

## Songwriter Night At Heights Center

Grammy Award-winning songwriter Randy Thomas will host a book release party and songwriter night at The Heights Center on Friday, February 18. Doors open at 7 p.m. and the show begins at 7:30 p.m. Admission is \$20. A cash bar will be available. The evening will feature music by Randy Thomas, Kevin Kenworthy and Lori Thomas. Guests will hear songs and the stories behind them.

*Songstory: A Songwriter's Faith Journey from the Jesus Movement to Butterfly Kisses* is a writer's room narrative of *Butterfly Kisses* (Bob Carlisle), *Why'd You Come in Here Lookin' Like That?* (Dolly Parton), *I Want to Praise You, Lord* and other songs.

Sharing his intimate knowledge of the Christian music industry, Thomas covers the music of the Jesus Movement, bringing the Sweet Comfort Band and Allies band alive again. *Songstory* is also a backstage pass to Shania Twain's transformation from a nightclub singer to an international star.

"My songs have become signposts of my journey. There's a lot of irony and humor in there. If there was a dull moment, I must have missed it," said Thomas. "In *Songstory*, I explain how there are no shortcuts to great

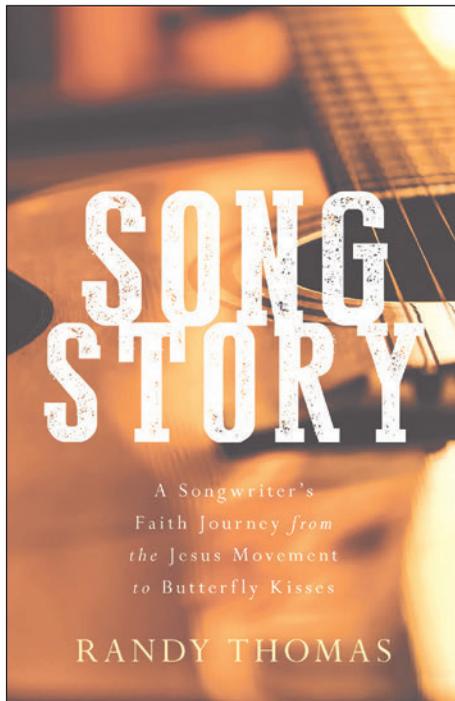


image provided

songwriting, but include my best tips."

Beneath it all, the music, the industry, the relationships, lies an even bigger story – the unfolding of God's unstoppable grace.

Thomas grew up in Southern California in the Jesus Movement. After



Randy Thomas

photo provided

touring with Sweet Comfort Band, he helped form the band Allies. He married his wife Lori in 1986 and relocated to Franklin, Tennessee in 1990, founding Radio Ranch recording studio. Thomas has been worship director of Westminster Presbyterian in Fort Myers since 2007. He and Lori are a professional musical duo performing dance songs at Southwest

Florida venues.

The book will be available for purchase for \$20. It is also available on Amazon.

The Heights Center is located at 15570 Hagie Drive in Fort Myers. Tickets are available for purchase at the door, or visit [www.heightsfoundation.org/songstory](http://www.heightsfoundation.org/songstory) to purchase in advance. For more information, call 542-5335.✪



From left, Tracy Weaver as Mrs. T, Robert Barner as Gary Coleman, Ruthgena Faraco as Kate Monster and Liz Mora as Christmas Eve

photo provided

## Naughty Puppets Star In Musical

The Southwest Florida premiere of *Avenue Q* by Jeff Whitty, Robert Lopez and Jeff Marx opens at The Laboratory Theater of Florida on Friday, February 25 and continues through

Sunday, March 27.

Winner of the 2004 "Triple Crown" of Tonys for Best Book, Best Score and Best Musical, the laugh-out-loud play that features puppets and human actors tells the story of recent college graduate Princeton as he struggles to find his purpose. Though inspired by *Sesame*

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## Chamber Music Series Downtown



Cellist Andres Diaz and pianist Andrew Armstrong

photo provided

American Virtuosi returns to the downtown Fort Myers area for the 2022 Chamber Music Series. The celebrated musicians will be on stage at the Workshop Culinary Theatre in the Luminary Hotel following a 5:30 p.m. dinner at the Silver King Brasserie on Thursday, February 24. They will then perform at Sidney & Berne Davis

Art Center for a concert on Saturday, February 26 at 7:30 p.m.

Chamber musicians will join executive director and violist Jim Griffith. They are: violinists James Ehnes, Peter Winograd, Emerson Millar and Caterina Szepes; violist Molly Carr; cellists Ani Aznavoorian and Wolfram Koesseland; and pianists

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Historic Downtown Fort Myers, Then And Now:

# Juniors Parade Down First

by Gerri Reaves, PhD



This circa-1963 photo captures a moment in one of Fort Myers' most beloved annual events, the Edison Festival's Junior Parade.

Originally known as the Baby Parade or Children's Parade, it has roots in the Grand Parade, which began in 1938 with the founding of the festival and parade that continues today.

The celebrations have been cancelled only twice, during World War II and last year, due to the pandemic.

This year, the festivities resume, a joint effort by two nonprofit organizations, the Edison Pageant of Light and the Edison Festival.

The celebration was established to honor the town's most famous citizen, inventor Thomas A. Edison, who had died in 1931, and has always taken place around the time of his birthday, February 11.

That first event, only three days, was held in conjunction with a memorial service for Edison, as well as the Southwest Florida Fair. Over the decades it has expanded to several weeks to include a wide variety of events.

The high point of the festivities has always been the Grand Parade, followed by the Coronation Ball for the King and Queen of Edisionia. From the beginning, very young children took part in the parade, riding on floats, marching as part of a Girl or Boy Scout troop, or pulling a "wagon float" for a younger child.

Toddlers were traditionally costumed and accompanied by an adult, as seen here.

However, in 1946, the Junior Parade was founded as a separate event, with its own king, queen, royal court and coronation ball. In 1963, the Junior King and Queen of Edisionia were Joey Bowler and Carlene Alvarez, five and six years old, respectively.

"Untold thousands" crowded the streets for the parade as children "marched, dawdled, and snoozed" in the procession, as Pete Packett amusingly described it in



This photo exemplifies the evolution of a business district from post-WWII traditional downtown to 21st century redevelopment, complete with refurbished bricks salvaged from under asphalt about 15 years ago photo by Gerri Reaves

*The News-Press.*

An impressive 2,200 people attended the junior coronation at the Exhibition Hall.

One fact evident from the historic photo: First Street in the early 1960s was arguably less attractive than it is today, although it had the look of a thriving business district, given the prevalence of signage and the variety of businesses.

In the historic photo is the 1924 Dean Hotel, which had seen better days. Note the rust stains under the windows. At street level in the hotel is the Fort Myers Insurance Agency, and farther down the block are Leone's X-Ray Shoes and Wilbur Martindale Radio & Television, to name a few.

On the south (right) side of First are the Household Finance Corporation, the Lyon's Den Restaurant, Lottie Duncan's Flowers and Rudolph's Jewelry, among others.

But the detail in the historic photo that impresses most is the less-than-flattering asphalt streets, quite a contrast to today's brick pavement. Hidden beneath that asphalt in the early 1960s were bricks installed during the boom years of the 1920s.

During the downtown redevelopment project in the first decade of this century, more than 500,000 bricks were salvaged, cleaned by volunteers and used to pave First, Hendry and Main Streets.

The boom-time bricks returned and do much to beautify historic downtown.

Stroll along First Street and imagine all the baby parades that have delighted locals over the decades. Then visit the following two research centers to learn more about what is perhaps the city's most adorable tradition.

The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon. 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. Call 332-8778 for the hours or visit [www.leecountyblackhistorysociety.org](http://www.leecountyblackhistorysociety.org).

Also stop by the IMAG History & Science Center at 2000 Cranford Avenue or at [www.theimag.org](http://www.theimag.org).

Sources: Archives of the Southwest Florida Historical Society, *Fort Myers Press*, [www.edisonfestival.org](http://www.edisonfestival.org), [www.edisonpageantoflight.com](http://www.edisonpageantoflight.com) and <https://memory.loc.gov> ✨



A costumed child participates in the Edison Junior Parade. This circa-1963 eastward view was taken from First and Broadway. Note the asphalt streets and Hotel Dean, left. photo courtesy SWFL Historical Society, Goddard-Dibble Collection

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**Reporters**  
Gerri Reaves, PhD  
Kathy Kurtz Ferrari

**Contributing Writers**

Kay Casperson	Capt. Matt Mitchell
Suzy Cohen	Trinette Nelson
Linda Coin	Howard Prager
Marcia Feeney	Julie Rosenberg, MD
Katie Frederic	J. Brendan Ryan, CLU,
Shelley Greggs	ChFC, MSFS
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Ross Hauser, MD	Allison Havill Todd
Craig R. Hersch	

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write to: The River Weekly News, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957  
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## Quick Draw Winners Honored



From left, Milly Pereira with her third place painting, Dorothy McDowell with her second place painting and Michele Buelow with her first place artwork photo by Vandy Major

The plein air painters of the Fort Myers Beach Art Association (FMBAA) recently participated in a "Quick Draw" at Times Square. Twelve artists painted views of the square and beach during a three-hour span.

Awards were presented to artists Michele Buelow (first place), Dorothy McDowell (second place) and Milly Periera (third place).

Artist JoAnn LaPadula is FMBAA's

February Artist of the Month at the Shucker's Galleria within Shucker's at the Gulfshore, 1250 Estero Boulevard on Fort Myers Beach. LaPadula's artwork is on display and for sale for the rest of the month in the indoor dining room.

For more information, visit [www.fortmyersbeachart.com](http://www.fortmyersbeachart.com), email [publicity@fortmyersbeachart.com](mailto:publicity@fortmyersbeachart.com), call 463-3909 or drop by the gallery at 3030 Shell Mound Boulevard on Fort Myers Beach.\*

## New Take On A Classic Musical Comedy

*Die Fledermaus*, the popular operetta by waltz king Johann Strauss II, has been given a makeover. Gulfshore Opera will premiere a new concept and libretto set in the golden age of 1930's Hollywood conceived by innovative director and librettist Josh Shaw of Pacific Opera Project. Shaw will use movie magic, sound stages, chorus girls and matinee idols to take this fun and familiar musical comedy to new heights.

*The Bat's Revenge (Die Fledermaus)* will be held locally February 24, 26 and 27. The opening night performance will be at Charlotte Performing Arts Center at 7 p.m. on Thursday. The other performances will take place at Estero High School auditorium at 7 p.m. on Saturday (Gulfshore Opera will be the first professional production company to present in Estero) and Silverspot Cinema, Theatre 12 at 6:30 p.m. Sunday.

All tickets to the one-night showings include an after party with the stars of the musical comedy. Patrons are invited to dress as their favorite movie star of the 1930s, and wine, refreshments and hors d'oeuvres will be served.

The Hollywood matinee idol (Eisenstein) will be portrayed by baritone Kyle Pfortmiller. Pfortmiller has employed his unique talent in opera, operetta and musical theater from the contemporary to

the classic and has appeared with opera companies throughout the United States. He will be joined by soprano Susan Hellman Spatafora, as Rosalinde, the neglected diva wife. The Russian playboy Prince Orlovsky will be performed by countenor Logan Tanner. The lovesick Alfred will be portrayed by tenor Derrek Stark. The ingenue Adele will be performed by Nadia Marshall, soprano, a former resident of Naples.

Charlotte Performing Arts Center is located at 701 Carmalita Street in Punta Gorda. Estero High School is located at 21900 River Ranch Road in Estero. Silverspot Cinema is located within Mercato shops at 9118 Strada Place in Naples. For tickets, visit [www.gulfshoreopera.org](http://www.gulfshoreopera.org).\*

## Continental Women's Club

The Continental Women's Club will hold its luncheon meeting at Hideaway Country Club on Thursday, March 3 at 11:30 a.m.

The guest speaker will be Sam Ankerson, executive director of Bailey-Matthews National Shell Museum on Sanibel, who will discuss the current exhibits on view, and improvements and additions that the museum has made recently.

Cost to attend the luncheon is \$24. Hideaway Country Club is located 5670 Trailwinds Drive in Fort Myers. Call Liz Paul at 691-7561 for more information or to make a reservation.\*



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## 2022 NEW EXHIBITS AND PROGRAMS

### NEW EXHIBITS

**RED, BLUE, GREEN:**  
*An Introduction to Water Quality in Southwest Florida*  
Now through June 10

**BLACKWATER MOMENTS:**  
*Nocturnal Photography of Open-Ocean Mollusks*  
Now through May 30

Photo by Andrew West/The News-Press

### LECTURES

**Feb. 16: Metropolitan Museum of Art curator BRADLEY STRAUCHEN-SCHERER**

**Mar. 15: Diver and photographer LINDA IANNIELLO** (pictured)

**Apr. 6: News-Press visual journalist ANDREW WEST**



### CLASSES

**Mar. 2: San Carlos Bay / Bunche Beach Marine Biology and Field Lab**

**Mar. 17: Biodiversity and Taxonomy of Mollusks**

**Mar. 31: Drawing & Illustrating Shells**

**Apr. 13: Shell Morphology: Understanding Shell Descriptions**



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Fort Myers Art:

# Family Favorite At Off Broadway Palm Theatre



by Tom Hall

**O**n stage in the Off Broadway Palm Theatre through March 5 is Joe DiPietro's family comedy *Over The River And Through The Woods*. The story follows a single,

Italian-American guy from New Jersey by the name of Nick who is offered his dream job in another state. His news doesn't sit well with his beloved, but pesky, grandparents, with whom he has dinner with every Sunday. In desperation, they hatch a series of schemes to keep Nick from leaving, including bringing the lovely – and single – Caitlin O'Hare to dinner as bait.

Off Broadway Palm's Artistic Producer Paul Bernier directs.

Making her Broadway Palm debut is Danica Murray, who plays O'Hare. The rest of the cast features all Broadway Palm alumni including Nancy Antonio, Chance Cintron, Kay Francis, Rob Summers and Michael Weaver.

The Off Broadway Palm is an intimate theater located off the main lobby of Broadway Palm. Performances are Tuesday through Sunday evenings with select matinees. Ticket prices range from \$45 to \$65 with discounts available for groups of 20 or more. Tickets can be reserved by calling 278-4422, visiting [www.broadwaypalm.com](http://www.broadwaypalm.com) or in person at 1380 Colonial Boulevard in Fort Myers.

## Mary Poppins Takes Flight In Naples

The Naples Players (TNP) is performing *Mary Poppins* March 2



A scene from *Over The River And Through The Woods*

photo courtesy [www.artswfl.com](http://www.artswfl.com)

through April 3. In this production, everyone's favorite nanny really does fly.

To accomplish the feat safely, TNP is working closely with ZFX, a complete provider for all flying effects. But flying two volunteer actors 20 feet in the air is certainly a tall order, and there will be two to three trained staff manning the flight process to ensure that the actors are safe.

Still, TNP's Director of Production Trevor Long says the responsibility is mentally taxing. "You're constantly thinking, 'I know I checked it but... I better do it again,' and you're more aware of everything than with a normal backstage responsibility. (Technical Director) Chase (Lilienthal) will be intimately involved with the installation and rehearsals."

Join young Jane and Michael Banks on a magical journey into glittering worlds. And with all the nostalgia of the iconic 1964 film, Poppins says, "Practically perfect people never permit sentiment to muddle their feelings." But adults will find the show irresistibly full of reminiscences.

*Mary Poppins* is directed and

choreographed by Dawn Lebrecht Fornara, while Charles Fornara provides musical direction. Elizabeth Marcantonio stars in the title role, with Olivia LaChance and Aiden Thayer playing Jane and Michael Banks; James Little and Tina Maroni playing their parents, George and Winifred; and Bret Poulter playing Bert. The cast also includes (in alphabetical order): Ethan Brendel, Dede Brownlee, Belinda Conigliaro, Nathan Eichhorn, Vivienne Engelmann, Frankie Federico, Lisa Federico, Ava Foley, Jeremy Giovinazzo, Kay Harkins, Lin Hart, Kelsey Lefrenias, Joseph Loiacono, Paul Lopresti, Harry McCartney, Natalie Minter, Abigail Nelson, Les Prebble, Tom Rex, Eileen Reynolds, Brittany Ringsdore, Avery Roschek, Sue Smith, Bonnie Thayer, Norman Toback, Kenny Tran, Lorelai Vega, Lindsey Walsh, Ciaran Welch and Jack Weld.

Tickets are expected to sell out quickly. A red carpet event open to the public is slated for Wednesday, March 2 from 6:30 to 7:30 p.m. and features local vendors, food, drinks and live music from the band Chariot. A sensory friendly performance will be held on Tuesday, March 15 at 7:30 p.m.

*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.\**

# Red Sox To Host Jet Blue Park Open House

**T**he Boston Red Sox will host a family-friendly open house at JetBlue Park in Fort Myers this Saturday, February 19 from 11 a.m. to 3 p.m. The free event will include activities for kids such as face painting, inflatables, a magician, scavenger hunt and discounted concessions.

In addition to the activities taking place for families, the open house will continue a long-held tradition of hosting a blood drive, in partnership with One Blood, to help with the ongoing blood shortage in Southwest Florida.

Through a partnership with Community Cooperative, the open house will also serve as a canned food drive. Visitors are asked to bring non-perishable food items including meat-based canned soups/stews, nut butters, bags or cans of dried beans and peas, whole-grain cereals, bags of plain rice and pasta, barley and quinoa, canned fruits, canned vegetables and more.

The mission of Community Cooperative is to eliminate hunger and homelessness in Lee County while simultaneously inspiring and supporting sustained positive change in its clients by delivering innovative food, education and social service programs.

The Lee County Sheriff's Office Swat Team and South Trail Fire Department will also be on hand during Saturday's open house.

JetBlue Park at Fenway South is located at 11500 Fenway South Drive in Fort Myers. For more information, call 226-4783.\*

# Deans' List Honors

**M**arc Taglieri of Fort Myers has been named to the dean's list for the fall 2021 semester at Bryant University in Smithfield, Rhode Island.

Jolie Candelore and Maria Lugo, both of Fort Myers, have been named to the dean's list for the fall 2021 semester at Seton Hall University in South Orange, New Jersey.\*

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Katie and Tommy Bohanon with their Best Nonprofit plaque photo provided

## Foundation Wins Best Nonprofit

The Tommy Bohanon Foundation, on a mission to support local youth on and off of the playing field with thanks to the support of the Southwest Florida community, has raised over \$170,000 in 2021. For its efforts, the foundation was awarded the Best Nonprofit in North Fort Myers by *North Fort Myers Neighbor*.

Every dollar donated to the Tommy Bohanon Foundation goes directly towards supporting the organization's mission. Last year, the foundation hosted several fundraising events to benefit local at-risk youth. In addition to its fundraising efforts, the foundation offers workshops, camps and events for local youth, including the highly anticipated Tommy Bohanon Youth Football Camp.

"Our generous community members are truly the ones who make all of this possible for our organization," said former NFL player Tommy Bohanon, founder of the Tommy Bohanon Foundation. "We are so proud to be making a positive impact in the lives of hundreds of kids, and that is all because of the support of each and every one of our incredible partners, donors and volunteers."

In May 2021, high schoolers Marco Medrano and Mariah Figueroa were awarded \$10,000 scholarships to be put towards continuing their education after high school.

Over the summer, the Lee County Sheriff's Office donated \$30,000 to the foundation. The donation paved the way for the Tommy Bohanon Foundation to support the continued education of three Southwest Florida students.

In July, the foundation hosted the 5th Annual Tommy Bohanon Youth Football Camp at North Fort Myers High School. Over 40 volunteers were in attendance to coach and support nearly 100 campers

during the one-day workshop. Campers were taught a great deal more than just football, including valuable life skills that will be the building blocks towards their future success.

In 2021, the Tommy Bohanon Foundation also dispersed \$30,000 through its Sports Equipment Grant to five Southwest Florida schools: North Fort Myers High School, South Fort Myers High School, Dunbar High School, Riverdale High School and Mariner High School. The grants were used to purchase athletic program necessities such as new uniforms, new equipment and more for each school's sports program of choice.

To finish the year, the Tommy Bohanon Foundation collected over \$17,000 in toys during its Holiday Toy Drive and annual softball tournament. The events included activities and fun for all ages, such as crafts, delicious food and friendly competition.

In addition, the Tommy Bohanon Foundation partnered with NorTech Hi-Performance Boats for the company's 30th anniversary. During the celebration, the foundation raised \$80,000 that was dispersed between Ronald McDonald House of SWFL, Blessings in a Backpack and Southeastern Guide Dogs.

To learn more about the nonprofit organization's mission, visit [www.tommybohanonfoundation.org](http://www.tommybohanonfoundation.org).

## Dean's List

Seven students from Southwest Florida were named to the dean's list for the fall 2021 semester at University of Tampa.

They are Jaclyn Bono of Cape Coral, majoring in management; Mia Ecklund of Cape Coral, majoring in allied health; Peter Eger of Cape Coral, majoring in writing; Avery Perkins of Fort Myers, majoring in allied health; Ellise Holmes of Cape Coral, majoring in allied health; Samuel Weetman of Fort Myers, majoring in accounting; and Nathaniel Riley of Fort Myers, majoring in management information systems. Joseph Marino of Cape Coral has been named to the dean's list for the fall 2021 semester at Georgia Southern University in Statesboro, Georgia. To be eligible for the honor, a student must have at least a 3.5 grade point average and carry a minimum of 12 hours for the semester. Hanna Maranzatto of Cape Coral has been named to the dean's list for the fall 2021 semester at James Madison University in Harrisonburg, Virginia. Maranzatto is a music major.

Students who earn dean's list honors must carry at least 12 graded credit hours and earn a grade-point average between 3.5 and 3.899.



From left Madison Mitchell, United Way director of community impact; Twins minor leaguers and Jeanine Joy, president and CEO of Untied Way of Lee, Hendry and Glades, at the United Way School Resource Center in Fort Myers photos provided

## Baseball Players Pitch In To Help United Way

The Greater Fort Myers Chamber of Commerce Leadership Program recently delivered more than 500 clothing and other items for middle school aged students to the United Way School

Resource Center, which provides clothing, hygiene essentials and school supplies to children in need throughout the Lee County School District.

Chamber members were joined by Minnesota Twins minor league players Sawyer Gipson-Long, Louie Varland, Jon Olsen, Brent Headrick and Matt Canterino. The five baseball players personally secured backpacks and filled them with school supplies to add to the donation drive.



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Participants create floral displays at Edison and Ford Winter Estates photo provided

## Floral Arranging Class At Estates

The Edison and Ford Winter Estates will offer a class on Floral Arranging with Tropical Plants and Foliage on Tuesday, February 22 from 1:30 to 3:30 p.m. and Saturday, February 26 from 10 a.m. to noon. Taught by horticultural specialist Karen Maxwell, the classes will

include 40 minutes of classroom instruction about the concept of plant conditioning and how to make a professional-looking arrangement using plants and foliage found in a home garden.

After the instruction, the group will move to the Banyan picnic area (behind the historic Banyan tree), where materials will be provided for each participant to create an arrangement that they can take home. A selection of plant materials

sourced from the estates' 20-acre botanical garden will be available. Horticulturists and award-winning floral designers will be on hand to assist with design.

The classroom instruction will take place in the Garden Council building located across the street from the estates parking lot on Larchmont Avenue. At the conclusion of class, each participant will receive a 20 percent discount coupon for

plant purchases in the Garden Shoppe. Advance registration is required and limited to 25 participants. Class cost is \$50 for Edison Ford members and \$75 for non-members (includes materials).

The Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information or to register, visit [www.edisonford.org](http://www.edisonford.org).✳

## Library System E-Services Grow

E-services have become increasingly popular and the demand from Lee County library customers has grown. In the last fiscal year, almost 2.5 million items were accessed electronically. To meet the demand, the Lee County Library System continues to expand the online services being offered.

Residents in Lee County only need a valid library card to access a wide array of digital materials from the library system's digital collection. If you live, work or go to school in Lee County, you can get a free library card.

E-services offered by the Lee County Library System include:

- Online chat assistance from library staff;
- eBooks, audiobooks, magazines and videos offered through OverDrive;
- eBooks, audiobooks, magazines and access to Craftsy, The Great Courses, Qello Concerts and iNDIEFLIX available through OverDrive's Libby app;
- eBooks, audiobooks, music, comics,

graphic novels and videos accessible through hoopla;

Language learning with Rosetta Stone and Mango Languages; and

Interactive virtual courses, test preparation, materials for students, genealogy resources and more.

Readers can use phones, tablets, e-readers or computers to access all of these materials for free from the library's digital content providers.

The Lee County Board of Commissioners voted on February 1 to approve a \$1.2 million budgeted library e-service expenditure for 2022, which will expand a contract with OverDrive, an online service that provides e-books and other downloadable content. During 2021, Lee County's library cardholders checked out close to 1.6 million digital items from OverDrive.

On January 18, a \$652,000 expenditure was approved after a vote by the board that expanded a contract with Midwest Tape for physical materials and the e-service hoopla.

For more information, visit [www.leelibrary.net](http://www.leelibrary.net).✳

## Churches/Temples

### ALL FAITHS UNITARIAN CONGREGATION

Service 10:30 a.m. in house and live on Facebook. Adult Ed Forum 9:15 a.m. in Sanctuary, [www.allfaiths-uc.org](http://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](http://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](http://www.simplysimpleworship.com), 7050 Winkler Road, Suite 121, 437-8835.

### CHABAD LUBAVITCH ORTHODOX

Friday 6:30 p.m., [www.chabadswf.org](http://www.chabadswf.org), 5620 Winkler Road, 433-7708.

### CHAPEL OF CYPRESS COVE

Sunday 10 a.m., [www.revtedalhouse@aol.com](http://www.revtedalhouse@aol.com) 10200 Cypress Cove Circle, 850-3943.

### CHAVURAT SHALOM

Friday Shabbat services every week 7:30 p.m. Other programs on vacation. [ChavuratShalom@gmail.com](mailto:ChavuratShalom@gmail.com).

### 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](http://www.crownoflifelutheran.com).

[crownoflifelutheran.com](http://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 9 and 11 a.m. English, 10 a.m. Spanish. [www.clpc.us](http://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 9 and 11 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](http://www.christiansciencefortmyers.net), [www.christianscience.com](http://www.christianscience.com). 2390 West First Street, 334-6801.

### FIRST CHURCH OF THE NAZARENE

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

### FORT MYERS CHRISTIAN CHURCH

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

### FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

### FIRST PRESBYTERIAN CHURCH OF FORT MYERS

11 a.m. Sunday, [www.fpcfortmyers.org](http://www.fpcfortmyers.org), 2438 Second Street, 239-334-2261

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

**JESUS THE WORKER CATHOLIC**  
Friday and Saturday, 7 p.m.; Sunday 8, 10 a.m. and 6 p.m., 881 Nuna Avenue, 481-1143.

### LAMB OF GOD

Sunday 7:45 and 10 a.m., [www.lambofgodchurch.net](http://www.lambofgodchurch.net), 19691 Cypress View Drive, 267-3525.

### NEW HOPE PRESBYTERIAN

Sunday 8, 9:30 and 11 a.m., [www.newhopefortmyers.org](http://www.newhopefortmyers.org), 10051 Plantation Road, 274-1230.

### PEACE COMMUNITY

Sunday 10:30 a.m. [www.peacecommunitychurch.com](http://www.peacecommunitychurch.com), 17671 Pine Ridge Road, 267-7400.

### PEACE LUTHERAN

Sunday 8 and 10 a.m., [www.peaceftmyers.com](http://www.peaceftmyers.com), [peace@peaceftmyers.com](mailto: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](http://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.saintnicholasmonast.com](http://www.saintnicholasmonast.com).

[ery.org](http://www.ery.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](http://www.templebethel.com), 16225 Winkler Road, 433-0018.

### TEMPLE JUDEA (CONSERVATIVE)

Friday 6:30 p.m. and Saturday 9 a.m., [www.tjswfl.org](http://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](http://www.taecc.com), 1619 Llewellyn Drive, 334-4978.

### UNITARIAN UNIVERSALIST

Sunday 10:30 a.m., [www.uucfm.org](http://www.uucfm.org), 13411 Shire Lane, 561-2700.

### UNITY OF FORT MYERS

Sunday 10 a.m., [www.unityoffortmyers.org](http://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

Saturday 5 p.m.; Sunday 8, 9:30 and 11 a.m., [www.zionfm.org](http://www.zionfm.org), 7401 Winkler Road, 481-4040.

*Email changes to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213.\**



Cultivated safflower is an agricultural crop grown for oil, seeds and meal

photo by Gerri Reaves

## Plant Smart Safflower

by Gerri Reaves

Cultivated safflower (*Carthamus tinctorius*) is native to the Mediterranean region, Africa and Asia, but is nevertheless very familiar to Americans.

The U.S. is one of the biggest producers of cultivated safflower, which is used as a cosmetic dye, cooking oil, salad dressing oil and margarine ingredient.

In Florida, it is an agricultural crop grown for birdseed, oil and meal, primarily.

If you have a birdfeeder with safflower seeds in it, you might see this plant sprout beneath it.

In addition, its ornamental flowers are used in commercial floral arrangements, and the plant is cultivated by herb gardeners.

A member of the aster family, it is one of several safflowers known as a distaff thistle. Its relative, wild safflower (*C. oxyacantha*), which has yellow flowers, is prohibited in Florida, according to the Federal Noxious Weed List.

This fast-growing herb grows to a height of one to five feet with erect branched stems.

The alternate spiny leaves are lobed or coarsely toothed and look a bit like little holly leaves.

The globular flowerheads, which are borne singly or in groups of up to five, each contain 15 to 180 florets that range in color from yellow to orange or red to purple.

The projecting stigmas and styles give the blooms a frilly look. The seeds are white.

The horizontal root system develops a tap root that can reach a depth of almost 10 feet. Thus, the species excels at obtaining nutrients and groundwater in adverse conditions.

Safflower is one of humanity's oldest known crops and archaeological evidence dates its use to about 2500 BC.

It is used as a flavoring and color in Italian, French and British cuisine, as suggested by another common name, false, or bastard, saffron.

The term "tinctorius" in the binomial refers to dyeing and the plant's use in the cosmetic and textile industries.

It also has a wide variety of uses in traditional medicine.

Modern medical research continues to explore how it might benefit the treatment of various conditions, such as diabetes.

Sources: <http://www.efloras.org>;  
<https://www.ncbi.nlm.nih.gov>, <https://owlcation.com>, <https://en.wikipedia.org>.

<https://en.wikipedia.org>.

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

## Garden Club Fundraiser

The Garden Club of Cape Coral will hold March in the Park, a plant and garden art sale, at Jaycee Park on Saturday, March 12 from 9 a.m. to 3 p.m. Admission and parking are free.

The annual fundraiser will include more than 45 vendors selling plants and plant-related items such as ground cover, natives, succulents, palms and tropicals, stepping stones, hand painted pots, metal sculptures, clay pots and glass garden ornaments. Master gardeners will be available all day for questions, and there will be a children's activity booth with take home projects and a face painter. Every hour there will be informative speakers; watch for interesting topics to be announced. Food will be prepared by the Boy Scouts Troop 34, and music will play throughout the park.

Opportunity drawing tickets will be sold by garden club members, and all proceeds from the day go to the clubs initiatives: Marty Ward Merit Awards for students in horticulture; civic beautification; youth campers to Camp Wekiva; Habitat for Humanity projects; local middle and high school

garden projects; and to promote civic awareness of environmental and conservation concerns.

Jaycee Park is located at 4125 SE 20th Place in Cape Coral. If you are a vendor, do a plant-related craft, want to become a member or just have questions, visit [www.gardenclubofcapecoral.com](http://www.gardenclubofcapecoral.com) or contact Ginny Huffer at 257-2654 or [huffmom5@aol.com](mailto:huffmom5@aol.com).✳

## Fundraiser Time/ Location Change

Community Cooperative's Empty Bowls fundraiser is being rescheduled with a new time and location. The fundraiser, which supports emergency food programs, will now be held at Centennial Park on Saturday, April 9 from 11 a.m. to 3 p.m.

The change is due to construction at Alliance for the Arts, the original venue. The fundraiser, presented by FineMark National Bank & Trust, was originally scheduled on February 26.

"Unfortunately, City of Fort Myers construction at the Alliance for the Arts has made it impossible for us to plan the event there this month," said Stefanie Ink-Edwards, CEO of Community Cooperative. "We are pleased to bring back this popular event, now scheduled for April 9 at Centennial Park."

For more information, visit [www.communitycooperative.com](http://www.communitycooperative.com).✳

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# Working Man's Fish



by Capt. Matt Mitchell

**L**ove them or hate them, but sheepshead are one of our most consistent fish all winter long. When conditions are cold and not much else will feed, this is what we target.

They are both plentiful and delicious to eat. Catching them requires a totally different technique compared to every other species we catch.

As a guide, teaching clients to catch these fish that only ever seem to nibble a bait while not taking the hook can be challenging. I really enjoy this change of techniques from our everyday snook and redfish fishing. Anglers can often lose their patience while trying to successfully catch sheepshead, though once they get the hang of it everything falls into place.

Small bait on small jig heads give you the best hook-up ratio. When using shrimp as my go-to bait, I like to thread it on the jig head to hide the hook. This bite is all about feel and anticipating that the fish is holding the bait before setting the hook. Once the fish starts to tap the bait, I slowly lift the rod tip waiting to feel it slightly bend as it loads up. The small tooth-filled mouth of a sheepshead requires a few short hard pops once the



Adam from Wisconsin with a stud sheepshead caught while fishing with Capt. Matt Mitchell this week photo provided

rod is bent to make sure that they are hooked.

Sheepshead are a popular fish for anglers without a boat as they are often targeted around bridges and piers. All you need to catch sheepshead is a bag of fresh shrimp, though many of the serious die-hard shepherds swear by fiddler crabs, sand fleas and even clams. Scraping barnacles off pilings and seawalls to chum these fish into feeding is also an old school technique.

Sheepshead is one of the few fish that allows the angler a large bag limit of eight fish per person. Even though the minimum size limit is 12 inches, these fish simply don't have much meat on them unless they measure 14 inches. These are not the sheepshead of the Great Lakes, they are a stripped porgy that has a diet of shellfish, making it one of the tastiest fish to eat.

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](mailto:captmattmitchell@aol.com).

## Benefit Concert

The Fort Myers Beach Community Foundation will host its second benefit concert of #WeAreFMB Live! series with an outdoor performance by The Caribbean Chillers, Florida's premier Jimmy Buffet tribute band, at Fish-Tale Marina on Thursday, February 24 at 7 p.m. Gates open at 6 p.m.

The nonrefundable tickets for the event are \$30 in advance and \$40 the day of the concert (based upon availability). In the event of inclement weather, this show will be held in Fish-Tale Marina's Propeller Lounge.

The final concert of #WeAreFMB Live! will be The Atlantic City Boys, a Frankie Valli and the Four Seasons tribute band, on March 24.

The Fort Myers Beach Community Foundation, a 501(c)3 organization, responds to the changing and emerging needs of the community through their support of education, health and welfare.

Fish-Tale Marina is located at 7225 Estero Boulevard on Fort Myers Beach. For more information and tickets, visit [www.fmbcommunityfoundation.com](http://www.fmbcommunityfoundation.com).

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Dave Doane with his co-worker Jesse

**CROW Case Of The Week:**

# Burrowing Owl

by Bob Petcher



The burrowing owl (*Athene cunicularia*) is a small day-hunting owl that mostly seeks its prey on the ground. Like most owls, they have the ability to turn their heads up to 270 degrees in

either direction without damaging blood vessels or cutting off blood flow to the brain.

At CROW, an adult burrowing owl was admitted to CROW with spinal and head trauma after a predator attack.

"A falcon was reported to have attacked the owl," said Dr. Robin Bast, CROW staff veterinarian. "We don't recommend interfering in this process unless the predator accidentally drops or abandons the prey. Although no one wants to see the owl injured, no one wants to see the hawk starve either."

The spinal injury reportedly could have been worse.

"The burrowing owl had bruising and a puncture wound over the spine and several puncture wounds to the head and the mouth. None of the puncture wounds required surgery, and the bruising resolved with supportive care," said Dr. Laura Kellow, CROW veterinary



**Patient #22-317 has no trouble eating, but appears to have a disliking to its neck brace**

photos by Dr. Laura Kellow

intern. "We are monitoring one of the burrowing owl's eyes, as it is blind in this eye secondary to trauma from the talon punctures. If the burrowing owl is uncomfortable in this eye long-term, then we may elect to remove this eye for its comfort."

Veterinarians placed a neck brace due to the severity of the owl's head tilt.

"The head tilt – torticollis – is severe in this case, but the patient is eating well and is very active. They are also on pain medications and were previously on antibiotics for the puncture wounds. Brain injury in birds, similar to humans,



can be very variable in recovery time," said Dr. Kellow. "In 2021, we had a burrowing owl with similar torticollis that took months to show slow progress and was eventually released after four months. The patient will wear the neck brace until we begin to see them holding their head upright on their own."

The patient is currently receiving pain medications and antibiotics while being closely monitored under supportive care.

"The patient also receives daily physical therapy twice a day where their head is gently held in a normal position and then to the opposite side of the tilt

for 10 to 15 seconds at a time for 10 to 15 minutes total to help strengthen the muscles in the neck," said Dr. Kellow. "The torticollis, or head tilt, is secondary to the head trauma that the burrowing owl suffered from the talons."

The patient will need time before being placed outside for flight training.

"Once the patient is able to hold their head upright or at an improved angle, they will be able to move outside to evaluate their flight and behaviors in a larger environment," said Dr. Kellow. "We often 'daycamp' these patients initially, meaning that they go outside during the day to stretch their wings and then return inside at night so they can navigate and eat in a smaller environment."

The burrowing owl will need more rehabilitation, but appears to be in good spirits.

"The patient has a long road ahead to recovery, but is eating well, active and tolerates the brace well," said Dr. Kellow. "This patient loves crickets, and even with the severe torticollis, is constantly perching on the bowl of crickets and loves throwing them around the cage and eating them."

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](http://www.crowclinic.org).

# Library To Host Musical Tribute To Love Songs

East County regional Library will be hosting Dave DeLuca in The Crooner: A Tribute To Love Songs on Tuesday, February 22 from 1 to 2 p.m. Admission is free.

The Crooner is a musical tribute to the romantic songs made popular by male crooners such as Engelbert Humperdinck, Tony Bennett, Elvis Presley, Perry Como, Dean Martin, Mel Torme, Bing Crosby, Nat King Cole, Frank Sinatra, Dion, Michael Buble, Louis Armstrong and Frankie Avalon.

Originally from New Jersey, DeLuca is an accomplished singer, songwriter, musician and recording engineer who has been performing for over 30 years. He is a member of the Songwriter's Guild of America and has had songs published by BMI. In December 2011, DeLuca auditioned for and won a starring role in the Count Basie Theatre's 5th Annual Sinatra Birthday Bash, beating out hundreds of other hopeful performers. He is currently overseeing production of *The Star-Spangled Songbook*, a tribute to the great American composers and lyricists who crafted our body of popular standards, for a future airing on PBS.

East County regional Library is located at 881 Gunnery Road in Lehigh Acres, For more information or to register for seating, call the library at 533-4200.✪

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Paige BeMiller and Sophie White  
photos provided



Luis Insignares and Dwayne Bergmann



From left, Hannah Pelle, B. Pat O'Rourke and Sally Jackson

## Gala Helps Pace Center Girls Achieve Success

Pace Center for Girls, Lee supporters recently came together during the Believing in Girls Gala at Sidney & Berne Davis Art Center to help raise a record-breaking \$208,000 in support of Pace Lee programs. The black-tie preferred evening featured cocktails, dinner, dancing, a live auction and raffle.

Former Pace student Sophie White delivered the keynote address. The gala, presented by the Gunterberg Charitable Foundation, was co-chaired by Rebekah and Jeff Barney with Dwayne Bergmann and Luis Insignares.

All proceeds support Pace Lee in providing girls and young women an opportunity for a better future through education, counseling, training and advocacy. ✨



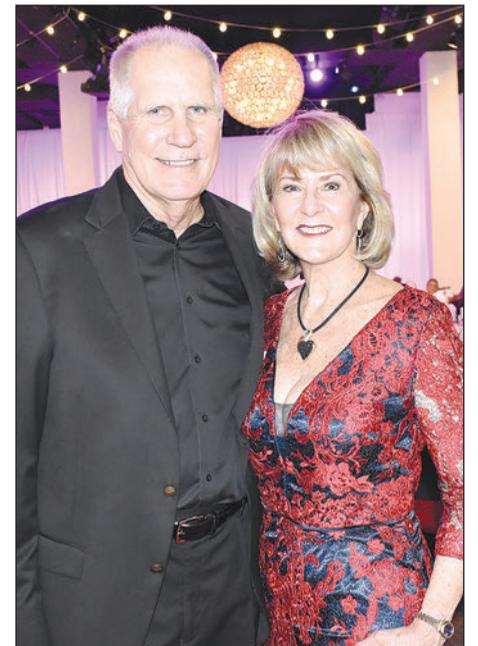
From left, Will and Anne Wittenborn, Diana and Scott Willis, Ryan Frost and Brad Phelps



Starlowvia Moise and Alesha Morel



Noelle Casagrande celebrates with Heather Neubert at Pace's Believing in Girls Gala



Doug Meurer and Gail Markham



Volunteers at the Homeless Service Day and Veterans Stand Down

photo provided

## Service Day Helps Homeless

In an effort to provide the populations of veterans and individuals facing homelessness in Lee County with access to essential goods and services, the Lee County Homeless Coalition hosted its 21st annual Homeless Service Day and Veterans Stand Down on January 29. The coalition partnered with the Lee County Clerk of Court, Lee County Tax Collector and JFCS of the Suncoast to host its first Traffic Court for veterans and those experiencing homelessness.

"We're honored to work with our community partners to improve the lives of citizens in our community, especially our veterans," said Kevin Karnes, Lee Clerk's chief operating officer.

The event was held at CityGate Ministries located at 1735 Jackson Street in Fort Myers. Services were provided to approximately 150

individuals during the event. Services offered included provisions for food, clothing, blankets, hygiene kits, backpacks, healthcare, COVID-19 vaccinations, haircuts and information on Veteran Affairs benefits and employment opportunities. Referrals for substance abuse and mental health counseling were available. There were 30 agencies registered to attend this year.

"Our hope was to help homeless individuals get what they needed by providing increased access to multiple services in a one-stop setting," shared Therese Everly, executive director. "Traffic court provided a potential pathway to securing a drivers license, which empowers individuals to obtain sustainable employment."

To learn more about how you can help join the fight against homelessness, contact Everly at [therese@leehomeless.org](mailto:therese@leehomeless.org) or 322-6600. For more information on the Lee County Homeless Coalition, visit [www.leehomeless.org](http://www.leehomeless.org).✱

## Sponsors Sought For Business Hall Of Fame Event

Junior Achievement of Southwest Florida will host its annual Business Hall of Fame event at the Ritz Carlton Golf Resort on Tuesday, April 19 beginning at 5:30 p.m.

Sponsors are needed to support this mission-critical event, which recognizes influential visionary leaders from the business community that have made a significant impact, created new opportunities and elevated the educational landscape for youth in their communities regarding financial literacy, entrepreneurship and work readiness.

The 2022 laureates are Ingrid Aielli and Chef Fabrizio Aielli of Aielli Restaurant Group, Larry Lipman of Lipman Family Farms and Brian Rist of the Rist Family

Foundation.

Sponsorships for this event are crucial for Junior Achievement of Southwest Florida to continue providing life-changing, no-cost programs on financial literacy and career and work readiness to students in the community. Levels range from \$3,000 to \$10,000 and include benefits designed to recognize the sponsor in a multitude of ways before, during and after the event. Current sponsors for the event include presenting sponsor First Horizon, diamond sponsor Title Professionals of Florida, and gold sponsors London Bay Homes and Publix Super Markets Charities.

The Ritz Carlton Golf Resort is located at 2600 Tiburon Drive in Naples. To learn more about sponsorship opportunities, visit [www.juniorachievement.org/web/ja-swflor/ja-hall-of-fame-2](http://www.juniorachievement.org/web/ja-swflor/ja-hall-of-fame-2), call 225-2590 or email [info@jaswfl.org](mailto:info@jaswfl.org).✱

## Apply For Leadership Retreat Program

Ten area professionals have made the commitment to dive deeper and lead stronger in Southwest Florida by applying for Leadership SWFL, the region's premier community immersion program dedicated to providing business professionals with a greater understanding of the community and creating a cohort of individuals ready to serve as effective leaders in the region.

The first members of Leadership SWFL's Class of 2022 are: Brian Ostrowski, Key Private Bank; Salima Givens, Meals of Hope; Jeffrey Robinson, Fifth Third Bank; Emily Demurias, BriersCPA; Morgan Frederichs, London Bay; Camden Ashmore, Ashmore Design; Elaine Sarlo, TM Strategic Consulting; Joe Nugent, Joe the Home Pro; Mary BATTERY, New Horizons of Southwest Florida; and Charlotte Nal, New Horizons of Southwest Florida.

If you're looking for exclusive experiences, wanting to grow your network and are seeking a big-picture view of our region, apply for the Leadership SWFL Class of 2022. Applications to be considered for Leadership SWFL are still open, but limited spots remain. For more

information and to submit your application, visit [www.swflinc.com/leadership-swfl](http://www.swflinc.com/leadership-swfl). Applications are due by Friday, April 1.

"One of my favorite parts of this program is how quickly it brings the class of participants together," said Tiffany Esposito, president and CEO of SWFL Inc. "On the first day of the retreat, everyone walks in looking a little nervous and maybe even skeptical about what they'll gain from it. By dinner that night, these groups are the best of friends, laughing, swapping contact information and excited for the rest of the program."

Over eight months, Leadership SWFL fosters transformation among community champions with full-day exclusive experiences. Hands-on opportunities offered through this immersive experience challenges participants to delve into crucial components spanning Southwest Florida and explore diverse perspectives. Nine full-day class sessions and an overnight retreat for the program will run from May through December 2022. Sessions include special tours and in-depth discussions on the topics of crime and justice, economic development, education and the workforce, environment, government, healthcare, infrastructure, media and tourism.

For more information or to get questions answered on Leadership SWFL, contact Hannah Phillips, events and marketing manager, at [hannah@swflinc.com](mailto:hannah@swflinc.com) or 992-2943.✱



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Book Review

# The Magnolia Palace

by Di Saggau



**T**he *Magnolia Palace* by Fiona Davis is a tantalizing novel in historical fiction at it's best with well-developed characters, detail, art history and mystery. There are two time periods. In 1919,

after her mother dies in the Spanish flu outbreak, young Lillian Carter's life has fallen apart. She had been one of the most sought-after artists' models in New York City, using the name Angelica. Statues of her figure grace landmarks from the Plaza Hotel to the Brooklyn Bridge. Now work has dried up and a scandal has left her in hiding, so she takes employment at the Frick mansion, a building that, ironically, bears her own visage. She works as a secretary for the demanding Helen Frick, daughter and heiress of Henry Clay Frick, industrialist and art patron. While there, her life becomes involved with that of the family, pulling her into a tangled web of stolen jewels and family drama where the stakes could be life or death.

Some 50 years later, a young English model, Veronica Weber, is trying to make her career to earn what she needs to support her family. The former Frick

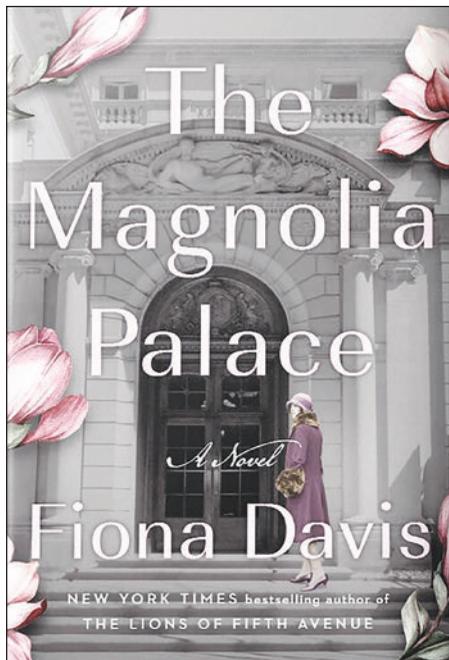


image provided

residence is now converted into one of New York City's most impressive museums. She is there for a *Vogue* shoot and ends up locked in during a storm. This leads her and an intern art curator on a hunt that might solve Veronica's financial problems, and reveal the truth behind a decades-old murder in the infamous Frick family. She comes across a series of secret messages among the Frick's masterpieces and uncovers a long-lost heirloom.

The dual timelines connect the lives of Angelica and Veronica. Davis smoothly

combines fact with fiction and offers memorable descriptions of the fabulous family art collection. I enjoyed reading about her research in the Author's Note section of the book. However, she missed the boat in one area where someone tells Angelica, "You're not some farm girl from Omaha, who no one has heard of

before." There are no farms in Omaha. It's a cosmopolitan, industrial and artistic community. I know, having lived there for nearly 60 years before retiring to Southwest Florida. Outside of that, the research, plot line and characters in *The Magnolia Palace* will keep you entertained throughout.✪

## School Smart



by Shelley M. Greggs, NCSP

**D**ear Shelley, My second-grade son's teacher mentioned that storytelling is a great learning tool for children. I understand the basic idea of storytelling,

but I would like some more information from you about this activity and why it's helpful.

Francie G, Fort Myers

### Francie,

Storytelling is obviously different than story reading but storytelling has a strong developmental and educational impact as well. Storytelling is spoken word without the concrete story book to read from. The pictures are replaced with the facial expressions and gestures of the storyteller. Dr. Rebecca Isbell, an early childhood education speaker, author and storytelling expert, did some research comparing story reading and storytelling with preschoolers and then replicated the same study 20 years later. "Both studies found that the children who had stories told to them comprehended the stories better, retold the stories better and had a higher level of attentiveness compared to those who had the stories read to them".

Samantha Gratton of PBS KIDS, says, "Storytelling connects your child to their imagination and new ideas while also engaging them through the use of words and actions." A learning cue for kids with storytelling is to say to them to make pictures with your minds as you listen to this story. Research has shown that children's brains are activated in a different manner in when they are visualizing storytelling than with picture books. Benefits of storytelling include enhanced imagination, increased vocabulary and improved communication skills.

Storytelling has benefits beyond the developmental and educational ones. It can create a special bond between family members by passing down generational stories. Family histories or a parent's personal growing-up stories are important for children to hear. My children enjoyed storytelling and now my granddaughter seems to enjoy it as well, especially when I make her the heroine of my stories.

Here are some suggestions from Graffton to help make your story telling a big success. She says to, "Act out the voices if you can and add sound effects. Emphasize a repetitive phrase that comes up at certain points in the story, inviting you child to join in each time. Maintain eye contact with the listeners. Make animated faces or gestures. Change the pace of the

story to build tension. All of this helps your child understand the story better and keeps their attention.

Before you tell the story, give prompts to set their minds for listening by saying something such as, "Listen to what the character does that's brave." Then discuss the story after telling it. Ask questions such as "Can you believe this happened?" or "How did you feel when...?" and "What do you think this story means?" This promotes critical thinking as they process what they heard. Questions may also indicate what they didn't understand.

Have your child retell the story. Retelling the story shows what they comprehend and gives your child the opportunity to share their own perspective. Encourage them to tell the same story to another family member or friend. Adding helpful prompts like, "And then what happened?" helps children remember the story arc and structure while retelling. You can also retell the same story again to them later, adding in new details or surprises.

Adding storytelling to your repertoire of literacy activities with your children will yield many educational benefits and add to the warmth and closeness of your relationship with your children.

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. To contact her, email [smgreggs@gmail.com](mailto:smgreggs@gmail.com) or visit [www.schoolconsultationservices.com](http://www.schoolconsultationservices.com).✪

From page 1

## Chamber Series

Rohan de Silva (Itzhak Perlman's personal accompanist) and Andrew Armstrong.

Now in its 19th season, American Virtuosi concerts bring some of the most celebrated musicians in the genre from around the country together for intimate chamber concerts that includes the music of Mozart, Beethoven, Brahms, Dvorak, Tchaikovsky, Raveland and Gershwin.

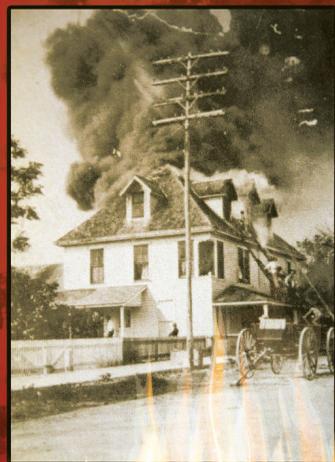
Tickets for the Thursday dinner and concert are \$225 per couple or \$400 per party of four. The Luminary Hotel is located at 2200 Edwards Drive in downtown Fort Myers.

Tickets for the Saturday performance are \$45 in advance and \$50 the day of the concert with a student price of \$10. American Virtuosi concerts are sponsored by Nicholas Winograd and Barbara Garrison. The entire chamber series is underwritten by Rob Diefenbach in memory of Ruth DeNoyelles Diefenbach.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For tickets, visit [www.sbdac.com](http://www.sbdac.com).✪

# EPIC FIRES OF FORT MYERS

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



From left, Angela Melvin, Kyle DeCicco, Lana Hollier and Mia P photo provided

## Bank Donates \$50,000 To Valerie's House

Sanibel Captiva Community Bank has made a \$50,000 charitable donation to the Valerie's House "Family is Forever" capital campaign. The donated funds will be used to help construct a new building on a one-acre parcel donated by the City of Fort Myers on Veronica Shoemaker Boulevard near Winkler Road. The 7,000-square-foot facility will serve as an expanded gathering place for grieving children in Southwest Florida to connect with one another and learn the tools to heal after the loss of a loved one. The building will also serve as the organization's headquarters and will allow them to reach

more families who need help. "Giving back to the community and organizations we serve is at the heart of what Sanibel Captiva Community Bank does," said Kyle DeCicco, Sanibel Captiva Community Bank president and senior loan officer. "We couldn't be prouder of the commitment our team members make to support so many local organizations they are passionate about like Valerie's House." "The relationship between Valerie's House and Sanibel Captiva Community Bank goes back many years and is important to our children and families," said Angela Melvin, Valerie's House founder and CEO. "From volunteers, board members, help with family parties and special events to now the financial support of our dream home, we are stronger and better because of the caring people of Sanibel Captiva Community Bank who have come into our lives."\*

## Trust Company Sponsors Hope Hospice Care

Midland Trust recently joined Hope Healthcare in their efforts to give more hope to those in need by becoming a "Heart of Gold" campaign sponsor. In addition, Midland Trust showed their support by providing lunch to Hope employees. As a not-for-profit health care organization, Hope Healthcare provides more than \$2 million in unfunded hospice care each year to ensure that everyone in their care and their loved ones have the compassionate support they need. Sponsorships and donations from Midland Trust and numerous others help Hope Healthcare deliver more state-of-the-art care than what's funded by insurance, more thoughtful, innovative services for people of all ages, more compassion through practical, spiritual



From left, Darlene Grossman of Hope Healthcare with Jacqueline Diaz and Brenda Whetsell of Midland Trust during the luncheon for Hope staff photo provided

and emotional support and, above all, more hope for everyone in need. To make recurring gifts or pledge a future gift in support of hospice care, visit [www.morehope.org](http://www.morehope.org). Information about hosting a fundraiser and becoming a sponsor is also available on the website.\*

## Golf Tournament Fundraiser

The Cape Coral Chapter of the Military Officers Association of America (MOAA) is holding its 5th annual Armed Forces Golf Tournament at the Cape Royal Golf Course on Saturday, March 5. The event begins at 8:30 a.m.,

with breakfast and lunch included in the \$90-per-player entry fee. The public is invited to participate in the four-person, 18-hole scramble tournament. The fundraising event will benefit Lee County ROTC scholarships. Cape Royal Golf Course is located at 11469 Royal Tee Circle in Cape Coral. For reservations, contact Gary Nolan at 618-407-6945 or [capecoralmoaa@gmail.com](mailto:capecoralmoaa@gmail.com).\*

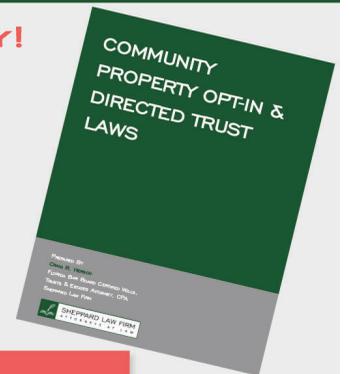
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Will Power

## The Greatest Man I Ever Met



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

**T**hirty years ago, a man I barely knew hired me as an associate attorney in his law firm. It was the most fortunate day of my career. That man was John W. Sheppard, who sadly passed away on February 4 at the age of 89.

While I was unaware of who he was at that time, as I had then resided in Fort Myers for less than two years, Mr. Sheppard was and remained a local legend. He and his wife, Ellen, transformed our community through altruism, philanthropy (he was a founding father of the Southwest Florida Community Foundation) and faith. They donated the chapel at Golisano Children's Hospital and supplied thousands of Teddy bears to hospitalized children over

several decades. He held the *Guinness Book of World Records* title for donating blood, over 47 gallons at the time of his passing. He served on FGCU's Planned Giving Council and taught Sunday school as a deacon in his church. Having lost a son to suicide, he counseled countless parents who lost children. Detailing all of his and Ellen's good work would require volumes, so I'll leave it at that.

I was a mere 28 years old and three years out of law school when Linda Treise, a local CPA, knew that John was looking to retire because of health issues and that I was an ambitious young attorney hoping to make a name for myself. She introduced us at a tax lecture I was giving to other professionals. We shook hands and set up a time to have lunch.

During my interview, I asked Mr. Sheppard if I, being of the Jewish faith, would cause problems, as he was such a strong presence in his church and many of his clients were devoutly Christian. "Craig, I don't believe so but if any feel that way, that's their problem, not your problem," was his answer. I was hired by John and his two law partners, Jay Brett and John Stewart, who remained my law partners until their retirements.

Another question I asked during the interview was whether his office had sufficient work for me. With a wry smile he said, "I think so." I no sooner settled in to my desk at our old office on West First Street than I was under an avalanche of files. "Pace yourself, Craig. It's like shoveling sand at the beach," he'd say, motioning with his arms, "You no sooner pitch a shovel full over your shoulder than the hole fills up again!"

The plan was to work alongside John for two years before he called it a career. During our first year together, I learned more about being a lawyer than I ever learned in law school. John was caring, empathetic and practical. When an unusual issue came up in a probate, for example, and there was no Probate Rule on point, John would fashion a petition to the court and an order for the judge to sign while not directly on point with any statute; it just made sense. I don't remember one that was ever rejected.

He was always bright and cheerful with our staff. I never heard him raise his voice, although there were plenty of incidents that would cause almost any other person to do so. He charged fairly. In the rare instances involving a complaint over a bill, he'd nevertheless acquiesce to the client. "Pay me what you think it's worth," he'd say and



From left, D. Hugh Kinsey, Jr., Craig Hersch, Jay Brett, John Sheppard and John Stewart

photo provided

accept whatever it was, although that would be the last bit of legal work he'd prepare for that person.

In mid-December of my first year at this firm, which was established by John's father and uncle in 1924, Mr. Sheppard came into my office, closed the door and sat down in a chair. "Craig, you're doing fantastic! Your work product is excellent and the clients love you," he said, with a big smile. "I'm out of here at Christmas!"

"Christmas next year, right?" I stammered.

"No. Christmas."

"Two weeks from now?" I felt my face going flush.

I didn't sleep for three years thereafter, worrying that I'd somehow lose the confidence of the many clients who expected a wise man with grey hair to sit across the conference room table rather than a young, (then) dark haired guy like me. I remember one elderly client peering over his reading glasses, pausing, then asking, "How old ARE you exactly?"

On his way out the door between Christmas and New Year's, having packed up his belongings, Mr. Sheppard offered one last bit of wisdom. "Craig, the law is a jealous mistress," he said. "Don't let her take you away from your wife, your family and others who are important to you." I've taken his words to heart over the years.

I've always felt like I've never filled the shoes of John Sheppard. I'm not sure that anyone could. But having been mentored by this extraordinary man was both a privilege and an honor. May his memory be for a blessing to all who knew him.

©2022 Craig R. Hersch - The Sheppard Law Firm. Learn more at [www.floridaestateplanning.com](http://www.floridaestateplanning.com).✪

## Media Planning Professional Certification

**P**atricia Crump, digital marketing specialist at Pushing the Envelope, has recently been accredited as a Meta Certified Media Planning Professional.

According to Meta (formerly Facebook), this credential is awarded to digital advertising professionals who demonstrate proficiency in designing an end-to-end Meta marketing strategy that aligns with business goals and complements a holistic marketing plan.

Those wishing to obtain certification are required to take a rigorous exam that measures advanced-level competency in making informed media recommendations. For more information on the Meta Certification program, visit [www.facebook.com/business/learn/certification](http://www.facebook.com/business/learn/certification).

Crump obtaining this certification supports the firm's commitment to



Patricia Crump

continued professional development and excellence in client service and ROI creation.✪

## Bank Promotion To Vice President

**S**anibel Captiva Community Bank has promoted Mike Hartman from assistant vice president and residential loan officer to vice president. Hartman is based in the bank's Bridge Branch, located at 9311 College Parkway in Fort Myers.

Hartman joined the bank in 2015 and works with both conventional and portfolio lending. He brings decades of experience in the real estate, development and construction fields to the bank's lending division, and specializes in construction lending, refinancing and residential purchases.

"After just six years with SanCap Bank, Mike has quickly risen to the top



Mike Hartman

as one of our leading residential mortgage producers," said SanCap Bank President and Senior Loan Officer Kyle DeCicco. "He works tirelessly for his clients and has earned this well-deserved promotion."

Founded in 2003, Sanibel-Captiva Community Bank has two locations on Sanibel and six more locations throughout Lee County.✪

## Teachers Receive Society Grants

**T**he Scientists' Society of Southwest Florida provided 30 science teachers with grants of \$200 each to purchase STEM (science, technology, engineering and math) teaching supplies for their classrooms. The grants enable science teachers to supplement materials provided by the school system to help make the curriculum more exciting and relevant for their students.

The goal of the society is to encourage hands-on learning that spurs further interest in STEM careers. This is the third school year that the grants have been offered. This year's total grant amount of \$6,000 is the largest to date, and is the result of donations for this purpose.

Elaine Ponzio, science resource teacher at Harns Marsh Middle School said her

department purchased a weather station. "We are so excited to get it installed so our students can begin tracking weather and climate." John Clifft, science and math teacher from Veterans Park school in Lehigh Acres said the grant helped purchase a 3-D printer. "This will help my students participate in the Inventor's Fair and Science Fair this year and hopefully many years to come." Catherine Mattison, marine science teacher at East Lee County High purchased four LaMotte Green Estuary and Marine Water Monitoring Kits. "I really, really appreciate (the Scientists' Society's) interest in helping my 'kids' realize how cool and helpful science knowledge can be."

In addition to the grants for science teaching, the Scientists' Society of Southwest Florida provides judges for in-school and regional science fairs, supports several STEM programs and has a scholarship program for seniors.

Monthly dinner meetings with speakers on leading edge topics in science and technology are held October through May. Membership in the Scientists' Society of Southwest Florida is open to everyone interested in science and encouraging students in the local Lee County school community to pursue STEM education. Degrees in sciences are not required.

For more information, visit [www.science-swfl.org](http://www.science-swfl.org).✪

## Superior Interiors

## Looking For New Color Ideas?



by Jeanie Tinch

If you are looking for some new color ideas for your decorating, Sherwin Williams introduced four new color palettes at October's High Point, North Carolina home furnishings market.

The company's seminars are always well attended by interior designers during our professional furnishings market.

We all know color is more than just color. There is so much more to color that what meets the eye. It's a part of our identity and it moves us. It has the power to change the very essence of everything it touches. Color can set a mood, create a conversation, soothe and ground us.

The first palette introduced is called Method – described as conveying “nature's processes, the gentle acts of becoming, showing themselves in a collection of organic neutrals and tonal luxury.” If you like the natural order of things, with a touch of art deco, this collection of colors is for you. Method's nine colors are: accessible beige, evergreen fog, urbane bronze, uber umber, woven wicker, shoji white, chartreuse, bakelite gold and beige.

Why not, create “a masterpiece of your own making,” with some of the

colors in Opus. The Opus palette of dusky deep tones and unexpected accents was created to be a new kind of classical, to set drama and emotion to art of good style, and to never, ever fade into the background. Influenced by modern materialism, glam industrial, theater and moody eclectic, the colors are cocoa whip, garret gray, iron ore, aleutian, coral clay, naval, samovar silver, red bay and blackberry.

For those looking for a bit of whimsy, consider the Dreamland palette. It will set yourself adrift in a fantasy realm of pearlescent tones, new-growth greens and lavish pinks that will create a space where fresh ideas flourish. The Dreamland colors consist of high reflective white, natural linen, rose tan, rosemary, felted wool, cucuzza verde, lite lavender, rosé and dynamo.

Honoring the timelessness of sleek and functional midcentury modern design, the ephemera palette is a play on primary color. Each shade was carefully chosen to evoke the fond remembrance of what once was and the unwavering optimism of what could someday be. The colors of ephemera are alabaster, pink shadow, sierra redwood, peace yellow, inky blue, cascades, moody blue, basque green and rejuvenate.

Are you ready to try some new colors combinations in one of your rooms? With literally thousands of paint colors to choose from, consider consulting a design professional. An expert can assist you in making the most of your space with the use of color and avoid costly mistakes.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at [jeanie@coindceden.com](mailto:jeanie@coindceden.com).

## Webinar On Machine Intelligence

As companies try to do more with less during the labor shortage, production efficiency is the key to success. This month, the Southwest Regional Manufacturers Association (SRMA) will hold a free webinar on Tuesday, February 22 from 8 to 9 a.m. to introduce ways in which manufacturers can leverage machine intelligence in their manufacturing facility with labor at a minimum.

Many manufacturers do not know if they are maximizing returns on their equipment, the utilization rate of machinery, or how much additional capacity there is to gain on each machine. The speakers will present an informative and educational webinar, on how to leverage machine intelligence in your manufacturing facility. No matter what software you are currently using to run your facility, you'll benefit from attending. Using software to capture data is the differentiator between guessing the answers and knowing the facts so you can make informed decisions that advance towards improvements and produce a better return on investment of company time, money and other

resources.

Consultants from ECI Software and Alora Software by Data Inventions will present the information manufacturers need to see the return on investment they are looking for in their business.

To register or to see a full calendar of events, including the SRMA's Plant Tour at Valentine Glass & Metal, 3769 Ironbridge Boulevard in Fort Myers, on Wednesday, February 23, visit [www.sрма.net](http://www.sрма.net).

## Chancellor's List

Madison Garvin of Fort Myers has been named to the chancellor's list for the fall 2021 semester at University of South Carolina Beaufort in Bluffton, South Carolina.

To be eligible for the chancellor's list, students must obtain a term grade-point average of 3.50 or higher on a minimum of 12 credited semester hours.

## Semester Honors

Mia Edwards of Fort Myers has earned semester honors for the fall 2021 semester at Edgewood College in Madison, Wisconsin. Fulltime students who achieve a 3.5 grade point average for the semester are eligible for this honor.

## Become A Red Cross Volunteer

The American Red Cross South Florida Region needs your help in 2022 and asks that you consider making a New Year's resolution to become a volunteer.

Locally, more than 2,000 people volunteer with the Red Cross. These local volunteers are part of the almost 300,000 people across the country whose support enables the Red Cross to respond to an average of more than 60,000 disasters every year. They help train more than 4.6 million people in Red Cross lifesaving skills; help provide nearly 550,000 services to military members, veterans and their families; and to reconnect almost 9,000 families separated by war or disaster around the world. In addition, as many as 2.5 million volunteer donors give blood and platelets every year.

“Our Red Cross volunteers support their community and neighbors in need each and every day,” said Tiffany Page, regional volunteer services officer for the Red Cross South Florida Region. “In the last year, Red Cross volunteers provided food, shelter, comfort and hope to nearly 3,000 people affected by home fires and other disasters in South Florida. They provided over 2,900 military members, veterans and families with critical community services, and more than 150 local volunteers accepted deployments in response to 34 different regional and

national disasters.”

The following are a few positions that really need help filling:

Disaster Action Team (DAT) – Help comfort and support people who are forced from their homes due to fires, storms and other emergencies so they don't have to face tough times alone.

Disaster Action Team Duty Officer – Duty officers play a critical role in Red Cross responses to local emergencies. When a family has been affected by a fire, flood, or other disaster and Red Cross services are needed, on-call duty officers dispatch Disaster Action Team members to the scene to provide those vital services.

Hero Care Network Caseworker – Support the nation's military members and their families through the Hero Care Network and other program services.

Community Preparedness Education Team Member – Help save lives and prevent injuries by teaching disaster preparedness skills in the local community to both youth and adults.

Disaster Public Affairs Team Member (DPAT) – Nationwide Red Cross volunteers respond to emergencies about every eight minutes. Tell the Red Cross story in your local community. DPAT volunteers communicate timely information to local media about service delivery when disaster strikes.

Training is free, but the hope you provide is priceless. Resolve to make a difference by turning tragedy into hope in 2022. Visit [www.redcross.org/volunteertoday](http://www.redcross.org/volunteertoday) to get started today.✱

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## Frankly Speaking



by Howard Prager

Let's start (and end) with another great Super Bowl. You may remember years ago when the Super Bowl commercials were the biggest reason people watched the game. Not

anymore. As befits the playoffs this year, this game went down to the wire with the Rams leaping to take the lead, only to leave the Bengals with time to tie or win it with under two minutes to go. It was not meant to be, but there was plenty of action to keep fans satisfied, and a fairly unpenalized game until the end. And now we have two years in a row when the home team both made it into the Super Bowl and won it, something that hadn't happened in the previous 54 Super Bowls before last year. Kudos to Matthew Stafford, who remained in Detroit for 12 years without anything to show for it and being traded to the right team with the right players around him making all the difference. Here's what the *Detroit Free Press* reported Stafford said after the game about his former teammates and fans on the NFL Network. "It was amazing. There's no reason for them to cheer for me anymore, and the fact that they did was just a true testament to who they are as people and who they are

as fans." To Cooper Kupp, who wasn't even picked out of high school to play for a college team and now has both a Super Bowl ring and MVP trophy. The *Chicago Tribune* reports that "Kupp joins Jerry Rice (1990), Sterling Sharpe (1992) and Steve Smith (2005) as the only players since the merger to lead the NFL in receptions, yards receiving and touchdowns in the same season (145 catches for 1,947 yards and 16 touchdowns) and win the Offensive Player of the Year. He joins Joe Montana (1989) as the only players to win that honor and the Super Bowl MVP in the same season." QB Joe Burrows brought the Bengals a long way and is young enough to repeat this in future years. One infamous moment was when Bengals cornerback Vernon Hargreaves III, who is injured and inactive for the Super Bowl, was penalized for celebrating with his teammates on the field after an interception in the closing minutes of the first half. He was cheering his teammates with his heart but certainly not with his head.

To the excitement of the Olympics. Erin Jackson became the first black woman to win a medal (Gold) in speedskating. She never even skated until four years ago (although was a winning in-line skater, so she was good on wheels). She said "I hope this will do something for the sport. Hopefully more people will see this and say, 'ohh, I should try a winter sport.'" Jackson is also the first American to win Gold in speed skating since Bonnie Blair in 1994. But what's even more remarkable

is how she got here. She slipped at the U.S. trials and finished third, putting her spot in jeopardy. But a teammate also from Florida, Brittany Bowe, gave up her spot on the 500 meter team so that Erin could compete. As it happens, the U.S. had a third spot in the 500 meter race and Bowe got to skate in it too, finishing 16th. Jackson said upon seeing her after winning, "She hugged me and we cried. She said she's really proud of me, and I said a lot of thank-yous."

How about an Olympic athlete whose college friend didn't even know she was one? Chloe Kim is an Olympic snowboarder, winning her first Gold Medal in 2018. She went to Princeton in 2019, and because of having so many people ask her for selfies, moved off campus to get away from the crowds. Yet one of her friends who she often had meals with, Christian Pollard, had no idea who Kim was. Pollard wondered why Kim didn't want to put herself in spaces like dining halls or rec rooms. When it snowed, Pollard asked Kim (who she knew was from southern California) if she had ever seen snow before, according to *TIME* magazine. Chloe texted her that she had seen it, and surprised her telling her that she won an Olympic Gold medal in snowboarding at age 18. She has done it again in Beijing this year. But this time Pollard isn't asking the question.

According to The Cut, "Dutch speed skater Ireen Wüst became the first athlete ever to win an individual Gold medal

in five Olympics – her sixth gold medal overall. She went into the race already the most decorated speed skater of the Winter Games. At age 35, she's one of the 0.6 percent of Olympians to compete in more than four games. Wüst told *The Times* that even her professional team thought she was too old to compete again and dropped her after the 2018 competition. I wonder how they're feeling now ..."

So many of these Olympic stories are good news stories, but here's one from the Super Bowl. Aaron Whitworth of the Rams won the Walter Payton Man of the Year Award for all the work he does providing food for the needy, visiting and talking at schools, helping charities and kids. He talked about the time after playing the Detroit Lions, a player came over to see him and said how he used to spend time with him after school listening and talking. He was so inspired that he worked hard and made it to the NFL. Whitworth believes in being a role model to his own kids, and takes Tuesday "off days" to make a difference in the community. His wife said that when he retires from football, he's going to continue this effort. Walter (Payton) would be smiling.

*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 to press@islandnews.com.\**

## Coaching Staff Set For Mighty Mussels

Minor league coaching assignments for the 2022 Fort Myers Mighty Mussels are now official.

Brian Meyer returns to Fort Myers for his second season as manager. Two of the team's four on-field assistants from 2021 are back with the club, as well as two members of the support staff.

Pitching coach Carlos Hernandez returns to the Mighty Mussels for his second season as pitching coach. He will share the pitching coach responsibilities with Jared Gaynor, who joins the Mussels' coaching staff for the first time after spending last season with the FCL Twins. Prior to the pandemic, he served as the pitching coach for the Low-A Cedar Rapids Kernels.

Hitting coach Rayden Sierra returns to the Mighty Mussels after joining the Twins' organization in 2021. Coaching first base at Hammond Stadium last year, Sierra served as the team's assistant hitting and development coach. The Dominican Republic native was the hitting and outfield coach for Florida SouthWestern State College in Fort Myers in the spring of 2021.

Bench coach Takashi Miyoshi joins the Mussels' coaching staff after managing the FCL Twins in Fort Myers in 2021. Originally from Sagamiyama, Japan,

Miyoshi joined the Twins' organization prior to the 2018 season, spending two years as an assistant with the Elizabethton Twins.

Strength coach Evan McDonald returns to the Mighty Mussels for his second season. The Indiana native joined the Twins' organization in 2021 following two years of graduate school at the University of Louisville.

Byron Oliver returns for his fourth year in Fort Myers and is the only staff member who dates back to the franchise's Miracle era. Oliver will serve as the Mussels' coordinator of baseball technology, capturing video of game action while providing valuable tools for players and coaches to improve.

Hired by the Twins in November of 2021, Chase Thompson joins the Mighty Mussels as the team's lead athletic trainer for the 2022 season. Thompson spent 2021 in the Kansas City Royals' organization after working the 2020-21 NBA season as a medical assistant with the Oklahoma City Thunder.

Thompson will be assisted by Thaddeus Hayes, who served as an athletic trainer throughout the club's Fort Myers minor league complex in 2021.

The Mighty Mussels are set to begin the 2022 season on Friday, April 8 in Clearwater. The team's home opener at Hammond Stadium is Tuesday, April 12. First pitch is scheduled for 7 p.m.

Hammond Stadium is located at 14100 Six Mile Cypress Parkway in Fort Myers. For more information on the team, visit [www.milb.com/fort-myers](http://www.milb.com/fort-myers).\*

From page 1

## Musical

*Street*, the play includes R-rated puppets with warnings for adult language and discussions on sexual situations, drinking and Internet pornography.

Director Carmen Crussard said, "If *Avenue Q* were a book, it would be called *Adulthood for Dummies*. It grapples with some very real and serious issues, like sex, racism, money and the discovery that 'hey, maybe I'm not as important as my younger self thought I was.' But presenting all that through puppets makes it all a little more palatable. I think this show is hilarious because we see so much of ourselves in these characters. Sure, we all deal with all kinds of problems as adults, but as long as we can

still laugh at ourselves, I think we will all be okay, even if we still haven't found our purpose."

The cast features Steven Michael Kennedy (Princeton), Ruthgena Faraco (Kate Monster), Robert Barner (Gary Coleman), Todd Lyman (Nicky), Ken Johnson (Rod), Mark King (Trekkie Monster), Gabrielle Lansden (Lucy), Amanda Collins (Bad Idea Bear 1), Sharon True (Bad Idea Bear 2), Javen Fischer (Brian), Liz Mora (Christmas Eve) and Tracy Weaver (Mrs. T).

Music direction is by Earl Sparrow, and the show is sponsored by The Bireley Family Foundation.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in Fort Myers. For tickets, visit [www.laboratorytheaterflorida.com](http://www.laboratorytheaterflorida.com) or call the box office at 218-0481.\*

## SPORTS QUIZ

1. Name the 1977 Australian Open tennis champion from the U.S. who died from carbon monoxide poisoning in 1994.
2. What Pro Football Hall of Famer was head coach of the Buffalo Bills from 1986-97 and the team's general manager from 2006-07?
3. The NHL's William M. Jennings Trophy is awarded annually to players at what position?
4. What current NFL stadium hosted a NASCAR race on July 21, 1956?
5. What prize, named for an English politician and cricket patron, is awarded in Australia's first-class domestic cricket competition?
6. How many times did Jake LaMotta defeat boxing rival Sugar Ray Robinson in their six fights from 1942-51?
7. The plastic horns famously used by spectators at the 2010 FIFA World Cup soccer tournament in South Africa are known as what?

## ANSWERS

1. Vitas Gerulaitis. 2. Marv Levy. 3. Goaltenders on the team with the fewest goals against. 4. Chicago's Soldier Field. 5. The Sheffield Shield. 6. One. 7. Vuvuzelas.

dearPharmacist

## Three Critical Uses For Horse Chestnut Herb



by Suzy Cohen, RPh

### Dear Readers:

Researching this popular herb was a lot of fun and I will share what I learned about it today. Horse chestnut is so called because every

autumn, the distinctive horseshoe-shaped imprint is left behind on the tree twigs when old leaves are shed.

Known botanically as *Aesculus hippocastanum*, this herb is very useful for circulation.

It contains “aescin” which you can research on your own. This compound is naturally found in high amounts in horse chestnut and is responsible for the benefits of the herb. In fact, there are a lot of studies that show aescin helps your blood vessels, edema of the legs, bulging veins and more. As for commercially prepared dietary supplements and teas, here are proposed benefits which you can talk to your doctor about:

1. Blood Thinning Properties – Horse chestnut also naturally contains a compound that thins the blood, which is good for people prone to blood hypercoagulability. This activity by horse chestnut herb makes it a little bit harder for fluid to come out of your capillaries, which in turn helps prevent water retention.

Similarly, with prescribed anticoagulant medications, the blood thinning properties of those drugs are commonly used to treat or prevent DVT (deep vein thrombosis). Leg swelling improves on those medications.

Could you use horse chestnut instead? The question should be posed to your hematologist. Keep in mind that with herbal remedies, they are not as strong as drugs, and physicians are not aware of herbal interactions, so the answer will probably be “no.”

2. Blood Clot Formation – We know that this herb can inhibit COX-2 and lipoyxygenase, as well as some leukotrienes and prostaglandins. These are substances you naturally make in your body, and they are good for you right up until the point they tilt too high. Horse chestnut is useful in reducing levels of these compounds and as such helps reduce risk of dangerous blood clots.

This activities (due to aescin) are why horse chestnut is such a popular folk remedy for vein problems in the legs.

3. Venous Insufficiency – Horse chestnut is useful because it improves blood flow in the veins, which could improve leg pain, edema, calf spasm, itchy legs and heavy legs. There is a lot of research on pubmed about chronic

venous insufficiency.

Side effects of the herb may occur and include dizziness, digestive upset, headache, itching or hypersensitivities. This is a good place to remind you that RAW horse chestnut seed, bark, leaf and flower contain esculin which is unsafe to use.

If you already take blood thinners, or if you have a blood clotting disorder (as examples DVT, venous insufficiency, thrombosis, or a platelet abnormality), horse chestnut supplements may not be right for you. The herb can further thin the blood and speak to your doctor first before taking any product containing it. If you'd like to read the longer version of this article, please sign up for my newsletter at [www.suzycohen.com](http://www.suzycohen.com) and I'll email it to you.

*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](http://www.SuzyCohen.com).✳*

Doctor and Dietician

## Benefits Of Motion X-Ray



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

Think about how most radiologic studies are taken – while you are lying down, right? When does most pain occur? While upright and moving. A motion x-ray is an amazing tool used to visualize why you have pain and more importantly help determine the best course of treatment. We utilize DMX (digital motion x-ray) at Caring Medical and find that it is ideal for anyone who has suffered a whiplash, concussion or other neck injuries, and who has developed chronic neck-related symptoms. DMX allows the unique opportunity to view structures that may be causing pain or other joint instability problems. DMX is particularly helpful when MRI or static x-ray shows “nothing,” yet you are still experiencing symptoms!

Some patients experience severe symptoms as a result of their spinal instabilities such as vertigo, drop attacks, radiculopathies (radiating pain down an extremity), as well as dizziness, tinnitus, ear fullness, headaches, GI distress and heart palpitations. Being able to utilize diagnostics such as DMX to show these instabilities can be life-altering, or even saving, for many people.

DMX is a movie of the bones that is taken while a person is moving. It is a

dynamic diagnostic tool, versus a static one, and can be used for many joints of the body. The scan is produced in real-time, while the person is moving. Other terms for Digital Motion X-ray used in the medical literature are cineradiography or videofluoroscopy. DMX can show spinal and peripheral joint instability from ligament damage. Pain typically occurs with motion. By being able to see the bones in motion, DMX identifies the abnormal or excessive motion whereas MRI, CT scan and static x-rays do not. You could think about it this way: Static MRI is like a formal family portrait whereas DMX is the video of how your family really acts. (LOL)

When a person has joint instability, the increased motion between two adjacent bones causes excessive tension on the supporting structures and the nerve endings within those structures causing severe chronic pain. Most of the time, the injury or weakness is in the ligamentous support structures of the joints. The primary responsibility of ligaments is to connect adjacent bones. When injured, ligaments allow excessive motion of the adjacent bones.

How does the body respond to this?

1. It swells the joint; 2. It causes muscle spasms around the joint; 3. It forms bone spurs – all of which limit motion or try to stabilize the unstable area(s).

Treatments such as cortisone shots may limit swelling, massage can relax muscles, and surgery can remove bone spurs. However, if the underlying cause of the issue is not addressed, then these treatments typically only produce temporary results. Regenerative treatments such as prolotherapy, on the other hand, given to the bone-ligament junction, will stimulate these loose, weak ligaments to heal.

*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](mailto:info@caringmedical.com).✳*

Beautifulife:

## What Is Love



by Kay Casperson

Valentine's week is a time to express love for each other in many ways. It is a time to embrace what love means, and appreciate others. Some may celebrate with a dinner out,

a trip to the spa or some flowers, while others do something extra special for someone.

Years ago, when my daughters were just toddlers, I had a favorite book that I would read to them called *What Is Love*. My parents received it from my cousin; his daughter is an artist and the illustrator for this book. This book is a beautiful reminder that love is simple and anyone can embrace it, from kids to adults.

“What is love?” is the question that it asks repeatedly. Can you see it? Can you feel it? Can you touch it? Can you hear it? And, all of these questions can be answered with a big “Yes.”

Sometimes, bringing back a lesson that we used to teach our kids can remind us of important things that we overlook and maybe even take for granted. We forget that we can express our love in many ways but sometimes, the little ways can significantly impact us.

Love is the smile you get when you do something nice for someone. Love is the smell of a meal cooked specially for you by someone who cares. Love is that sweet embrace and the sound of laughter between friends. Love is all around us in the big and little things.

This particular book's actual point is that Love is God and God is everywhere, always and forever. If you look for it, you will see that love is in the beauty of the earth and the people we surround ourselves with every day.

One of my favorite bible verses is in 1

Corinthians 13, “love is patient, love is kind. It does not envy; it does not boast. It is not proud. It does not dishonor others; it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.”

We don't need to wait until Valentine's week to express it; in fact, we speak it in the little things we do every day without even knowing it. Love is the most powerful word, thought and expression that we have, which leads us to our best and most beautiful life.

My affirmation for you this week is: “Love is what inspires me to be my best every day, and I will continue to give it away freely.”

*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](http://www.kaycasperson.com) or follow on social media @kaycasperson.✳*

## Low Cost Dental Services Provided

The Dental Hygiene Clinic at Florida SouthWestern State College (FSW) is currently accepting patients. The clinic is open Tuesdays, Thursdays and Fridays from 8 a.m. to 5 p.m., in Building A on the FSW Lee Campus, 8099 College Parkway, in Fort Myers.

The FSW Dental Hygiene Clinic provides low-cost dental services including examinations, cleanings, x-rays and dental sealants performed by FSW Dental Hygiene students under the guidance of professional FSW Dental Hygiene faculty. Cost is \$30 for children ages 17 and younger and \$50 for adults.

For more information or to schedule an appointment, call the FSW Dental Hygiene Clinic at 985-8334.✳

- 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

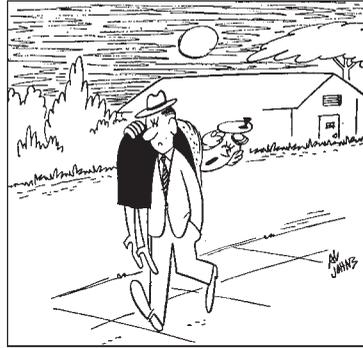
- CLUBS & ORGANIZATIONS**
- American Legion Post #38 ..... 239-332-1853
  - Angel Flight ..... 1-877-4AN-ANGEL
  - Animal Refuge Center ..... 731-3535
  - American Business Women Association ..... 357-6755
  - Audubon of SWFL ..... <https://www.audubonswfl.org/>
  - Caloosahatchee Chapter DAR ..... 482-1366
  - 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](mailto:press@islandnews.com)

# PUZZLES

Answers on page 23



"Ethel and I were not through  
 \_\_\_\_\_"

## 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!

Glass  
**REBAKE**

Larger  
**REAGRET**

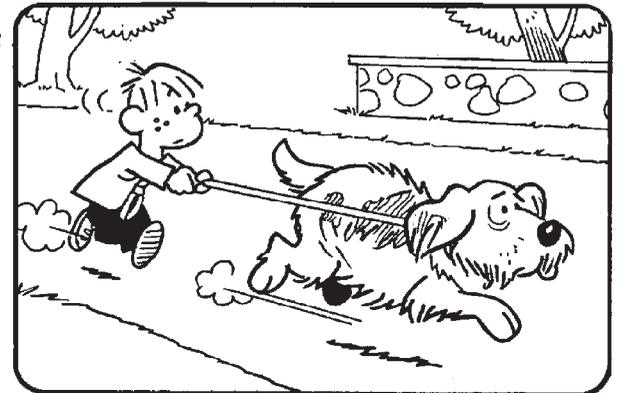
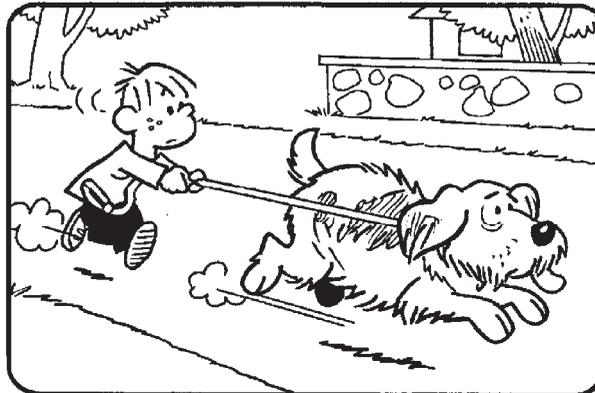
Sugar  
**COASTEL**

Natural  
**ANNIE**

**TODAY'S WORD**

## HOCUS-FOCUS

BY  
 HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Leash is shorter. 2. Tail is lowered. 3. Wall is shorter. 4. House is shorter. 5. Tongue is missing. 6. Front paw is hidden.

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

## 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.

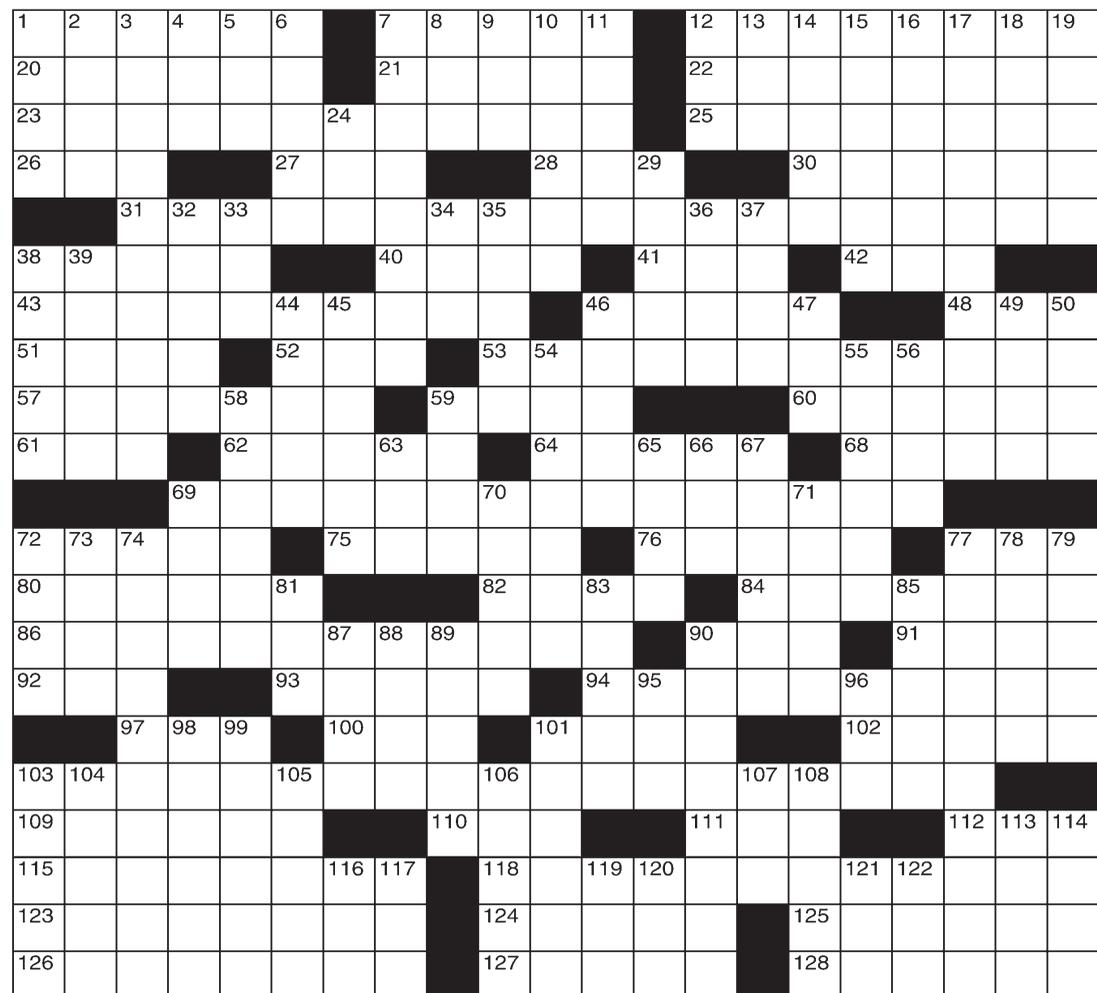
# PUZZLES

Answers on page 23

## Super Crossword

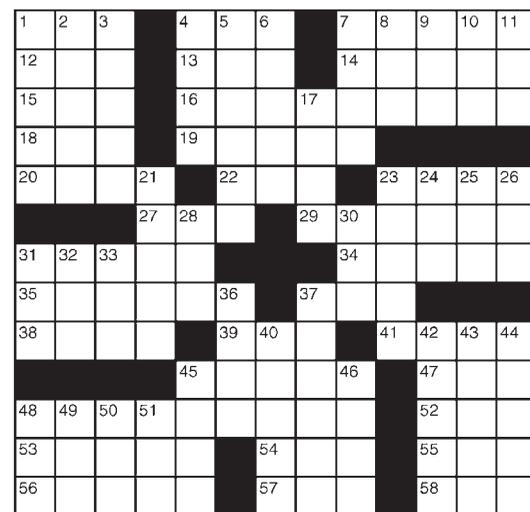
Downsizing

- ACROSS**
- 1 Unicellular swimmer
  - 7 Fold in a skirt
  - 12 Jolie of film
  - 20 The "R" of 33-Down
  - 21 Actor Cox
  - 22 Prepared for storage, as a hose
  - 23 Endlessly repeating programming problem
  - 25 Fashion designer in "The Incredibles"
  - 26 Hwy. felony
  - 27 Man-mouse middle
  - 28 What iPads run on
  - 30 "Boston Legal" actor James
  - 31 Higher, spiritual level of awareness
  - 38 Get a whiff of
  - 40 Lift to check the weight of
  - 41 Gig hookup
  - 42 PC key abbr.
  - 43 Elicitor of a major "Whew!"
  - 46 Zodiac ram
  - 48 Truckload
  - 51 Basso solo, e.g.
  - 52 Eligible for Soc. Sec.
  - 53 Head honcho
  - 57 Some hole menders
  - 59 Force unit
  - 60 Bouffant, e.g.
  - 61 Pipe joint
  - 62 — Yello (Coca-Cola brand)
  - 64 China's Zhou —
  - 68 Sharon of "Cagney & Lacey"
  - 69 M114 howitzer, e.g.
  - 72 Prickly shrub
  - 75 Occurrence
  - 76 — d'Or (Cannes award)
  - 77 G-man, e.g.
  - 80 Cousin's mommy
  - 82 Actresses Carrere and Mowry
  - 84 "Look here as well," in a reference book
  - 86 1931 crime film starring Edward G. Robinson
  - 90 — Juan
  - 91 Late hours, in ads
  - 92 Minneapolis-Montreal dir.
  - 93 King of CNN
  - 94 1971 Elton John song
  - 97 CD- — drive
  - 100 Comical Costello
  - 101 Just OK
  - 102 Microwaves
  - 103 Bacterium, e.g.
  - 109 Blissful
  - 110 "General" of Chinese cuisine
  - 111 Miracle- (plant food)
  - 112 Vocalist Sumac
  - 115 Not together
  - 118 2, for helium
  - 123 Like rags
  - 124 Follow, as a pointer
  - 125 Join a force
  - 126 Evaluates
  - 127 Partner of Cheech
  - 128 Chinese system of calisthenics
  - DOWN**
  - 1 Quite dry
  - 2 Bill of fare
  - 3 She may be a gofer
  - 4 Wallach of "Lord Jim"
  - 5 Actor Affleck
  - 6 Universal truth
  - 7 "Amen, pastor!"
  - 8 Online chuckle
  - 9 Roxy Music's Brian
  - 10 Put holy oil on
  - 11 Manuscript mistakes
  - 12 King beater
  - 13 Nonverbal "yes"
  - 14 Knife of old infomercials
  - 15 Pass, as time
  - 16 French racing city
  - 17 "Upon my word!"
  - 18 "David" and "The Thinker"
  - 19 Imitating sorts
  - 24 Prefix with state
  - 29 Make afraid
  - 32 Fake fat in some chips
  - 33 Kind of camera, in brief
  - 34 Just-OK grade
  - 35 — a mile (not even close)
  - 36 "Yes, sign me up"
  - 37 14-member oil gp.
  - 38 Color
  - 39 Wall painting
  - 44 Did it wrong
  - 45 "Gigi" star Caron
  - 46 G-man, e.g.
  - 47 "Quiet down"
  - 49 Chances
  - 50 New Mexico skiing spot
  - 54 Lethargy
  - 55 "You got that right!"
  - 56 Floral symbol of purity
  - 58 Former "Top Chef" judge
  - 59 Rounded roof
  - 63 "P.S. I — U" (old TV show)
  - 65 They may be glossed over
  - 66 Carte lead-in
  - 67 "You got that right!"
  - 69 "Joey" star LeBlanc
  - 70 Anxious
  - 71 Make revisions to
  - 72 Farm bundle
  - 73 Lay waste to
  - 74 Picks off, as a pass
  - 77 Lighter catchphrase in old ads
  - 78 Lauder of fragrances
  - 79 Active types
  - 81 Sometimes-jellied fish
  - 83 — -Detoo (sci-fi droid)
  - 85 Latin for "year"
  - 87 Trig is a prereq for it
  - 88 Ending for buck or stink
  - 89 Spew lava
  - 90 Being amorous, to Brits
  - 95 Jerusalem's nation: Abbr.
  - 96 Darth Vader, as a kid
  - 98 Rococo
  - 99 Watery silks
  - 101 Whiskey type
  - 103 Political hostess Perle
  - 104 Thoughts
  - 105 Injury marks
  - 106 Singer Hayes
  - 107 Bow's shape
  - 108 Tune for nine
  - 113 Fit together
  - 114 Beginner's painting class
  - 116 Pipe joint
  - 117 Mag staff
  - 119 Western tribe
  - 120 Sun.-Tue. link
  - 121 Article in Argentina
  - 122 1,051, in old Rome



## King Crossword

- ACROSS**
- 1 "Keep it down!"
  - 4 Tax pro
  - 7 Whizzes (by)
  - 12 Horse chow
  - 13 Owned
  - 14 Emanations
  - 15 Shred
  - 16 Pennsylvania city
  - 18 Guitar's kin
  - 19 Symbol of freshness
  - 20 Lancaster or Reynolds
  - 22 "Blue Bloods" ailer
  - 23 Fly high
  - 27 Flamenco cheer
  - 29 Oliver Twist, for one
  - 31 French composer Gabriel
  - 34 Hilo hello
  - 35 Snowman's nose
  - 37 Links org.
  - 38 Prop for Dr. House
  - 39 Devilish laugh
  - 41 Body powder
  - 45 "I'm with you!"
  - 47 Meadow
  - 48 Pennsylvania city
  - 52 Conditions
  - 53 Boredom
  - 54 Kimono sash
  - 55 Packed away
  - 56 "The Dapper Don"
  - 57 Fixed
  - 58 Snake's sound
  - 8 "Shoo!" org.
  - 9 Acapulco gold
  - 10 Gullet
  - 11 Capitol Hill VIP
  - 17 Old U.S. gas brand
  - 21 Baseball manager Joe
  - 23 Pie-in-the-face sound
  - 24 Discoverer's call
  - 25 Satisfied sigh
  - 26 Genetic letters
  - 28 Summer sign
  - 30 Cleaning cloth
  - 31 TV watchdog
  - 32 Small battery
  - 33 Coffee vessel
  - 36 Biblical pronoun
  - 37 "Friends" role
  - 40 Community spirit
  - 42 Fake name
  - 43 Some jabs
  - 44 Attorney's load
  - 45 Roman 1052
  - 46 Skip
  - 48 Plead
  - 49 Rock's Brian
  - 50 Potent stick
  - 51 Shack
- DOWN**
- 1 Bush
  - 2 Japanese verse
  - 3 High-strung
  - 4 Sudan neighbor
  - 5 Royal home
  - 6 Extemporize
  - 7 Madcap



## MAGIC MAZE ● BLACKJACK TERMS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
 Unlisted clue hint: **Player Takes no more Cards**

- Betting box
- Draw
- Insurance
- Surrender
- Card counting
- Going bust
- Natural
- Table
- Casinos
- Hit
- Push
- Twenty-one
- Dealer
- Hole card
- Split



**Cucumber-Key Lime Gin & Tonic**

photo courtesy Fresh From Florida



**Cucumber-Key Lime Gin & Tonic**

- 2 ounces gin (such as Old St. Pete Tropical Gin)
- 1 small pickling cucumber
- 1 key lime
- Tonic water

In a cocktail shaker, add gin, two slices of cucumber and half a key lime. Use a muddling stick to crush the ingredients together. When the ingredients are muddled, add a few cubes of ice and shake vigorously with lid on tight. Fill a rocks glass all the way to the top with ice. Use a mesh strainer to pour over the shaken ingredients into the ice-filled rocks glass. Top cocktail off with chilled tonic water. Garnish with extra cucumber and key lime. Drink responsibly.✳

# PETS OF THE WEEK



Flower ID# A904975 photos provided

Lee County Domestic Animal Services

## Flower And Harold

**H**ello, my name is Flower. I am a gray 6-year-old female pit bull mix that is looking for love this February. Nothing says love more than flowers, or more specifically one Flower in particular. I am as sweet as they come and will give you unconditional love and loyalty as your faithful companion. I am a definite cuddler and loves belly rubs.

My adoption fee is \$14.  
Hi, I'm Harold. I am a brown tabby 2-year-old male domestic shorthair. I am petite, may have a common name, but I certainly do not have a common



Harold ID# A906865

personality. I am a frisky feline that loves to play and will let you know when I am ready for some attention. I will bounce around the cat room chasing my cat toys and entertaining everyone. If you are looking for a fun-loving pet, I am the one for you.

My adoption fee is \$14.  
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](http://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 FEBRUARY 14, 2022

**Aries** (March 21 to April 19) A close friend or relative has news that can change some of your plans. Be flexible. You could be in for a most-pleasant surprise at how things turn out.

**Taurus** (April 20 to May 20) A new opportunity opens just as you close the door on an earlier project. However, you should be prepared to make adjustments in your expectations.

**Gemini** (May 21 to June 20) Expect a surprise ally in your corner when you confront a still-uncertain situation in your workplace. In your personal life, a family member has good news.

**Cancer** (June 21 to July 22) A co-worker could resent what he or she might perceive as arrogance on your part. Smooth things over with a full explanation to avoid a serious misunderstanding.

**Leo** (July 23 to August 22) There is no time for catnaps this week. A workplace problem needs your attention before it gets out of hand. Ditto a financial matter that must be resolved as soon as possible.

**Virgo** (August 23 to September 22)

Pressuring someone to act quickly on a problem could backfire. It makes good sense to be both patient and supportive if you want full cooperation.

**Libra** (September 23 to October 22) A touch of uncertainty lurks in your aspect this week. Weigh all decisions – personal and professional – even more carefully than you usually do.

**Scorpio** (October 23 to November 21) You need to use your innate good sense to help you sort through career offers that might not be what they appear. A trusted associate can help.

**Sagittarius** (November 22 to December 21) Things move along more smoothly at work, but a personal relationship presents some challenges that need close attention.

**Capricorn** (December 22 to January 19) Positive observations resolve the last lingering doubts about a recent move. Now you need to work on that still-pesky problem with a loved one.

**Aquarius** (January 20 to February 18) You might be a generous soul, but avoid being taken advantage of by those who have their own agendas. If you have any doubts, get out before regret sets in.

**Pisces** (February 19 to March

20) Your strength might be tested by conflicting priorities in your personal life. Weigh the facts and then make the only choice you can: the right one.

**Born This Week:** You have a deep sense of honesty and spirituality. People instinctively put their trust in you to lead them to the light.

### MOMENTS IN TIME

- On Feb. 27, 1860, President Abraham Lincoln poses for the first of several portraits by noted Civil War-era photographer Mathew Brady. A relatively new art form, the photograph (or daguerreotype) showed a beardless Lincoln just moments before he delivered an address at Cooper Union.

- On Feb. 23, 1885, a 19-year-old man named John Lee is sent to the gallows in Exeter, England, for the murder of a rich, older woman. However, the gallows equipment malfunctioned three times and Lee was not dropped. He was then sent back to prison.

- On Feb. 25, 1890, Vlacheslav Skryabin, foreign minister for the Soviet Union who took the revolutionary name Molotov, is born in Russia. Molotov advocated the use of throwing bottles

filled with flammable liquid and stuffed with a lit rag, and the famous “Molotov cocktail” was born.

- On Feb. 26, 1903, Alexander Winton, driving his Winton Bullet, sets the first speed record ever achieved at Daytona Beach, Florida. Built in 1902 the *Bullet Number 1* drove a measured mile at over 65 mph.

- On Feb. 22, 1946, George Kennan, the temporary American ambassador in Moscow, sends an 8,000-word telegram to the Department of State detailing his views on the Soviet Union, and U.S. policy toward the communist state. Kennan's analysis provided one of the most influential underpinnings for America's Cold War policy of containment.

- On Feb. 21, 1952, men's figure skater Dick Button wins his second Olympic gold medal. Button captured his first gold prize at the 1948 Olympics, becoming the first American to ever take home the men's title. Button retired from amateur skating in 1952 and went on to perform with the Ice Capades as well as graduate from Harvard Law School.

- On Feb. 24, 1969, after a North Vietnamese mortar shell rocks their

 <b>FRIDAY</b> Partly Cloudy High: 74 Low: 65	 <b>SATURDAY</b> Partly Cloudy High: 75 Low: 68	 <b>SUNDAY</b> Partly Cloudy High: 73 Low: 64	 <b>MONDAY</b> Cloudy High: 72 Low: 65	 <b>TUESDAY</b> Few Showers High: 69 Low: 60	 <b>WEDNESDAY</b> Partly Cloudy High: 68 Low: 61	 <b>THURSDAY</b> Sunny High: 69 Low: 60
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**Redfish Pass Tides**

Day	High	Low	High	Low
Fri	1:26 am	8:08 am	2:38 pm	7:45 pm
Sat	2:11 am	8:33 am	2:55 pm	8:35 pm
Sun	3:01 am	8:57 am	3:18 pm	9:32 pm
Mon	4:00 am	9:20 am	3:46 pm	10:37 pm
Tue	5:17 am	9:39 am	4:20 pm	11:56 pm
Wed	7:28 am	9:35 am	5:03 pm	None
Thu	5:59 pm	1:28 am	None	None

**Point Ybel Tides**

Day	High	Low	High	Low
Fri	12:31 am	8:10 am	1:43 pm	7:47 pm
Sat	1:16 am	8:35 am	2:00 pm	8:37 pm
Sun	2:06 am	8:59 am	2:23 pm	9:34 pm
Mon	3:05 am	9:22 am	2:51 pm	10:39 pm
Tue	4:22 am	9:41 am	3:25 pm	11:58 pm
Wed	6:33 am	9:37 am	4:08 pm	None
Thu	5:04 pm	1:30 am	None	None

**Punta Rassa Tides**

Day	High	Low	High	Low
Fri	1:03 am	8:22 am	2:28 pm	8:18 pm
Sat	1:44 am	8:51 am	2:50 pm	9:02 pm
Sun	2:44 am	9:16 am	3:03 pm	9:47 pm
Mon	3:58 am	9:39 am	3:21 pm	10:39 pm
Tue	5:15 am	9:58 am	3:51 pm	11:54 pm
Wed	6:44 am	10:11 am	4:32 pm	None
Thu	8:12 am	1:27 am	5:29 pm	10:16 am

**Cape Coral Bridge Tides**

Day	High	Low	High	Low
Fri	3:36 am	11:24 am	4:48 pm	11:01 pm
Sat	4:21 am	11:49 am	5:05 pm	11:51 pm
Sun	5:11 am	12:13 pm	5:28 pm	None
Mon	6:10 am	12:48 am	5:56 pm	12:36 pm
Tue	7:27 am	1:53 am	6:30 pm	12:55 pm
Wed	9:38 am	3:12 am	7:13 pm	12:51 pm
Thu	8:09 pm	4:44 am	None	None

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**The New Math:**  
**\$1 = \$8**

That's right! The Harry Chapin Food Bank can find, rescue, transport and distribute \$8 of nutritious food for every \$1 you donate. This turns your \$20 gift into 80 meals for a family!

*Thank you for your generosity!*

Mail your tax-deductible donation to:  
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3760 Fowler Street, Fort Myers, FL 33901  
Call (239) 334-7007 or donate online at:  
[harrychapinfoodbank.org](http://harrychapinfoodbank.org)




**THE RIVER**  
WEEKLY NEWS  
FROM THE BEACHES TO DOWNTOWN FORT MYERS

Harry Chapin Food Bank  
OF SOUTHWEST FLORIDA



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IT CATCHES MORE THAN FISH

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and Make a Difference



1-800-432-JOIN (5646)  
savethemanatee.org

# Donate Blood

Lee Health is seeking blood donations to help replenish supply levels. As home to the region's only trauma center, it is vital that the health system's blood supply remains at healthy levels in order to quickly care for patients needing an urgent transfusion.

All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida.

For more information on how and where to donate, visit [www.leehealth.org/our-services/blood-centers](http://www.leehealth.org/our-services/blood-centers).

From page 20

# Moments In Time

Douglas AC-47 gunship, Airman First Class John L. Levitow throws himself on an activated flare and tosses it out of the aircraft just before it ignites. For saving his fellow crewmembers and the gunship, Airman Levitow was later awarded the Medal of Honor.

## NOW HERE'S A TIP

• If your dog likes a treat of moistened dry food from time to time, use the water from cooking vegetables. It has a bit of flavor and some vitamins,

too!

• "A tip for banana peels: Dry until crispy and break into small pieces. Put in blender and blend to powder. Store in an airtight container to sprinkle around base of houseplants before watering. Orchids love them – it's great free fertilizer." – BC in New Hampshire

• "Unmatched socks are handy-dandy cleaners and have so many uses. Keep one by the dryer to get all the lint off the trap. Shake it out or pop it into the wash when needed.

• If you have lots of outdoor or feral cats in your area, here is some good advice, given to me by my grandmother: Start your car with a bang – on the hood, that is. When the overnight temperature dips, cats know to find someplace that is wind-shielded and off the ground, and sometimes that means they will climb up into your engine area to hunker down. If your car starts while they're there, they can be hurt or even killed. Give the hood a good knock to let a cat know to get out quick. – JoAnn

• "After you've cleaned out the gliders of your sliding-glass door, run over the parts with a little paraffin wax. It will protect the moving parts and quiet the door." – PJ in Oregon

• If you have trouble threading a needle because the fibers seem to go in all directions, here's a tip from TI in Illinois: Stiffen the end of thread with

hairspray before threading a needle.

## STRANGE BUT TRUE

• In 2009 the British zombie movie *Colin*, on which writer/director Marc Price spent 18 months and a whopping \$70, won an award at the renowned Cannes Film Festival.

• Further on the subject of zombies, their fans are known as zombopiles, while fear of the ghoulish creatures is known as kinemortophobia.

• Nineteen-year-old Jonathan Parker, of Fort Loudoun, Pennsylvania, was charged with burglary after stealing two diamond rings and using the computer in his victim's house to check his Facebook profile, forgetting to log off from the site.

• Vikings believed a goat in Valhalla supplied an endless supply of beer from its udders.

• A football's shape (prolate spheroid) is that of an inflated pig's bladder, which is what the first footballs were made of.

• The 1934 mystery novel *Cain's Jawbone* by Edward Powys Mathers is printed with its 100 pages out of order.

To solve the mystery, readers must determine the correct page order and the names of the six murderers and six victims. The mystery has only ever officially been solved by four people.

• Researchers in Japan have fitted a

train with a speaker that barks like a dog and snorts like a deer in order to prevent collisions with deer on the railway.

• Canadian radio stations are required by law to play Canadian artists on the airwaves at least 35 percent of the time.

• The Windows XP default background image of rolling green hills known as "Bliss" was historically a vineyard. The vines were taken out a couple years before the photo was taken due to a pest infestation.

## THOUGHT FOR THE DAY

"When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one which has been opened for us." – Helen Keller

## TRIVIA TEST

- Mythology:** In Roman mythology, Cupid is the god of love. What's the name of the Greek god of love?
- Movies:** Which movie series features a character named Inspector Clouseau?
- General Knowledge:** What is the basic currency used in Greenland?
- History:** What was the first toy to be advertised on U.S. television?
- Measurements:** What is the unit of measurement used to gauge the

# CLASSIFIED

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1/28 \* 3/4

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1/26 \* TFN

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4/20 \* TFN

## HELP WANTED

### VOLUNTEER DRIVER WANTED

Volunteer driver wanted to drive post stroke elderly woman to medical appointments. Now through March.  
239-472-0906  
2/18 \* 2/25

### RECEPTIONIST

Receptionist needed part time for professional island office. Sundays and Mondays. \$16 per hour. Send resume to cayocosta@earthlink.net.  
2/18 \* 2/25

## HELP WANTED

### HOSTS/HOSTESSES

The Timbers Restaurant and Fish Market is hiring Hosts/Hostesses. Greet and seat guests, answer phones and take to go orders. Call 472-3128 for appointment.  
2/18 \* 2/25

### SALES ASSOCIATE SANIBEL FLIP FLOPS

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2/18 \* 2/25

## NOW HIRING-HELP WANTED

Heidrick & Co. Insurance is hiring for two full-time positions in our busy, Sanibel office. Please visit our website at [www.sanibelinsurance.com/aboutus/careers](http://www.sanibelinsurance.com/aboutus/careers) for details.  
1/28 \* 2/18

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2/11 \* 2/25

## HELP WANTED

### CAREGIVER

We are seeking a caregiver for an elderly woman with experience, for two 24 hour shifts every other week and PRN (as needed). Must be caring and compassionate, and able to complete personal care tasks like bathing, dressing, eating, grooming and daily med intake. Also assist with physical transit.  
Contact Lisa 239-395-0153.  
1/21 \* TFN

### FULL/PART-TIME SALES ASSOCIATE

Sanibel Sole is seeking an additional sales associate to join our great team! We have expanded in the Tahitian Gardens plaza and offer a wide variety of clothing and footwear. We offer competitive wages, benefits, and perks. No evenings required. Please email a resume to [sanibelsole@gmail.com](mailto:sanibelsole@gmail.com).  
11/19 \* TFN

## FICTITIOUS NAME

### FICTITIOUS NAME

NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under The fictitious name of Planet-E Window, Gutter & Pressure Washing, located in Lee County, FL, with an address of North Fort Myers, 33917 has registered said name with The Division of Corporations of the Department of State, Tallahassee, Florida. Dated the day of January 30 2022.  
Matthew Gould  
2/18 \* 2/18

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

- speed and direction of a computer mouse?
- Geography:** Which U.S. territory's unofficial slogan is "Where America's Day Begins"?
  - Television:** What is the longest running scripted TV series?
  - U.S. Presidents:** Which president campaigned for election with the slogan "Happy Days Are Here Again"?
  - Language:** In British English, what is a windcheater?
  - Anatomy:** What part of the human brain controls hunger?

TRIVIA ANSWERS

- Eros
- The Pink Panther
- Danish
- Mr. Potato Head
- Mickes per
- Guam, whose location is near the International Date Line
- The Simpsons
- Franklin Roosevelt (1932)
- A windbreaker
- Hypothalamus

SCRAMBLERS ANSWER

- Beaker
- Greater
- Lactose
- Innate

Today's Word  
**TALKING**

HORTOONS



PUZZLE ANSWERS

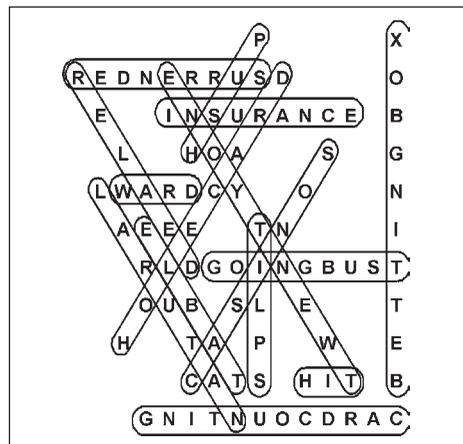
SUPER CROSSWORD

A	M	O	E	B	A	P	L	E	A	T	A	N	G	E	L	I	N	A
R	E	F	L	E	X	R	O	N	N	Y	C	O	I	L	E	D	U	P
I	N	F	I	N	I	T	E	L	O	O	P	E	D	N	A	M	O	D
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A	S	S	E	S	S	E	S	C	H	O	N	G	T	A	I	C	H	I

KING CROSSWORD

S	H	H		C	P	A		Z	O	O	M	S	
H	A	Y		H	A	D		A	U	R	A	E	
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G	O	T	T	I		S	E	T		S	S	S	

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Seaspray Subdivision	Sanibel	1997	3,268	\$4,695,000	\$4,275,000	137
Spring Ridge	Bonita Springs	1997	5,244	\$3,849,000	\$3,849,000	9
Shell Harbor	Sanibel	1971	2,583	\$2,999,999	\$2,900,000	0
Fort Myers	Fort Myers	2003	5,800	\$2,950,000	\$2,875,000	102
York Manor	Fort Myers	1941	6,450	\$2,650,000	\$2,600,000	1
Renaissance	Fort Myers	2008	4,876	\$2,499,000	\$2,433,300	8
Esplanade Lake Club	Fort Myers	2020	3,002	\$2,350,000	\$2,350,000	0
Riverbrooke	Estero	2004	4,223	\$2,650,000	\$2,225,000	158
Beachview Country Club Estates	Sanibel	2001	4,107	\$2,295,000	\$2,200,000	172
Cape Coral	Cape Coral	2017	5,222	\$2,395,000	\$2,150,000	28

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