



# THE RIVER WEEKLY NEWS

**FREE**  
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Vol. 21, No. 10

From the Beaches to the River District downtown Fort Myers

MARCH 4, 2022

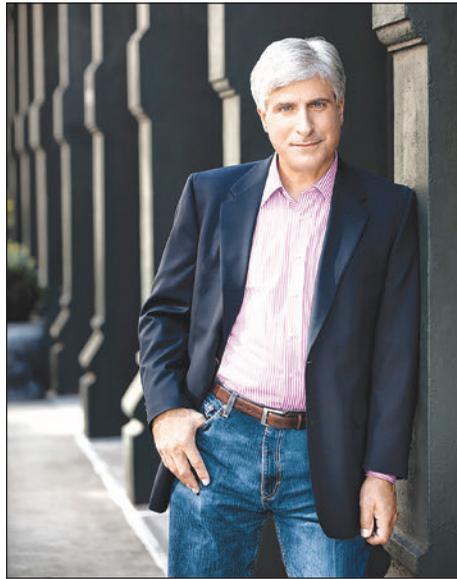
## Bestselling Author To Share Literary Experience

Steve Berry is coming to the Sidney & Berne Davis Art Center for the Famous Author Lecture Series on Monday, March 14 from noon to 2 p.m. General admission is \$45 per person, or a table of eight for \$360.

Berry is *The New York Times* and No. 1 internationally bestselling author of 20 novels, which include *The Kaiser's Web*, *The Warsaw Protocol*, *The Malta Exchange* and *The Bishop's Pawn*. His books have been translated into 41 languages with 25 million copies sold in 52 countries. They consistently appear in the top echelon of *The New York Times*, *USA Today* and Indie Bestseller lists.

The lecture series features two-hour events including lunch prepared by Frisco's and a lecture from an acclaimed author, offering insights into his or her background, process and inspiration.

History lies at the heart of every Berry novel. It is his passion, one he shares with his wife, Elizabeth, which led them to create History Matters, a foundation



Steve Berry photo provided

dedicated to historic preservation. Since 2009, the Berrys have crossed the country to save endangered historic treasures, raising money via lectures, receptions, galas, luncheons, dinners and their popular writers' workshops. To date, 3,500 students have attended those

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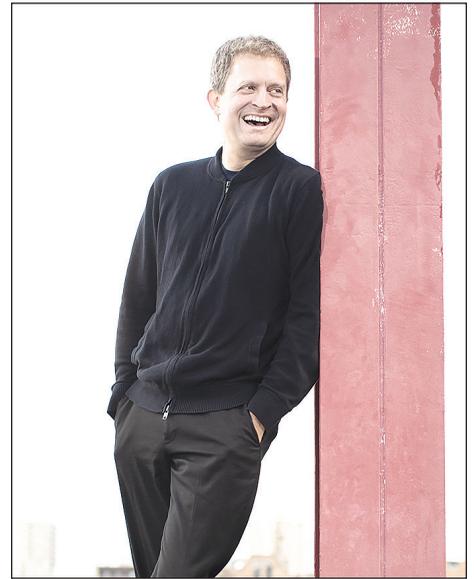
## Intimate Venues For Symphony Performances

The Southwest Florida Symphony continues its intimate TinyConcerts program, which includes MiniMasterworks at two venues: Bell Tower Shops in south Fort Myers on Saturday, March 12 at 4:30 p.m. and Gulf Theater in Punta Gorda on Sunday, March 13 at 4 p.m.

TinyConcerts deliver a "performance in your very own living room" vibe. These are uniquely designed programs that sprung from orchestras' needs to change how they deliver live music due to the pandemic.

The upcoming MiniMasterworks: VIPiano features visiting guest pianist Andrew Armstrong, who returns to perform classical repertoire with a quartet comprised of musicians from the Southwest Florida Symphony: Renata Arado and Ariel Eliot on violin; Rachel Cox on viola; and Scott Crowley on cello. The MiniMasterworks series is sponsored by Richard Prescott.

Armstrong and the small ensemble



Andrew Armstrong photo provided

will perform Mozart's *Piano Quartet in G Minor* and Brahms' *Piano Quintet in F Minor*. Face masks are required upon entering the venues and must be worn at all times indoors while patrons are not eating or drinking.

A minimum contribution is required for continued on page 16



Dannica Walker with her artwork titled *Mysterious*, which captured the Best in Show Joan Stobart Memorial Award photo provided

## Spring Juried Show Winners

The Fort Myers Beach Art Association awarded ribbons at its Spring Juried Show titled *Unclear Boundaries*. The show will be on display at the gallery until Thursday, March 10. Judged and juried by nationally known artist Theresa Girard and sponsored by Gavin's Ace Hardware, the

show offers over 80 works.

Dannica Walker received the Best in Show Joan Stobart Memorial Award for her work titled *Mysterious*. First place was awarded to Sue Pink for *Angle of Incidence*, while second place was given to Dana Enders for *Fragmented Light*. Third place was awarded to Jeanne Raimondi for *Life's a Beach*.

The Lee Ackert Memorial Award for continued on page 8

## ABBA Tribute Band To Perform



ABBA Revisited is North America's No. 1 ABBA tribute band photo provided

The Vinyl Vibes Series continues at Sidney & Berne Davis Art Center with ABBA Revisited on Thursday, March 10. Cocktail hour begins at 6:30 p.m. and the show starts at 7:30 p.m.

The ABBA tribute band takes you back to the disco era and one of the best pop bands in history. Relive ABBA favorites like *SOS*, *The Winner Takes It All* and *Waterloo*. Expect costume changes, backup singers, catchy lyrics and melodies that defined the decade. ABBA Revisited performs over a hundred shows each year with four musicians and singers who look

and sound like the original band members.

The Blues Brothers Soul Band is the next act in the Vinyl Vibes Series on Friday, March 25. This Blue Brothers tribute band is a high-kicking, hard-rocking, cat-fighting, tight-fitting, feet-stomping, dance-crazed powerhouse performance of a show.

The Blues Brothers Soul Band generates energy and excitement everywhere they perform. The musicians, the fictional Jake and Elwood, are master bluesmen and one of the hottest tribute

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Historic Downtown Fort Myers, Then And Now:

# Creek With Historic Name Marks Boundary With East End

by Gerri Reaves, PhD



This photo from the early 1920s shows the mouth of Billy's Creek, which has long been the de facto natural boundary between downtown and the east end.

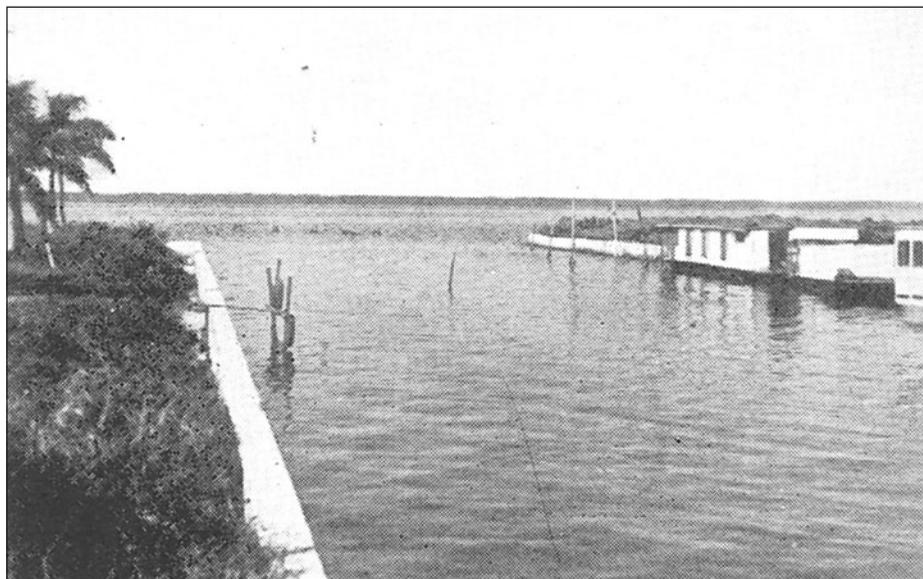
But the winding creek doesn't get its due. Many locals would be hard pressed to tell you the location of the creek or even one fact in its significant history. That history and the name date to at least the end of the Third Seminole War, when Fort Myers was indeed an actual U.S. Army fort.

In 1858, Chief Billy Bowlegs, whose Seminole name was Holatta-Micco, gathered with his people and camped by the creek. There on a spot that later became part of the Fort Myers Cemetery, a decision was made that effectively ended the series of three Seminole Wars. Having run out of viable options, they agreed to be exiled to the west and abandon the land they had been promised by the U.S. government.

They walked down what is today's First Street, were loaded onto the steamer Grey Cloud and departed from the foot of what became the Hendry Street dock. Because the approximate 300 Seminoles who refused to leave Florida never surrendered, they technically were never defeated and the U.S. did not win the war.

A historic marker on the eastern side of Billy's Creek Bridge recounts this momentous history. Another notable event in the creek's history was the first bridge. Crossing it in the wet season was difficult if not impossible so, in 1886, the year of Fort Myers' incorporation, pioneer Joseph Delores Vivas was awarded a contract to build that first bridge.

Thirty-one years later, a steel and concrete bridge was constructed and, around the same time, improvements to First Street were made, such as paving and the planting of royal palms. That set the stage for boom-time dreams about capitalizing on Billy's



In the early 1920s, the west side of the mouth of Billy's Creek was a planned subdivision The Fort Myers Plan by Herbert S. Swan

Creek's natural beauty by building wide parkways along it.

When this historic photo was taken, the west side was part of the new Dean's Subdivision, and Palm Avenue extended across First Street and connected Dean Park with the riverfront, which was ripe for development.

The east side of the creek served various purposes over the decades, including as a carnival location in 1917 for the Moose Club. But the best remembered use of the east side was the Daniels Brothers Boatways, founded by two of the region's most prominent names in boat-building and boat-design history.

Brothers J. Frank and J. Henry Daniels teamed up in 1919 and in the early years worked on the downtown waterfront and in the East End, eventually founding their legendary boatworks in 1934. It prospered for decades, one of many marine businesses for which the east end was known.

Another mile-marker for the creek was the building of the current bridge in 1941 by the War Department to facilitate traffic to Buckingham Flexible Gunnery School during World War II. In the 1950s and 1960s, a Christian missionary church was located on west side. Not until the early 2000s did major residential development finally come to the mouth of the creek.

In the current photo, visible on the left (west) is the Beau Rivage Condominium's parking garage, and on the right (east) is Alta Mar Condominium's property.

Walk down First to see the mouth of Billy's Creek Bridge and ponder its role in political and natural history. Then visit the following two research centers to learn more about the remarkable leader who inspired its name.

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, *The News-Press* and *The Story of Fort Myers* by Karl S. Grismer. ✨



Today, fill has extended the mouth of the creek northward. Beau Rivage is on the left, while Alta Mar is on the right photo by Gerri Reaves

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## Runway Fashion Show At Davis Art Center

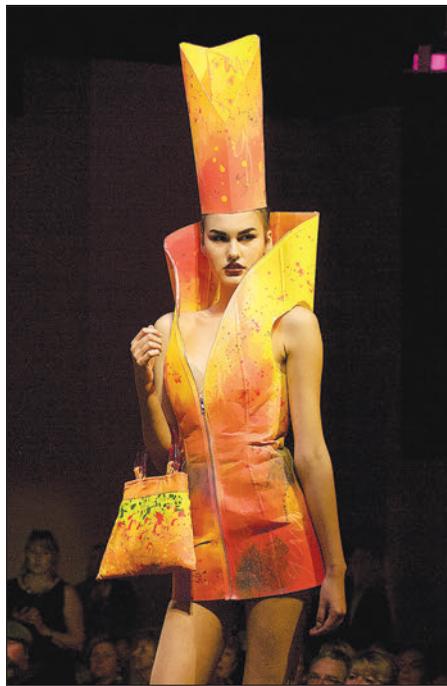
The Art Walks the Runway fashion show returns to Sidney & Berne Davis Art Center on Friday and Saturday, March 18 and 19. Doors open at 7 p.m., and the action starts at 8 pm.

Produced and organized by Melissa Tschari DeHaven for the past 10 years, this two-day, star-studded event will present runway shows from Gerro Couture, Ahmad Couture, Isabel Lopez, Forema Boutique, Ocean View & 7th and Apricot Lane Boutique. There will also be performances by contortionist Katarina Danks, and a body painted runway performance show by artist Adriana Gomez with Elements of Body Art.

On Friday, the show features local fashion from Forema Boutique, Ocean View & 7th and Apricot Lane Boutique.

On Saturday, Haute Couture fashion takes over the runway with looks from Gerro Couture, Isabel Lopez and Ahmad Couture. New Delhi-born designer Sha Ali Ahmad's designer label of Ahmad Couture has been featured in many reputed fashion magazines, like *L'Officiel India* (2021), *Glamour* magazine (2022), *Harper's Bazaar Vietnam* (2021) and *GMARO Magazine*.

The event will also incorporate music and body art, including a Saturday theatrical performance titled *The Garden of Life*, which incorporates elements of dance and the human body as a canvas. Both nights will be emceed by Brittany



A model wearing Gerro Couture fashion photo by Stan Chambers Jr Photography

Gonzalez, morning radio personality for iHeart Media and Dj Dream Jay will be spinning the music for both nights. Art Walks the Runway is sponsored by BMW of Fort Myers.

Tickets are \$30 in advance and \$35 the day of the show. For premium seating, add \$10 to the cost.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information and tickets, visit [www.sbdac.com](http://www.sbdac.com) or call the box office at 333-1933.✪

## Rock Autism Fundraiser

In an effort to raise funds for its expanding organization dedicated to enriching the lives of families and children impacted by autism spectrum disorder, Family Initiative is hosting Rock Autism for ages 21 and older on Saturday, March 5 from 6 to 10 p.m. The event inside Paragon Flight Training's airline hangar at 511 Danley Drive in Fort Myers, offers a night of live music, food trucks, dancing and more.

Tickets are \$50 and include backstage access at Paragon Flight Training to tour its state-of-the-art airplane hangar and beer options presented by Suncoast Beverage. The country music duo Chasing Denver will be kicking off the event followed by The Rosada Project, a 70s cover band and night's headliners.

Food and cocktail trucks will be available, including Red Roc Cravings, Vibe & Spice and Dave's Neapolitan Pizza. Parking is free at Brooks Community Park with shuttles running to and from the airline hangar throughout the night.

The Rock Autism event, initially scheduled for March 2020, is sponsored by 10 Twenty Five, Bella, Inc., City Tavern, the Devivo Family, Erickson's, Honc Industries, the Nesmith Family, Sanibel Captiva Community Bank, Suncoast Beverage, Synovus, the Van

Hart Family and Van Hart Provisions.

Proceeds will go toward Family Initiative's focus on the growth and expansion of programs, clinicians and funding to provide more families and children with the highest quality of care in the community and beyond. The team of professionals at Family Initiative is dedicated to ensuring the children and families they serve are given the tools to thrive for the rest of their lives.

Family Initiative is a nonprofit organization that provides clinical, behavioral and educational programs to families and children on the spectrum in addition to state and local advocacy within the community and the child welfare system. Family Initiative applies innovative methods to traditional clinical practices through personalized approaches centered around the individual.

For tickets and more information on Family Initiative's mission and role in the community, visit [www.fi-florida.org/event/rockautism](http://www.fi-florida.org/event/rockautism).✪

## Dean's List

Kaili Yap of Fort Myers was named to the dean's list for the fall 2021 semester at College of Charleston in Charleston, South Carolina. Yap is majoring in chemistry.

To qualify for dean's list, students must earn a grade-point average of 3.600 or higher and complete a minimum of 14 semester hours.✪



BAILEY-MATTHEWS

## NATIONAL SHELL MUSEUM

### 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

**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**

#### AFTER HOURS IN THE AQUARIUMS

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Fort Myers Art:

# Visually Impaired Artist Displays Work At Gallery



by Tom Hall

**D**uring the month of March, DAAS Co-op Art Gallery & Gifts is showcasing two guest exhibitions simultaneously. The first is the art of visually impaired artist

Arnold Plasencia, who brings awareness through his art to Stargardts, the rare degenerative condition with which he struggles. The second is a group show of work in a variety of mediums produced by members of the Lee Art Education Association (LAEA), composed of art teachers from private and public institutions in Lee County.

The dual opening reception is scheduled from 6 to 10 p.m. on Friday, March 4 in conjunction with Fort Myers Art Walk.

Plasencia's condition began in childhood, but it went misdiagnosed for several years.

"The (Stargardts) disease is a form of macular degeneration which causes cells in the macula to die off causing loss of central vision and, in some cases, like in mine, color blindness," Plasencia said. "Due to the lack of good medical insurance, I was never properly diagnosed until three years ago, at the age of 35. By that point, my vision loss acuity was 20/50 and I had lost full



Arnold Plasencia with his artwork

photo courtesy www.artswfl.com

central vision and most color."

Plasencia was declared permanently disabled. He struggled with the diagnosis. But with the help and support of loved ones, he started using art as a way to cope with his depressive state of mind. The first piece painted after his diagnosis was a portrait of his recently passed grandmother.

"A dear friend told me to not focus on what I could no longer do, but rather focus on what I could still do, and to simply change the way I did things," he said. "Those words resonated with me."

For this exhibition, Plasencia is focused on his life while living with Stargardts disease. His intention is to portray an artistic view of how he sees the world. He hopes to inspire everyone with this collection, especially those with any form of disability.

"I want (people) to realize that our disabilities are not death sentences," he said. "The human body is amazing and the way it adapts is nothing less than incredible. We can do amazing things despite our disabilities."

LAEA celebrated its 30th anniversary in 2021. Its talented member artists and educators are excited to share some of their personal and professional artworks with the community. A wide variety of mediums and subject matters will be represented in this show, but the common theme will be the love and passion of educating and inspiring our local youth to take pride in the arts.

Two of the members participating in the show are art educators Scott Guelcher and Angel Elza. Guelcher has been a teacher for 15 years and spent his last 12 years as the 2D art teacher and art department head at Island Coast High School. Elza has been teaching

elementary art at River Hall Elementary in Alva since 2019 and is passionate about spreading her love of art to her over 1,000 students there. Since moving to Southwest Florida in 2014, her artwork has been on display in several shows at Howl Gallery and Sidney & Berne Davis Art Center.

The exhibition will be on display through March 27.

DAAS Co-op Art Gallery & Gifts is located at 1815 Fowler Street, in the Butterfly Estates complex in Fort Myers. For more information, visit [www.daascoop.com](http://www.daascoop.com).

Tom Hall is both an amateur artist and aspiring novelist who writes art quest thrillers. He is in the final stages of completing his debut novel titled *Art Detective*. A former tax attorney, he lives in Estero with his fiancé and their four cats.\*

## Pet Shelter Celebration

**L**ee County Domestic Animal Services (LCDAS), along with the Lee County Sheriff's Office Animal Cruelty Task Force, will celebrate Deputy Chance's fourth "Gotcha Day" with a party on Thursday, March 10 from noon to 2 p.m.

Meet Deputy Chance, enter to win prizes and check out shelter pets. Deputy Chance is an example of how giving shelter pets a new "leash" on life can be rewarding. Deputy Chance is a formerly abused and abandoned dog deputized by Sheriff Carmine Marceno.

LCDAS is located at 5600 Banner Drive in Fort Myers. For more information, visit [www.leelostpets.com](http://www.leelostpets.com) or call 533-7387.\*

## Chancellors Honor Roll

**T**hree student from Fort Myers were named to the chancellor's honor roll for the fall 2021 semester at University of Mississippi in Oxford, Mississippi.

Amanda Oleksa, Tess Gates and Eden Sams received the honor, which is reserved for students who earn a semester grade-point average between 3.75 to 4.00.\*

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## From page 1 Author

workshops with over \$1.5 million raised.

Berry's devotion to historic preservation was recognized by the American Library Association, which named him its spokesperson for National Preservation Week. Among his other honors are the Royden B. Davis Distinguished Author Award; Barnes & Noble Writers for Writers Award given by Poets & Writers; Anne Frank Human Writes Award; and Silver Bullet, bestowed by International Thriller Writers for his philanthropic work. He has been chosen both the Florida and Georgia Writer of

the Year. He is also an emeritus member of Smithsonian Libraries Advisory Board. In 2010, a National Public Radio survey named *The Templar Legacy* one of the top 100 thrillers ever written.

Berry was born and raised in Georgia, graduating from Walter F. George School of Law at Mercer University. He was a trial lawyer for 30 years and held elective office for 14 of those years. He is a founding member of International Thriller Writers – a group of nearly 6,000 thriller writers from around the world – and served three years as its co-president.

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) or call 333-1933.\*

# Bad Boys Of Opera To Perform



**Bad Boys of Opera**

photo provided

Internationally-acclaimed Bad Boys of Opera will perform at the Barbara B. Mann Performing Arts Hall during the final concert of the season for the Fort Myers Community Concert Association on Tuesday, March 22 at 7:30 p.m.

The Bad Boys of Opera is a new tour concert production featuring three highly acclaimed male vocalists who have been called the “finest since The Three Tenors,” with individual performance credits including The Metropolitan Opera, New York City Opera, Lyric Opera of

Chicago, San Francisco Opera, Covent Garden, English National Opera and Philadelphia Opera Company.

Tickets are \$55 for orchestra/mezzanine seating; \$35 for lower balcony seating; and \$25 for upper balcony seating.

Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers. For tickets, call the Barbara B. Mann Performing Arts Hall box office at 239- 481-4849 or visit [www.bbmnpah.com](http://www.bbmnpah.com).

# Awards Program For Excellence In Fundraising

The 2022 Charity Event Awards by The Community Foundation will be held at Crowne Plaza Fort Myers on Tuesday, April 5 from 6 to 9 p.m.

Recognizing innovation and excellence in event fundraising, the awards will celebrate the best fundraising events and the most outstanding charitable organizations that host, plan and promote events that raise funds to fulfill their missions. The awards program will feature keynote speaker Teri Hansen, APR, founder, president and creative director of Priority Marketing. The company will also be honored during the event as the 2022 Charity Event Award

recipient for Best Charity Event Support Team by a Marketing and PR Firm.

Nominations are now being accepting for outstanding individual and organizational efforts led by nonprofits across Lee, Collier, Charlotte, DeSoto, Glades, Hendry and Sarasota counties. The organization selected as the Best Overall Charity Event will be awarded \$5,000, and all other category winners will each receive \$500.

Nominations are due by March 1 for the following categories: Corporate Citizenship Award; Best Virtual Event Award; Best Events Team Award; Best Overall Charity Event Award; Best Charity Event Caterer Award; Up and Coming/Grassroots Award; and Best Special Charity Event Award.

“An important part of the charity event awards is celebrating the continued innovation and resilience of our nonprofit community and their ability to create

well-planned events with excellence,” said Michael Chatman, president and CEO of The Community Foundation. “This year’s winners will honor the charity event fundraisers and trailblazers who turned the challenges of the pandemic into opportunities for their causes, finding new ways to engage donors, sponsors and ticket buyers, and to grow impact.”

This year’s awards is presented by the Gunterberg Charitable Foundation. The Community Foundation is seeking the community’s support for the 2022

event and has announced additional sponsorship levels ranging from \$1,200 to \$7,500 with a variety of benefits. Tickets for the event are \$150 per person.

Crowne Plaza Fort Myers is located within Bell Tower Shops at 13051 Bell Tower Drive in Fort Myers. To learn more about nominations, sponsorship opportunities or to purchase tickets, visit [www.capecoralcf.org/events/charity-event-awards-nominations](http://www.capecoralcf.org/events/charity-event-awards-nominations) or call 542-5594.

# Music Foundation To Hold Fundraiser

The Music Foundation of Southwest Florida will hold its annual fundraiser in the Helm Club at the Landings, Yacht, Golf and Tennis Club on Friday, March 11 from 5 to 8 p.m. There will be a social hour, dinner, silent auction and entertainment.

After meeting the board of directors, participants will hear high school summer camp scholarship winners share their stories and then listen to violinist Reiko Niiya-Chow and accompanist Michael

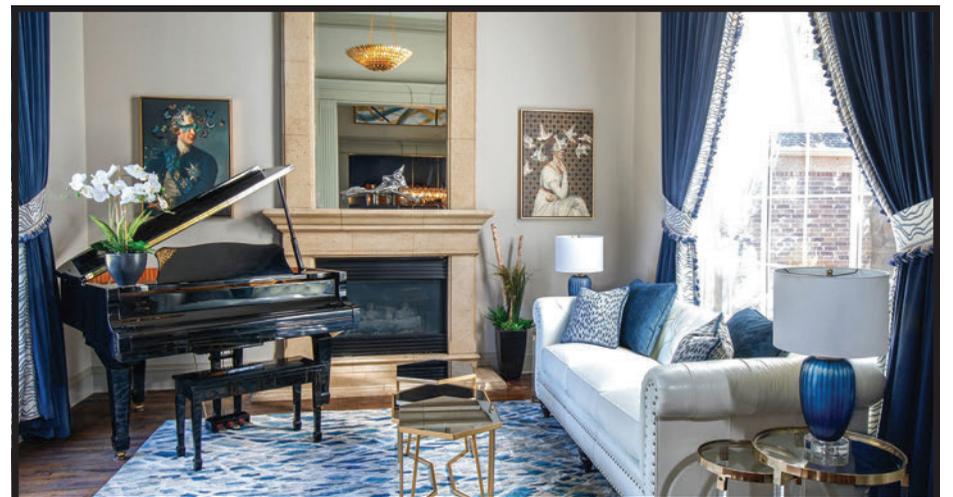
Helman.

Cost is \$65 per person. The Music Foundation of Southwest Florida raises funds for 2022 offerings.

The Landings, Yacht, Golf and Tennis Club is located at 4420 Flagship Drive in Fort Myers. For tickets, visit [www.music-foundation.org](http://www.music-foundation.org) or contact Ruth Christman at [jcmfa@aol.com](mailto:jcmfa@aol.com) or 275-0057.



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## Keynote Speaker Set For Prayer Breakfast

The Southwest Florida Community Prayer Breakfast will be held at the Lee County Sports Complex on Thursday, May 5 at 6 a.m. The event will feature world-renowned speaker Dr. Ben Carson for the keynote address.



Dr. Ben Carson

Held in observance of the National Day of Prayer, the 2022 Community Prayer Breakfast is free and open to the public, but tickets are required and available on a first come, first served basis.

"In his keynote address, Dr. Carson will share his personal story and faith journey, drawing from recent national and global events," said Ron Inge, president of the Southwest Florida Community Prayer Breakfast, Inc. "We are thrilled to bring a speaker of his caliber to our community."

Carson, a retired pediatric neurosurgeon and former U.S. Secretary of Housing and Urban Development official and presidential candidate, is now founder and chairman

of the American Cornerstone Institute, a new think tank whose mission is to promote the four founding principles that are cornerstones of our country: faith, liberty, community and life, as well as to pursue common sense solutions that challenge conventional groupthink.

The National Day of Prayer is an annual observance on the first Thursday of May when individuals of all faiths join in unified prayer for continued blessings on the nation. Every year, local, state and federal observances are held between sunrise to sunset across the nation and attract more than two million people. Except for 2021, when the event was not held due to the pandemic, the Fort Myers community has been honoring the National Day of Prayer since the Community Prayer Breakfast's inception in 1988.

To ensure the popular annual prayer breakfast continues, the Southwest Florida Community Prayer Breakfast Inc. has been established to organize the annual event. The organization is led by board members John Noland, Carl Barraco, Gary Trippe and Ron Inge.

Local businesses and organizations annually step in to support the National Day of Prayer through sponsorships and donations. Sponsorships are still available for the 2022 event. For more information on sponsorship opportunities or tickets, email [swflcommunityprayerbreakfast@gmail.com](mailto:swflcommunityprayerbreakfast@gmail.com) or call 744-7769.\*

## Grande Dames Tea To Benefit Pace Center

Pace Center for Girls, Lee will hold its 14th annual Grande Dames Tea at Broadway Palm Dinner Theatre on Thursday, March 17 from 1 to 3 p.m.

In celebration of Pace Lee's 15th anniversary, the nonprofit has named Pace Lee founder Gail Markham as honorary chair of the annual event. Often referred to as a Pace girl herself, Markham was the founding board chair of the Pace Lee Center, which was established in 2007 to provide girls and young women an opportunity for a better future through education, counseling, training and advocacy. She is also a longtime philanthropist and founder of Markham Norton Mosteller Wright & Co.

Markham will lead the event alongside co-chairs Mark Blust and Kelly Fayer.

The Grande Dames Tea celebrates local women who exemplify Pace's guiding principles and have made an impact through their roles in



Gail Markham

business, community and philanthropy. Recognizing the unique perspectives and powerful insights that these women have gained in life, honorees will share their wisdom during a question-and-answer session led by the young women of Pace. The program will be complemented with a performance by the Pace girls and other activities.

"Our annual Grande Dames Tea cherishes the impact and achievements of local women as we learn from their wisdom and honor the female spirit," said Jennifer Cellitti, executive director of Pace Center for Girls, Lee. "We are thrilled for Gail to return as honorary chair of this year's event alongside Mark and Kelly, and look forward to bringing the community together for this inspirational celebration of local women who serve as real-life examples of women that our Pace girls can aspire to be."

Tickets are \$60 per person and \$500 for tables of eight. Sponsorship opportunities are available, including Golden Teacup sponsor at \$7,500, Silver Teacup sponsor at \$5,000, Fascinator sponsor at \$2,500, Silver Teaspoon sponsor for \$1,000 and in-kind sponsorships.

Proceeds benefit Pace and its strength-based programs.

Broadway Palm Dinner Theatre is located at 1380 Colonial Boulevard in Fort Myers. For more information or to purchase tickets, visit [www.pacecenter.org/locations/lee/grande-dames-tea](http://www.pacecenter.org/locations/lee/grande-dames-tea) or call 425-2366.\*

## 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.ery.org](http://www.ery.org), 111 Evergreen Road, 997-2847.

[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.fpcforymyers.org](http://www.fpcforymyers.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](http://www.saintnicholasmonast)

[www.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.\**



Native yellow hatpins is "rare" in South Florida, according to the Institute for Regional Conservation photo by Gerri Reaves

Plant Smart  
**Plant Smart:  
 Yellow Hatpins**

by Gerri Reaves

**Y**ellow hatpin's (*Syngonanthus flavidulus*) common name describes the wildflower well: a tiny button-like cap atop a very skinny elongated stalk.

This member of the pipewort family is native to Florida, as well as to several

other southeastern states.

The species is deemed "rare" in South Florida by the Institute for Regional Conservation, so take notice if you spot small whitish dots on the landscape while walking in a natural area.

This uncultivated perennial's habitat includes bogs, marshes, scrubby or wet flatwoods, sandhills, the edges of pond and cypress swamps, and on ditch banks.

The stalks arise from a clump of narrowly linear leaves that curve

outward and downward.

Stalks are threadlike, sometimes with tiny translucent hairs, and can be mere millimeters in diameter.

The inflorescences are hemispheric or globular in shape and two- to four-tenths of an inch across.

The pale-yellow male flowers have short triangular petals, and the petals on female flowers are narrowly linear or oblong. The flowers grow dull or turn a

grayish color with age.

Various pollinators, mainly bees and wasps, visit the flowers.

The tiny ovoid seeds are translucent and brown.

Sources: <http://coastalplainplants.org>, <http://floranorthamerica.org>, [www.regionalconservation.org](http://www.regionalconservation.org), and [www.wildflower.org](http://www.wildflower.org).

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

## Preparing For Aging Symposiums

**T**he 10th annual Navigating the Senior Years, Preparing for Aging Symposiums will be held at Cape Christian on Wednesday, March 9 from 9 a.m. to 3 p.m. and St. John the Evangelist Catholic on Wednesday, March 30 from 9 a.m. to 3 p.m. The events are free and include a complimentary continental breakfast and lunch.

Learn from area experts about the financial, legal, healthcare and lifestyle options available for aging in place safely and comfortably in the setting that is best for you. Discover in-home services and senior lifestyle community options in both Lee and Collier counties. Panelists will share information about the importance of socialization,

home healthcare, transition planning, finances, Medicare, Medicaid, elder law and much more.

Saint Cecilia Catholic Church's Marion Hall is located at 5632 Sunrise Drive in Fort Myers. Cape Christian is located at 2110 Chiquita Boulevard South in Cape Coral. St. John the Evangelist Catholic is located at 625 111th Avenue North in Naples.

To RSVP, which is required, call 776-7353.\*

## Locals Name To President's List

**F**ive students from Fort Myers were named to the president's list for the fall 2021 semester at Tallahassee Community College.

Hiram Thomas, Samantha Massaro, Allie Shimko, Seth Harris and Miranda Leonard earned a 4.0 grade point average to receive the recognition.\*

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# It's A Spring Thing



by Capt. Matt Mitchell

Over the past few weeks, we have been on all that can be described as a warming trend. With water temperatures creeping into the mid 70s, we are

now in the spring pattern despite it only being early March. Bait fish have popped up on the many grass flats all over the bay. After more than a month of cold water shrimp fishing, it feels good to be back pitching snook candy pilchards.

Despite what was a week of little to no day time tide movement with shiners, we still managed to catch some quality snook. Mangrove creek fishing was great action with lots of snook caught every trip. These same creeks also produced mangrove snapper, gag grouper and even a few redfish. Snook fishing is my bread and butter and, after what has been a few cold weeks of winter, it feels so good to be back in my groove.

Trout fishing has got even better by having shiners too. The average size of the trout I'm catching has increased with the switch from live shrimp to shiners. I'm still rigging these shiners on a popping cork like I do with shrimp, and I'm fishing the exact same places I have caught them over the past month.



Four-year-old Roy "the boy" from New York got in on the great action with Capt. Matt Mitchell this week photo provided

Near shore action has also lit up with the warming water. We are seeing bonita along with lots of cobia within a few miles of our beaches.

Patches of live bottom, county wrecks and reefs have been loaded up with mangrove snapper, sheepshead and grunts. Live hand-picked shrimp on a 1/0 light wire circle hook with just enough weight to drop to the bottom have been catching an awesome variety of species. If your looking for a fish dinner, this nearshore fishery is on fire.

With our water already in the mid 70s, I've already started to see some early season tarpon in the sound. It's certainly not prime time yet, but while these migratory fish don't carry a calendar, they move according to the water temperature. Some early season hot spots include the deep water holes by Marker No. 4 along with Marker No. 18. Soaking cut baits on circle hooks in these areas is the go-to method with mullet and catfish tails being on the top of the list. When the tide is really moving, add a twist on sinker to keep the offering on the bottom. These first tarpon to show up are usually the giants often going well over 100 pounds.

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).

From page 1

## Juried Show

Exceptional Use of Color was presented to Patricia Payzant for *Port Sanibel Boatyard*. The Theresa Girard Juror's Award went to Cheryl Fausel for *Looking up*.

Merit awards were presented to Suzanne H. Brown for *Hangin' Fruit*, Pam Flaherty for *The Glass Coffin* and Milly Pereira for *Paradise Cottage*. Honorable Mention awards went to Penny Fox for *Backyard Botanical*, Ivy Korachis for *Mestiza*, Michael Moukias for *Indian Chief Dance* and Suzanne Simoneau for *Slices of Sunshine*.

For more information, visit [www.fortmyersbeachart.com](http://www.fortmyersbeachart.com), call 463-3909 or stop by the gallery, located at 3030 Shell Mound Boulevard on Fort Myers Beach.

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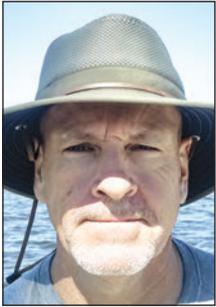


Dave Doane with his co-worker Jesse

CROW Case Of The Week:

# Reddish Egret

by Bob Petcher



The reddish egret (*Egretta rufescens*) is a medium-sized wading bird that has long legs and a long, curved neck, like most herons and egrets. It is regarded as one of the rarest egrets in North America.

The reddish egret is distinctive by its hyperactive feeding behavior that involves running through shallows, a staggering sideways

motion, leaping gestures, bizarre wing movement and hasty stabblings at fish.

Interestingly, this species of egret has two color morphs and can be either white or dark colored for life. The darker morphs are more numerous with adults achieving rich grayish-blue bodies to go along with its reddish features.

One can spot an adult reddish egret and tell it apart from other egrets and herons by its shaggy appearance. Darker morphs have a rusty reddish head and neck area as well as a pink bill with a black tip. White morphs are less shaggy, all white but still boast the pink bill with a black tip. Juveniles are either grayish overall with a dark bill for darker morphs or white overall with a dark bill for white morphs.

At CROW, a juvenile white morph reddish egret was admitted from Fort Myers Beach emaciated and with a fish hook in its right leg.

"Fish hooks can easily become imbedded in an animal's skin, muscle, or even bone if they get entangled in material that's been inappropriately discarded into the environment," said Dr. Robin Bast, CROW staff veterinarian. "Fishing hooks can also affect animals if



Patient #22-629 is ready to return to the wild

photo by Amber Strassler

they are ingested along with a food item... such as a fish on the end of a line."

The patient was also admitted with some abrasions on two parts of its body. The hook was removed, and the wound site was cleaned.

"The abrasions on the neck are likely from fishing line, and the abrasions on the carpus – or wrist part of the wing – were likely sustained when the bird was

struggling to get untangled from the hook/line," said Dr. Bast. "The wounds were cleaned and flushed with sterile fluid, and a small bandage was temporarily placed on the leg where the hook was removed to control bleeding. Once the bleeding stopped, the bandage was removed as the puncture wounds themselves were relatively small. The bird was started on a course of antibiotics to treat infection due to the contaminated wounds."

The patient has been receiving supportive care during its week-long stay.

"The bird was very thin, so it was placed on a refeeding plan consisting of a liquid critical care formula made for piscivorous (fish-eating) birds before being offered whole fish," said Dr. Bast. "It received fluid therapy on admission for rehydration."

Hospital staff closely monitored the wound on a daily basis. The patient is now ready to return to Fort Myers Beach, just in time for spring break.

"The wounds have healed and the bird has finished its course of antibiotic medication. It has been medically cleared for release," Dr. Bast reported.

While this water bird is free to re-explore its native habitat, CROW medical personnel can attest that not all patients have been so lucky when it comes to fishing hooks and monofilament line.

"Please visit the Mind Your Line website – <https://mindyourline.org> – for more information on how you can help keep our environment clean by responsibly discarding hooks, lures and monofilament line in the recycle bins provided across the island," said Dr. Bast. "This will help us decrease the amount of preventable injuries to our wildlife friends."

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).



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Rev. Dr. Paul deJong and Rev. Roger Peterson

photos provided



Ginny Wallace and Ginny Makkonen

## Annual Hymn Sing Brings In Food And Funds

Residents who attended the Mrs. Edison's Hymn Sing at First Presbyterian Church on February 8 contributed food and funds to help Sam's Community Kitchen & Cafe of Community Cooperative feed the hungry in Southwest Florida.

About 900 pounds of non-perishable food along with more than \$5,000 in cash contributions were collected at the 32nd hymn sing, which was sponsored by the Galloway Family of Dealerships

"It is so gratifying to see our community coming together to help those less fortunate, especially during these economic times. The need has never been greater," said the Rev. Dr. Paul deJong of First Presbyterian Church.

About 1,000 people attended the two performances, which featured members of the First Presbyterian Church Choir, and guest musicians.

Community Cooperative, which was founded by First Presbyterian Church



Bree Balcer sings *Jesus Loves Me*

along with other churches in 1984, is an innovative nonprofit organization made up of social service entrepreneurs fighting to end homelessness and hunger in our community. It provides more than 22,000 meals each month through its Community Cafés, Meals on



Bob and Diane Harvey

Wheels programs and school programs, distributes more than 750,000 pounds of groceries through its mobile food pantries, and serves 9,000 individuals and families with homeless and comprehensive case management services through its social and education



Dale Dominuco and Gail Sicard

resource centers. A United Way partner, Community Cooperative serves Fort Myers and the greater Lee County area, including Bonita Springs, Cape Coral, Lehigh Acres and Fort Myers Beach. For more information, call 332-7697 or visit [www.communitycooperative.com](http://www.communitycooperative.com).

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Book Review

# The Ice Angel

by Di Saggau



I was not familiar with Matthew Hart until I read about *The Ice Angel* and learned it was a sequel to an earlier novel *The Russian Pink*. The main characters are the same, Alex

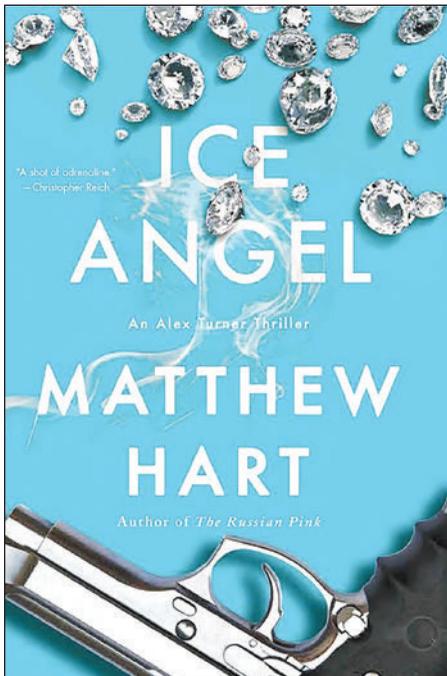


image provided

Turner and his double-dealing lover, the Russian diamond thief Slav Lily. They are thrown into a group of murderous Chinese assassins and struggling with their own personal relationship.

The book has an explosive opening when a diamond prospector in northern Canada is eating a salami sub, forgetting that a grizzly bear can pick up a scent 20 miles away. Its sense of smell is seven times better than a bloodhound and, even though the bear has a smaller brain, it is five times larger in the area that manages the sense of smell than a human. Needless to say, eating the sub did not have a good outcome for the prospector. Mitzi Angel, the daughter of the prospector, hires Alex and Lily to get to the truth about her father's death. This leads them across the diamond-rich Barrens and a battle between bizarre Chinese billionaire twins who

murderous assassins and exotic geography into a near flawless book adventure. *Ice Angel* shines a light on a fascinating and dangerous world unknown to many.\*

## School Smart

by Shelley M. Greggs, NCSP



**D**ear Shelley, I hear a lot about parenting styles and would like to know more. What do they really mean and how do they affect children?

Michael P, Fort Myers

**Michael,** Recently, many new labels for parenting styles have gotten lots of publicity. They have names like the snowplow parent, the helicopter parent, the tiger, elephant, dolphin and even the free-range parent. All of these focus on one or two hallmark behaviors of the parent that define the description (i.e. the helicopter parent hovers).

There are, however, four well-defined and scientifically researched styles of parenting that are recognized by childhood development professionals that are considered the standards. They are the Authoritative, Permissive, Authoritarian and the Neglectful/Uninvolved styles of parenting. Here are some brief descriptions of these four styles and their impact on children.

**Authoritative** – In this parenting style, the parents are nurturing, responsive and supportive, yet set firm limits for their children. They attempt to control children's behavior by explaining rules, discussing and reasoning. They listen to a child's viewpoint but don't always accept it. Children raised with this style tend to be friendly, energetic, cheerful, self-reliant, self-controlled, curious, cooperative and achievement oriented.

**Permissive** – In this parenting style, parents are warm, but lax. They fail to set firm limits, to monitor children's activities closely, or to require appropriately mature behavior of their children. Children raised with this

parenting style tend to be impulsive, rebellious, aimless, domineering, aggressive and low in self-reliance, self-control and achievement.

**Authoritarian** – In this parenting style, parents are inflexible, demanding and harsh in controlling behavior. The parents have many rules. They require obedience and authority. They favor punishment to control their children's behavior. Children raised with this parenting style tend to be irritable, apprehensive, fearful, moody, unhappy, easily annoyed, unfriendly, sulky, vulnerable to stress and aimless.

**Neglectful/Uninvolved** – In this parenting style, parents are unresponsive, unavailable and rejecting. Children raised with this parenting style tend to have low self-esteem and little self-confidence and seek other, sometimes inappropriate, role models to substitute for the neglectful parent.

No parent is perfect, and all parents have demonstrated these parenting styles from time to time. The choice is clear, however, to set your expectations for parenting where you and your child will experience the most benefits and that is with an authoritative style of parenting.

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

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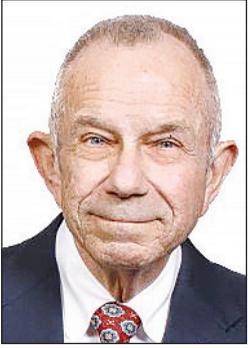
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## What Is Advice Worth?



submitted  
by Tom Uhler

When did this become a “do-it-yourself” culture? You can find YouTube videos on how to do everything short of removing your own appendix. You can Google

any malady and find the cure. Home Depot and Lowe’s will sell you everything you need to rebuild your home from scratch.

An attorney friend says he likes people who delay going to him with their problems because, by the time they finally go to him, the problem is much more expensive to fix than it would have been. What about saving and investing? You can purchase stocks, bonds and mutual funds online without ever speaking to a human... but is that a good idea?

If you went to the doctor’s office and she popped through the examining room door, looked at you, handed you a prescription for a drug and walked out the door without a word, would you even fill the prescription? Or would you expect her to ask you some questions, perhaps prod you a few places, ask

about allergies and history, and only then recommend a course of action?

Sometimes, advice is free. In that case, you may ask yourself if you’re not getting what you paid for. You expect to pay the attorney, architect, auto mechanic and physician for their advice because you expect to get a better result than if you attempted to solve your problem on your own.

Is investing any different? Successful investing involves questioning needs and goals, developing a plan, executing the plan and monitoring the results. A professional can assist you in that process and help you avoid the pitfalls that all investors face. What’s that worth?

There are many types of risk, but there is one risk that can sink a portfolio – permanent loss of principal. That “hot tip” from a friend, lack of proper diversification and inability to monitor investments may lead to permanent loss of principal.

An independent, fee-based financial planner who is a fiduciary is obligated to look out for your interest above their own. The fee charged will be based on the assets under management and when you prosper, they prosper; if you suffer, they suffer with you.

If that planner prevents you from making that one fatal mistake, what would you say that advice is worth?

Some things are great to DIY, but others are left best to the professionals.

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

## Commissioner To Discuss County Challenges

Lee County’s goals and challenges in 2022 will be addressed by Cecil Pendergrass, chair of the Lee County Board of County Commissioners, at the Real Estate Investment Society (REIS) meeting in the Osprey Room at Pelican Preserve’s Clubhouse on Tuesday, March 8 at 11:45 a.m.

Commissioner Pendergrass’s presentation will focus on the county’s budget, coordination with municipal governments, infrastructure projects and its role in managing water resources. The commissioner is also expected to discuss growth management, impact fees and local legislative priorities in the current legislative session. Following the presentation, Commissioner Pendergrass will respond to questions of specific interest to the real estate investment and development industry.

Pendergrass was elected to the Lee County Board of County Commissioners in 2012 and represents District 2, which includes south Fort Myers, Gateway, San Carlos Park, Southwest Florida International Airport and Florida Gulf Coast University. He is also chairman of the Board of Port Commissioners, which governs the Lee County Port Authority, and serves on the Metropolitan Planning Organization and Southwest Florida

Regional Planning Council.

The meeting is sponsored by Castellanos+Tramonte Architects. Cost is \$30 for members and \$45 for guests, which includes lunch. Reservations are required by March 3.

Pelican Preserve’s Clubhouse is located at 9802 Pelican Preserve Boulevard in Fort Myers. For more information, call Lori Moore at 338-4248.\*

## Women Voters Virtual Event

The League of Women Voters of Lee County will offer a free virtual event titled Voting and Elections – The Implementation of SB 90 in Lee County on Saturday, March 5 from 9:30 to 11 a.m.

The passage of SB 90 in the Florida legislature in 2021 has implications for voters, the activities of third parties such as the League of Women Voters in voter registration, and election protections and fair election administration.

To register, visit [www.eventbrite.com/e/voting-and-elections-implementation-of-new-voting-laws-in-lee-county-tickets-229931961687](http://www.eventbrite.com/e/voting-and-elections-implementation-of-new-voting-laws-in-lee-county-tickets-229931961687), email [reservations@lwvlee.org](mailto:reservations@lwvlee.org) or call 278-1032. A Zoom link will be emailed to all registrants prior to the meeting.

For more information, visit [www.lwv.org](http://www.lwv.org), [www.lwvfl.org](http://www.lwvfl.org) or [www.lwvlee.org](http://www.lwvlee.org) or call 278-1032.\*



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Will Power

## Do You Want Your Children To Live Extravagantly?



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

When counseling, I asked Robert a simple question. “Do you envision your children and grandchildren living a more extravagant lifestyle than you and Diane have over your many years together?”

Robert and Diane had been married 40 years, amassing wealth of over \$35 million through hard work, self-denial of luxuries and disciplined investing in real estate and stocks and bonds. Despite their wealth, they lived in a modest home and drove Buicks. Robert thought about my question for a moment, shook his head and said, “No, I don’t want them to live extravagantly. We never did.”

Diane nodded in agreement.

“What is it that you want for your children and grandchildren?” I asked.

Diane took the lead, “I guess you can say that we don’t want them to have to struggle as much as we did, but on the other hand, we don’t want to take away their drive and ambition. Of course, if our children or grandchildren suffer an accident or disability, we want the funds to be used for their care.”

“Education,” chimed in Robert, “is important too. I don’t mind teaching a man to fish, rather than feeding him a fish, if you know what I mean.”

“Well, there’s plenty to take care of both of your concerns, and so much more than that,” I added. “Tell me, what was an important moment in your youth? Maybe that can uncover some clues.”

“My father worked two jobs, and my mother taught dance to supplement our income,” Diane said. “Growing up, we didn’t have much. As a youngster, Mom wanted to attend Julliard but never had the opportunity. So, she taught dance as a young adult. Our daughter followed in her grandmother’s footsteps. She teaches dance but doesn’t make much money.”

“Would you have any interest in adding a charitable component to your plan?” I asked. “For example, you can create a private foundation that pays your daughter to teach dance to underprivileged kids. That would carry forward your mother’s work.”

“A foundation could do that?” Robert asked. “Yes, of course!” I answered. “I’m

talking here about a private operating foundation. The IRS defines it as a foundation that spends at least 85 percent of its adjusted net income or its minimum investment return, whichever is less, directly for the active conduct of its exempt activities. Directly for the active conduct refers to qualifying distributions a foundation makes that are used to conduct exempt activities by the foundation itself, rather than by making donations to grantee charitable organizations. Operating a dance studio for underprivileged children would qualify as active conduct.”

Diane seemed puzzled. “Why would we want a private operating foundation as opposed to just a private foundation?”

“A private foundation that is not a private operating foundation is required to distributed at least five percent of the fair market value of its noncharitable-use assets through grants to qualifying 501(c)3 charities. There is also an excise tax on the net investment income of private foundations equals one to two percent of net investment income.”

Our conversation continued into the benefits of a private foundation, including family control over the entity. The foundation would have an annual meeting, where the family could decide how it was going to complete its charitable missions. A foundation could, of course, include several different goals. These philanthropic activities can serve to bond the family together for generations.

Generally speaking, younger family members tend to favor social responsibility causes, while older ones might favor the arts, medicine, religion, or education. There’s no reason to limit a foundation’s causes to just one outlet. The big decision with private foundations is to determine whether the family wants it to be an operating foundation, or simply a grant foundation.

Donor Advised Funds (DAF) are another way to promote family philanthropy. These can be established through many investment banks and companies, and don’t have to file for tax exempt status. In a future article, I’ll review DAFs in greater detail.

When I have conversations with my clients about how they want their hard-earned wealth to be used, philanthropy is a topic that isn’t discussed enough. When there will be more than enough to provide for children and grandchildren’s future, what better way to bond a family together than through philanthropy? There’s the added benefit of charitable tax deductions associated with the transfer into charitable entities.

Balancing bequests to provide for your loved ones needs while at the same time bonding the family now and into the future speaks to the concerns that many people of wealth harbor. I hope this column gives you some ideas to talk to your estate planning counsel about.

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## Bank Employees Honored At Gala



Toni Mueller



Rachel Kaduk

Sanibel Captiva Community Bank team members Toni Mueller and Rachel Kaduk were honored at the Cape Coral Chamber of Commerce 2022 Chairman’s Gala and Chamber Awards on January 28. The event recognized sponsors, volunteers, board members and trustees through its chamber awards and included its annual induction ceremony.

Mueller, a member of the bank’s deposit operations team, was named Trustee of the Year for her volunteerism and support of the chamber. She has been a chamber trustee since 2021 and was recently appointed to the board of directors. Mueller has been an active chamber member since 2006.

Kaduk, a residential lending team member, was named Government Affairs Committee Member of the Year. A chamber board member and trustee since 2021, she has held various

chamber positions, including community engagement committee member, Leadership Cape Coral chair, government affairs committee co-chair and chair.✪

## Marketing Firm Adds Coordinator

Priority Marketing has hired Anna Riley Proctor as a public relations and social media coordinator, responsible for plan development, content creation and execution of earned and owned media strategies with the goal of increasing visibility, awareness and engagement for the firm’s clients.

Proctor’s responsibilities for public relations assignments include maintaining media distribution lists, distributing news releases, updating event calendar listings, monitoring media coverage, drafting copy for newsletters, coordinating special events and preparing monthly media coverage reports. Her social media responsibilities include developing social media content plans, producing and posting content, evaluating social media engagement and studying social media trends to maximize impacts for clients.

Before joining Priority Marketing, Proctor was a publicity assistant and public



Anna Riley Proctor

relations intern with a Nashville-based firm. She has experience in the hospitality and customer service industries, and her volunteer background includes service to the American Cancer Society and senior welfare causes. She earned a bachelor of science degree in communication and public relations from University of North Florida.✪

## Children’s Center Hires Director

Rachel Peacock recently joined the Children’s Advocacy Center of Southwest Florida (CAC) as director of development and community relations. In this role, she will work to expand the awareness of the agency in the community while also cultivating and maintaining donor relationships.

“We are thrilled to welcome Rachel to the Children’s Advocacy Center. Her experience, knowledge and relationship-building capabilities in the community complement our dedicated team who strive every day to end child abuse and neglect,” said Julie Boudreaux, CAC’s CEO. “Her skills will help expand the awareness of our mission and provide opportunities for



Rachel Peacock

education about the numerous services our agency offers.”

Peacock’s background has been deeply embedded in community involvement and fundraising for over 17 years. She comes to the CAC from WGCU in the development and management of their corporate support division for the last six years. Peacock is a lifelong resident of Lee County, and her professional experience prior to WGCU included a career in campaign management for elected officials in both local and state offices.✪

## Business Hall Of Fame

Ingrid Aielli and Chef Fabrizio Aielli of Aielli Restaurant Group, Larry Lipman of Lipman Family Farms and Brian Rist of the Rist Family Foundation will be inducted into the 2022 Junior Achievement of Southwest Florida Business Hall of Fame at Ritz Carlton Golf Resort on Tuesday, April 19 at 5:30 p.m.

The award recognizes leaders from the business community that have elevated the educational landscape for youth in their communities regarding financial literacy, entrepreneurship and work readiness. These honorees will be a part of a group of leaders who have been inducted into the Business Hall of Fame since its founding in 1999.

Ritz Carlton Golf Resort is located at 2600 Tiburon Drive in Naples. Tickets are available at [www.jaswfl.org/ja-hall-of-fame-2](http://www.jaswfl.org/ja-hall-of-fame-2). Inquiries can also be made at 225-2590 or [www.info@jaswfl.org](mailto:www.info@jaswfl.org).✪

# Public Meeting On Causeway Islands Project

Lee County Parks & Recreation will host an open house for the Causeway Islands Park Improvement project at the Wa-Ke Hatchee Recreation Center on Monday, March 7 from 10 to 11 a.m. The public is invited to view preliminary project plans and renderings as well as discuss the improvements with a consultant and county staff.

This project involves stabilizing portions of the shoreline at this facility, including on both Island A and Island B. Additional improvements could include the development of compacted shell designated parking areas and corresponding stormwater management areas, as well as the addition of beach sand, new restrooms on Island A, native plant landscaping and picnic pavilions. Access to existing fishing areas also will be improved.

Lee County has launched an interactive web tool at <https://leegis.leegov.com/causewayislands> to provide easy access to information about the proposed project, including maps, plans and timelines in a user-friendly interface.

The interactive resource illustrates the shoreline improvements already under way on the causeway islands (Phase 1), as well as the proposed upland improvements (Phase 2). Current conceptual plans for Phase 2 and a historical timeline of the project are posted on the site. Visitors can also take a survey, which can be used to provide feedback on the conceptual plans.

In preparation for the project, Lee County crews last year removed Australian pines, which is an invasive exotic species. The trees will be replaced with native trees.

The \$8.5 million project ultimately will enhance both Island A and Island

B using tourist development taxes and state funds. The county plans to keep construction impacts to a minimum and complete the project by summer 2024.

Wa-Ke Hatchee Recreation Center is located at 16760 Bass Road in Fort Myers. For more information on Lee County Parks facilities, visit [www.leeparks.org](http://www.leeparks.org) or call 533-7275.✱

# Forensic Scientist To Discuss Cases At Dinner Meeting

Alan Weckerling, president of Weckerling Scientific Laboratories, will describe cases that he has investigated over 40 years in his independent laboratory at a dinner meeting sponsored by the Scientists' Society of Southwest Florida at the Landings Golf, Tennis and Yacht Club on March 10. Social hour with a cash bar begins at 5:15 p.m., and the meeting/dinner starts at 6 p.m.

Expect to hear about homicides, fires, aircraft accidents, food contamination, automobile collisions, insurance fraud, rusty nails and a canceled space shuttle launch. Reservations for the dinner and program are \$32 per person. To register, call 839-6663 or visit [www.science-swfl.org](http://www.science-swfl.org).

Weckerling opened his first laboratory in Dallas in 1981. He was elected a Fellow of the American Academy of Forensic Sciences in 1991 and received a "Special Recognition by the US Congress" in 2012. He has testified over one hundred times as an expert witness in local, county, state and federal courts, has been featured on national TV crime shows and has appeared often on Court TV.

The Landings Golf, Tennis and Yacht Club is located at 4425 South Landings Drive in Fort Myers. For more information about membership and programs, visit [www.science-swfl.org](http://www.science-swfl.org).✱



From left, Terry Tilley, Randall Barber, Angela Katz, Donna Lovejoy, Stephanie Davis, Todd Swaney, Shavon Chester, Marc Collins and Marcia Ross photo provided

# Socks Initiative To Benefit LARC

Lee Association for Remarkable Citizens (LARC) is holding the 2022 Show Us Your Socks Showdown to raise awareness for individuals with intellectual and developmental disabilities. During March, which commemorates LARC's 68th anniversary and Developmental Disability Awareness month, businesses and their employees are asked to donate a dollar or more to LARC and wear a favorite pair of

crazy socks. Donations will benefit LARC's programs and services that help individuals with intellectual and developmental disabilities achieve.

Participants can share photos and videos of their awesome socks by tagging LARC and using #Sockchallenge2022, #LARC and #GoodFunGoodCause.

To register your company to participate in the Show Us Your Socks Showdown, visit [www.larcleecounty.org](http://www.larcleecounty.org) or contact Ian Norris, LARC's director of development and communications, at 334-6285 ext. 229 or [iannorris@larcleecounty.org](mailto:iannorris@larcleecounty.org).✱

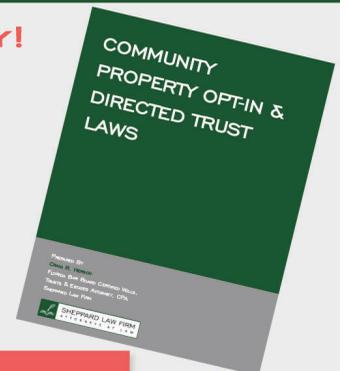
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## Frankly Speaking



by Howard Prager

**T**he NBA streak, women on the rise, a new NCAA upset record and how the lockout can help baseball.

DeMar DeRozan's new record of shooting over 50 percent and

scoring at least 35 points is now set at eight consecutive games. In the process, he lifted the Bulls atop the Eastern conference again. Since then, they have lost two but are getting their players back from injuries, picked up Tristan Thompson as their "enforcer" (think Charles Oakley or Dennis Rodman) and are positioned to go a long way in the playoffs. We'll see how this young veteran team responds.

After six years, the U.S. soccer women loudly broke a glass ceiling – they will now be paid equivalently to the men. In a sense, the men are lucky, because it's the women who have won two FIFA gold medals in recent times and are internationally recognized for their excellence. MSNBC reported: "to the delight of many people across the sports world, it ended Monday when all parties settled for \$24 million, \$22 million of which will be split among the athletes. The remaining \$2 million is to go to

charities that benefit women and girls' soccer programs and to help players with their post-retirement transitions. None of the money gets released until a new collective bargaining agreement is signed between U.S. Soccer and the players' union." Let's see how this spreads to other sports, most notably other world sports like tennis. And just like that, another woman breaks the baseball glass ceiling with Elizabeth Benn joining the Mets front office as director of Major League operations. She comes from MLB as senior coordinator for baseball operations and from the diamond. After college, she played ball in the New York Metro Baseball League, the first women to do so, and her powerful change-up, breaking pitch and fastball left many men shaking their heads and breaking their bats. Indeed as we have women moving to front office and managing positions (Kim Ng, Rachel Balkovec), are we far from women actually taking the field?

Two NCAA basketball records were set last Saturday. The top six ranked teams all lost, and for good measure, number nine lost and so seven of the top 10 lost, both new NCAA records. Did this totally shake up the rankings this week? No. When everyone loses, that's just another mark in the loss column. But sportswriter Seth Davis has a different theory – tiers of teams instead of just numeric ranking. He has Tier 1 with Gonzaga, Arizona and Kentucky. He thinks that any of these teams deserve to be No. 1 and are pretty equal. For fun, here are his other tiers. Tier 2: Auburn,

Baylor, Kansas, Texas Tech. Tier 3: Arkansas, Duke, Providence, Purdue, Villanova. Tier 4: Illinois, Murray State, Ohio State, Saint Mary's, Tennessee, UConn and Wisconsin. Keep an eye on where these teams end up in the tournament.

The MLB lockout. I try not to comment on things that could change during the course of the week, and MLB set a "deadline" of Tuesday for opening day not to be pushed back. Yet there appears to be a little energy for ending the second-longest stoppage in baseball history. At least both parties are at the negotiating table, and Rob Manfred decided to join them. Negotiations are now taking place in Jupiter, Florida, but at the speed they are moving, it could just as well be the planet Jupiter. However, I'm wondering if maybe this isn't such a bad thing. Minor leaguers lost a year of playing time during the pandemic and are now getting the attention of the major league coaching staff. As a musician, I know when I learn from a master, I get better. I wonder if minor leaguers could catch up for some lost time with this added attention. "Twins manager Rocco Baldelli and the rest of the staff have arrived in Fort Myers and while plenty of their time is focused on preparing for major league camp – whenever that is – they've had more time to dedicate to watching minor leaguers they might not otherwise see much of, one small spot in an otherwise undesirable situation," reported Yahoo Sports. "I think the biggest benefit is the staff interactions and conversation about thinking about the development end," said farm director Alex Hassan. Whether minor leaguers accelerate their growth that much faster is anyone's guess, but here's hoping that the extra attention will see more minor league promotions in the coming season, when it finally gets here. On another baseball note, Derek Jeter has stepped down as CEO and shareholder of the Miami Marlins. Jeter said simply "the vision for the future of the franchise is different than the one I signed up to lead."

Our good news story is from down under. A kangaroo was saved after taking a dunk in the ocean off the coast of Australia by a rookie lifeguard.

Onlookers enjoying the surf and scenery on a rock shelf overhanging the ocean in Bundjalung National Park were surprised to see an eastern grey kangaroo jumping across rock pools and tumbling into rough surf. "My other workmate, Carissa and I, we were sitting on the tractor and she goes, 'Oh my God, there's a kangaroo jumping off the rocks!'" said 17-year old Lillian Bee-Young, a new lifeguard who had a surfboard nearby. "We were just figuring out what we should do... because we've never had that happen before." There were rough conditions that day on the north coast of New South Wales. Lillian believed the kangaroo was trying to avoid some fishermen and just "got wiped out by a set (of waves)."

Lillian told ABC News Australia that she didn't quite know how to proceed as she paddled out with the rescue board. She didn't know whether to try and get it onto the board, for example, or if that would put her in danger and stress the marsupial out even more. It was just managing to keep its head above the water, but didn't want to come ashore due to a gathering crowd. Her friend Carissa cleared an avenue to allow Roo to feel comfortable and, after a few stumbles, it made it back onto dry land and immediately went off into the bushes. "It was quite special. There were people cheering and clapping... and then [the kangaroo] was just sitting there up in the bushes, almost, I thought, as a thank you... It was really serene," Lillian said. Quick thinking!

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@islandsunnews.com](mailto:press@islandsunnews.com).✪

From page 1

## Symphony

the Bell Tower performance. Tickets for the Gulf Theater performance are \$25.

Bell Tower Shops is located at 13499 South Cleveland Avenue in Fort Myers. Gulf Theater is located at 900 West Marion Avenue in Punta Gorda. For tickets, visit [www.swflso.org](http://www.swflso.org) or call 418-1500 weekdays from 10 a.m. to 4 p.m.✪

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## SPORTS QUIZ

1. Name the World Golf Hall of Famer, known as the "Queen of American Golf," who won six U.S. Women's Amateur Championships from 1922-35.
2. Pitcher Carl Erskine threw two no-hitters and won a World Series during the 1950s as a member of what team?
3. Name the Pro Football Hall of Fame wide receiver for the Indianapolis Colts who set a record (since broken) for catches in a single season with 143 in 2002.
4. What variation of bowling is similar to ten-pin bowling but has shorter pins, a smaller ball and bowlers rolling three balls per frame?
5. The boxer known as Kid Gavilan, who held the undisputed welterweight title from 1951-54, hailed from what Caribbean nation?
6. What was the name of the hockey exhibition team formed by Wayne Gretzky during the 1994-95 NHL lockout?
7. What two college football teams played in the Nov. 19, 1966, "Game of the Century" that ended in a 10-10 tie?

## ANSWERS

1. Glenna Collett-Vare. 2. The Brooklyn Dodgers. 3. Marvin Harrison. 4. Duckpin bowling. 5. Cuba. 6. The Ninety Nine All Stars. 7. The Michigan State Spartans and Notre Dame Fighting Irish.

Doctor and Dietician

## Challenge Yourself In 2022



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

“Don’t live the same day over and over again and call that a life. Life is about evolving mentally, spiritually and emotionally...”  
Germany Kent.

We don’t know about you, but we have adopted the principle of change throughout our lives, both personally and professionally. By ever-changing, ever-evolving, ever-improving, we have been able to accomplish many things that have helped us personally grow stronger, as well as professionally discover many new things to help our amazing patients.

With the world as it is today, it might be easy to just sit back and stay in your homes and let the seemingly crazy world pass you by. But why? We encourage you to move past the comfort zone and step “out of the box.” Some of our Caring Medical patients have suffered for many years with chronic painful conditions or injuries and feel like their lives are just passing them by. These types of situations and other life traumas can certainly take their toll on us, right? But we do not have to let them. We can tell you some wonderful patient stories of people who have exhibited tremendous strength and resilience and overcome some of the most amazing challenges by changing their perspectives.

A better way to look at it might be to work on living actively versus reactively. Living an active life means living one of discipline, initiative and effort to change and grow beyond what you could ever

think possible. Living completely in one’s comfort zone provides a false sense of security and has us reacting to life as it hits us. The time is now. Do not wait for perfect timing or the perfect scenario. You can achieve audacious goals that maybe you never dreamed you could by taking one small step at a time, challenging yourself one small challenge at a time. What do you stand to lose if you do not challenge yourself to change?

Why should we change? With every change, we learn something for the next challenge we may face. Do not look at “failures” as setbacks but rather learn from them. Analyze and improve. Challenging ourselves stimulates creativity, helps us meet new people, improves happiness, expands our minds and hearts, motivates us, improves relationships and helps us achieve our personal and professional goals. Studies show that mentally challenging ourselves can help us feel less anxious and sad. You may find a new way of life that is more fulfilling and satisfying.

Ways to challenge ourselves: Read more books! You know this is a passion of Marion’s! Drop the phone and pick up a book (or a Kindle.) Actually take time to work on your own health. You would be amazed at how much better you will feel both mentally and physically. Marion and her friend are working out with a Back in Motion personal trainer every week and achieving so much benefit from it by getting stronger mentally and physically.

Have you always wanted to learn a sport like pickleball, tennis, golf, hockey, dance, yoga, basketball, or bicycling? Go for it! One challenge that we and our Caring Medical team are working on is to intentionally be positive and show empathy, love and kindness to others. Be honest with each other and develop real relationships with other people.

Other ideas include taking a college class or a crafting class or joining a club. Learn a language. Take a cooking class. At work, take the lead in a project. Volunteer to learn a new skill. Teach a skill to some of your fellow team members.

Whatever it is that will challenge you, as Nike says, Just Do It. Set a goal for yourself and step outside the box. Life is better out there.

*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.\**

dearRPharmacist

## Four Foods You Can Eat For Breast Health



by Suzy  
Cohen, RPh

**Dear Readers:**

There’s no time like the present to begin the changes necessary for better reproductive health, both breast and prostate. The

take-home message today is that you can change the way you break down estrogen in your own body by eating certain foods. You have direct control over it, and that’s important because estrogen breakdown is different for everyone.

Let’s start with the basics. When you say the word “estrogen,” that’s actually three compounds: Estradiol, estrone and estriol. Of the three, estradiol is most carcinogenic compared to the other two.

Men and women both make estrogen. It’s the breakdown product from testosterone actually. If you have low testosterone, you’ll have low estrogen too.

Your body breaks down estrogen into metabolites and some of those are more likely to cause cancer than others. Like I said, you can change the way that your body breaks down the circulating estrogen. So, right now, I’m going to give valuable information about how to manufacture your own healthy estrogen metabolites and make it such that you break it down into forms that are less likely to cause cancer. If you are currently undergoing chemotherapy, ask your doctor if these are right for you:

Rosemary – I recommend this either as a fresh herb or dried from your grocery store. Cook with it, and make

tea with it. Rosemary is a powerful antioxidant that has anti-inflammatory effects similar to a COX 2 inhibitor drug. Rosemary has anti-microbial and direct benefit for breast and prostate health. It has anti-tumor benefits. It works by helping you break down estrogen into the safer anti-cancer metabolites.

Broccoli – It’s impossible to eat four pounds of broccoli every day, so take the supplement called I3C or DIM. It helps to balance estrogen levels in the body, and it appears to have anti-cancer effects particularly for the breast and prostate. Too much of it crash your thyroid levels due to the goitrogenic effect.

Flax Seed – This is kind of like plant-based estrogen (termed phytoestrogens), which kicks off dangerous estrogens from your cells. Men with prostate problems could benefit. Women with “Estrogen Dominance” hallmarked by heavy periods, breast pain, cramping and anxiety might benefit from flax seed. I recommend buying fresh flax seed and grinding it in a coffee grinder and sprinkling it on yogurt or oatmeal.

Sage – *Salvia officinalis* is the botanical name. Just like rosemary, sage contains a lot of “carnosic acid.” This compound was shown in numerous clinical trials to exert apoptosis, which means cancer cells commit “cellular suicide.” Carnosic acid when combined with the breast cancer drug, Tamoxifen, works more effectively together to slow down cancer growth. You can buy fresh sage herb and cook with it, or herbal extracts at any health food store.

There are many other alternatives that I haven’t elaborated on such as vitamin D, curcumin and iodine, so if you’re interested in those, come to my website and sign up for my newsletter. Ask your practitioner or oncologist if these are right for you. Cooking with the fresh herbs should be just fine.

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

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

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

- CLUBS & ORGANIZATIONS**
- American Legion Post #38 ..... 239-332-1853
  - Angel Flight ..... 1-877-4AN-ANGEL
  - Animal Refuge Center ..... 731-3535
  - American Business Women Association ..... 357-6755
  - Audubon of SWFL ..... <https://www.audubonswfl.org/>
  - Caloosahatchee Chapter DAR ..... 482-1366
  - Caloosahatchee Folk Society ..... 321-4620
  - Cape Chorale Barbershop Chorus ..... 1-855-425-3631
  - Cape Coral Stamp Club ..... 542-9153
  - duPont Company Retirees ..... 454-1083
  - Edison Porcelain Artists ..... 415-2484
  - Embroiders Guild of America - Sea Grape Chapter ..... 239-267-1990
  - FM UDC Chapter 2614 ..... 728-3743
  - Friendship Force Of SW FL ..... 561-9164
  - Garden Club of Cape Coral ..... 239-257-2654
  - Horticulture and Tea Society ..... 472-8334
  - Horticultural Society ..... 472-6940
  - Lee County Genealogical Society ..... 549-9625
  - Lee Trust for Historic Preservation ..... 939-7278
  - Navy Seabees Veterans of America ..... 731-1901
  - Paradise Iowa Club of SWFL ..... 667-1354
  - Sons of Confederate Veterans ..... 332-2408
  - Southwest Florida Fencing Academy ..... 939-1338
  - Southwest Florida Music Association ..... 561-2118
  - Kiwanis Fort Myers Beach ..... 765-4254 or 454-8090
  - Kiwanis Fort Myers Edison ..... 694-1056
  - Kiwanis Fort Myers South ..... 691-1405
  - Iona-McGregor ..... 482-0869
  - Lions Club Fort Myers Beach ..... 463-9738
  - Lions Club Fort Myers High Noon ..... 466-4228
  - Lions Club Estero/South Fort Myers ..... 898-1921
  - Notre Dame Club of Lee County ..... 768-0417
  - Organ Transplant Recipients of SW Florida ..... 247-3073
  - POLO Club of Lee County ..... 477-4906
  - Rotary Club of Fort Myers ..... 332-8158
  - Sanibel-Captiva Orchid Society ..... 472-6940
  - United Way of Lee County ..... 433-2000
  - United Way 211 Helpline (24 hour) ..... 211 or 433-3900

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

To be listed in calling card email your information to:  
[press@islandnews.com](mailto:press@islandnews.com)

# PUZZLES

Answers on page 23



"Something \_\_\_\_\_ him."

## 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!

Scope \_\_\_\_\_

**PERROT** \_\_\_\_\_

Pick \_\_\_\_\_

**CLEET** \_\_\_\_\_

Avoid \_\_\_\_\_

**VESTA** \_\_\_\_\_

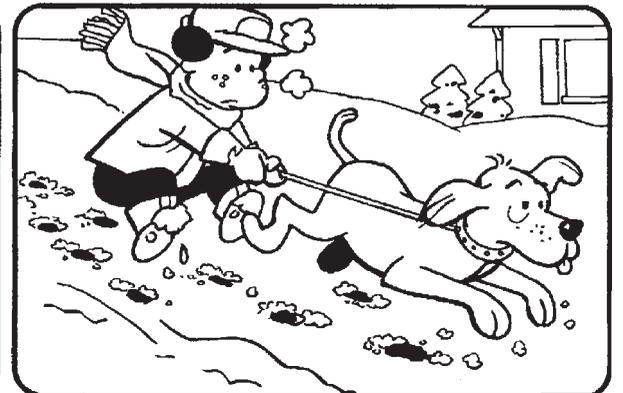
Hold \_\_\_\_\_

**INDATE** \_\_\_\_\_

**TODAY'S WORD**

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Tree is different. 2. Pocket is missing. 3. Scarf end is missing. 4. Tail is different. 5. Tag is missing. 6. Curtains are missing.

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

## 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.

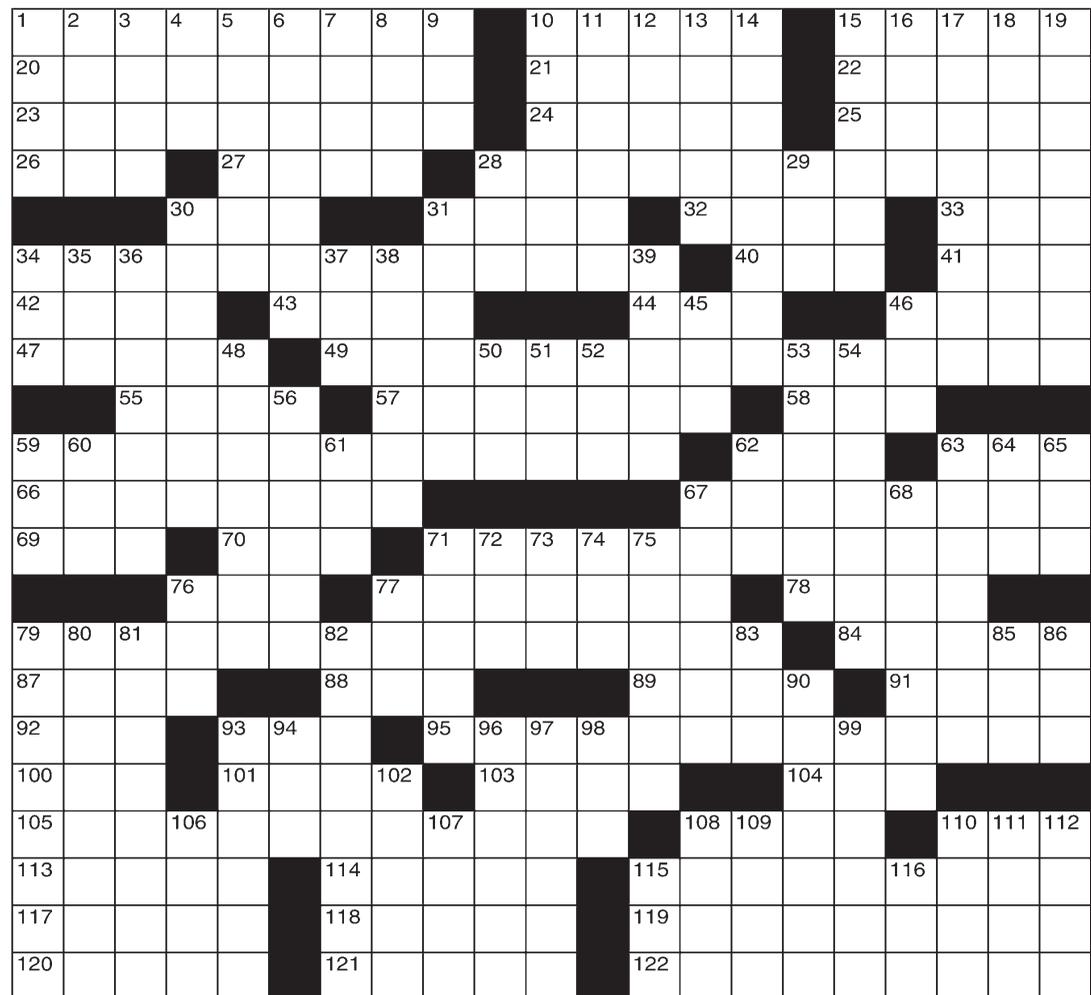
# PUZZLES

Answers on page 23

## Super Crossword

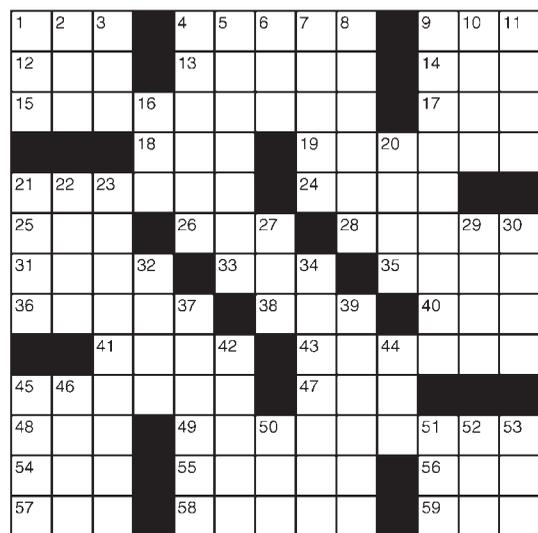
PROGRAM FINALES

- ACROSS**
- 1 Sci-fi zapper
  - 10 "Flashdance" star Jennifer
  - 15 1,152, to Caesar
  - 20 Stateside
  - 21 U-shaped bend in a river
  - 22 Protest shout
  - 23 Gave spirit to
  - 24 Chicago airport
  - 25 See 42-Across
  - 26 Bad grade
  - 27 Causes wonder in
  - 28 Subcompact car of the 1980s
  - 30 Naughty kid
  - 31 Saroyan's "My Name Is —"
  - 32 Mex. miss
  - 33 Abate
  - 34 HarperCollins or Simon & Schuster
  - 40 — Antonio
  - 41 Suffix with Brooklyn
  - 42 With 25-Across, Czech tennis great
  - 43 Crude dude
  - 44 Gallery stuff
  - 46 Film director Preminger
  - 47 Holiday song
  - 49 Optimistic attitude
  - 55 Give and take
  - 57 False appearances
  - 58 Flaky dessert
  - 59 Restricted entry
  - 62 USMC rank
  - 63 Frat dude
  - 66 Soon-to-be adolescents
  - 67 Inquire into
  - 69 One of 100 in D.C.
  - 70 Monk's title
  - 71 Stuff applied to the wall of a room
  - 76 School org.
  - 77 Certain Ukrainian
  - 78 Fine riverbed sand
  - 79 Athlete's advantage
  - 84 1836 Texas siege site
  - 87 Abbr. on a phone dial
  - 88 Sgt., e.g.
  - 89 Must-have
  - 91 In a bit, to bards
  - 92 "— a snap!"
  - 93 Took a chair
  - 95 Features of many limos
  - 100 Sue Grafton's "— for Noose"
  - 101 Movie-rating org.
  - 103 Defendant's opponent
  - 104 Part of LAPD
  - 105 "Necktie," "bathrobe" or "jumpsuit"
  - 108 College bigwig
  - 110 Furry foot
  - 113 Taken together
  - 114 Great values
  - 115 Subsequent stage
  - 117 Coup —
  - 118 Omit, as a syllable
  - 119 Balsam or turpentine
  - 120 Blissful spots
  - 121 Doles (out)
  - 122 Maker of the eight programs that are the theme of this puzzle
  - 9 Ticked off
  - 10 "Awright!"
  - 11 Dig out from the ground
  - 12 Impose — on (outlaw)
  - 13 Some nobles
  - 14 Affirms solemnly
  - 15 Suburb of D.C. in Virginia
  - 16 Wheat — (cereal)
  - 17 Judge of the O.J. Simpson trial
  - 18 Owing
  - 19 "Don't worry, things are going to work out"
  - 28 60-min. periods
  - 29 "Give — whirl"
  - 30 "You're preaching to the choir"
  - 31 Lung cell
  - 34 Pen maker
  - 35 Egg cells
  - 36 Boat-rowing guys
  - 37 Style of jazz
  - 38 Bathtub sponges
  - 39 Great reviews
  - 45 Scale notes after dos
  - 46 Bullring cheer
  - 48 Library penalty
  - 50 Old railroad watchdog agcy.
  - 51 — Bo (exercise system)
  - 52 Age-verifying cards
  - 53 Top ventures
  - 54 Food fish from Africa
  - 56 Eye squintingly
  - 59 A DJ might spin them
  - 60 Furiousness
  - 61 Gene stuff
  - 62 Co. big shot
  - 63 Gold-winning figure skater Brian
  - 64 Hotfoot it
  - 65 Slugger Mel
  - 67 Burned a bit
  - 68 Sentimental pop songs
  - 71 Dostoyevsky novel, with "The"
  - 72 Ida. neighbor
  - 73 China's Lao- —
  - 74 Suffix with Brooklyn
  - 75 Comedian Gilda
  - 76 "Ask Me Another" ainer
  - 77 Available without an Rx
  - 79 Occur at the same time
  - 80 Acquired the film rights to
  - 81 Army meal companion
  - 82 As a team
  - 83 "So yucky!"
  - 85 Do some lawn work
  - 86 Add- — (peripherals)
  - 90 Pupil-widening drug, e.g.
  - 93 Young salmon and sea trout
  - 94 Clerk on "The Simpsons"
  - 96 Tristan's love
  - 97 Surgery assistants
  - 98 TV magnate Turner
  - 99 Olympic athlete, e.g.
  - 102 She sang "Hello"
  - 106 Strategize
  - 107 Stand by
  - 108 Sub shop
  - 109 Part of 62-Down: Abbr.
  - 110 El —, Texas
  - 111 Almost like
  - 112 Departed
  - 115 — de plume
  - 116 "— So Shy"



## King Crossword

- ACROSS**
- 1 Atlas page
  - 4 Ivy League University
  - 9 Science room
  - 12 GPS suggestion
  - 13 Haunting
  - 14 Docs' org.
  - 15 1989 Al Pacino film
  - 17 Decks in the ring
  - 18 Small battery
  - 19 Yard tools
  - 21 "Understood"
  - 24 Membership
  - 25 Tolkien beast
  - 26 Civil War soldier
  - 28 Pulitzer category
  - 31 Abound
  - 33 Narc's org.
  - 35 Dr. McGraw
  - 36 Anticipate
  - 38 Chips go-with
  - 40 Sugar suffix
  - 41 Mark Harmon TV series
  - 43 School break
  - 45 Shun
  - 47 Owned
  - 48 Sashimi fish
  - 49 New York City's — Park
  - 54 Decay
  - 55 Ryan or Tatum
  - 56 Gaiety
  - 57 Sauce source
  - 58 Actions
  - 59 Turf
  - 8 Required
  - 9 Sierra Nevada resort
  - 10 Cupid's specialty
  - 11 Low range
  - 16 Granola grain
  - 20 John Irving hero
  - 21 Teeny bit
  - 22 Got bigger
  - 23 Maryland beach town
  - 27 Nap site
  - 29 Avoid
  - 30 Pub orders
  - 32 Lansing's st.
  - 34 Dunce
  - 37 Steering system part
  - 39 Gems from oysters
  - 42 Pigs
  - 44 LPs' successors
  - 45 Jug handles
  - 46 "Scram!"
  - 50 Churchill gesture
  - 51 Conditions
  - 52 Pair
  - 53 Conclusion
- DOWN**
- 1 "— Miniver"
  - 2 Packed away
  - 3 Shell-game item
  - 4 "No cheating!"
  - 5 Akin
  - 6 Acapulco gold
  - 7 "The First — Club"



## MAGIC MAZE

## SNAPPY WORDS

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

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

- Cold snap
- Snap pea
- Snapback
- Snappish
- Gingersnap
- Snap roll
- Snapchat
- Snapshot
- Snap bean
- Snap-brim
- Snapdragon
- Unsnap
- Snap fastener
- Snap-on
- Snape



**Pineberry Bruschetta**

photo courtesy Fresh From Florida



**Pineberry Bruschetta**

- 1 pound pineberries, tops removed, sliced
- 1 teaspoon honey
- 8 ounces goat cheese, softened at room temperature
- 4 ounces cream cheese, softened at room temperature
- 12 slices of fresh Italian, French or Cuban bread
- 2 tablespoons olive oil
- ¼ cup balsamic or white balsamic syrup
- ¼ cup fresh mint leaves, hand torn
- Sea salt and fresh ground pepper to taste

In a small mixing bowl, combine the cream cheese, goat cheese and honey. Stir ingredients until incorporated and smooth. Taste and adjust seasoning with a pinch of sea salt. Set aside or in the refrigerator until one hour before use. Preheat a grill pan over medium heat or preheat the oven to 375 degrees. Evenly drizzle the cut bread with olive oil. Place the oiled bread slices on a cooking sheet in the oven or in the preheated sauté pan. Cook the bread slices for 4 to 7 minutes or until the desired crispness is reached. To assemble the pineberry bruschetta, spread an even amount of the goat cheese mixture over each toasted bread slice. Top the bruschetta with an even amount of sliced pineberries. Lightly season each topped bruschetta with sea salt and fresh ground pepper to taste. Garnish each bruschetta with hand-torn mint leaves and a drizzle of balsamic syrup. Serve immediately.✧

# PETS OF THE WEEK



**Apollo ID# A854814** photos provided  
**Lee County Domestic Animal Services**

## Apollo And Precious

**H**ello, my name is Apollo. I am a black 2-year-old male pit bull who is a recent cell dog graduate. The dog training program through the Lee County Sheriff's Office teaches inmates how to train dogs like me in basic obedience through a 10-week course. Upon graduation, the dogs are highly adoptable and possess obedience skills such as: house trained, loose leash walking, sit, lay down, stay, come when called, heel and being crate trained. My adoption fee is \$25. Hi, I'm Precious. I am a black 5-year-old female domestic shorthair. I came to Lee County Domestic Services from a



**Precious ID# A828404**

less than perfect situation and am now loving life in a comfortable bed while receiving the attention I so deserve. Even though life has been less than kind to this point for me, I have remained just as my name would suggest... precious. I am a loveable ball of fur just waiting for a home of my own.

My adoption fee is \$25 adopt, and you can get another feline friend at no additional charge. This month's special adoption fees are in honor of Lee County Domestic Animal Services member and Animal Cruelty Task Force Ambassador Deputy Chance, who is a formerly abused and abandoned dog deputized by Sheriff Marceno. *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 28, 2022

- Aries** (March 21 to April 19) The adventurous Aries won't be disappointed with taking on a new challenge, despite some initial misgivings. Look for this move to open other opportunities down the line.
- Taurus** (April 20 to May 20) Let that beautiful Bovine smile not only put you at ease, but also show that you're ready, willing and more than able to confound the naysayers around you. A new admirer has important news.
- Gemini** (May 21 to June 20) Be careful how you handle a relationship that you're hoping to save. You already have the facts on your side. Avoid weakening your position by embellishing it with unnecessary dramatics.
- Cancer** (June 21 to July 22) Taking definitive stands isn't easy for the often-wavering Moon Child. But you not only need to stay with your decision, but also to reassure others it was the right thing to do.
- Leo** (July 23 to August 22) As a proud Lion, you're right to be upset about those who might be lying about

- you to others. But the best revenge is proving them wrong by succeeding at what you set out to do.
- Virgo** (August 23 to September 22). Caution is still advised before making a financial commitment to a "promising" project. Look for the facts behind the fluff. Devote the weekend to loved ones.
- Libra** (September 23 to October 22) A Taurus offers comfort and advice as you deal with an upsetting event. Use this as a learning experience that will help you avoid similar problems in the future.
- Scorpio** (October 23 to November 21) A romantic situation creates some chaos for single Scorpions. But it's well worth the effort to work things out. A trusted friend can offer some helpful advice.
- Sagittarius** (November 22 to December 21) Expect to make new friends as your social circle expands. Also, remember to tell that family member how proud you are of his or her achievements.
- Capricorn** (December 22 to January 19). New ventures continue to be favored. And with your self-confidence rising all the time, you'll want to see how well you can do with a new challenge. So, go to it.

- Aquarius** (January 20 to February 18) This is a good time for the usually serious-minded Aquarian to let loose and enjoy some fun times. Expect to get good news about a workplace issue.
- Pisces** (February 19 to March 20) Changed plans might upset some people, but your needs should be respected. Offer explanations when necessary. But don't let yourself be talked into changing your decisions.
- You Born This Week:** You have a gift for bringing people together. You would make a fine judge or counselor.

### MOMENTS IN TIME

- On March 13, 1836, Texan Gen. Sam Houston begins a series of strategic retreats to buy time to train his ill-prepared army, which consisted of 374 poorly equipped men. A month later, his newly trained army won a stunning victory against Mexico's Santa Anna.
- On March 10, 1902, the U.S. Court of Appeals rules that despite his claims, Thomas Edison did not invent the movie camera. It did admit that Edison invented the sprocket system that moved perforated film through the camera.
- On March 8, 1917, the February

- Revolution begins when riots and strikes over the scarcity of food erupt in Petrograd. A week later, centuries of czarist rule in Russia ended with the abdication of Nicholas II. Vladimir Lenin returned home and took control of the Russian Revolution.
- On March 11, 1942, U.S. Gen. Douglas MacArthur abandons the island of Corregidor under orders from President Franklin Roosevelt. Left behind were 90,000 American and Filipino troops, who would soon succumb to the Japanese offensive. Only one-third of those left behind survived to see MacArthur's return in January 1945.
- On March 12, 1969, the London drug squad appears at house of Beatle George Harrison and his wife Pattie Boyd with a warrant and drug-sniffing canines. Sgt. Pilcher, the man behind the raid, was convicted of planting drugs in other cases and went to jail in 1972.
- On March 9, 1979, Major League Baseball teams are ordered by the MLB commissioner to allow equal access to all reporters. The order came after *Sports Illustrated* reporter Melissa Ludtke's successful lawsuit for refusing

continued on page 22

 <b>FRIDAY</b> Sunny High: 74 Low: 61	 <b>SATURDAY</b> Partly Cloudy High: 77 Low: 66	 <b>SUNDAY</b> Mostly Cloudy High: 73 Low: 60	 <b>MONDAY</b> Sunny High: 74 Low: 63	 <b>TUESDAY</b> Sunny High: 78 Low: 65	 <b>WEDNESDAY</b> Sunny High: 77 Low: 66	 <b>THURSDAY</b> Sunny High: 76 Low: 63
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**Redfish Pass Tides**

Day	High	Low	High	Low
Fri	1:46 am	7:56 am	2:19 pm	8:03 pm
Sat	2:32 am	8:15 am	2:35 pm	8:50 pm
Sun	3:20 am	8:33 am	2:55 pm	9:39 pm
Mon	4:16 am	8:49 am	3:19 pm	10:34 pm
Tue	5:30 am	8:59 am	3:48 pm	11:39 pm
Wed	4:24 pm	None	None	None
Thu	5:11 pm	12:57 am	None	None

**Point Ybel Tides**

Day	High	Low	High	Low
Fri	12:51 am	7:58 am	1:24 pm	8:05 pm
Sat	1:37 am	8:17 am	1:40 pm	8:52 pm
Sun	2:25 am	8:35 am	2:00 pm	9:41 pm
Mon	3:21 am	8:51 am	2:24 pm	10:36 pm
Tue	4:35 am	9:01 am	2:53 pm	11:41 pm
Wed	3:29 pm	None	None	None
Thu	4:16 pm	12:59 am	None	None

**Punta Rassa Tides**

Day	High	Low	High	Low
Fri	1:31 am	8:12 am	2:05 pm	8:30 pm
Sat	2:17 am	8:41 am	2:31 pm	9:13 pm
Sun	3:09 am	9:04 am	2:54 pm	9:54 pm
Mon	4:00 am	9:19 am	3:09 pm	10:38 pm
Tue	4:54 am	9:22 am	3:28 pm	11:36 pm
Wed	5:57 am	9:22 am	3:59 pm	None
Thu	7:12 am	1:00 am	4:42 pm	9:32 am

**Cape Coral Bridge Tides**

Day	High	Low	High	Low
Fri	3:56 am	11:12 am	4:29 pm	11:19 pm
Sat	4:42 am	11:31 am	4:45 pm	None
Sun	5:30 am	12:06 am	5:05 pm	11:49 am
Mon	6:26 am	12:55 am	5:29 pm	12:05 pm
Tue	7:40 am	1:50 am	5:58 pm	12:15 pm
Wed	6:34 pm	2:55 am	None	None
Thu	7:21 pm	4:13 am	None	None

## PROFESSIONAL DIRECTORY

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Arbor Specialist Since 1995 "Tell A Friend"



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Juan Penaloza

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email: captmattmitchell@aol.com

### CLEANING SERVICES



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brightntidy@gmail.com  
Licensed & Insured



**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:  
**The Harry Chapin Food Bank**  
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



**LCEC**  
**CLEAR YOUR GEAR**  
IT CATCHES MORE THAN FISH

**Be Their Voice**  
Adopt - A - Manatee  
and Make a Difference



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

# Be Tree Wise To Avoid Injury

When it comes to pruning vegetation, the difference between being tree wise and being careless could result in serious death or injury.

Lee County Electric Cooperative (LCEC) reminds customers to never attempt to prune vegetation near electrical wires or remove branches that are touching power lines. Touching or contacting a power line with body parts, tools, or trimmings may cause a powerful electric shock.

During tree care, all tools, body and tree parts must remain a minimum of 10 feet away from energized lines. Contact a professional arborist and contact LCEC before performing or contracting tree work near electric lines. When trees are within 10 feet of primary lines, LCEC can schedule safe clearing in advance of tree care. To complete an online request, LCEC customers can visit [www.lcec.net](http://www.lcec.net).

From page 20

## Moments In Time

her access to clubhouses at Yankee Stadium during the 1977 World Series.

On March 7, 1988, representatives of the Writers Guild of America called a

strike for all the union's members. The five-month walkout was estimated to cost Hollywood some \$500 million, as many viewers began watching cable channels.

### NOW HERE'S A TIP

- "Snow will better slide off a shovel that has been sprayed with furniture polish." – TL in Minnesota

- Here's an old tip, but a good one: Before going away on vacation, put a couple of ice cubes in a plastic baggie, and set it at the front of the freezer. When you return, if there is any evidence of melting, you will know you lost power while you were gone. If the bag is one big, flat cube, you lost power long enough to suspect all your refrigerator items of being spoiled.

- To temporarily get a winter frost effect on a window, use this fun recipe: Dissolve four to six tablespoons of Epsom salts in a beer. When the salt is dissolved, dip a clean rag in the mixture and wipe it on your windowpane. As it dries, crystals will form, creating a frost effect. This is a great solution for a window you don't want to be clear but also don't want to permanently alter. The effect washes off with soap and water.

- "If you get a residue inside your coffee cups when they go through the dishwasher, it might be time to give your machine a once-over. In the meantime, spray the insides of the coffee cups

with a bleach-based cleaner like 409 just before your turn it on. That should help." – ET in Michigan

- Cut your kitchen sponge in half, or even thirds. You can clean just as well with a smaller sponge, and you will extend its life, saving you money. A smaller sponge dries out more quickly, too.

### STRANGE BUT TRUE

- Valentina hot sauce was named for the intrepid Valentina Ramirez Avitia, who at 17 posed as a man to join the Mexican Revolution. She made it all the way to the rank of lieutenant before being expelled upon the accidental discovery of her braids.

- American fashion model Jeremy Meeks' police mugshot was so good that he got a modeling contract while still in jail.

- In 1524, a wooden statue of the Virgin Mary at Latvia's Riga Cathedral was accused of being a witch. At its trial by water it was thrown into the Dvina River, where it floated, resulting in a guilty verdict – and burning.

- Missing a remote? Try looking where you last sat: A 2011 study found that 49 percent of the time it was in a couch, while eight percent were found in the bathroom, another eight percent in a dresser drawer, four percent in the fridge/freezer (your guess is as good as ours on that one) and two percent turned

up outside.

- Twelve-year-old Rhiley Morrison swallowed 54 magnetic balls to see if he could get metal to stick to his stomach, as well as what they looked like when he went to the toilet. He survived the experiment after six hours of surgery and a two-week hospital stay.

- The wood frog can hold its urine for up to eight months.

- Violets can be smelled for only a few moments at a time because their scent comes from ionine, which shuts smell receptors off after simulating them. After a few breaths, the scent pops up again.

- In 2016, the Swiss city of Lausanne banned "silent disco" events because they were too noisy.

### THOUGHT FOR THE DAY

"I'm sick of following my dreams, man. I'm just going to ask where they're going and hook up with 'em later."

– Mitch Hedberg

### TRIVIA TEST

1. **Movies:** Which 2000 animated movie's tagline is "Escape or Die Fryng"?
2. **History:** When was the Peace Corps established?
3. **Language:** What does it mean in British English to be "knackered"?
4. **Ad Slogans:** Which company featured this 1985 ad campaign:

## CLASSIFIED

### COMMERCIAL RENTAL

#### OFFICE SPACE AVAILABLE

Office Spaces for Rent on Sanibel  
Various sizes  
Can be storage  
239-989-1327  
2/11 \* 3/4

### RENTAL NEEDED

#### RENTAL NEEDED – SANIBEL

House or condo, 2x2 minimum (pool preferred), close to beach. Four months (or more) starting December 1, 2022. Retired couple; on island now. Call, text or email: 518-376-9061; hpnmw@aol.com  
1/28 \* 3/4

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Unique Vacation Rentals

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Fax: (239) 472-5858  
[www.cottages-to-castles.com](http://www.cottages-to-castles.com)  
1/26 \* TFN

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Million \$ Views Await You!  
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1-888-451-7277

1/4 \* TFN

### ANNUAL RENTAL

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chipwolfe.com  
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REMAX OF THE ISLANDS  
6/5 \* TFN

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12/24 \* 3/11

### SERVICES OFFERED

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State License #13002788  
4/20 \* TFN

#### CAREGIVER AVAILABLE

for children or elderly care. 10 yrs. experience. Caring and compassionate. CPR certified., med intake assist.  
Contact Bella 239-247-0439  
3/4 \* 3/4

### 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

### HELP WANTED

#### 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

### PERSONAL

#### SEEKING

30 year old white female. Seeking a kind man 30-45. Non-Smoker, empathic, wants children.  
Contact Bella 239-247-0439  
3/4 \* 3/4

### GARAGE SALE

#### AWESOME YARD SALE

March 4 & 5 Fri./Sat. Great stuff for ALL ages, \$2 to \$30 items for 50 cents to \$5, many NEW, Also 11 HIBEL plates + others, 8:30 a.m. to 6 p.m.  
5830 Pine Tree Drive, Sanibel.  
3/4 \* 3/4

### Shore Fishing:



#### Don't Harm The Fish

by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.

Hold the fish in the water while you unhook it if you're going to release it.

The less you can touch a fish before release the better for the fish.

If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

Florida residents as well as out of state visitors need a fishing license to fish from shore.

- "It's everywhere you want to be"?
- Animal Kingdom:** Which animal has the longest tongue in relation to its body size?
  - Literature:** Which 20th-century novel begins with the line, "It was a bright cold day in April, and the clocks were striking thirteen"?
  - Music:** Which country music songwriter, singer and activist once sold Bibles for a living?
  - Anatomy:** What is the common name for the coccyx in human anatomy?
  - Food & Drink:** Which restaurant chain is known for its "Grand Slam" breakfast?
  - U.S. States:** In which U.S. state

**TRIVIA ANSWERS**

1. Chicken Run
2. 1961
3. Tired
4. Visa
5. Chameleon
6. "1984"
7. Willie Nelson
8. Tallone
9. Denny's
10. Philadelphia, Pennsylvania (1876)

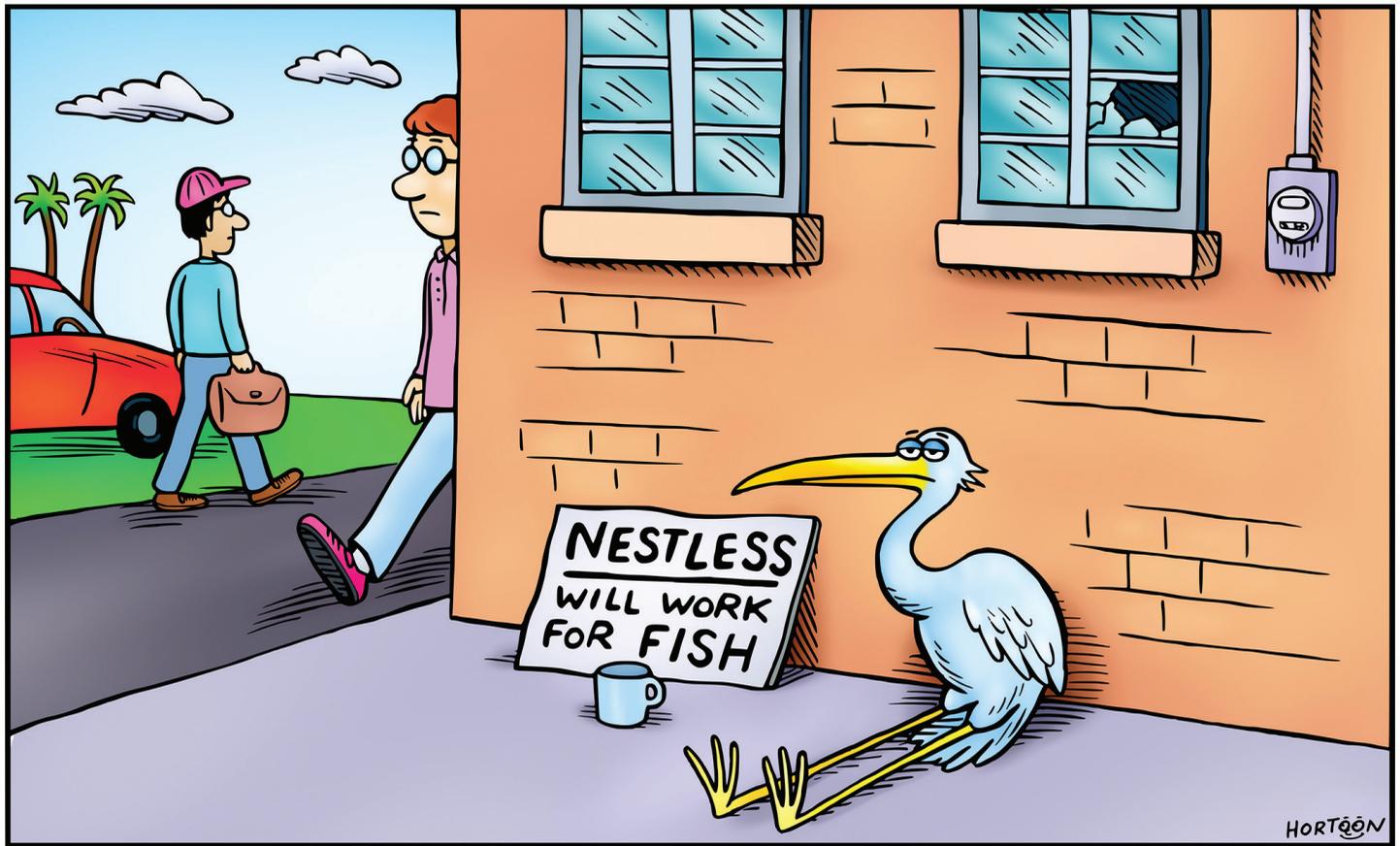
**SCRAMBLERS ANSWER**

1. Report
2. Elect
3. Stave
4. Detain

Today's Word

**SCARED**

**HORTOONS**



**PUZZLE ANSWERS**

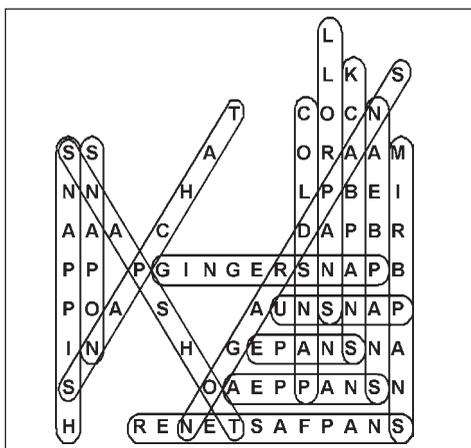
**SUPER CROSSWORD**

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

**KING CROSSWORD**

M	A	P		B	R	O	W	N		L	A	B	
R	T	E		E	E	R	I	E		A	M	A	
S	E	A	O	F	L	O	V	E		K	O	S	
			A	A	A		E	D	G	E	R	S	
I	G	O	T	I	T		S	E	A	T			
O	R	C		R	E	B		D	R	A	M	A	
T	E	E	M		D	E	A		P	H	I	L	
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**MAGIC MAZE**



**SUDOKU**

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

**Top 10 Real Estate Sales**

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Cape Hickory	Bonita Springs	2014	4,477	\$5,275,000	\$6,000,000	3
Colony Beach Estates	Sanibel	1988	3,138	\$5,200,000	\$4,800,000	2
Navona	Miromar Lakes	2016	3,619	\$3,700,000	\$3,700,000	8
Sunset Captiva	Captiva	1980	1,848	\$3,595,000	\$3,375,000	172
Carolands	Bonita Springs	1982	3,639	\$3,100,000	\$2,900,000	31
Herons Landings I	Sanibel	1989	3,150	\$2,495,000	\$2,525,000	7
Villa Pines	Fort Myers	1980	7,721	\$2,219,000	\$2,099,000	67
Cape Coral	Cape Coral	1964	2,187	\$1,650,000	\$1,650,000	49
Corkscrew Shores	Estero	2015	3,923	\$1,399,000	\$1,600,100	4
Hammock Creek	Fort Myers	2005	4,227	\$1,595,000	\$1,500,000	6



# The Brunson Foundation is pleased to announce the 2022 "WOMEN IN ACTION HONOREES"

The criteria set by the Director of Institutional Advancement, McKinley Williams, was approved by Dr. Chanetta Campbell-Brunson as a benchmark to identify a high degree of servitude, ethics and conservatism displayed by these Women of Great Character.

These nine women have exceeded the criteria and displayed the values of Servant Leadership in Lee County.

- They honored others before themselves • They inspired vision before setting the course
- They chose ethics before profit • They empowered others before personal gain
- They privilege people before task • They balance focus with flexibility before making decisions • They served with humility



**THERESE EVERLY**

Therese Everly is a powerful woman who understands that everything is a process. She worked her way up the ladder by dedicating her heart and soul over the past 32 years in various capacities in Health Care. She has excelled in enhancing primary care, secondary care, tertiary care as well as public health for the citizens of Lee County. Therese is a member of Alzheimer's Association, Lee County Homeless Coalition, Florida's 20th Judicial Circuit Elderly Abuse Fatality Review Team, and several other boards.



**KATHY DUPUY BRUNO**

The General Counsel for Lee County School Board and proud Delta Sigma Theta Member graduated from "The Washington College of Law," which is one of the top law schools in the country. She is responsible for keeping Lee County School System within the parameters of the law. A devout Christian...Kathy does everything in a meek, humble, professional manner. The broad spectrum of law she has practiced allows her to navigate federal, state, constitutional matters - and YES - even the Pandemic.



**BETSY VAUGHN**

Betsy dedicated more than four decades of her life as a classroom teacher. Betsy's love for educating our future leaders of tomorrow allowed her to ponder methods and policy that could enhance the quality of the education for our kids. She understands more than anyone how schoolboard policy has a direct impact on teachers and students. Her passion to educate the "TOTAL CHILD" and provide direction, support, and guidance our educators need is paramount in every decision she makes.



**LINDA DOGGETT**

Lee County Clerk of Court & Comptroller is the lifeblood of Florida's 20th Circuit Court. Linda launched Turbo Court which allows citizens to file court cases. Linda also integrated paperless processes to make her office more efficient. She saved millions of taxpayers dollars by switching from the Internal Audit Department to an accredited Inspector General. This monumental shift reduced waste, fraud, and abuse in Lee County. Linda announced her retirement effective Feb.18th 2022 after 37.5 years of service & building a clerk's office that has become a model of excellence Nationwide.



**GLORIA RASO TATE**

Gloria is a member of Cape Coral's Pioneering Family who arrived in 1960. Gloria and her family's fingerprint is on everything in Cape Coral: The Italian American Club, The Royal Tee Golf Club, The Cape Coral Historical Society & Museum, Cape Coral Animal Shelter, Cape Coral CRA, and The Charter School Board. She even continues to run the family business "Raso Realty." Gloria has a deep network of people because of her dedication to enhance the quality of life in Cape Coral. In short, Gloria is the "Queen Bee" of Cape Coral.



**LAURA BETHEL**

Laura Bethel is an entrepreneur par excellence. She has owned Mateo Graphics since 1993. Laura is a USF graduate whose bilingual skills expanded the network of client relationships that developed into deep friendships throughout Lee County. She ALWAYS overextends herself to help those she comes into contact with. Business owners and those who have experienced tremendous growth in their business attribute their success to the quality, efficiency, and creativeness of Mateo Graphics.



**AMIRA FOX**

Amira Fox is the State Attorney for Charlotte, Hendry, Glades, Collier, and Lee County. She also serves as the Secretary of the Florida Prosecuting Attorney's Association, former Chief of the Homicide and Economic Crime Units, former Chief Assistant State Attorney overseeing the day to day legal and administrative functions of the office and grand jury operations in the 20th Circuit. Amira relentlessly serves every chance she gets even outside the office. She serves the Ft. Myers Rotary Club, the shelter for Abused Women and Children, the Foundation for Lee Public Schools, Pace Center for Girls, and of course her husband "Big Mike."



**AUDREA ANDERSON**

Audrea has served on the Florida Board of Regents that governs the State University System where she focused on increased access for the underserved through admission policies and scholarships. She is a pillar for social justice in Lee County. Audrea continually appears before elected officials, fights for inclusion, and enlightens the community through her monthly column in The Community Press. Audrea's latest battle was pushing Lee County Commission to choose a redistricting map that doesn't gerrymander Dunbar.



**TERESA WATKINS-BROWN**

Teresa is a native of Ft. Myers and everything concerning the city engulfs her full attention. Councilwoman Brown is the President of the Florida League of Cities, and was even a past professor of Berean Christian College & Seminary. Teresa is always on the front-line for all citizens of Ft. Myers albeit she was elected to Ward 1. She is truly a champion for the people. "Misses Ecetera" should be her nickname because her involvement on various boards and wise counsel she gives to decision makers is too long to list.