousands of dollars, and was shot by lawmen after making off with just \$46. His unclaimed corpse was then embalmed and sold to a traveling carnival. It would be used as a prop or attraction in haunted houses and wax museums for the next 66 years (even showing up on the set of *The Six Million Dollar Man*), until he was finally buried at the famous Boot Hill cemetery in Dodge City, Kansas.

• Vanilla flavoring is sometimes made with beaver urine.

• A statue of Nikola Tesla in Silicon Valley radiates free Wi-Fi. It was created

as an homage to his vision for wireless communication.

• By the time they have been retired for two years, 78 percent of former NFL players have gone bankrupt or are under financial stress because of joblessness or divorce.

• A company in the UK offers "being hungover" as a valid reason for calling in sick to work.

THOUGHT FOR THE DAY

"The beautiful thing about life is that we will never reach an age where there is nothing left to learn, see or be; it's magical, really." – Dulce Ruby

TRIVIA TEST

1. **Science:** Where is the world's most active volcano located?
2. **Television:** Which 1990s TV drama invented the catchphrase "The truth is out there"?
3. **Math:** What is the total of numbers 1-100 added consecutively (1+2+3, etc.)?

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3/19 * 4/9

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12/11 * TFN

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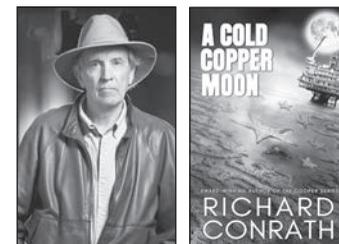
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6/5 * TFN

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3/19 * TFN

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3/26 * TFN

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1/22 * TFN

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3/26 * 4/23

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4/9 * 4/30

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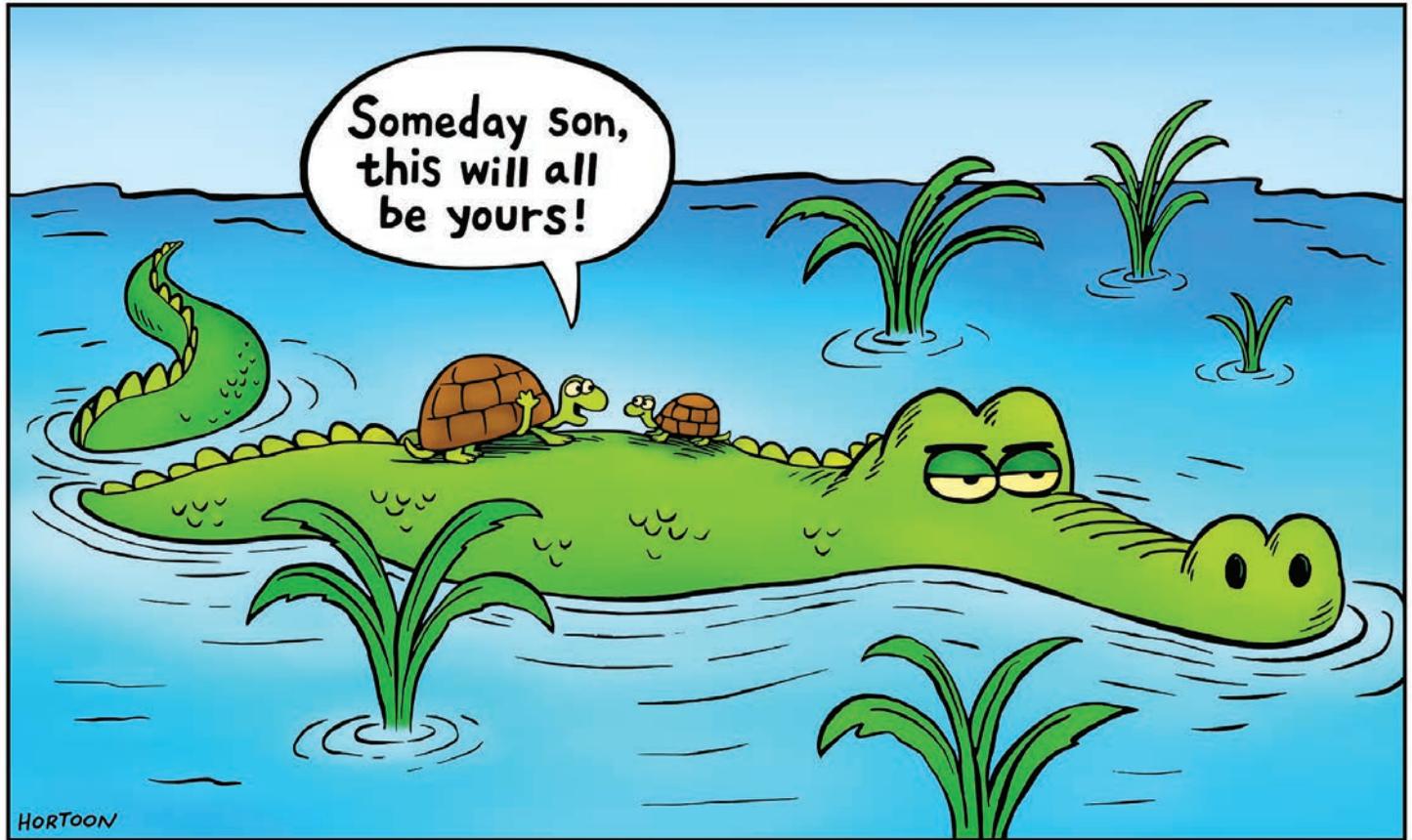
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4/9 * 4/9

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4. **General Knowledge:** What do the 100 folds in a chef's hat represent?
5. **Literature:** In which Harry Potter book does the Whomping Willow make its first appearance?
6. **Geography:** How many countries in Africa have only four letters in their names?
7. **Movies:** In the animated movie *Up*, to which scouting group does Russell belong?
8. **Architecture:** Who designed the famous Fallingwater House in Pennsylvania?
9. **Language:** What does the Greek prefix "hyper" mean?
10. **Medical:** What is the common ailment classified in medical terms as singultus?

HORTOONS



TRIVIA ANSWERS

1. Hawaii (Mauna Loa) 2. The X-Files
3. 5,050 4. 100 ways to cook an egg
5. *Harry Potter and the Chamber of Secrets*
6. Three: Chad, Mali and Togo 7. Wilderness Explorers 8. Frank Lloyd Wright 9. Over, excessive 10. Hiccups.

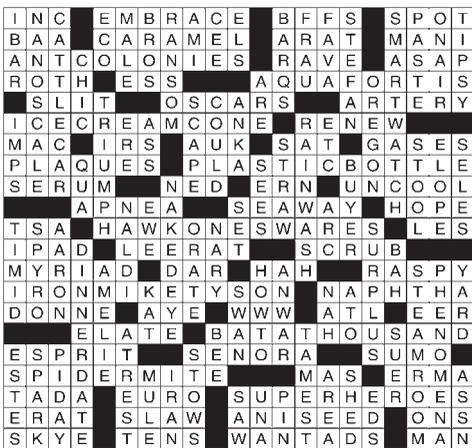
SCRAMBLERS ANSWER

1. Layer 2. Siren;
3. Strap; 4. Cater

Today's Word INSECTS

PUZZLE ANSWERS

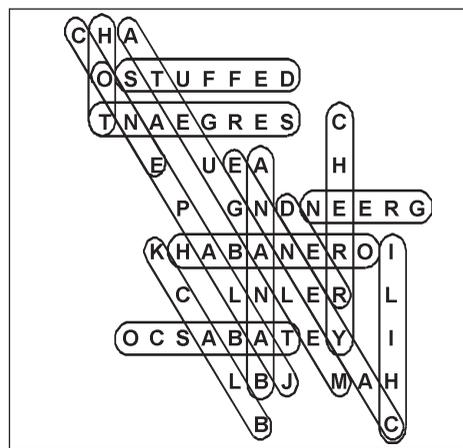
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9	3	2	6	7	1	4	8	5
8	6	5	4	3	9	2	7	1
1	7	4	8	5	2	3	9	6
3	2	9	1	6	7	5	4	8
5	1	7	3	4	8	6	2	9
4	8	6	2	9	5	7	1	3
2	5	8	7	1	3	9	6	4
6	9	1	5	2	4	8	3	7
7	4	3	9	8	6	1	5	2

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2015	6,300	\$7,995,000	\$7,995,000	49
Metes And Bounds	Sanibel	1988	5,018	\$7,995,000	\$6,565,000	13
Tichenors F H Silver King	Captiva	1958	3,071	\$6,599,000	\$6,200,000	302
Bay Woods	Bonita Springs	2001	7,106	\$4,295,000	\$4,100,000	64
Woodlake At Bonita Bay	Bonita Springs	2021	4,373	\$3,495,000	\$3,495,000	204
Murano	Miromar Lakes	2012	4,517	\$3,327,000	\$3,250,000	11
Town And River	Fort Myers	2019	3,412	\$3,200,000	\$2,850,000	33
River Reach Estates	Bonita Springs	2006	4,483	\$2,799,000	\$2,700,000	43
Southport On The Bay	Bonita Springs	1994	3,706	\$2,595,000	\$2,470,000	14
Carleton	Fort Myers	2020	3,620	\$2,250,000	\$2,250,000	12

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