



Spring Forward One Hour
Daylight Saving Time Begins
2 a.m. Sunday

THE RIVER WEEKLY NEWS



Vol. 21, No. 11

From the Beaches to the River District downtown Fort Myers

MARCH 11, 2022

Grande Dames To Be Honored At Sold-Out Event

Pace Center for Girls, Lee has named Ellie Fox, Susan Kyle and Linda Taylor as the honorees of its 2022 Grande Dames Tea, to be recognized for their significant impact on the community during a sold-out event at Broadway Palm Dinner Theatre on Thursday, March 17.

The Grande Dames Tea fundraiser honors women who exemplify the organization's guiding principles and have made an impact through their roles in business, community and philanthropy. The inspirational event recognizes 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 prize drawings.

"Ellie, Susan and Linda are three inspiring role models for our community, and their many years of generous service have had tremendous impact right here in Southwest Florida," said Jennifer Cellitti, executive director of Pace Center for

Girls, Lee. "We look forward to honoring these incredible women and learning from their life experiences at this year's Grande Dames Tea."

Fox was raised in a military family during World War II, and her love of travel has led her to visit more than 300 destinations across the world. She earned her associate of arts degree at City College of San Francisco and a bachelor of business administration degree at the University of Oklahoma, where she pledged the Alpha Chi Omega sorority.

Voted Realtor of the Year in 1984, Fox ran a successful real estate company for 12 years while her husband founded Fox Electronics, Inc. She faithfully contributes to 61 charities and organizations each month, including the Alvin A. Dubin Alzheimer's Resource Center, Florida Repertory Theatre, Fort Myers Community Concerts, Habitat for Humanity, Harry Chapin Food Bank, Southwest Florida Symphony, Alliance for



Ellie Fox

the Arts and The Salvation Army.

Kyle grew up on the farmlands of Indiana, graduating with a bachelor of science degree in nursing at Indiana University. She and her husband moved to Fort Myers in 1964, where Kyle dedicated her life to serving her community and her husband started a 30-year career in radiology.

Kyle helped charter the Southwest Florida Alumnae Club of Pi Beta Phi in the 1970s, played a leading role in the development of the Calusa Nature Center & Planetarium and supported organizations including Junior League, Fort Myers Woman's Community Club, Edison Pageant of Light and Lee County Medical Society. She also provides scholarships for nursing students at Florida SouthWestern State College and Indiana University as well as Pi Beta Phi students at Indiana University.

Taylor grew up in a working family,

and earned a bachelor's degree in education with a minor in business from Ohio State University. Moving to Fort Myers with her husband in 1971, Taylor raised their two children and became ingrained in the local community.

Taylor has been involved in Junior League, YMCA and Alliance for the Arts, developing several well-known programs including the YMCA's preschool program and the Alliance's Designer Showcase House. In 1985, she helped establish the Foundation for Lee County Public Schools as well as the foundation's well-known Golden Apple Teacher Recognition Program. Taylor was a founding member and chair of Florida Gulf Coast University (FGCU) Foundation, vice chair of the initial board of trustees of FGCU and served on the governor-appointed state board of education. For more information, visit www.pacecenter.org/locations/lee or call 425-2366.*



Susan Kyle



Linda Taylor



This interior is designed by Clive Daniel Home. These and other trends will be discussed at Peek at the Unique Home Trends on Saturday, March 19. photo provided

Peek At The Unique Home Trends On Sanibel

submitted by Sue Denham

Eat, chat, learn! Consider a day out on Sanibel, joining other homeowners in exploring the latest trends in home building and décor, and support an important cause.

Twenty years after launching the Peek

at the Unique home tour, the Zonta Club of Sanibel-Captiva is launching the latest incarnation of its annual fundraiser. Peek at the Unique Home Trends is set for Saturday, March 19 from 9 a.m. to noon at The Community House on Periwinkle Way, featuring a brunch buffet followed by premier area providers discussing home design and construction, décor and landscaping, and answering questions.

Insights will be shared by representatives from Architecture Joyce Owens, Clive Daniel Home, Dan Hahn

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Comedy Benefit For Shelter Animals



Mary Lynn Rajskub photos provided

Stand Pup Comedy, a benefit for the Gulf Coast Humane Society (GCHS) shelter animals, will feature national star and headliner Mary Lynn Rajskub on Thursday, March 24 at Rusty's Raw Bar in Cape Coral. Doors open at 6:30 p.m. for dinner and drinks. The show is from 7:30 to 9:30 p.m. Nationally known comedian Richy Leis will take the stage as the opening act.

"It is exciting when an artist like Mary Lynn Rajskub comes to the area and we



Richy Leis

are very honored she will be helping raise funds for GCHS," said Gary Willoughby, GCHS executive director. "We have had great success with Stand Pup Comedy in the past, and this is the biggest comedy show fundraiser yet for GCHS."

Rajskub, who has been a stand-up comedian for the last two decades, is best known for playing Chloe on the Fox drama 24 and Gail the Snail from *It's Always Sunny in Philadelphia*. Her

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Historic Downtown Fort Myers, Then And Now:

Cottage Home Hotel On First

by Gerri Reaves, PhD



From pioneer days until the early boom years, the Cottage Home Hotel provided accommodations and meals for both residents and visitors.

Pictured here circa 1912, the hotel was known early on as a boardinghouse, but by the mid-19-teens had rebranded as a hotel.

With its large rear dining room, it was also a popular place for events like parties and dances.

The two-and-one-half-story frame house stood on the north side of First Street where the Morgan is now.

It featured a balcony and a porch in the front and open-air

walkways on both floors that connected the main house to a large two-story section. A kitchen and dining room occupied the first floor of that rear section.

In the 'teens and the start of the 1920s, the *Fort Myers Press* was its next-door neighbor on the east.

Like many "hotels" of that era, it was basically a large family home partitioned into multiple rooms with a common dining room.

Board, or meals and perhaps services like laundry, might be optional, and room and board could be separate charges.

For many of those years, it was owned and run by Solomon W. and Addie Sanchez.

Solomon had engaged in other kinds of employment too, notably serving as town marshal and collector from 1904 to 1911.

Mrs. Sanchez continued to run the hotel after being widowed in 1915.

In 1917, however, the hotel reopened as the Elton under new management and the American or European Plan, according to a high-season ad.

Remodeled and renovated throughout, it advertised rooms with or without a



The Cottage Home Hotel and boardinghouse, pictured circa 1912, was located on the north side of First photo courtesy SWFL Historical Society



John Morgan Dean opened the Morgan Hotel in 1924. The name changed from Morgan Hotel to Hotel Dean about 1963. Today it is a restaurant, with residences and offices suites on the upper floors.

photo by Gerri Reaves

bath, as well as hot and cold running water.

By 1920, it had reverted to the cozy homey name and was under another new management.

The hotel lasted into the boom years, when First was being transformed from an unpaved street of frame structures – some rather shabby holdovers from pioneer days – to a modern paved street of Mediterranean Revivalist-style structures.

The boom years spelled the end of the hotel but gave birth to one of downtown's most attractive and successful hotels, the Morgan.

In late 1922, developer John Morgan Dean acquired the Cottage Home property from Addie Sanchez Jones, by then remarried, and constructed the Morgan-Dean Hotel.

In the process, he created Dean Street to make the building a corner location with two entrances.

Dean is best known, perhaps, for the town's first subdivision, Dean Park.

Construction on the Morgan Hotel began in 1923, and several sources indicate that the Morgan incorporated the old hotel within that new structure.

Take a stroll downtown and visit the site of an early boardinghouse-hotel where countless visitors and residents enjoyed home-cooked meals and social events.

Then visit the following two research centers to learn more about the town's early accommodations.

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.

Also stop by the IMAG History & Science Center at 2000 Cranford Avenue or at www.theimag.org.

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

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Children can take part in science experiments and explore virtual reality photo provided

Spring Break Camp Is Fun For The Whole Family

STEMLab is offering Spring Break Camp for second to fifth graders at Miromar Outlets from Monday, March 21 through Friday, March 25. Inspired by the IMAG History & Science Center of Fort Myers, STEMLab is a new, vibrant and imaginative space at the outlet stores designed for the whole family and especially for campers

to enrich their experiences and understanding of science, technology, engineering and math.

During spring break, campers will learn how to build circuits with Snap Circuits, explore magnetism with floating magnet gardens and program Sphero Minis. Throughout the week, campers will also explore the virtual reality experience, Google Earth Wall and Science on a Sphere Explorer at STEMLab as well as other hands-on activities like transforming drawings into 3D images with DrawAlive and creating prehistoric and under-the-sea scenes within the augmented reality

sandbox. What's more, campers will visit the IMAG History & Science Center in Fort Myers and attend an IMAG LIVE! Science Show, a meet-the-keeper session, and a Science on a Sphere show.

Swinging Into Spring Concert

The Southwest Florida Concert Band will perform a free concert *Swinging Into Spring* featuring music from Glen Miller to Michael Bubl  at South Fort Myers High School on Sunday, March 13 at 2 p.m. Donations accepted

The 45-member community band will open the concert with an upbeat arrangement called *Jump Swing Fever*; *In A Miller Mood*, which features many of Glenn Miller's favorite melodies; and a *Tribute to Sammy Davis*. There will also be a swing band arrangement of Duke Ellington music and a crooner's serenade by Michael Bubl  including *I've Got You Under My Skin* and *Save the Last Dance*. Vocalist Bob Helfrich will sing *Moondance*. There will be a march, John Philip Sousa's *Washington Post*, and the main theme for the Irish Dance sensation *Lord of the Dance* for Saint Patrick's Day. There will be the dramatic and impressive overture *The Hounds of Spring* to show off the musicality of the band and a driving Blues Brothers arrangement that includes *I Can't Turn You Loose*, *Soul Man* and *Everyone*

Miromar Outlets is located at 10801 Corkscrew Road in Estero. For more information and to register for Spring Break Camp at STEMLab, visit www.stem-lab.org or call 319-5820.*

Need Someone To Love. The concert will conclude with *Sing, Sing, Sing*, the driving drum feature by Benny Goodman.

South Fort Myers High School is located at 14020 Plantation Road in Fort Myers. For more information, visit www.southwestfloridaconcertband.org.*

Gulf Coast Writers

Gulf Coast Writers Association will hold a meeting at Word of Life Church on Saturday, March 19 from 10 a.m. to noon. Award-winning author Brenda Spalding will be sharing her wisdom on publishing children's books. First time guests are always free, so bring a friend.

Word of Life Church is located at 6111 South Pointe Boulevard in Fort Myers. For more information, visit www.gulfwriters.org or call 1-770-906-7885.*

Dean's List

Lema Abuogab of Fort Myers has been named to the dean's list for the fall 2021 semester at Tufts University in Medford, Massachusetts.

Dean's list honors at Tufts University require a semester grade point average of 3.4 or greater.*

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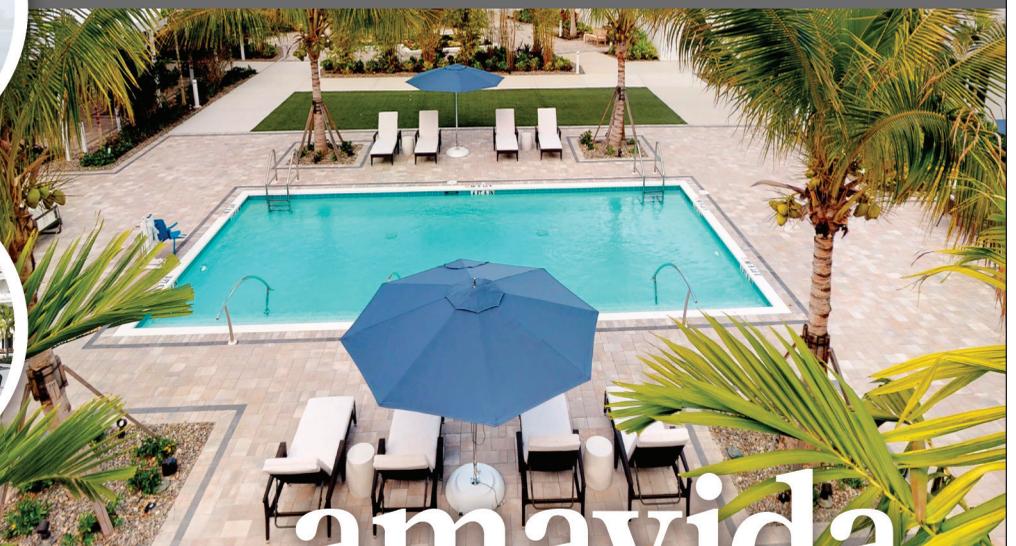
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Fort Myers Art:

Doctor's Wife Is Subject Of Sassy Comedy

by Tom Hall



New Phoenix Theatre is showing *The Tale of the Allergist's Wife* from Thursday, March 10 through Sunday, March 27. The metropolitan comedy had a 777-performance

run on Broadway following its opening on November 2, 2000. Since then, the show has played around the country and now it plays locally, opening at New Phoenix Theatre for 12 performances.

The storyline revolves around a pampered middle-aged Upper West Side doctor's wife by the name of Marjorie Taub, who spends her mornings at the Whitney, afternoons at Museum of Modern Art (MoMA) and evenings at Brooklyn Academy of Music (BAM). Her ongoing effort to improve her mind and soul has brought Marjorie to the conclusion that she will never be more than mediocre, a feeling enhanced by her elderly mother's constant complaints about her shortcomings and her husband's altruistic dedication to serving

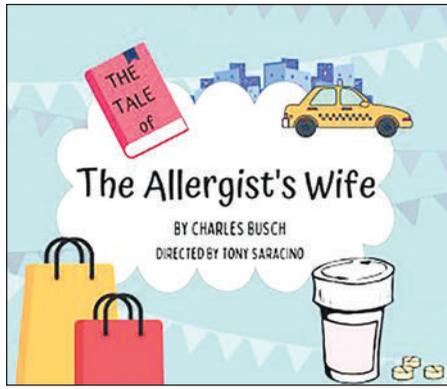


image courtesy www.artswfl.com

the needs of the homeless. The sudden death of her therapist plunges Marjorie into a deep, dark state of depression that culminates in a meltdown of epic proportions in, of all places, a Disney store. She is delivered from the spiritual poverty of despair by the serendipitous appearance of her flamboyant childhood friend, Lee, a self-proclaimed "passionate pain in the ass" who's shared soup with Andy Warhol, discussed landmines with Princess Di and marched with Martin Luther King, Jr. The next thing Marjorie knows, Lee is living with her and her husband, and indulging in more than just their psychiatric red varietals wine.

The script has been updated since Charles Busch wrote it in 2000. Yet, it retains the numerous cultural and historical references that have made the play a fan favorite no matter where it is performed. And, like *Vampire Lesbians of Sodom* and *Psycho Beach Party*,

The Tale of the Allergist's Wife is sassy, sophisticated, irreverent metropolitan Manhattan comedy at its finest.

On Broadway, the roles of Marjorie and Lee were played by Linda Lavin (for whom Busch actually wrote the role) and Michele Lee. In Los Angeles, Valerie Harper substituted for Lavin. For the New Phoenix production, Brenda Kensler and Director Tony Saracino have cast Stacy Stauffer and Gerrie Benzing in the roles of Marjorie and Lee. It's a perfect pairing. Not only do the two have history together (both played in *DMV* at Lab Theater), but each is perfect for her role. Stauffer sparkled in New Phoenix's production of *Time Stands Still*. Disturbingly narcissistic as Theresa in *Circle Mirror Transformation* for The Studio Players, Benzing seems disposed to play the glamorous-albeit-mysterious ingénue.

Carolyn England tackles the role of Marjorie's foul-mouthed, feces-minded mother, Frieda.

New Phoenix Theater is located at 13211 McGregor Boulevard in Fort Myers. For tickets, visit www.newphoenixtheatrefortmyers.org.

*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.**

has faced during the pandemic. Our congregation is committed to serving our neighbors in need."

Additional festivities at the event include a bake sale, free kids activities including an inflatable obstacle course, and hot dogs and sno-cones for purchase. Cash and check will only be accepted.

Saint Hilary's Episcopal Church is located at 5011 McGregor Boulevard in Fort Myers. For more information, visit www.loveinablanket.com.*

Coast Guard Auxiliary Offers Boating Class

U.S. Coast Guard Auxiliary is offering the one day Boat America class at the Pine Ridge Community Center on Saturday, March 19 from 9 a.m. until 4 p.m.

This beginner boating class will provide the novice recreational boater the knowledge needed to obtain the FWC safety certification. Many boat insurance companies will offer discounts on boating insurance to boaters who successfully complete the Boat America class.

The presenters are trained professionals of the U.S. Coast Guard Auxiliary who facilitate the sharing of experiences and relate courseware to the local area. Greg Masonick, the flotilla commander of the Fort Myers Beach Flotilla 91 stated, "Education and awareness of boating hazards is the key to safe boating. Participants learn the importance of life jackets, reducing risks, being prepared and exercising good judgement. People are very busy today, and this one class can fit easily into most everyone's calendar. Unlike online classes, this program offers student interaction, shared perspectives and local area knowledge."

Cost is \$45 per person and includes study material. Advance registration is required.

The Pine Ridge Community Center is located at 15660 Pine Ridge Road in Fort Myers. To register, call 690-6780 option 1 or visit www.aux91fmb.org/safeboating.*

Quilt Event Raises Funds For Local Impact

Quilt tops from all over the nation will be on display and available for purchase at the second annual Airing of the Quilts on the front lawn of Saint Hilary's Episcopal Church on Saturday, March 19 from 10 a.m. to 2 p.m. The show is free to attend.

"At our first event last year, we had 30 quilts as part of the show, and this year we're excited to have 40 beautiful quilts of various sizes and designs," said Fort Myers resident Ray LaGrange. "Quilters from all over the United States send me donated quilt tops, and then as part of the give-back portion of my Beach Bum Quilting business, I finish the quilts and donate them to various organizations in our community."

Along with purchasing quilts, attendees can also purchase raffle tickets for \$1 each (or six tickets for \$5) to win one quilt. The drawing will occur at 2 p.m. for the raffled quilt. Winner will be contacted if not present. A preview of the quilts is available online at www.loveinablanket.com/2022-event.

All funds raised will go to support Saint Hilary's outreach efforts in the community, which include hygiene bags for people experiencing homelessness and more. Father Charles Cannon at Saint Hilary's shared, "We're thrilled for this second event, as it's bigger and better than ever. Our work in the community is so important, especially given all the challenges our community



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Largest Cleanup Event Nears

The Keep America Beautiful Great American Cleanup will be held at multiple locations across Lee County on Saturday, April 2 from 8 a.m. to 11a.m.

Organized locally by Keep Lee County Beautiful, Inc. (KLCB), the cleanup will involve volunteers cleaning and beautifying waterways, shorelines, roadways, parks and any place else that has trash and debris that is not only unpleasant to look at, but it is also harmful to the environment.

To register and for the details, visit www.facebook.com/events/5593675190659145 or call 334-3488.*



Janine Neuschwander and Marion Iglecia with a black drum photo provided

Women To Tackle Inshore Saltwater Fishing

Ladies, Let's Go Fishing! University will be held at Bass Pro Shops on March 26 and 27 for a saltwater inshore fishing seminar weekend. Hosted by the nonprofit Ladies Let's Go Fishing Foundation, the event offers classroom instruction, hands-on fishing activities, conservation, networking and optional guided boat fishing.

Perfect for women, men and teens who want to learn local fishing, the school offers an immersive fishing educational experience on Saturday from 9:30 am to 4 pm. The sessions begin with presentations by Captains Jon Fetter, Debbie Hanson and Rob Fussnecker on inshore/backcountry fishing, equipment

usage and conservation. In the afternoon are hands-on fishing skill practice for releasing, dehooking/conservation, knot tying, lure usage, fly, spin and net casting, fish fighting techniques and more conducted by local guides. On Sunday, participants can opt to fish from flats charters or a group boat.

Registration is \$89 for early entry, \$99 for day of entry and \$44 each for mothers bringing teens. This includes instruction, use of equipment, hands-on training, fundraisers and gifts worth \$20. No equipment or experience is necessary. Class size is limited. Sunday inshore fishing is additional. Visit www.ladiesletsgofishing.com to register.

Bass Pro Shops is located within Gulf Coast Town Center at 10040 Gulf Center Drive in Fort Myers. For more information, call 954-475-9068, email info@ladiesletsgofishing.com or visit www.ladiesletsgofishing.com.✪

Boardwalk Reinforcement At Twins Stadium

The boardwalk section of Hammond Stadium at the Lee County Sports Complex is being reinforced for spring training 2022. The county is coordinating the necessary shoring work with its partners. Work is commencing immediately and is anticipated to be complete before spring training begins, providing for the return of fans to the boardwalk for Minnesota Twins games.

The reinforcement is an agreed-upon, safe interim solution as the county and its partners work toward a final remediation plan for the boardwalk.

The reinforcement plan was created and reviewed by professional engineers licensed in the State of Florida. The county is confident about the safety of the boardwalk with this plan in place. The public's safety is the top priority.

For Twins ticket sales – including seating on the boardwalk – visit www.twinsbaseball.com or call 1-800-338-9467. The Twins have 12 scheduled Grapefruit League home games at Hammond Stadium beginning Sunday, March 6.

For future updates, visit www.leegov.com/hammondstadium.✪

Library Slated For Multi-Day Closure

The Dunbar Jupiter Hammon Public Library, located at 3095 Blount Street in Fort Myers, will be closed for new flooring installation from Saturday, March 5 through Tuesday, March 8. The library will reopen at 10 a.m. Wednesday, March 9. Due dates for library materials and holds/pickup dates have been adjusted.

The Lee County Library System's online resources are always available at www.leelibrary.net/online.

The Lee County Library System has 13 branches to serve county residents. For more information, visit www.leelibrary.net or call 479-4636.✪



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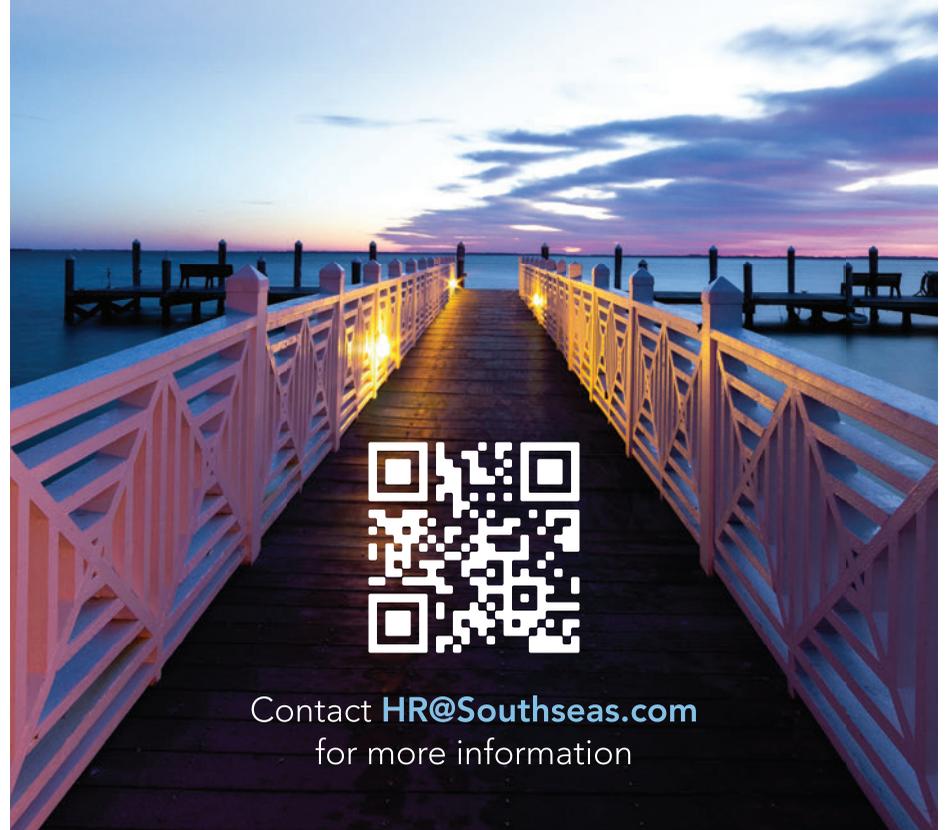
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for more information

Autism Acceptance Awards Gala

To celebrate champions of children and families impacted by autism spectrum disorder, Family Initiative is hosting its annual Autism Acceptance Awards Gala at the Caloosa Sound Convention Center on Saturday, April 30. Held at the culmination of Autism Acceptance Month, the gala features a cocktail hour and silent auction, followed by a plated dinner, live auction and awards presentation.

Through compassion and innovation, Florida-based Family Initiative provides social skills programs, clinical services and community education for children and families impacted by autism spectrum disorder, as well as those in the child welfare system. Family Initiative offers a family-centered approach to caring for children and families that includes evidence-based therapies, innovative programs, practical training and compassionate support. Funds raised during the gala enable Family Initiative to expand services and help additional families throughout Florida.

"Currently, we have more than 100 children on our waitlist to receive the highest quality care from our big-hearted, highly skilled and credentialed team of professionals who are dedicated and motivated to promote their growth and ensure they thrive," said David Brown,

co-founder and president of Family Initiative. "It's our hope that through the generosity of our sponsors and attendees, this year's gala will support Family Initiative in expanding our services to meet the growing needs of the families we serve. Additionally, we look forward to recognizing and celebrating the people and organizations who work tirelessly alongside Family Initiative to make life better for the children and families we serve."

Caloosa Sound Convention Center is located at 1375 Monroe Street in Fort Myers. For tickets, sponsorships or to nominate a person or company for their work in championing children and families impacted by autism spectrum disorder, visit www.fi-florida.org/autism-acceptance-awards.*

Changes To Shrimp Regulations

The Florida Fish and Wildlife Conservation Commission (FWC) has approved the following changes to shrimp regulations, which go into effect May 1:

Allow recreational shrimp harvest in the Big Bend closed area with a limit of two gallons per person and five gallons per vessel using cast nets and dip nets only;

Allow high-salinity freezer tanks for commercial food shrimp production; and

Make several technical clarifications and updates to rule language.

These changes are the final phase of a long-term effort to update shrimp regulations.

For more information, including the March 2022 commission meeting presentation, visit www.myfwc.com/commission and click on "Commission Meetings."**

Kindness Fundraising Initiative

The Children's Advocacy Center of SWFL (CAC) and WearTheFund (WTF) have teamed up to promote Random Acts of Kindness for a #KindLee initiative. This collaboration features a new #KindLee merchandise store found at <https://kindlee.wearthefund.com> to help support the children served by the local agency. Through the end of March, 100 percent of the proceeds from every purchase supports CAC children, plus other kindness programs presented by #KindLee, as part of a #KindLee project in April.

This trifecta partnership of #KindLee, WTF and CAC is working to create community spirit through random acts of kindness. This particular #KindLee project will encourage the CAC's Pine Manor after-school program students, ages 5-12, to learn about fostering deeper involvement and volunteerism to

others through random acts of kindness in ways such as writing letters to seniors or cleaning up their neighborhood. Fundraising for the project supports the CAC and the students' #KindLee Kind Stars scholarships by shopping and sharing the merchandise store.

Noelle Casagrande, director of client care and charity relations with WearTheFund, launched this particular #KindLee project through a social media campaign on Valentine's Day to spread the love. "I am so proud to be leading a #KindLee project to show love for our community," said Casagrande. "Diana Willis and Jennifer Nelson inspired me to lead a #KindLee project after witnessing their efforts. Helping the Children's Advocacy Center is a perfect fit to help children learn and experience empathy and kindness to others."**

Pancake Breakfast

Bayside Estates Men's Club will host an all-you-can-eat pancake breakfast in the Bayside Recreational Hall on Sunday, March 13 from 8 to 11 a.m. All are invited.

There will be pancakes, scrambled eggs, sausages, coffee and orange juice for the cost of \$8. For \$2 more, get a made-to-order omelet.

Bayside Estates is located at 17601 San Carlos Boulevard in Fort Myers. Call 466-6322 for more information.*

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, 2756 McGregor Boulevard, 226-0900.

ALL SAINTS BYZANTINE RITE CATHOLIC

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

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

BETH YESHUA MESSIANIC SYNAGOGUE

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

BIBLESHARE

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

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

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

CHAVURAT SHALOM

Friday Shabbat services every week 7:30 p.m. Other programs on vacation. ChavuratShalom@gmail.com.

CHURCH OF THE CROSS

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

COVENANT PRESBYTERIAN

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. www.crownoflifelutheran.com.

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, 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, www.christianscience.com. 2390 West First Street, 334-6801.

FIRST CHURCH OF THE NAZARENE

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

FORT MYERS CHRISTIAN CHURCH

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

11 a.m. Sunday, www.fpcfortmyers.org, 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, 19691 Cypress View Drive, 267-3525.

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

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

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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

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, 16225 Winkler Road, 433-0018.

TEMPLE JUDEA (CONSERVATIVE)

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

THE FAITH CENTER

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

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UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

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

ZION LUTHERAN

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

*Email changes to press@islandsunnews.com or call 395-1213.***



Native bloodberry's flowers provide nectar for various pollinators, and the berries feed birds and other wildlife. The species is listed as endangered in Florida. photo by Gerri Reaves

Plant Smart
Bloodberry

by Gerri Reaves

Bloodberry's (*Varronia globosa*) natural habitat is hardwood hammocks, coastal rock barrens and open fields in the southernmost parts of the state and the Florida Keys.

Outside the state, its territory includes the West Indies, Mexico and Central and northern South America.

It is listed as endangered by the State of Florida, a status defined as a native species that is "in imminent danger of extinction within the state, the survival of which is unlikely if the causes of a decline in the number of plants continue."

Other common names for this wildlife-friendly plant include Curacao bush and butterfly sage.

Butterflies such as daggerwings, hairstreak, Cassius blue, malachite and atala visit it for nectar, as do other pollinators, and the leafy evergreen foliage provides cover for wildlife.

This fast-growing perennial of the borage family takes a rounded shape,

reaching a height of five to 10 feet. Sometimes it takes a vine-like form.

The grayish green leaves are hairy with coarsely toothed edges and pointed tips.

Tiny white funnel-shaped flowers appear all year long in rounded small heads.

Clusters of bright red fruit attracts birds and other wildlife.

This species has moderate nutritional requirements but can grow in nutrient-poor soil if it's enriched with organic content.

It prefers full sun to light shade and moist but well-drained limestone or chalky soil. It has moderate drought tolerance but low tolerance for salt water or wind.

Propagate it with the seeds, which will readily self-sow near the parent plant.

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

Plant Smart explores the diverse flora of South Florida.✧

Regulations For Goliath Grouper In State Waters

The Florida Fish and Wildlife Conservation Commission (FWC) approved a limited, highly regulated recreational harvest of goliath grouper in state waters beginning spring 2023.

This unique recreational opportunity is possible through conservation efforts by state and federal agencies that aided in the goliath grouper population rebuilding over the course of three decades, following years of overfishing. This limited harvest will allow access to a fishery that has been closed since 1990 by issuing up to 200 harvest permit tags via random-draw lottery.

This approved recreational harvest of goliath grouper includes:

- A recreational harvest of up to 200 goliath per year, with a maximum of 50 from Everglades National Park;

- A required recreational goliath harvest permit and tag, issued via a random-draw lottery, to legally harvest a goliath (\$150 for residents, \$500 for non-residents);

- Limiting harvest to one fish per person per open season with permit and tag, non-transferable;

- A March 1 through May 31 season;
- Allowable gear will be hook-and-line only;

- lot limit of 24 to 36 inches total

length;

Harvest would be permitted in all state waters except those of Martin County south through the Atlantic coast of the Keys, all of the St. Lucie River and its tributaries, and Dry Tortugas National Park; and

Post-harvest requirements, such as proper utilization of the harvest tag, reporting harvest data and submitting a fin clip for genetic analysis.

Harvest will continue to be prohibited in federal waters.

"After decades of closure to this fishery, we welcome this opportunity for a highly regulated, limited take of goliath grouper," said FWC Commissioner Robert Spottswood. "In addition, the post-harvest data reporting will help guide future management decisions for this species."

FWC staff have gathered stakeholder comments on this topic since 2017 from our commenting webpage, various commission meetings and workshops. This opportunity is intended to provide access to this fishery while balancing the values of various stakeholder groups. Goliath grouper over 36 inches in length will continue to be prohibited from harvest as well as those in heavy dive ecotourism areas. This limited harvest is not intended to address fishing depredation concerns.

For more information, including the March 2022 commission meeting presentation, visit www.myfwc.com/commission and click on "Commission Meetings."✧✧

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Spring Snook



by Capt. Matt Mitchell

Warm water along with lots of bait has our snook fired up. During a cold January and most of February, these fish were in all that can be described as a hibernation mode.

Now that temperatures have bounced back, snook are on a wide-open feed.

The key to snook fishing as ever are live shiners and the more, the better. Stuffing your live well full of these snook candies almost guarantees action. Any flat from Picnic Island to the middle sound is holding shiners. Chumming is the best way to catch these baits and getting out early makes for less work to get all you need.

During high tide periods, oyster bars have been the place to be. A few live chummers quickly tells you if the fish are there. While fishing these oyster bars one afternoon this week, we had over 30 snook ranging in size from 20 to 41 inches. This bite was insane with every bar we picked being a successful stop. Unfortunately, we have only had a window of a few hours while the tide is high enough to target these fish.

Oyster bars are not random, they are always in places that have lots of tide flow as oysters need to filter lots of water to flourish. Snook use these bars as transition areas as they cross the sound.



Pat from Wisconsin with a trip-maker... a 41-inch snook caught while fishing with Capt. Matt Mitchell this week photo provided

With so much food around the bars, they hold lots of bait. Many of these oyster bars are totally covered during higher tide periods. It takes some homework to be able to locate them. When you see mullet jumping and working the bars, the gamefish generally seem to be there.

Cast free-lined live baits to the white sand holes and highways right up against the shells.

Mangrove creeks have also been a good choice during the lower tide periods. Many of the miles of creek systems in the area have been clear

and made for lots of sight fishing opportunities for these snook. The better creek bite for me has come during the first few hours of a low incoming tide. Live chummers in these creeks do wonders for locating these fish, too. During the outgoing tides, I've been spending time in the passes catching snook. Look for blow downs and structure as these fish tuck in tight ready to ambush a passing bait.

Snook are all through our area and ready to eat. Being in the right place for that stage of the tide is what will keep the rods bent. Moving tide is the biggest factor as these fish just don't feed well on slack water.

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.*

From page 1

Home Trends

Custom Builders, John Grey Painting, VIP Realty Group and RS Walsh Landscaping.

Anyone looking to purchase, build, remodel, paint, redecorate and/or update landscaping on a home in Southwest Florida will discover a valuable source of expertise and insider information. Tickets are \$75 including brunch, and seating is limited.

The 19th annual "Peek" home tour in March 2020 was sidelined by the pandemic, and since then, Zonta has organized alternative events to raise funds. Judy Langley, fundraising chair, said, "This event honors Zonta's 20-year tradition of introducing unique homes but goes a step beyond. Since we can't take 'Peekers' on a tour of the great work being done in our homes, we will connect homeowners with knowledgeable, local professional firms who do this work, showcasing the latest trends."

All proceeds from Peek at the Unique Home Trends will be awarded in grants to area nonprofits whose mission is empowering women. The original "Peek" tour raised hundreds of thousands of dollars over 20 years, and over \$1.1 million was distributed through Zonta's foundation.

For more information and tickets, visit www.zontasancap.org.*

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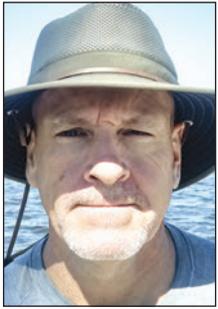


Dave Doane with his co-worker Jesse

CROW Case Of The Week:

American Bald Eagle

by Bob Petcher



The American bald eagle (*Haliaeetus leucocephalus*) has been the national emblem of the United States for 240 years. However, the large bird of prey was in decline during the first two-thirds of the 20th century until the 1970s, when numbers began increasing gradually with “spectacular recoveries” reported in some states.

Interestingly, while bald eagles are most abundant in Alaska and Canada, the largest bald eagle nest on record is actually in St. Petersburg, Florida. It was recorded at over 9.5 feet in diameter and 20 feet tall.

At CROW, a fledgling bald eagle was admitted to CROW after falling from its nest. The fall may have been contributed to where the nest was situated.

“Sometimes, they are just a couple days away from fledging but there isn’t room for them to “branch,” or perch, appropriately around the nest site so they end up falling instead,” explained CROW Rehabilitation Manager Breanna



Patient #22-676 being examined for feather lice during its stay at CROW

photo by Breanna Frankel

Frankel, CWR. “With this nest being on top of a large cell tower instead of a large tree, there were no branches for the eaglet to branch out onto. Luckily there was no evidence of any injury from the fall.”

Upon examination, the patient was thin and heavily burdened with feather lice.

“Feather lice, small biting louse, are commonly found living on the feathers or skin of wild birds. We usually only have to treat them once to rid the patients of the lice,” said Frankel. “Nestling and fledgling birds are often

a bit thin because they haven’t built up their flight muscles or pectoral muscles, which isn’t abnormal when they are too young to fly. Feather lice is naturally occurring in wild birds so that is also not an indication to amount of time spent on the ground.”

The young patient was moved to an outdoor enclosure for “day camp” and was being observed due to its age and inexperience.

“The eagle was in day camp for nearly a week before being moved outside fully on Saturday,” said Frankel. “As the eagle was still young, it was still

lying down a lot to sleep and rest, so we wanted to make sure it stayed safe until it was perching more regularly.”

While the eagle has graduated to spending its full time outdoors, it is continually under supervision and receiving supportive care.

“We are closely monitoring for flight and muscle development. The eaglet only has to stay here until fully flighted, then can hopefully be returned to the nest site,” said Frankel. “Once the eaglet is able to make regular long distance flights, it can be released back to the nest area.”

The patient’s nest at its birth site is being checked regularly, so that when it has passed flight tests, it may be returned if mom and/or dad are spotted nearby.

“Both eagle parents rear the chicks, so as long as one is still around the nesting site, this eaglet should be able to be returned there. We are hopeful that flights will develop over the next week which would lead to release,” said Frankel. “If the parents aren’t there, the eaglet may be required to stay a bit longer at the clinic to further develop necessary survival skills.”

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

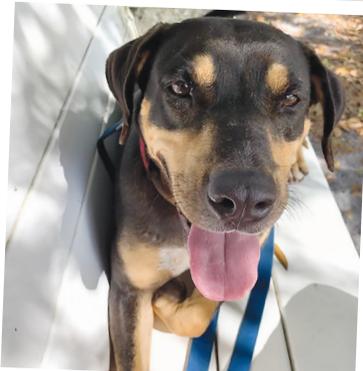


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Builders Care Honors Partners And Volunteers



Beattie Development was honored as Contractor Partner of Year photos provided

Lee BIA Builders Care, the nonprofit charitable arm of the Lee Building Industry Association (BIA), recently presented its annual awards that honored community partners and volunteers for their commitment to Lee County homeowners in need.

PJ Anzalone received the Hearts and Hammers Award

Awards included Volunteer of the Year, presented to Ken Solmonson of Beattie Development; Partner of the Year, recognizing Raymond Building Supply; Contractor Partner of the Year, presented to Beattie Development; and the Michael English Hearts and

Raymond Building Supply was named Partner of the Year

Hammers Award, awarded to PJ Anzalone of Ferguson Enterprises. "Our volunteers and partners are tremendous advocates for Builders Care, and we are truly grateful for the many ways that they support our mission and the homeowners we serve," said Crystal

Ken Solmonson was selected as Volunteer of the Year

Stouten, executive director of Lee BIA Builders Care. "Whether they are volunteering their time or helping fund a life-changing project, these individuals and companies continually go above and beyond to support local homeowners in need." ❄️

Hospital Awarded For Patient Care

The Florida Asthma Coalition is honoring Golisano Children's Hospital of Southwest Florida for being recognized as an Asthma-Friendly Hospital. The award represents Golisano Children's Hospital's efforts to create a safe and healthy environment for their patients with asthma. The Asthma-Friendly Hospital designation is a recognition designed to improve asthma management at hospitals by reducing health risks

for asthma patients, prevent and minimize asthma-related ER visits and hospitalizations, and reduce readmissions for acute severe asthma exacerbations. To earn this recognition, team members successfully completed multiple criteria that focused on professional development for nurses, physicians and respiratory therapists on asthma management and the creation of an asthma action plan. They also updated educational folders that they give to patients and families who are admitted for asthma to make them more robust. The team also added new, child-oriented videos to the learner iPads. This is the second time Golisano Hospital has earned this award. ❄️

January Traffic At The Airport

During January, 1,044,816 passengers traveled through Southwest Florida International Airport (RSW) in Fort Myers. This was an increase of 52 percent compared to January 2021. The traffic leader in January was Delta with 203,417 total passengers. Rounding out the top five airlines were Southwest (185,554), American (135,889), United (133,114) and Spirit (118,586). Southwest Florida International Airport had 10,243 aircraft operations, an increase of 19 percent compared to January 2021. Page Field saw 13,421 operations, an 18 percent increase compared to January 2021. Southwest Florida International Airport served more than 10.3 million passengers in 2021 and is one of the top 50 U.S. airports for passenger

traffic. No ad valorem (property) taxes are used for airport operation or construction. For more information, visit flylcpa.com or facebook.com/flyrsw. ❄️

Comedy Benefit

From page 1 many film roles include *Night School*, alongside Kevin Hart and Tiffany Haddish, *Julie and Julia*, *Little Miss Sunshine*, *Legally Blonde 2*, *Punch Drunk Love*, *Sweet Home Alabama*, *Magnolia* and *Man on the Moon*. Tickets are \$45 and all proceeds benefit GCHS. There will also be raffle baskets as well as a 50/50 raffle. Sponsorships are still open and interested parties can contact events@gulfcoasthumanesociety.org or call 332-0364. Rusty's Raw Bar is located at 4631 SE 10th Place in Cape Coral. For tickets, visit www.bit.ly/3dw3yGk or www.gulfcoasthumanesociety.org. ❄️

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Coalition Hires Navigators

April Mesa and Shallyn Sims have joined FutureMakers Coalition as navigators.

These two new positions are part of a \$300,000 grant from Bank of America created and funded by the bank's multi-year commitment to further the coalition's goal of transforming Southwest Florida's workforce by increasing the percentage of working age (25 to 64 years old) adults who hold post-high school credentials to 55 percent by 2025.

As navigators, Mesa and Sims will help connect adults to training programs and find students who previously attended college but did not complete a credential or certification.

Modeled after The Graduate Network's successful programs in Nashville and Detroit, FutureMakers expects these positions will bolster the region's training and degree programs by boosting their enrollment as well.

Mesa, a Louisiana native, moved to Southwest Florida as a child and was part of the first graduating class at Dunbar High School, going on to earn a bachelor's degree at Florida SouthWestern State College. She has previously worked as a teacher for VIPKid, Inc. and for nonprofit organizations in the community. Most recently, Mesa worked as a mentor for refugee youth, helping young adults navigate the school system and align career pathways with future goals.

Sims is a current Florida Gulf Coast University (FGCU) Complete student and began her career in nonprofit education working for Teach for America-St. Louis.



April Mesa



Shallyn Sims

She worked for both Walsh University and FGCU. She has over eight years of experience in the education sector.

Recently, Bank of America announced its expanded \$1.25 billion, five-year commitment to help advance racial equality and economic opportunity. The bank's support of organizations like FutureMakers is a direct result of this commitment, which focuses on direct action in communities of color where systemic, long-term gaps have existed, and significant change is required to achieve sustainable progress.

FutureMakers Coalition is a regional collective impact initiative that has been designated a Talent Hub by Lumina Foundation in partnership with The Kresge Foundation to support local efforts to increase educational attainment. Formed in 2015 around existing regional collaborations, the coalition is committed to creating a cradle-to-career pathway to ensure success for traditional students and adult learners.

For more information, visit www.futuremakerscoalition.com or email Tessa LeSage at tlesage@collaboratory.org. Contributions can be made online by visiting tinyurl.com/y2ktnpgz.✪

Sponsors Set For Real Estate Forum

Event sponsors have been announced for Market Trends 2022, Southwest Florida's largest real estate forum being held at Caloosa Sound Convention Center on Wednesday, March 16 from 4 to 7:30 p.m.

Presented by title sponsors LSI Companies, Lee Building Industry Association, Collier Building Industry Association and Charlotte Desoto Building Industry Association, Market Trends 2022 will explore the latest data, research and fact-based analysis and how they will impact the big picture for homeowners, homebuyers, real estate professionals and the region as a whole.

The theme of the spring Market Trends event is The Thrill of the Chase – What Now? following a record year in real estate that was predicted in both the 2021 spring and fall forums. With booming demand and fierce competition, 2022 will be all about the chase for inventory across Southwest Florida.

Additional sponsors include:

Premier – *Business Observer, Florida Weekly* and NBC2;

Platinum – Henderson, Franklin, Starnes & Holt, PA.;

Gold – Barraco & Associates, Busey Bank, DR Horton, Florida Gulf Coast University Lutgert College of Business, Pavese Law Firm, Priority Marketing and Stevens Construction; and

Silver – Blue Waters Development Group, Bolaños Truxton, Cameratta Companies, Christopher Alan Homes, Lennar Homes, The Law Office of Jursinski & Murphy, Pulte Homes, Sanibel Captiva Community Bank, Taylor Morrison and WMG Development.

Speakers include land, new home sales and development expert Randy Thibaut, founder of LSI Companies; residential real estate expert Denny Grimes, president of Denny Grimes & Team at Keller Williams Realty; and commercial real estate expert Justin Thibaut, CCIM, president and CEO of LSI Companies.

Tickets are \$50 for general admission and include a comprehensive data book. Reserved and VIP tables ranging from \$600 to \$1,200 are also available for groups of eight to 10 people. Virtual tickets are \$50 and include access to view the livestreamed event and the market data book.

Caloosa Sound Convention Center is located at 1375 Monroe Street in Fort Myers. To register or learn more, visit www.markettrendsswfl.com.✪



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Book Review

Mona Passage

by Di Saggau



Mona Passage is a debut novel by Thomas Bardenwerper, a former Coast Guard officer. His experience during five years aboard cutters in Maine and Puerto

Rico add greatly to the story about two neighbors in San Juan who develop a deep friendship based on shared backgrounds and mutual concerns. Galan is a Cuban emigrant who arrived in Puerto Rico in 1991 at the age of 12. It's now 2015 and he is the owner of a diner and committed to bringing his sister, Gabriela, to live with him. She is a special-needs sister who has been living with relatives, now unable to care for her. Pat is stationed aboard the *Strickland*, a cutter that patrols the passage for human trafficking and illegal migrants. It's his job to prevent illegal landings.

Galan has looked out for Pat during his stay in Puerto Rico, and Pat understands why Galan is set on getting his sister out of Cuba. He knows that his cutter could be the key to bringing the siblings together. But will he risk his future and his oath to the Coast Guard to help?

Two vessels come together on a

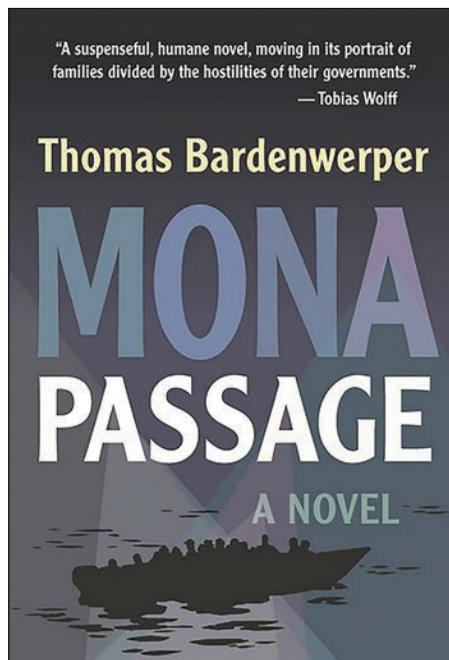


image provided

moonless night in the *Mona Passage*, a stretch of ocean separating Hispaniola and Puerto Rico. One is a U.S. Coast Guard cutter, the other a primitive motorboat overloaded with Cuban migrants. Pat's loyalty to his friend and his country will be challenged as he decides whether to save Gabriela and possibly ruin his future, or look the other way.

The author does an excellent job describing the feelings and experiences of the main characters. He knows Pat's

job because he lived it. The reader gets to know them and cares about them. We want Galan and Gabriela to be reunited. The book is about friendship, family, loyalty and so much more.

Here's what a few others have to say about *Mona Passage*. Tobias Wolff said, "A suspenseful, humane novel, moving in its portrait of families divided by the hostilities of their governments, in this case Cuba and the United States." Janet Benton said, "What would you risk for

a sister, a brother, a friend, a stranger: *Mona Passage* is one of those rare novels that will expand your heart." Brian Castner said, "This exciting debut novel brims with elements from Bardenwerper's days at sea. I recommend it for anyone who wants to understand those souls caught on the edge of the American empire."

Mona Passage is available at MacIntosh Books and Paper, 2340 Periwinkle Way on Sanibel. ✨

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, Manatee Madness, the fundraising project for Community Housing and Resources (CHR) on Sanibel, was so successful last year

that CHR made the decision to repeat the project and we now are enjoying Manatee Madness 2.0. Twenty four manatees, all painted by artists who have donated their time to this fundraiser can be seen across the city. The manatees have been placed in retail stores, nonprofit sites, banks and restaurants across Sanibel and are enjoyed by locals and tourists alike.

Last year, The Sanibel School became involved in the project through art teacher Erica Sharp. Sharp, committed to involving her students in their community, said, "I have always been passionate about getting children involved within the community. I am a firm believer that through those experiences they can learn in a different way, drawing connections between art and the needs of the community. Those connections ultimately widen their view and instill compassion towards others. My heart always sings when I witness students wanting to do more within the community, and we will continue to partner when we are offered a good opportunity."

CHR really enjoyed working with Sharp and her students last year and reached out again this year to ask her to participate. Fortunately, the project was approved by the administration and a manatee was delivered to her in October. Sharp and her students worked diligently on their manatee and by January, it was completed and placed at Joey's Custard for all to enjoy.

Here is a brief description from Sharp of how she worked with her students to make their manatee. "I first introduced students to CHR and the Manatee Madness fundraiser – they were excited to begin. We brainstormed ideas together and found we wanted to turn our manatee into a character with a fun backstory. I suggested the idea of a pirate and the kids loved it. Pete, the Pirate Captain travels the Southwest Florida seas with his band of ManaPete pirates in hopes of protecting the area's precious sea grass and mangroves.

"Having the story in place first really



Pete, the Pirate Captain, on display at Joey's Custard

photo provided

helped bring Pete to life. Students sketched out ideas and we took aspects from each sketch into our vision. From there, students painted during class to complete Captain Pete. I went to the Halloween store for our final touches, like Pete's captain hat, eyepatch and hook.

"After going to CHR's artist thank you reception to meet the other artists, I ended up giving a quick impromptu speech explaining why I wanted to involve my students in the fundraiser. To my surprise, I found out later that week that our manatee had been graciously sponsored. We were thrilled and so grateful that Sue Kressley and Greg Anderson saw our vision and believed in us. We love that Pete is on display at Joey's Custard, it's such a fun spot for other children to enjoy."

Take an afternoon off and travel around Sanibel with your children to see these beautiful creatures. You can find a map and much more information about the manatees at www.sanibelchr.org.

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 or visit www.schoolconsultationservices.com. ✨



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Director Of Social Services Named At Heights Center

Nancy Sanchez has been named director of social services at The Heights Foundation/The Heights Center. The organization works to build strong, self-sufficient families in the Harlem Heights neighborhood of Fort Myers.



Nancy Sanchez

Sanchez joined the organization as an intern while pursuing her bachelor's degree in social work at FGCU. After graduation in 2012, she was hired as a programs assistant and then promoted to programs coordinator for the family advocacy program.

"Nancy's new role means we will continue to provide services to support families in need and initiate new programs that will enhance self-sufficiency and overall well-being of adults and children in Harlem Heights," said Kathryn Kelly, president and CEO of The Heights

Foundation/The Heights Center.

Sanchez is a bilingual registered clinical social worker intern pursuing her clinical social work licensure in Florida. She also has gained a master's degree in clinical social work from Barry University.

For the past four years, Sanchez worked part-time for the organization, providing support to families in need of services, including Automated Community Connection to Economic Self Sufficiency (ACCESS) and other resources that assist with basic needs. In addition, she facilitates character education groups for students in kindergarten and first grade at The Heights Charter School. She supports the organization's back-to-school, Thanksgiving and Christmas outreach events.

Sanchez also worked with Catholic Charities providing clinical therapy as a master's level clinician to children, adolescents, adults and families of different cultures.

"Working with different populations and settings has allowed me to provide cognitive behavior therapy, solution-focused therapy, mindfulness and crisis intervention along with other techniques to help those in need," said Sanchez. "I am thrilled to expand my role at The Heights Center and The Heights Charter School and utilize these tools to support the children and families in the Harlem Heights neighborhood."✱

County Approves Funding For Big Carlos Pass Bridge

The Lee Board of County Commissioners voted on Tuesday to approve an agreement with the Florida Department of Transportation (FDOT) for \$25 million in federal funds to assist with construction of the Big Carlos Pass Bridge.

The replacement of the bridge is a top priority for the board. Lee County DOT began a Project Development & Environmental (PD&E) Study in 2016. As part of that process, DOT conducted numerous presentations and public meetings to review the alternatives with elected officials and other stakeholders.

The board approved the recommended 60-foot vertical clearance fixed-span bridge alternative on December 18, 2018. The fixed-span bridge is less expensive to build and maintain than a movable bridge.

The new bridge will be constructed on the gulf side of the existing bridge, which will remain open during construction. The roadway configuration will include one travel lane in each direction, bicycle lanes, a six-foot-wide sidewalk along the north side of Estero Boulevard, and a 10-foot-wide shared use path along the south side of Estero Boulevard.

Lee County Department of Transportation plans to start the construction of the Big Carlos Pass Bridge this fiscal year.

Total project costs are an estimated \$80.2 million, including the PD&E study, design, construction inspection and

construction.

The current bridge is safe for motorists. The plan for the next bridge is to ensure the bridge can be replaced well in time to continue to ensure safety.

For more information about the project, visit www.bigcarlosbridgeproject.com. To receive updates from Lee County Government, sign up for the newsletter at www.leegov.com/resources/newsletters.✱

Military Officers To Meet

The Cape Coral Chapter of the Military Officers Association (MOAA) will hold a breakfast meeting at the Cape Royal Golf Club on Saturday, March 12 at 10 a.m.

Cost is \$12, payable at the door (cash only). Reservations are requested by Thursday, March 10.

MOAA is a national organization of military officers that supports the interests of military members of all ranks – past, present and future. Regular membership is open to all current and former officers, and associate membership is available to all who support our armed forces.

Cape Royal Golf Club is located at 11469 Royal Tee Circle in Cape Coral. To reserve, contact Dixie Buick at 580-2368 or calusamoaa@yahoo.com.✱

Donate Blood

Lee Health is seeking blood donations to help replenish supply levels. For more information, visit www.leehealth.org/our-services/blood-centers.✱



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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

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Will Power

Choices Are Difficult With 31 Flavors



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

In the 1970s, my grandparents owned a men's clothing store located in Indianapolis' Westlane Shopping Center at 71st Street and Michigan Road. Next door was a Baskin-Robbins ice cream store. When my mother took me and my sister by the store to visit, if I was lucky, my grandma would give me a dollar to buy us ice cream cones.

One fortunate day, I took my sister by the hand as we raced off to select from the array of colors nesting in the display freezer's round, cardboard containers. I always liked to ask for a sample before choosing. French vanilla? Rocky road? Chocolate

peanut butter? Cookie dough?! It was such a difficult choice!

We got our cones, I reached into my pocket to hand the dollar to the teenager behind the counter (she was beautiful but so much older than I!) and led sis back to the store. Exiting Baskin-Robbins, I froze. Not from ice-cream's prevalent brain freeze when one takes too big of a bite, rather from red and blue flashing lights that blinded me. Police cruisers, ambulances and fire trucks blocked the parking lot, and a sheriff's deputy put his hand in front of my face to stop me from entering my grandparents' store.

"He's okay!" I heard my grandma shout. "Those are my grandchildren! Please let them in!"

The store was in chaos. My grandpa sat on the floor outside of the swinging, western saloon-type doors that led to the backroom where he altered pants and suit jackets. Moments before, Grandma, who manned the cash register, was held at gunpoint during a robbery. Grandpa, unaware of the situation, burst through the swinging doors carrying hemmed pants. The ruckus spooked the robber, who turned and fired his gun.

Grandpa crumpled to the ground, Grandma screamed, the gunman fled. By the grace of God, the bullet merely skimmed Grandpa's temple, taking some skin with it. He wasn't seriously harmed.

I dropped my ice cream. My sister, remarkably, continued to eat hers as her 5-year-old eyes watched the aftermath unfold. After things calmed down, my Grandpa took me back to Baskin-Robbins to replace my cone. I didn't feel like eating, but he insisted. I recall that I chose an easy flavor like vanilla just to appease him. Mom came to pick my sis and me up. Trembling, she hugged us, unknowing at the time that we

were safely next door when the incident occurred.

These days, as an estate planning attorney, I'm more like the Baskin-Robbins server than like a customer. With adverse tax legislation looming, my clients say they want a SLAT (Spousal Lifetime Access Trust). They've heard about them from friends or read about them in the *Wall Street Journal*. This type of advanced estate planning technique is used to consume one's federal gift/estate tax exemptions before they are legislated away or expire, yet retain income for a spouse's lifetime.

Hence the demand, "I want a SLAT!"

What my clients don't realize is that's like going into the Baskin-Robbins and declaring that one wants an ice cream cone! What flavor do you want? Without telling your server, he has no idea what to make for you.

Do you want two SLATs, one for you and one for your spouse? The IRS has something known as the Reciprocal Trust Doctrine you need to avoid, or the entire transaction won't work. There are several ways to avoid the doctrine; which way shall we choose? Do we create SLATs a period of time from one another? Will one SLAT allow for a power of substitution of assets?

Do you want your spouse to be the only beneficiary for her lifetime, or can the trustee sprinkle the trust income or principal among your children and grandchildren?

Will the trust be consumed before your children die or is it likely to grow for subsequent generations? Should we opt-out of the automatic generation skipping transfer tax allocation or save that for another strategy? Are your children wealthy and how should that answer play into the strategies considered? What other strategies might work to fit your goals – are there any better than SLATs?

Can SLATs result in higher income tax payments? (Answer: Yes) How do we minimize them?

The questions go on and on. Properly strategized, SLATs should not be form documents. Like any other estate planning tool, the advantages and disadvantages of various techniques should be considered before creating and funding this irrevocable instrument.

These questions can freeze you in your tracks. Make it difficult to choose the strategy most appealing to you. An excellent guide will walk you through the process, rather than whip up the flavor of the day.

Especially for those reading this with high net worth, the stakes are enormous. My grandparents were simple haberdashers. They never had to worry about an estate tax, even in the years when the threshold was so much lower than it now stands. Grandma and Grandpa worked long, hard hours into their elder years before retiring. Thankfully, they had each other until my grandfather died at age 85. Grandma followed a few years later. I still miss them.

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Contract For Civic Center Assessment

The Lee Board of County Commissioners have awarded a contract for a comprehensive structural and architectural assessment of buildings at the Lee Civic Center.

Weston and Sampson Engineers, Inc. will complete the assessment that includes the engineering systems and overall condition of the site and buildings.

The Lee Civic Center includes 163,255 square feet of floor space and was constructed to accommodate a variety of shows or events. The center has hosted concerts, agriculture events, fairs, trade shows, high school graduations and other events since its opening in 1978 and sits on 98.93 acres of land that includes fair grounds.

Lee County owns the civic center and the surrounding property, including the fairgrounds. The property has been managed by the Southwest Florida & Lee County Fair Association since 1996.

Although improvements and repairs have been made during its lifetime, an assessment of the facility's condition is needed to determine the best course of action to be able to continue to host various activities.

It will take approximately seven months to complete the assessment. The contract is for \$375,765. Lee County will

continue to provide updates to the public. Fair and 4H events will continue as scheduled.

To receive a newsletter with updates from Lee County, sign up at www.leegov.com/resources/newsletters.

New Website For Agency

The Fort Myers Community Redevelopment Agency (CRA) recently launched its new website at www.fortmyerscra.com.

This newly established independent website will allow the agency to better disseminate clear community redevelopment information, control its online presence and define its offerings, marketing and messaging. Previously, the CRA had a page under the City of Fort Myers website.

"We are excited that this new site will be a direct link between the CRA and the community," said Fort Myers CRA Executive Director Michele Hylton-Terry.

The new site, which Granicus, LLC provided services for its development, includes information on the CRA, redevelopment, incentives, CRA area plans and maps, a business directory, reports, budgets, recent news and events, and the Southwest Florida Enterprise Center

Granicus, LLC provided services for the development of the new website.

Superior Interiors

The Shamrock Guide To Interior Design



by Marcia Feeney

While we're in the season of the shamrock, did you know that this three-leaf Irish symbol can also be a guide for interior design? Interior design has its "Rules of Three."

Consider them guidelines if you are rule averse.

One Rule of Three is that objects look better and are more memorable in groups of three. This can be applied to tabletop display, the use of color, placement of wall art, lighting, or even the entire layout of a room.

In honor of the Emerald Isle, though, we're going to focus on a different three-point interior design play – The Big Three of Jewel Colors: sapphire blue, ruby red and the very timely emerald green.

There are other "jewel tone" colors, of course, but in the same way these three dominate the world of precious gems, they can also make a memorable décor statement.

We interior designers are fond of reminding clients that interior design is about function and fashion. Color and accessories are to a room as jewelry is to apparel. They're the sparkle. They create the memory. They make you smile. Sometimes, they take your

breath away.

When we're putting those finishing touches on a room design, we like to step back and ask... What will make this pop? What will stop a person in their tracks? What will make this room say something special?

This can be a good time to think of those Big Three Jewel Colors. Probably using all three is overdoing it. But zero in on one to start, or a shade of one. If you prefer big washes of color instead of an all-neutral room, think emerald green, ruby red or sapphire blue.

There is another Rule of Three regarding color selection for a room. The main color should be about 60 percent. A secondary color should be about 30 percent. That leaves 10 percent for an accent color. One of those Big Three Jewel Colors could fit any part of the formula.

Accessories are another means to add jewel tones. Throw pillows are always a good start. Candlesticks can be an option. Wall art with one of the Big Three as dominant. A lampshade?

And, while we're emphasizing these three, don't forget other jewel tones when fashioning your room décor. amethyst purple, citrine yellow, silver and gold are all eye-catching options as well.

By the way, it's not only emerald that's Irish. Check out the green of Connemara marble, found only in the region of that same name. In fact, it has many shades of green. If you're not familiar, you know the drill... Google it.

We end with a toast to the shamrock for giving us some interior design pointers. Follow them and your room will make you smile like Irish eyes.

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

Choose One Toll Transponder For Local Bridges

Lee Board of County Commissioners wants to remind residents and visitors to choose one toll transponder to avoid getting double-charged. Midpoint, Cape Coral and Sanibel Causeway bridges have the all-electronic tolling systems in place.

Customers should choose one transponder and remove all others from the vehicle.

Transponders compatible with LeeWay toll plazas are: LeeWay; SunPass; E-Pass; E-ZPass; QuickPass; Peach Pass; I-Pass; and Riverlink.

Customers who are charged by multiple transponders should contact the LeeWay service center and provide documentation that verifies both transponders were charged at the same date/time in the same facility/toll lane. Once verified, a refund is usually processed within two to four weeks.

LeeWay transponders are accepted on virtually every toll road and bridge

in the state as well as those in North Carolina and Georgia serviced by Quick Pass and Peach Pass. This includes facilities run by:

Turnpike system roads (SunPass);
Central Florida Expressway Authority (E-Pass);

Miami Dade Expressway Authority (SunPass);

Tampa Hillsborough Expressway Authority. (SunPass);
North Carolina's Triangle Expressway (Quick Pass); and

Georgia State Road and Tollway Authority (PeachPass)

Lee County has used all-electronic tolling since March 2020, and it was set as the standard in October 2021. Lee County moved to all-electronic toll collection to improve traffic congestion, improve driver safety and to align with SunPass plazas elsewhere in Florida. A free LeeWay transponder is available. A minimal prepay balance is required. LeeWay has issued more than 65,000 of the free sticker transponders since the electronic toll implementation.

To sign up for a free transponder or for more information, visit www.leegov.com/tolls or call the LeeWay service center at 533-9297.*

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Frankly Speaking

by Howard Prager



Farewell, for the regular season at least, Duke Coach K. After the Blue Devils led much of the game, North Carolina came on big towards the end – only one turnover in the second half

– to beat Duke in Coach K's last home game. But he has two last games to go. The last game of the ACC Tournament, and the last game for March Madness. Tickets were crazy for this last game with the cheapest tickets going for \$5,000. Students camped out for almost a month to get tickets, and 96 basketball alum came back. With several more games to go, I really didn't feel like it was his last game, but I get it. It's for all those loyal Duke fans in and out of Cameron Arena, and Coach K. stayed classy all the way through. "I am gonna dive in with this team deeper than I was (previously) able to do," Kryzewski said. "I want it this year. I want to do a really good coaching job. Not a retirement year. To stay hungry. I have. And I will, until this is done. We've got a chance next week (in the ACC Tournament) and the following week (NCAA Tournament). When it's done, I'll be able to walk away and say, 'we did our job.' I've loved coaching.

Forty-two years ago, Tom Butters, the athletic director, took a chance on me. When he offered me the job, he said, 'It's not your job, it's your family's job.' He set the standard right away of saying, 'Whatever you're doing, include your family.' We have absolutely loved being part of the Duke family. May we see some memorable Duke games yet this year, and may Coach K go out with his head hanging high, no matter the results.

The players seem to keep doing the right things to win over fan support in the MLB lockout, although I don't think that's too hard with the way the owners and Rob Manfred, their "spokesman/commissioner," are handling things. As you probably know if you're watching this unfold, the three key issues are the competitive balance tax (more commonly known as the luxury tax for teams that are over their threshold for player salaries), the player minimum salary and how soon a player can become a free agent. To this scribe, none of this seems insurmountable. Why the owners sat on their hands 73 days before beginning negotiations is anyone's guess, and one of the frequent guesses is that the owners didn't want to pay salaries for the month of April, when baseball attendance is typically low. Will fans come back whenever everyone comes to their senses? My guess is that every day of the lockout, every day without spring training and season games, another 10,000 fans lose interest due to their disgust with the whole shenanigans. As a lifelong baseball fan, this hurts me. I was one who did

not go to a game for a couple of years after the players' strike in 1994. Because of you, my readers, I won't boycott the game, but I'm not happy.

Need a laugh? Here's something I saw online in *People Magazine*. "Shortstop Dansby Swanson and outfielder Joc Pederson have found temporary new jobs amid the ongoing Major League Baseball lockout. The two players from the World Champion Atlanta Braves took in a shift at a Papa Johns in Marietta, Georgia on Friday, making pizzas and folding boxes for hungry customers as two of the chain's first "Pre-Season Pizza Pros." Papa Johns had sent out the call for players willing to take on the position, tweeting out a video about the gig: "Are you a pro ball player with too much free time during a prolonged off season? If your team isn't doing much lately, why not join ours?" Pederson, 29, quickly tweeted back saying, "Let me shoot my shot," while Swanson, 28, wrote, "Time to update my resume." Both later shared their own video applications, Pederson showing off his speed delivering pizzas, and Swanson doing his research by working his way through some Papa Johns' pies. "I guess if I'm not going to

be at home plate, might as well fill up my home plate," Swanson teased.

The latest action from the MLB Players Association is the good news story this week from Yahoo Sports. MLBPA has created a \$1M fund for all stadium workers, from ticket takers to parking attendants and vendors, the most forgotten people hurt by this lockout. "The fund will be controlled by the union and the AFL-CIO. The funds will be distributed to stadium workers and other staff members who "face financial hardship through no fault of their own" given the owners' lockout, according to the memo. The funds will be distributed to stadium workers and staff, including concession crews, electricians, janitors, ushers, security and transportation staff in addition to its broadcast crews." Because lockouts and cancelling games hurts more than just the players. Thanks for remembering those that count on the game for a living.

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

Recreational Fishing Open For Certain Species

The following species reopened to recreational harvest on March 1:
Gray triggerfish – If you plan to fish for gray triggerfish in state or federal waters from a private recreational vessel, you must sign up as a state reef fish angler (annual renewal is required). To learn more, visit www.myfwc.com/marine and click on Recreational Regulations and State Reef Fish Survey under Reef Fish.

Spotted seatrout – reopens in the Western Panhandle Management Region, which includes all state and federal waters from Escambia County through the portion of Gulf County west of 85 degrees.

Snook – reopens in some gulf waters, including Escambia County through State

Road 64 in Manatee County, and waters south of Gordon Pass in Collier County through Monroe County (also includes Everglades National Park). Snook remains catch-and-release only in state waters from State Road 64 in Manatee County south through Gordon Pass in Collier County through August 31.

For more information about recreational fishing regulations, visit www.myfwc.com/marine.

Bird Walks

The Sanibel-Captiva Audubon Society is offering bird walks in March at 8 a.m. They will be held:
March 12, Wildlife Drive at JN "Ding" Darling National Wildlife Refuge
March 19, Bailey Tract
March 26, Wildlife Drive at JN "Ding" Darling National Wildlife Refuge
Visit www.san-capaudubon.org for more information, including directions to each site.

SPORTS QUIZ

1. On Sept. 1, 1971, what team fielded the first starting nine made up entirely of Black and Latino players in Major League Baseball history?
2. What Hawaiian fullback played college football at the University of Utah before his NFL career with the Pittsburgh Steelers (1998-2002) and Jacksonville Jaguars (2003-04)?
3. What Argentine golfer signed an incorrect scorecard and effectively handed the victory to Bob Goalby at the 1968 Masters Tournament?
4. Alois Lutz (1898-1918) of Austria is known for his pioneering contribution to what sport?
5. What member of the National Jewish Sports Hall of Fame was forced to box in a Nazi concentration camp during World War II and had a pro boxing career in the U.S. from 1948-49?
6. What motorsports event, first held in 1964, traditionally takes place in Eagle River, Wisconsin, on the third weekend in January?
7. What combat sport, originating in Russia in the 1920s, is an acronym for "samozashchita bez oruzhiya," meaning "self-defense without weapons"?

ANSWERS

1. The Pittsburgh Pirates. 2. Chris Fumamatu-Mafafala. 3. Roberto De Vicenzo. 4. Figure skating. 5. Harry Haft. 6. The World Championship Snowmobile Derby. 7. SAMBO.

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Doctor and Dietician

Power of the Saltwater Pool



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

We absolutely love our saltwater pool. It is one of those things that you are unaware of until you experience it. When our home burned down, including the pool equipment, and damage occurred to our pool, we had to replace it and we chose to go with saltwater and boy are we glad we did. First and foremost, saltwater pools are just plain relaxing. The feel of the water on your skin is

calming and exhilarating at the same time. Having experienced a number of sports-related injuries, we can tell you that there is nothing that feels better than immersing yourself in a saltwater pool.

Saltwater swimming offers health benefits and is perfect for those who are looking for exercise that is easy on the joints, as water supports up to 90 percent of the body weight. Thus, if you are battling an injury, arthritis, or mobility issues – get in the pool. Pain is minimized on the joints, recovery is accelerated and mobility is improved. It will feel so good once you get in there.

Saltwater is actually good for the skin. We all remember those pools of our youth that left our skin dry and itchy after swimming. Studies have shown that saltwater can help heal skin issues and acts as a natural exfoliant. If you do not have a saltwater pool, the Gulf of Mexico is certainly available too, but contains a lot more salt.

Pool activities help burn calories, improve mobility and increase strength. Obviously, simple swimming is a wonderful exercise, is easy on the joints, burns fat and tones your muscles. If you are just getting back to swimming, swim a length or two, take

a break, then swim another one or two. Build up to being able to swim with minimal breaks. You may say, “I can’t do the breathing!” One great invention is the swim snorkel. You can get one on Amazon or other swimming websites like www.swimoutlet.com. The swim snorkel allows you to focus on your stroke without having to concentrate on turning your head to breathe. It helps you relax in the water and hold the proper body position to improve your stroke. We have used these regularly to help our strokes, as well as when dealing with neck issues.

Another simple pool exercise is plain old pool walking. You can achieve a good cardio workout as well as burn calories and build muscle strength, all the while keeping it low impact. The extra resistance in the water will help you do things that you may not be able to when you are on land. It is gentler on the bones and joints, and a great exercise for those with arthritis, osteoporosis, those recovering from injuries (or prolotherapy treatments) as well as for people who are unable to put too much pressure on the body (such as pregnant women).

If water walking seems easy for you, try adding some wrist or ankle weights

or hand webs or resistance gloves, and try using some foam dumbbells to create some resistance. It is key to have proper form while pool walking. Keep your core upright and engaged, walk with a long stride and swing your arms just as you would while walking on land. You can add high knees, walking lunges, sideways walking and even start jogging. The possibilities are endless.

Add some bicycles and core workouts. Hold onto the side of the pool and rest your elbows on the side of the pool and use your legs to pedal. Flip over and do some aggressive pool kicks. 30 seconds of fast kicking can really get the heart rate up and strengthen the core.

Remember to stay hydrated even while exercising in the pool. One of the greatest benefits of pool exercising is the cooling effect of the water – especially as we approach the hotter months in Southwest Florida.

*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

Secrets Of A Supplement Seller



by Suzy
Cohen, RPh

Dear Readers:
Today, I was reminded about the special FDA regulations required for dietary supplements. It occurred when an Amazon

representative called me to tell me that one word describing my sleep formula implied it was for a disease. That word was “aid” as in the term “sleep aid” which was on the description page. That wording implies it treats the disease of “insomnia.” In the USA, supplements are not allowed to state such things. So my product was deleted for several days until I reworded the description.

According to FDA regulations and policies, food and dietary supplements are only allowed to make structure or function claims. Health claims are no longer allowed but they used to be. The regulations changed under someone’s administration a long time ago, and then one day, it suddenly became ‘illegal’ to make a disease claim for a supplement. No one goes to jail, but they may get a warning letter, fined if you don’t oblige them, or potentially shut down.

The FDA’s job is to “approve” a drug for a specific indication. The

FDA works for pharmaceutical companies, and evaluates clinical trials for medications, not for dietary supplements.

From now on, consider how supplement makers have to talk to you. It’s only with structure/function claims. If they claim their product treats a disease, that tells you they don’t know what they’re doing, or they’re intentionally trying to luff up their product to make a sale. Good supplement sellers know how to talk in code. Here are some examples:

1. These pills relieve the pain of osteoarthritis and tendonitis – That statement is bad because “arthritis” is a disease name and only drugs treat it. If a drug like Celebrex makes this claim, it’s totally okay because their medication is effective for those diseases, and the clinical trials prove it. But someone selling their herbal cannot say it. (Supplement sellers would say their product “supports healthy joints, cartilage and tendons.”)

2. Vitamin D can help with respiratory infections or Hashimoto’s thyroiditis – Bad. Very bad. Unless, of course, you are trying to sell a drug for those disorders. (We can say “Vitamin D supports healthy immune function or strong bones and teeth.”)

3. Such and such pills are for diabetes – Nope. Diabetes is a disease and as such only drugs like metformin or insulin can help it. But a supplement formula – no matter how good it is – could never make that claim. (We’d state that our formula “supports a healthy pancreas” hoping you get it.)

See how it works now?

Makers are muzzled. It’s supposedly for your protection but, in my opinion,

it can confuse you and cause you to take supplements that won’t help and might hurt... because you don’t know what it’s really intended for.

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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 Edison Porcelain Artists 415-2484
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 FM UDC Chapter 2614 728-3743
 Friendship Force Of SW FL 561-9164
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 Lee County Genealogical Society 549-9625
 Lee Trust for Historic Preservation 939-7278
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 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
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 Iona-McGregor 482-0869
 Lions Club Fort Myers Beach 463-9738
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 Bailey-Matthews National Shell Museum 395-2233
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 Skatium 321-7510
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 Southwest Florida Museum of History 321-7430
 True Tours 945-0405

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

PUZZLES

Answers on page 23

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!



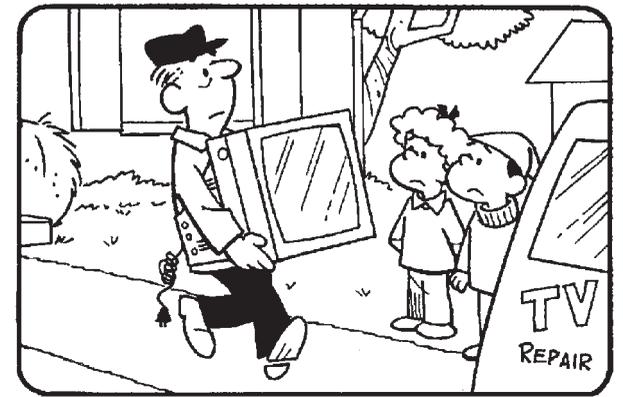
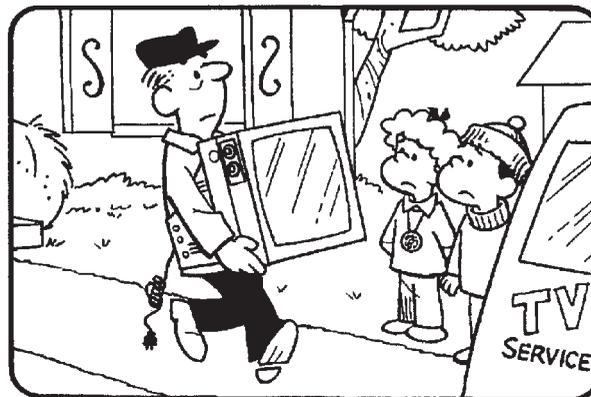
"I'm losing weight, but I'm so cranky
 I'm also losing _____."

Hole _____
ARRECT _____
 Annual _____
CINDERS _____
 Assign _____
FREER _____
 Regard _____
ETONIC _____

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.

Differences: 1. Scrolls are missing. 2. Controls are missing. 3. Cord is shorter. 4. Locket is missing. 5. Cap is different. 6. Word is different.

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

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

DO YOU AT THE W?

- ACROSS**
- 1 Make sarcastic remarks
 - 8 It was stormed in the French Revolution
 - 16 Petri dish gel
 - 20 Never-dying
 - 21 Volcanic glass
 - 22 Move, in real estate
 - 23 Something the "Eat It" singer's parents did?
 - 25 Sig Chi, say
 - 26 Letters on an ambulance
 - 27 Tacit assents
 - 28 Big Apple ball team, on scoreboards
 - 30 From — Z
 - 31 Grieves over
 - 35 Container for a picnic beside Bonn's river?
 - 40 Salamis, e.g.
 - 42 2016 Disney film set in Polynesia
 - 43 Unclad art class models
 - 44 Meticulous barracks examination not using the left hand?
 - 48 French for "enough"
 - 49 Corpulent
 - 50 — culpa
 - 51 10th mo.
 - 54 Work for Consumer Reports for many years?
 - 63 Attending college, e.g.
 - 68 "Today — man"
 - 69 Short preview
 - 70 "— life!"
 - 71 Train passengers' noisy crying?
 - 75 1990s attorney general
 - 76 San Luis —
 - 78 Disposition
 - 79 They have crisp, edible pods
 - 81 Instruction sheets on how to lull babies to sleep?
 - 85 Corrida cry
 - 86 Needle-nosed fish
 - 87 Old nuclear regulatory agcy.
 - 89 Some Apples
 - 94 Scoundrel below a spanning structure?
 - 103 Divided Asian land
 - 104 1980s attorney general
 - 105 Like some fans and eels
 - 106 Group of commandos from which to choose?
 - 109 Reached by car
 - 110 Year, to Rosa
 - 111 E-chuckle
 - 112 Borscht, e.g.
 - 113 Little devil
 - 116 Lawn vermin
 - 118 "This road furrow was not fully repaired"?
 - 126 Scrapes (out)
 - 127 1990s GM car model
 - 128 Soccer star Cristiano —
 - 129 Siesta, e.g.
 - 130 Tense state
 - 131 Features of joyless faces
 - 8 Hopalong Cassidy actor and others
 - 9 French mutiny cry
 - 10 Tax ID
 - 11 "— ToK" (#1 Keshha hit)
 - 12 Wedding vow
 - 13 Actress Tyler
 - 14 Singer Frankie
 - 15 Multivolume ref., often
 - 16 Dog's cry
 - 17 Rivera of TV
 - 18 Support group for adolescents
 - 19 Turbine parts
 - 24 A great many
 - 29 Filmmaker's patchwork
 - 32 Arthur with a racket
 - 33 Passover bread
 - 34 It has a yolk
 - 35 King, in Paris
 - 36 Sci-fi's Solo
 - 37 Outs' partner
 - 38 Siesta, e.g.
 - 39 Yes, in Paris
 - 40 Span. lady
 - 41 "— for Alibi"
 - 42 Prefix with carpal
 - 45 Not the std. spelling
 - 46 Broody music genre
 - 47 Part of CIA
 - 52 Rings around the sun
 - 53 Up — point
 - 55 Squiggle over an "n"
 - 56 — de toilette
 - 57 Diplomatic official: Abbr.
 - 58 Testing sites
 - 59 Rain delay cover-up
 - 60 "It's all clear"
 - 61 Suvari of film
 - 62 Lovers' god
 - 63 Helper for Frankenstein
 - 64 Mount where Moses died
 - 65 Clic — (Bic pen brand)
 - 66 Beer barrel
 - 67 Not at all stiff
 - 72 Mauna —
 - 73 Jazz genre
 - 74 Musician Brian
 - 77 Laura Ingalls' hair feature
 - 80 "Boys Don't Cry" director Kimberly
 - 82 Dog's threat
 - 83 Not common
 - 84 Tennis unit
 - 88 Angelic being
 - 90 Pol Romney
 - 91 With skill
 - 92 Some film FX
 - 93 Min. fraction
 - 94 Virginia city
 - 95 Baltimore baseballers
 - 96 "The Ref" director Demme
 - 97 "Stee-rike!" caller
 - 98 Lead-in to colonial
 - 99 "— volente" ("God willing")
 - 100 Subj. for U.S. citizens-to-be
 - 101 Pair fleeing to wed
 - 102 Grandma on "Roseanne"
 - 103 Cosmo on "Seinfeld"
 - 107 Oslo's nation, to its natives
 - 108 Pasted
 - 109 Extinct birds
 - 112 Some 35mm cameras
 - 114 Early Persian
 - 115 Old hands
 - 117 N.Y. hours
 - 119 Dress fancily, with "out"
 - 120 901, in old Rome
 - 121 Prefix for a vintner
 - 122 Sporty truck, in brief
 - 123 — constrictor
 - 124 Call a halt to
 - 125 Lead-in to "kwon do" or "Bo"

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
20							21								22				
23							24								25				
26						27							28	29		30			
		31	32	33	34				35	36	37	38				39			
40	41								42						43				
44									45				46	47					
48							49						50						
				51	52	53		54		55	56	57	58			59	60	61	62
63	64	65	66				67			68				69					
70					71			72	73				74			75			
76				77			78						79			80			
81							82				83	84		85					
				86						87		88		89	90	91	92	93	
	94	95	96				97	98	99	100				101	102				
103							104						105						
106						107	108						109						
110				111									112				113	114	115
116				117											123	124	125		
126															128				
129															131				

King Crossword

ACROSS

- 1 Offend
- 5 Vegas lead-in
- 8 Biting remark
- 12 Jacob's twin
- 13 Antlered animal
- 14 Latin love
- 15 Printout
- 17 Earring site
- 18 Roscoe
- 19 More slothful
- 21 Filled fully
- 24 — colada
- 25 Cupid's alias
- 26 Street vendor's vehicle
- 30 Sawbuck
- 31 Attorney's load
- 32 Bee follower
- 33 Barber's offerings
- 35 Panache
- 36 Aachen article
- 37 Utter impulsively
- 38 Architectural style
- 41 Hero sandwich
- 42 Actress Perlman
- 43 Ski lodge cupful
- 48 "A Room of — Own"
- 49 Prior night
- 50 Not so hot?
- 8 French novelist
- 9 Mine, to Marcel
- 10 Judicial garb
- 11 Rabbit's title
- 16 Cow's chaw
- 20 &&&&
- 21 Actor Rogen
- 22 Location
- 23 Singer Braxton
- 24 Stickum
- 26 Hindquarters
- 27 Rights advocacy org.
- 28 Bring up
- 29 Bivouac shelter
- 31 Roman 202
- 34 Go over again
- 35 Macaroni shapes
- 37 Tampa Bay NFLer
- 38 Pirate's drink
- 39 "It can't be!"
- 40 Golf props
- 41 Dance move
- 44 Eggs
- 45 Cornfield noise
- 46 Mouths (Lat.)
- 47 Music booster

DOWN

- 1 "I'm not impressed"
- 2 "This — recording"
- 3 Distant
- 4 Fakes, as figures
- 5 Author Uris
- 6 Jungfrau, for one
- 7 Urban silhouettes

1	2	3	4	5	6	7	8	9	10	11		
12				13					14			
15				16					17			
			18			19	20					
21	22	23			24							
25				26					27	28	29	
30				31					32			
33			34						35			
			36					37				
38	39	40				41						
42					43	44				45	46	47
48					49				50			
51					52				53			

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

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

- | | | | |
|------------|------------|-------------|-------------|
| Air filter | Coolant | Lamps | Shocks |
| Battery | Fuses | Lubrication | Tire change |
| Belts | Headlights | Oil change | Tuneup |
| Brakes | Hoses | Oil filter | |



Taco Stuffed Bell Peppers

photo courtesy Fresh From Florida



Taco Stuffed Bell Peppers

- 3 large bell peppers (your favorite color), halved lengthwise, seeds removed
- 1 pound lean ground beef
- 2 cups tomatoes, diced
- 1 cup zucchini, diced small
- 1 cup squash, diced small
- 1 cup onion, chopped
- 1 tablespoon garlic, minced
- 1 lime, juiced
- 1 teaspoon oregano
- 1 teaspoon onion powder
- 1 teaspoon smoked paprika
- 1 teaspoon chipotle chili powder
- 1 tablespoon chili powder
- 2 cups Colby jack cheese, shredded (or your favorite)
- Olive oil, for cooking
- Various toppings, such as tortilla chips,

sour cream, and cilantro
 Sea salt and fresh ground pepper, to taste
 Preheat a large sauté pan over medium-high heat. Preheat oven to 375 degrees. Add olive oil to preheated sauté pan. Add chopped onion to the pan and cook until translucent. Add garlic and ground beef to the cooking onions. Brown ground beef and drain any excess fat. Add the lime juice, dry spices, tomatoes, zucchini, and squash; stir to combine. Remove from heat and let cool slightly. Add about half of the cheese to the beef mixture and stir to combine. Evenly stuff each pepper half with the beef mixture. Top each stuffed pepper with the rest of the cheese. Place stuffed peppers on a cookie sheet and bake in preheated oven for 15 to 20 minutes. Remove from oven and let cool slightly. Serve warm with chips, salsa, and sour cream.
 Fresh tip: if you want your peppers to be softer place them in simmering water for 5 minutes or place in preheated oven, unstuffed, for 5-10 minutes before filling.*

PETS OF THE WEEK



Flower ID# A904975

photos provided

Lee County Domestic Animal Services

Flower And Tyson

Hello, my name is Flower. I am a gray 6-year-old male pit bull. This beautiful girl loves a nice, fresh tennis ball... or an old, well-worn tennis ball. It really doesn't matter to me. The one thing that would improve my tennis ball experience, however, is a forever home to enjoy them in. Whether you have a backyard for me to run in or like to go to the dog park, I will keep you entertained and fit.
 My adoption fee is \$25.
 Hi, I'm Tyson. I am a white 22-year-old male short-haired rabbit. I am a big boy looking to hop into your home and your heart. I resemble the Cadbury bunny and am just as sweet as candy. I have a curious personality that seeks attention



Tyson ID# A910468

and entertainment.
 My adoption fee is \$5.
 This month, Animal Services is celebrating Deputy Chance, a Lee County Sheriff's Office member and a formerly abused and abandoned dog deputized by Sheriff Carmine Marceno. Deputy Chance is proof of how giving shelter pets a new "leash" on life can be rewarding.
 Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.*

**My Stars ★★★★★
 FOR WEEK OF MARCH 7, 2022**

- Aries** (March 21 to April 19) This is a good time to reassess important relationships, both personal and professional, to see where problems might exist and how they can be overcome. Keep communication lines open.
- Taurus** (April 20 to May 20) It's not easy to bring order to a chaotic situation, whether it's in the workplace or at home. But if anyone can do it, you can. A pleasant surprise awaits you by week's end.
- Gemini** (May 21 to June 20) Be careful that you don't make an upcoming decision solely on the word of those who might have their own reasons for wanting you to act as they suggest. Check things out for yourself.
- Cancer** (June 21 to July 22) A personal relationship that seems to be going nowhere could be restarted once you know why it stalled. An honest discussion could result in some surprising revelations.
- Leo** (July 23 to August 22) That unexpected attack of self-doubt could be a way of warning yourself to go

- slow before making a career-changing decision. Take more time to do a closer study of the facts.
- Virgo** (August 23 to September 22) A workplace problem needs your attention now, before it deteriorates to a point beyond repair. A trusted third party could be helpful in closing the gaps that have opened.
- Libra** (September 23 to October 22) A recent family situation could give rise to a new problem. Keep an open mind and avoid making judgments about anyone's motives until all the facts are in.
- Scorpio** (October 23 to November 21) Rely on your always-sharp intuition to alert you to potential problems with someone's attempt to explain away the circumstances behind a puzzling incident.
- Sagittarius** (November 22 to December 21) Although you still need to do some snipping of those lingering loose ends from a past project, you can begin moving on to something else.
- Capricorn** (December 22 to January 19) With your self-confidence levels rising, you should feel quite comfortable with agreeing to take on a possibly troublesome, but potentially

- well-rewarded, situation.
- Aquarius** (January 20 to February 18) Travel is favored, both for business and for fun. The end of the week brings news about an upcoming project that could lead toward that promised career change.
- Pisces** (February 19 to March 20) You might feel suddenly overwhelmed by a flood of responsibilities. But if you deal with each one in its turn, you'll soon be able to hold your head above water and move on.
- Born This Week:** You have a wonderful way of offering comfort as well as guidance. You would do well in the healing arts.

MOMENTS IN TIME

- On March 17, 1601, the first parade honoring the Catholic feast day of St. Patrick, the patron saint of Ireland, is held in what is now St. Augustine, Florida. The first St. Patrick's Day parade in New York City was held in 1762.
- On March 20, 1823, Ned Buntline, the "dime millionaire" and discoverer of Buffalo Bill, is born. More than any single writer, Buntline was responsible for creating a romanticized and

- misleading image of the American West. He once said, "I found that to make a living I must write 'trash' for the masses."
- On March 18, 1852, in New York City, Henry Wells and William G. Fargo join with other investors to launch their namesake business. In July 1852, their company Wells Fargo shipped its first loads of freight from the East Coast to mining camps in northern California.
- On March 15, 1901, paintings by the late Dutch painter Vincent van Gogh are shown in Paris, causing a sensation across the art world. Van Gogh had died by suicide, and in his lifetime he had sold only one painting.
- On March 19, 1916, eight Curtiss Jenny planes of the First Aero Squadron take off from Columbus, New Mexico, in the first combat air mission in U.S. history. They flew in support of the 7,000 U.S. troops who invaded Mexico to capture revolutionary leader Pancho Villa.
- On March 16, 1945, the west Pacific volcanic island of Iwo Jima is declared secured by the U.S. military after weeks of fierce fighting. More than 6,000 Marines died fighting for the

continued on page 22

 FRIDAY Cloudy High: 76 Low: 68	 SATURDAY Few Showers High: 72 Low: 66	 SUNDAY Sunny High: 71 Low: 63	 MONDAY Sunny High: 69 Low: 64	 TUESDAY Sunny High: 68 Low: 61	 WEDNESDAY Sunny High: 72 Low: 66	 THURSDAY Partly Cloudy High: 74 Low: 65
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Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	6:22 pm	2:20 am	None	None	Fri	5:27 pm	2:22 am	None	None	Fri	6:01 pm	2:15 am	None	None	Fri	8:32 pm	5:36 am	None	None
Sat	8:00 pm	3:30 am	None	None	Sat	7:05 pm	3:32 am	None	None	Sat	8:31 pm	3:17 am	None	None	Sat	10:10 pm	6:46 am	None	None
Sun	1:53 pm	5:24 am	10:25 pm	4:08 pm	Sun	12:58 pm	5:26 am	9:30 pm	4:10 pm	Sun	1:25 pm	5:14 am	10:45 pm	4:30 pm	Sun	4:03 pm	8:40 am	None	7:24 pm
Mon	1:53 pm	6:07 am	11:27 pm	5:13 pm	Mon	12:58 pm	6:09 am	10:32 pm	5:15 pm	Mon	12:47 pm	6:01 am	11:41 pm	5:31 pm	Mon	12:35 am	9:23 am	4:03 pm	8:29 pm
Tue	1:58 pm	6:42 am	None	5:59 pm	Tue	1:03 pm	6:44 am	11:22 pm	6:01 pm	Tue	1:04 pm	6:40 am	None	6:22 pm	Tue	1:37 am	9:58 am	4:08 pm	9:15 pm
Wed	12:17 am	7:11 am	2:03 pm	6:39 pm	Wed	1:08 pm	7:13 am	None	6:41 pm	Wed	12:22 am	7:14 am	1:27 pm	7:04 pm	Wed	2:27 am	10:27 am	4:13 pm	9:55 pm
Thu	1:02 am	7:37 am	2:10 pm	7:18 pm	Thu	12:07 am	7:39 am	1:15 pm	7:20 pm	Thu	12:58 am	7:45 am	1:49 pm	7:45 pm	Thu	3:12 am	10:53 am	4:20 pm	10:34 pm

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Financial Aid Tip

Students looking for money to help pay for technical training or college classes should take advantage of free online scholarship searches, according to the Kentucky Higher Education Assistance Authority (KHEAA). With those resources, many students can find help to fund their education.

A good place to start is a national database provided by the U.S. Department of Labor at www.careeronestop.com. The link to the Scholarship Finder is under the Toolkit tab. Make sure you read the terms of use. Also, some sites will require you to opt out of receiving future promotional emails from colleges and their advertisers.

For more information, visit www.kheaa.com.

From page 20

Moments In Time

island, along with almost all the 21,000 Japanese defenders

• On March 14, 1950, the FBI institutes the “Ten Most Wanted Fugitives” list. Since its debut, hundreds of criminals on the list have been apprehended or located, many as a result of tips from the public.

NOW HERE'S A TIP

• Sometimes, despite the cold weather outside, we're still looking for an icy treat inside. In my family's dessert experiments, we've come up with some doozies, but here's one you may not have tried: If you put popsicles in the blender, the creamy result tastes just like yummy sherbet. – JoAnn

• If your lunchbox could be fresher, here's a tip from SW in Texas: Spray a piece of bread with vinegar and zip it up in your lunchbox overnight to clear out smells.

• “You don't need to buy a special brush to get at high ceilings and skylights: Simply cover a broom with a pillowcase to clean cobwebs off the ceiling. To clean a skylight, cover a mop with a double layer of paper towels or newspaper, and secure with clips. Spray the paper with window cleaner and heft it up!” – ME in Arkansas

• “Here are two more uses for orange peels: Remove all labels and hard parts of the peels. Toss orange peels in a quart Mason jar. When full, fill with vinegar and set in warm place for two weeks. Strain into spray bottle, then discard peels. Makes an excellent disinfectant and ant killer. Or, dry orange peels. When crisp-dry, break into pieces and toss in a blender, then blend to a powder. Put in airtight container to

sprinkle on fruit salads or use for orange zest.” – BC in New Hampshire

• Pinprick hole in your rubber glove? Put the glove on and paint the hole with nail polish. It'll seal up a small hole, making the glove usable again.

STRANGE BUT TRUE

• The movie *The Godfather* does not contain the words “mafia” or “la cosa nostra” because of a deal struck between the producer and the mafia.

• Limping became a fad in Victorian England when young women admired the genuine limp of Alexandra of Denmark, bride of the Prince of Wales, and went around fake limping (the “Alexandra Limp.”). Shopkeepers even sold pairs of shoes with one high and one low heel!

• The stick – as in a small tree branch – was inducted into the U.S. National Toy Hall of Fame in 2008.

• In 1858, a brawl involving 50 congressmen broke out on the U.S. House floor. It ended when someone knocked off a man's wig, which was then accidentally put on backwards, causing both sides to laugh and stop fighting.

• God and Jesus are the only characters in *The Simpsons* to have five fingers on each hand and five toes on each foot.

• New Zealand is not part of any of the world's seven recognized continents but is instead situated upon the submerged continent of Zealandia.

• Former NASCAR driver Dick Trickle drilled a hole in the front of his safety helmet and installed cigarette lighters in his race cars so that he could smoke while racing. NASCAR permitted it during race caution periods.

• A startup company called Juicero lost \$120 million of investor money after customers realized the contents they put in their \$700 juicing machine, which squeezed bags of pre-sliced vegetables into juice, could actually be squeezed faster by hand.

• In South Korea, children under 17 are banned from playing online games past midnight, which is monitored by their KSSN (Korean Social Security Number).

THOUGHT FOR THE DAY

“To dare is to lose one's footing momentarily. To not dare is to lose oneself.” – Soren Kierkegaard

TRIVIA TEST

- Geography:** How many countries are also cities?
- Movies:** Which character was the first princess in a Disney movie?
- Weather:** What kind of cloud

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produces rain, thunder and lightning?

4. **Literature:** What were the names of the four daughters in *Little Women*?

5. **Psychology:** What fear is represented by the condition called "ablutophobia"?

6. **Anatomy:** What are the gaps between nerve cells called?

7. **Television:** Which long-running, daytime soap opera is set in Port Charles, New York?

8. **Language:** What does the Latin phrase "non compos mentis" mean in English?

9. **U.S. Presidents:** Which president introduced the Social Security program?

10. **Animal Kingdom:** What is a young llama called?

TRIVIA ANSWERS

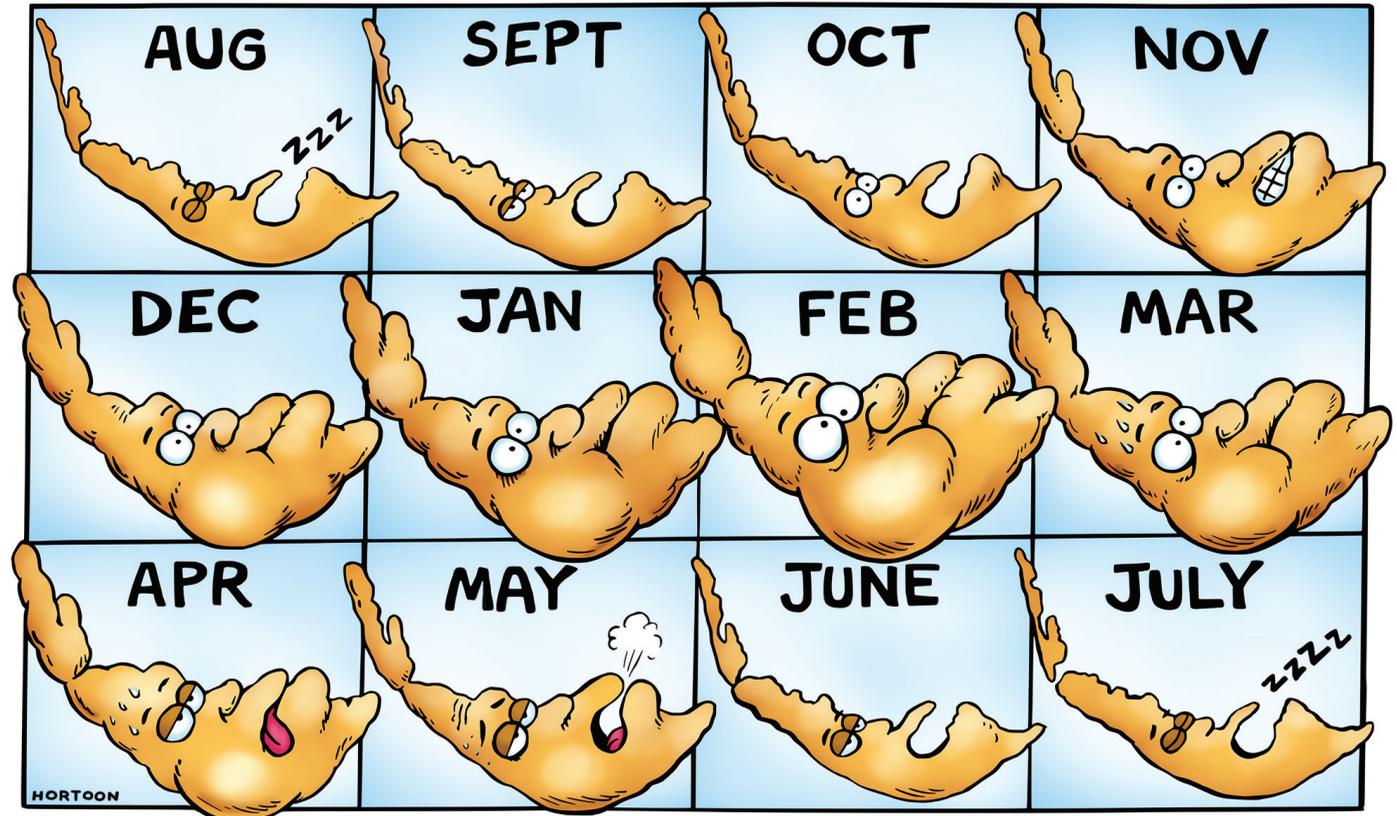
1. Three: the city/states of Vatican City, Monaco and Singapore
2. Snow White
3. Cumulonimbus
4. Meg, Jo, Beth and Amy
5. Fear of bathing
6. Synapses
7. *General Hospital*
8. Not of sound mind
9. Franklin Roosevelt
10. A cria

SCRAMBLERS ANSWER

1. Crater
2. Rescind
3. Refer;
4. Notice

Today's Word
FRIENDS

HORTOONS



SANIBEL-CAPTIVA'S SEASONAL CONGESTION

PUZZLE ANSWERS

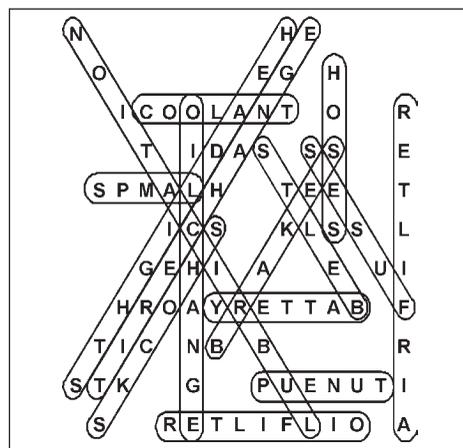
SUPER CROSSWORD

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KING CROSSWORD

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Captiva Beach	Captiva	2018	4,122	\$7,500,000	\$7,300,000	13
Estero Park	Fort Myers Beach	2017	4,572	\$6,600,000	\$6,100,000	71
Murano	Miromar Lakes	2013	4,621	\$3,950,000	\$3,950,000	1
Metes And Bounds	Captiva	1978	2,529	\$3,495,000	\$3,500,000	1
Fa Lanes Bayview	Captiva	1999	2,636	\$3,495,000	\$3,495,000	0
Cape Harbour	Cape Coral	2008	7,925	\$3,150,000	\$3,150,000	229
The Dunes Sanibel Island	Sanibel	2016	4,121	\$2,995,000	\$2,995,000	1
Bonita Beach	Bonita Springs	2013	2,700	\$2,495,000	\$2,875,000	3
Matlacha Shores	Matlacha	2019	3,641	\$2,500,000	\$2,550,000	3
Matlacha	Matlacha	1995	4,021	\$2,390,000	\$2,450,000	5

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