



# THE RIVER WEEKLY NEWS

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Vol. 21, No. 12

From the Beaches to the River District downtown Fort Myers

MARCH 18, 2022

## All Florida Juried Exhibit Winners

Three artists from more than 600 participants were awarded for their pieces in the 36th annual All Florida Juried Exhibit at the Alliance for the Arts recently. The winning artwork was among 62 pieces unveiled to the public by juror Dr. KC Williams during an opening reception on March 4.

Hilda Champion was awarded \$1,000 and first place for her *Into the Maze* photography work. "Gorgeous composition and use of color photography with the stark field of water, plus super smart to print it on a large scale," said Williams about the work. "The way that heightens the experience of the small boater versus the huge field of water was a very smart choice. The artist was really thinking about how to make it not just another photograph but a truly composed work of art."

Martha de la Cruz received a \$250 Golden Colors gift certificate and second place for her *Permutations of Power* sculpture. Williams said the piece has a great mix of fine art and sculptural presence.

Hernan Brito Pena was rewarded \$100 and third place for her *Memories* canvas painting, and Kathy Summer was presented the Juror's Choice Award for her work *Wuhan Virus*.

Exhibiting artists included Misao Adachi, Hernan



*Into the Maze* by Hilda Champion image provided

Brito Pena, Andy Brunhammer, Hilda Champion, Carol Coates, Joanna Coke, Nargiza Dadabaeva, Martha de la Cruz, Gabriele DiTota, Tod Drucker, Dana Enders,

Kathryn Erickson, Becky Franco, Ron Garratt, Muffy Clark Gill, Arlet Gomez, Lisa Green, Mikhail Gubin, Stephen Hayford, Kristin Herzog, Sarah Hull, Linda Hunsaker, John Hutson, Carol Imes-Luscombe, Aimee Jones, Shawn Dell Joyce, Ameena Khan, Mary Kay Klein, Mary Klunk, Raymond Locke, Mär Martinez, Alexandra McCurdy, Lois McDougall, Allan Mestel, Katrina Parker, Devora Perez, Gregory Presley, Galal Ramadan, Barbara Redondo, Carol Rosenberg, Cheryl Sattler, Margaret Schnebly Hodge, Leah Schneider, Joel Shapses, Barbara Sheehan, Dale Smith, Jim Smith, Lauren Sopourn, Kathy Summer, Barbara Sykes, Khaysie Tiburcio, Addison Wolff, Peter Zell and Amanda Zirzow.

The exhibit, which will continue through Saturday, March 26, features the work of prominent and emerging Florida artists. Admission to the gallery is free, but a \$5 suggested donation helps keep Alliance programming accessible and affordable.

Williams is a visual arts professional with over 20 years of experience in the art world. She is the gallery director for the Mattie Kelly Arts Center Galleries in Niceville, Florida.

The 36th annual All Florida Exhibition is sponsored by Golden Paints, *American Art Collector* and *International Artist*.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, call 939-2787 or visit the website at [www.artinlee.org](http://www.artinlee.org).



From left, Stacey Stauffer, John Matusicky and Carolyn England photo provided

## Complicated Relationships Push Boundaries

by Di Saggau

**T**he *Tale of The Allergist's Wife* by Charles Busch focuses on what a difference an old friend makes when she invades a marriage. The play, now showing at New Phoenix Theatre, is a comedy with adult language and situations. It mainly revolves around Marjorie (Stacey

Stauffer), wife of Ira (John Matusicky), her well-meaning allergist husband. Marjorie is depressed, spending her days and nights pursuing culture at various museums and theaters. Her goal is to improve her mind and soul so she won't end up being mediocre. In a Disney store, she has an emotional moment resulting in considerable breakage of porcelain Disney characters that keep dropping through her hands. This leads her to shelter at home in their handsomely furnished \$900,000 condominium.

The play opens with Marjorie curled up

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## Bluegrass Music Series Continues Downtown

**A**s part of its 2022 Bluegrass Music Series, the Sidney and Berne Davis Art Center will present the finesse of singer, songwriter and multi-instrumentalist Sierra Hull on Saturday, March 26. Doors open at 6:30 p.m., and the performance begins at 7:30 p.m.

In her first 25 years alone, Hull hit more milestones than many musicians accomplish in a lifetime. After making her Grand Ole Opry debut at the age of 10, the Tennessee-bred virtuoso mandolinist played Carnegie Hall at age 12, then landed a deal with Rounder Records just a year later. Now 28 years old, Hull is set to deliver her fourth full-length album for Rounder called *25 Trips*.

Revealing her profound warmth as a storyteller, *25 Trips* finds Hull shedding light on the beauty and chaos, and sometimes sorrow, of growing up and getting older. To that end, the album's title nods to a particularly momentous year of her life, including her marriage to fellow bluegrass musician Justin Moses and the release of her widely acclaimed album *Weighted Mind* – a Béla Fleck-produced effort nominated for Best Folk Album at the 2017 Grammy Awards.

Hull has also played at the White House and the Kennedy Center, and has traveled around the world sharing her music. Berklee College of Music gave her the Presidential Scholarship – the school's



Sierra Hull photo provided

most prestigious award and a first for a bluegrass musician. She's already earned considerable respect in the bluegrass world.

As a player, a singer and a songwriter, Hull has remarkable range, the potential to win over ears unfamiliar with Bill Monroe, who created the bluegrass music genre.

Tickets are \$45 in advance and \$50 at the door. The concert is underwritten by Pamela Templeton.

The final 2022 Bluegrass Music Series concert will feature the Vickie Vaughn

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Historic Downtown Fort Myers, Then And Now:

# WF Wilson Wholesale Produce

by Gerri Reaves, PhD



This 1938 film still of WF Wilson Wholesale Produce captures a busy scene on Anderson Avenue (today's MLK Jr. Boulevard) at the southwest corner at Hendry.

Note the prominent White Ring Flour sign painted on the building beneath the company name and the delivery trucks lining up in front.

That multi-storefront brick structure opened in 1920 as Robert A. "RA" Henderson's grocery store, the last of several locations for a business founded in the 1880s.

A word about the film from which this image is taken: "Movie Queen" was a Lions Club production intended to benefit its Blind

Fund.

Filmed on streets downtown and other close locations, it promoted the community and local businesses and was loosely organized around a spoofy gangster plot replete with zany costumes, car chases and outlandish kidnappings.

This image is from one of the straight-ahead business segments that featured the actors examining and appreciating the fine produce arriving at Wilson's in trucks.

In 1938, the country was climbing out of the Great Depression, and boosterism combined with some film fun, in which all the actors were locals, could only help.

In 1937, Wilson's advertised in *The News-Press* as a "new firm" with "experienced personnel," and focused on its direct sources to excellent produce and sales to local grocers.

On December 1, 1941, Wilson's benefited in an unexpected way as the war in Europe ramped up.

Johnston Bros. Fruit Stand announced in the *Press* that its business would be turned over to Wilson's.



In 1938, WF Wilson Wholesale Produce was located on Anderson Avenue (today's MLK Jr. Boulevard) west of Hendry Street film still courtesy IMAG History & Science Center



Today, the former Wilson location houses a bail bond business photo by Gerri Reaves

Why? Smoot and Mayo Johnston, like countless other men, had been "called into the service of the government."

Taking over the Johnstons' business dealings would include the handling of their "famous Orange River Fruit." Customers who planned to ship fruit to "northern friends" for the season were assured that Wilson's would provide the brothers' usual quality, dependability and service.

Days later, on December 7, 1941, the Japanese bombed Pearl Harbor and the U.S. entered the war.

Soon after that, Wilson's ran an ad that conveyed the impression that, despite a world war, some things in life went on as usual, specifically, the enjoyment of citrus fruit at Christmastime.

Oranges cost only \$1 per bushel and grapefruit only 90 cents. Kumquats with green leaves and fancy golden tangerines were also on offer for the holidays.

In the postwar years, WF Wilson's was absent from this location, but other businesses occupied the building's several storefronts, including Gilan Auto Supply (at the Hendry corner), Hessler's Linoleum, Anchor Seafood Market and Southern Dairies.

Until several years ago, the Henderson building housed Margie's Antiques, which sported pink paint and the same black and white awnings it has today.

Walk to MLK Boulevard and Hendry to see where businesses like WF Wilson's have kept the town going for more than a century.

Then visit the following two research centers to learn more about businesses in the years of the Great Depression and WWII.

The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon. It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 for more information.

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Call 332-8778 for the hours or visit [www.leecountyblackhistorysociety.org](http://www.leecountyblackhistorysociety.org).

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

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

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Fort Myers Art:

## Exhibition Proves That Thoughts Are Things



by Tom Hall

**O**bsessive Ruminations is on view in the grand atrium of the Sidney & Berne Davis Art Center through March 25. The exhibition ties together the works of Alvaro Labanino and Miguel

Saludes. The artists were brought together by bonds of friendship and camaraderie that date back to their adolescence, when they first met. Their link is bolstered by a common passion for the medium of painting, which they both practice, as well as an appreciation for its rich history. But perhaps their mutual understanding of how daily introspection ultimately affects and defines their life and work is what unites them most.

In its syllabus for the show, the center references Rene Descartes, the 17th century French philosopher who famously wrote, “Cogito, ergo sum” or “I think, therefore I am.” The statement revolutionized philosophy and served as the foundation for the works of modern philosophers ranging from Immanuel Kant to Spinoza, Sartre and Husserl. The



Artwork from the Obsessive Ruminations exhibition

photo courtesy www.artswfl.com

statement holds as much significance today as it did 380 years ago. If you question this conclusion, then consider pop singer/songwriter Billie Eilish’s chart-topping hit *Therefore I Am*. In the song, the eight-time Grammy-winner sings, “I’m not your friend or anything/Damn, you think that you’re the man/I think, therefore, I am.” Huh? She’s saying that she’s the only person who can assert her existence, and nobody else’s opinions of her therefore really matter.

Where Eilish voiced her own obsessive ruminations about the role of thought and self-consciousness in song, Vincent van Gogh expressed his in pigment. Like

Eilish, van Gogh’s name is on everybody’s lips. In his case, thanks to Immersive Van Gogh, *Van Gogh: The Immersive Experience* (which closed in Miami in January) and *Van Gogh Alive* (which ran at the Dali Museum in St. Petersburg through June of 2021). The paintings on which his fame rests today were all rendered during the final three years of his life, a period denoted by crisis, loneliness and despair. It is not necessary to speculate about this. Van Gogh wrote a stream of letters to his adoring brother, Theo, which are among the most moving and exciting in all of literature. Through them, we can feel van Gogh’s struggle and triumphs, his desperate loneliness and longing for companionship.

Like his letters, van Gogh’s brushstrokes and impasto tell us much about his state of mind at the time he painted each composition. He used thick color, like a writer who underlines his words, or as we use all caps in an email or text. He used color and form to convey what he felt about the subjects he painted – and what he wanted those who viewed his paintings to think and feel as well. Toward that end, he exaggerated and even changed the

subjects he painted. Representation gave way to abstraction in aid of expression. And, like his contemporary, Paul Cezanne, he gave up any hope that critics or the public would understand, never lone purchase, his paintings. Like Eilish, the only opinion of his art that really mattered to van Gogh was his own. “Therefore I Am.”

It is against this backdrop that the Davis Art Center has staged and exhibited *Obsessive Ruminations*. In its online description of the show, the center surmises (correctly, no doubt) that van Gogh may have never been inspired to create the body of work and legacy that he did if he’d “led a peaceful life, having encountered the love, success and fulfillment he sought, having lived a full life.” The center suggests that the same could be said of other greats who left their imprint in the annals of art history.

“How much different would the oeuvre of Francis Bacon, Frida Kahlo, Edvard Munch and Egon Schiele, among numerous others, have been, had they not tapped into their troubled thoughts for continuous inspiration?”

“Thoughts are things, and powerful things at that, when they are mixed with definiteness of purpose, persistence and a burning desire,” wrote Napoleon Hill in *Think and Grow Rich*, going on to urge us all to bend every effort to control the thoughts and images we invite into our minds lest they materialize in our lives.

Use this for context and a framework as you view the individual pieces and overall aggregation of works that comprise *Obsessive Ruminations*. You’ll be the better for it. “Therefore I Am.”

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. A \$1 donation is requested to view the show. For more information, visit [www.sbdac.com](http://www.sbdac.com) or call 333-1933.

*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.\**

# It's Almost Spring!

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## Chamber To Host Cornhole Tournament

The Greater Fort Myers Chamber of Commerce will host the third annual Business as Unusual Cornhole Tournament at Alliance for the Arts on Friday, April 1 from 1 to 4 p.m.

Presented by First Horizon Bank, the event offers a fun, friendly competition for up to 32 teams with double-elimination rounds leading to the tournament champion. Registration for a team of four is \$200, a spectator ticket is \$30 and both include lunch and drinks.

Following the tournament, the Halfway to SWFL Craft Beer Week celebration will carry on from 4 to 7:30 p.m. with an evening of craft brew tastings, food trucks including Eight Foot Brewing and Milky Whey, and a live performance by singer-songwriter Sheena Brook. Marking

the halfway point until the second annual SWFL Craft Beer Week returns in August, the event will feature brews from eight local craft breweries including Coastal Dayz Brewery, Crazy Dingo Brewing Company, Eight Foot Brewing, Fort Myers Brewing Company, Millennial Brewing Company, Palm City Brewing Company, Point Ybel Brewing Company and Riptide Brewing Company.

General admission to the event is \$35 in advance or \$40 at the door and includes a commemorative cup and samplings from participating breweries. VIP tables for six people are available for \$300. Discounted tickets are also available for designated drivers.

For those who wish to participate in both events, registration begins at \$300 for groups of four.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. To register or learn more about the event and sponsorship opportunities, visit [www.fortmyers.org](http://www.fortmyers.org) or call 332-2930.\*

## Donate Blood In Honor Of John Sheppard

The Volunteer Center of United Way of Lee, Hendry, and Glades will be teaming up with Bell Tower and Lee Health Blood Center to host a Blood Drive to commemorate the life of late Fort Myers native John Sheppard in the west parking lot of Bell Tower on March 25 from 10 a.m. to 4 p.m. The Lee Health Blood Center Mobile Bus will be on site to collect the blood donations.

Sheppard achieved the Guinness World Record in 2011, for whole blood donations, at 315 verified whole blood pints. By the time of his death in February of this year, he had donated more than 47 gallons, or 378 whole blood pints.

Blood donations with Lee Health Blood Center remain in the four acute care hospitals: Cape Coral Hospital, Lee Memorial Hospital, HealthPark Medical Center and Gulf Coast Medical Center. Blood also benefits patients at specialty hospitals – Golisano Children’s Hospital of Southwest Florida and the Rehabilitation Hospital – as well as patients receiving treatment at the Regional Cancer Center and Lee Health Coconut Point. Blood centers need a total of 800 donors a week.

Walk-ups are welcome, but if you would like to make a reservation, call Heidi Moore-Hart at 343-2547. Bell Tower is located at 13499 South Cleveland Avenue in Fort Myers. For more information, call 433-2000 or visit [www.unitedwaylee.org](http://www.unitedwaylee.org).

## Cruiser’s Appreciation Day

Patrons of the Matanzas Pass Mooring Field and the public are invited to celebrate the 13th annual Cruiser’s Appreciation Day in the Town of Fort Myers Beach parking lot under the Matanzas Pass Bridge between Nervous Nellies and Matanzas on the Bay on Friday, March 25 from 1 to 5 p.m.

Organized by the town’s Anchorage Advisory Committee, the free event will feature barbeque, drinks, door prizes

and giveaways. This year’s menu will be served by Brooks Nugget Wagon. Beer, soft drinks and water will be available for purchase at reasonable prices.

This event is an opportunity to meet and mingle with Mooring Field patrons and learn about their vessels and extensive travels. Boaters renting a mooring ball on the day of the event will receive a free lunch.

The Matanzas Pass Mooring Field provides 70 mooring balls available for rental year-round. The rental fee includes use of the shower, laundry facilities and vessel pump-out service. A public dinghy dock is available for public use to tie up dinghies of 10 feet or less (no overnight tie-ups).

The Mooring Field Administrative Office is located at 450 Old San Carlos Boulevard, Suite 109, and is open daily from 8 a.m. to 1 p.m. For more information and rates, call 224-4118. The Marine Channel is 16.\*

## Deadline Nears For Scholarships

The application deadline for “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) scholarships amounting to more than \$20,000 is Thursday, March 31. Ranging from \$1,000 to \$3,000 each, the scholarships are available to high school seniors, college students and graduate students in or from Lee, Collier, Charlotte, Hendry, and Glades counties pursuing degrees in environmental-related studies.

DDWS will award the scholarships at a ceremony at the JN “Ding” Darling National Wildlife Refuge in June, if prevailing pandemic guidelines permit.

Now in its 16th year, the DDWS scholarship program presented its first awards in 2006, donated by Tarpon Bay Explorers, the refuge’s official recreation concession. To date, the program has awarded nearly \$200,000.

Interested students can find more information and printable application forms at [www.dingdarlingsociety.org/articles/student-scholarships](http://www.dingdarlingsociety.org/articles/student-scholarships).

To learn more about the scholarship program and establishing a permanently endowed scholarship, contact Birgie Miller at 472-1100 ext. 4 or [director@dingdarlingsociety.org](mailto:director@dingdarlingsociety.org).

## Call For Youth Volunteers

Keep Lee County Beautiful will host this year’s Global Youth Service Day (GYSD) at Lovers Key State Park on Saturday, April 16 from 8:45 a.m. to 12:30 p.m.

Volunteers, ages 12 to 24, are being sought to work in small groups to accomplish a variety of projects such as painting, assembling recycle bins, trail trimming and beach cleanup. Immediately following the event, there will be a free lunch celebration and admission to Lovers Key State Park for the day.

Established in 1988, Global Youth Service Day celebrates and mobilizes the millions of young people who improve their communities through service. GYSD is the largest service event in the world and the only one dedicated to the contributions that children and youth make 365 days of the year.

GYSD is celebrated each year in more than 100 countries, with young people working together – and with schools, youth organizations, nonprofits, community and faith-based organizations, national service programs, government agencies and adult mentors – to address the world’s most critical issues and change their communities.

Lovers Key State Park is located at 8700 Estero Boulevard on Fort Myers Beach. For more information, call 334-3488 or visit [www.klcb.org](http://www.klcb.org).



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The Edison and Ford Winter Estates robotics team posing with the Thomas Edison statue photo provided

## Estates Robotics Team Advances To World Event

**A**ssembly Required, the Edison and Ford Winter Estates (EFWE) robotics team, registered the second top robot game score at 340 points and won first place in the Championship Award, which is given to the team with the best overall performance in all categories, at the FIRST LEGO regional championships.

Assembly Required will advance to the state championship for the robot game and to the First World Invitational in Houston, Texas for the best overall performance. The competition involves four categories: robot game, technical design, project (similar to a group science fair project) and core values. Only one team from each region will represent the state of Florida in the international event.

In addition, Pearce Augustenborg, the education manager for EFWE and the coach and mentor for the team, was nominated for and received the Coach and Mentor Award. Augustenborg also

writes the curriculum and teaches the summer camp and other education programs at EFWE.

The team is currently sponsored by the Scientists' Society of Southwest Florida and TLC Engineering. Additional sponsorship opportunities are available and donations are being accepted to help fund the team's trip to Texas. To donate, visit [www.edisonford.org](http://www.edisonford.org) and select the education option on the donate page, or call 334-7419.\*

## Call To Students For Stem Project Submissions

**S**tudents from around the world are invited to share their innovative solutions as part of the 2022 Spellman High Voltage (HV) Electronics Clean Tech Competition. This competition engages students in identifying and solving real-world environmental challenges by creating innovative solutions.

The first-place winner will receive \$7,000 in prize money; \$5,000 for second place and \$3,500 for third place, while fourth through 10th places will each be given \$1,000. Over \$22,000 in prize money will be awarded to the top student teams at the competition finals, held on August 11.

Each year, over 40 countries participate, allowing entrants to compete against student ideas from around the

world. Registration for the competition is open through April 22; students must submit their papers by April 29. Ten finalist teams will be announced online on June 9.

"As we enter the second decade of the clean tech competition, our world is continuing to face growing challenges to which we must find solutions. These young students will play a critical role in developing answers which will make an impact on our natural world. As the sponsor of the Spellman HV Clean Tech Competition, each year we are ever more impressed and inspired by the student competitors," said Spellman HV President Dr. Loren Skeist. "The submissions from high school students around the world continue to push boundaries and give us hope that we will overcome energy and environmental challenges we face today."

Innovative ideas and solutions are necessary to promote sustainable energy use, preserve the planet, help resolve climate change and create healthier environments. The program is hosted and managed by Rockville Centre, New York-based not-for-profit center for science, teaching and learning (CSTL), led by STEM Crusader and Advocate Dr. Ray Ann Havasy and sponsored by Long Island-based Spellman HV Electronics.

For more information about CSTL or the 2022 Spellman High Voltage Electronics Clean Tech Competition, visit [www.cstl.org/cleantech](http://www.cstl.org/cleantech) or contact the administrator at 516-764-0045 or by email at [cleantech@cstl.org](mailto:cleantech@cstl.org).\*

## Churches/Temples

### ALL FAITHS UNITARIAN CONGREGATION

Service 10:30 a.m. in house and live on Facebook. Adult Ed Forum 9:15 a.m. in Sanctuary, [www.allfaiths-uc.org](http://www.allfaiths-uc.org), 2756 McGregor Boulevard, 226-0900.

### ALL SAINTS BYZANTINE RITE CATHOLIC

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

### ANNUNCIATION GREEK ORTHODOX

Sunday 9 and 10 a.m., [www.annunciation.fl.goarch.org](http://www.annunciation.fl.goarch.org), 8210 Cypress Lake Drive, 481-2099.

### BETH YESHUA MESSIANIC SYNAGOGUE

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

### BIBLESHARE

10 a.m. Sunday and 7 p.m. Tuesday, [www.simplesimpleworship.com](http://www.simplesimpleworship.com), 7050 Winkler Road, Suite 121, 437-8835.

### CHABAD LUBAVITCH ORTHODOX

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

### CHAPEL OF CYPRESS COVE

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

### CHAVURAT SHALOM

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

### CHURCH OF THE CROSS

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

### COVENANT PRESBYTERIAN

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

### CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. [www.crownoflifelutheran.com](http://www.crownoflifelutheran.com).

[www.crownoflifelutheran.com](http://www.crownoflifelutheran.com). 5820 Daniels Pkwy, 482-2315.

### REDEEMER CHURCH

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

### CYPRESS LAKE PRESBYTERIAN

Sunday 9 and 11 a.m. English, 10 a.m. Spanish. [www.clpc.us](http://www.clpc.us), 8260 Cypress Lake Drive, 481-3233.

### CYPRESS LAKE UNITED METHODIST

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

### FAITH UNITED METHODIST

Sunday 9 and 11 a.m., 15690 McGregor Boulevard, 482-2030.

### FIRST CHURCH OF CHRIST, SCIENTIST

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

### FIRST CHURCH OF THE NAZARENE

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

### FORT MYERS CHRISTIAN CHURCH

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

### FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

### FIRST PRESBYTERIAN CHURCH OF FORT MYERS

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

### IONA-HOPE EPISCOPAL CONGREGATION

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

### JESUS THE WORKER CATHOLIC

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

### LAMB OF GOD

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

### NEW HOPE PRESBYTERIAN

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

### PEACE COMMUNITY

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

### PEACE LUTHERAN

Sunday 8 and 10 a.m., [www.peaceftmyers.com](http://www.peaceftmyers.com), [peace@peaceftmyers.com](mailto:peace@peaceftmyers.com). 15840 McGregor Boulevard, 437-2599.

### REDEEMER LUTHERAN

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

### RIVER OF LIFE ASSEMBLY OF GOD

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

### SAMUDRABADRA BUDDHIST CENTER

Meditation classes. [www.MeditationInFortMyers.org](http://www.MeditationInFortMyers.org), 567-9739.

### SAINT COLUMBKILLE CATHOLIC

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

### ST. FRANCIS XAVIER CATHOLIC

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

### SAINT JOHN THE APOSTLE METROPOLITAN

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

### SAINT MICHAEL LUTHERAN

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

### SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., [www.saintnicholasmonast.com](http://www.saintnicholasmonast.com)

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

### ST. VINCENT DE PAUL CATHOLIC

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

### SOUTHWEST BAPTIST

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

### TEMPLE BETH EL SYNAGOGUE

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

### TEMPLE JUDEA (CONSERVATIVE)

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

### THE FAITH CENTER

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

### THOMAS A. EDISON CONGREGATIONAL

Sunday 10:30 a.m., [www.taecc.com](http://www.taecc.com), 1619 Llewellyn Drive, 334-4978.

### UNITARIAN UNIVERSALIST

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

### UNITY OF FORT MYERS

Sunday 10 a.m., [www.unityoffortmyers.org](http://www.unityoffortmyers.org), 11120 Ranchette Road, 278-1511.

### WESTMINSTER PRESBYTERIAN CHURCH

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

### WORD OF LIFE

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

### ZION LUTHERAN

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

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



The hibiscus-like flowers always appear to be on the verge of opening  
photos by Gerri Reaves

**Nonnative Mazapan was a landscape staple in the 1950s and 1960s**

do not produce fruit. In Australia, it is categorized as an invasive species.

As a member of the mallow family, it's closely related to both native and nonnative hibiscus shrubs, as well as to cotton and okra. In the first term of the binomial, malva means mallow and viscus alludes to the plant's sticky sap.

The shrub's popularity rests mainly on the bright red flowers that bloom throughout the year. They are comprised of five overlapping crepe-like petals with protruding stamens. Solitary, tubular and about two and a half inches long, they always look as they are about to open but never do.

The flowers "nod" or droop, thus another common name, sleeping

hibiscus. Other common names are turkscap mallow, cardinal's hat and waxmallow.

The evergreen leaves are lanceolate to ovate with pointed tips and toothed edges. They are up to five inches long and are sometimes lobed.

The plant has a potential height of 10 feet with an equal width, so if you include it in your landscape, give it room. It prefers full sun to partial shade and moist soil. Once established, it's drought tolerant. Pink and white cultivars exist.

Mazapan is Florida-friendly species,

but if benefit to wildlife is a priority for your landscape, consider other species that outshine it in offering food/shelter.

Sources: *500 Plants of South Florida* by Julia F. Morton, *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, [www.cabi.org](http://www.cabi.org), [https://floranorthamerica.org/Main\\_Page](https://floranorthamerica.org/Main_Page), <https://floridata.com>, and <https://gardeningsolutions.ifas.ufl.edu>.

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

**Plant Smart**  
**Mazapan**

by Gerri Reaves

**M**azapan (*Malva viscosa penduliflora*) is a woody ornamental whose popularity peaked in the 1950s and 1960s. It escaped cultivation and now is usually seen in older landscapes or in disturbed areas.

It grows in tropical and subtropical regions and is thought to be native to central or southern Mexico. In the U.S., it's found only in Florida, Texas and Hawaii.

Some plant experts believe that most plants in South Florida are sterile and

**Coral Reef Project To Aid Rescue Efforts**

**T**he Florida Fish and Wildlife Conservation Commission (FWC) and Florida Institute of Oceanography (FIO) have partnered to construct a new seawater system at FIO's Keys Marine Laboratory in Layton. This state-of-the-art seawater system will provide the means to preserve and restore coral colonies to Florida's coral reef that have been impacted by stony coral tissue loss disease (SCTLD).

SCTLD has resulted in massive die-offs of many coral species. The severity of this disease resulted in an unprecedented effort to further research on SCTLD and develop intervention approaches. The coral rescue response

has relocated at-risk coral colonies from Florida's coral reef to aquariums across the country in order to conserve and protect the genetic diversity of these coral species.

This coral reef seawater restoration system is the first facility that will be able to receive the corals from propagation efforts at aquariums and will temporarily hold thousands of juvenile corals in a high quality environment while being transferred from the land-based aquaria back to the reef each year. The collaborative and organized effort is led by Florida Department of Environmental Protection, FWC, National Oceanic and Atmospheric Administration and the National Park Service.

For more information, visit [www.myfwc.com/coraldisease](http://www.myfwc.com/coraldisease). For information on coral rescue, visit [www.myfwc.com/research/habitat/coral/disease/rescue](http://www.myfwc.com/research/habitat/coral/disease/rescue).\*

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# One Last Cold Blast



by Capt. Matt Mitchell

Just when we think winter is done, it never fails we get that one last mid-March cold front reminding us winter is not quite done. As usual, the bite in the days before the arrival of

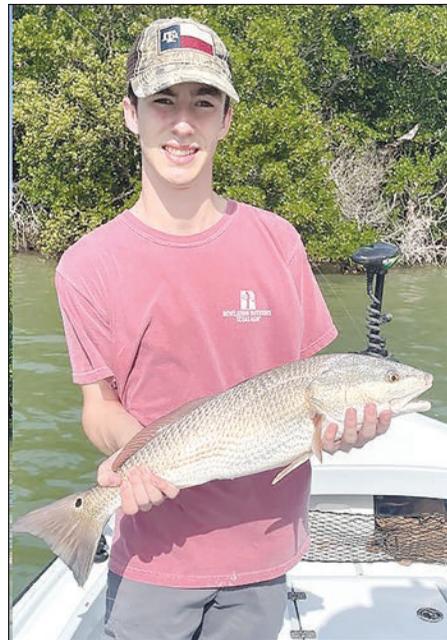
the front was amazing with snook, redfish and trout all feeding. The last few days before the front, we had strong south winds which always prove to be the best set-up for a nonstop bite.

Gale and small craft warnings over the past weekend meant lots of cancellations during our busiest month of the year. After two days of not being on the water, patterning the fish may take a few days until conditions get back to normal. Bait is the first thing that changes with the wind and cold water. After what has been a easy few weeks of catching shiners, I'm expecting a little bit of a struggle for at least a few days. To supplement the shiners for a few days, I plan on taking shrimp as insurance.

Pre-front fishing despite slow tides was as good as it gets for March. Prevailing south winds gave us higher than normal tides and kept the water moving during what should have been lousy tide days. One thing that has been a surprise these



Mike visiting from Texas had a amazing day on the water with Capt. Matt Mitchell This week photos provided



past few months is the incredible rebound we have seen in our trout fishery. While filleting fish at Punta Rassa, I've noticed just about every boat has had limits of trout. This abundance of trout is a real sign of how much our water quality has improved in the past few years.

The best trout fishing for me over the past few weeks has come in the power line area of the sound. This area has lots of shallow healthy grass flats that are peppered with small areas of sand, which is the perfect trout habitat. Live free-lined shiners cast and slowly retrieved caught

fish after fish with very few of these trout being less than the 15-inch minimum. Shrimp under a popping cork have also been getting it done in these same areas, though the average size of the trout have been a little smaller. Expect a mixed bag of Spanish mackerel, ladyfish and even some pompano in the mix.

Oyster bar fishing on the higher stages has been amazing for both snook and redfish. Live shiners caught snook after snook while we were set up on the wind blown side of these bars. Most of these snook are in the 20 to 25 inch range.

Now and again though a 30-inch-plus snook will crash the party. Just about any set of oyster bars in the sound has held lots of snook. The key to this bite is high enough water. During clean clear water periods, locating these bars is easy.

Getting back on the water after a strong cold front is always a challenge. Dirty water stirred up from the wind along with a 10-degree drop in water temperature will make the first few days a little tough. With no more cold fronts in sight, hopefully that was it for winter and our conditions along with fishing action will quickly rebound.

Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email [captmattmitchell@aol.com](mailto:captmattmitchell@aol.com).✪

From page 1

## Relationships

on the couch while Mohammed (Rob Taylor), their well-read doorman, is on a huge ladder trying to fix a chandelier. He's an Iraqi historian and harmless observer, who plays a key role in the plot later on. Marjorie's mother, Frieda (Carolyn England) is constantly visiting and adding chaos to Marjorie's life. She's a foul-mouthed, bowel-obsessed older Jewish woman who talks mostly about her stomach problems. While toilet talk is not my favorite kind of humor, I applaud England for her comic timing.

Things really heat up when old friend Lee (Gerrie Benzing) bombards the family with tales about hobnobbing with Princess Diana and the Gorbachevs, watching the Berlin Wall fall and taking credit for inventing ET for Spielberg, among other things. It soon becomes obvious that Lee is not one to be trusted. She is a conniving character who stalks around in sexy outfits and involves the couple in an unexpected twist that leaves them seriously questioning themselves. I'll say no more.

All the actors do a commendable job with their characters, and I applaud Tony Saracino, the director. *The Tale of The Allergist's Wife* plays through March 27 at New Phoenix Theatre, located at 13211 McGregor Boulevard in Fort Myers. For tickets, call 284-5214 or visit [www.newphoenixtheatrefortmyers.org](http://www.newphoenixtheatrefortmyers.org).✪

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Dave Doane with his co-worker Jesse

**CROW Case Of The Week:**

# Hispid Cotton Rat

by Bob Petcher



The hispid cotton rat (*Sigmodon hispidus*) is known to be a terrestrial rodent that can be found as far south as northern South America. They have grizzly coats of grayish brown to

dark brown coloring on plump bodies.

Hispid cotton rats create a habitat in grasslands ranging from coasts to the mountains. They nest in tall fields to offer protection from predators. Since they eat mostly plant materials and rummage through plantations of sugarcane and vegetable crops, they are infamous for being named agricultural pests.

At CROW, an infant female hispid cotton rat was admitted to CROW from Fort Myers after being found alone. Hospital staff noted she is at an appropriate development stage for her age.

"She was roughly a week old upon intake at CROW. Her eyes were open, she was very active and her teeth were growing in," said CROW Rehabilitation Manager Breanna Frankel, CWR. "These are all normal indications to age and appropriate development."

The patient is being offered a mash



**Patient #22-784 relaxes in an aquarium**

photo by Lilli Pedersen

diet and will continue to be monitored under supportive care. It is being housed indoors in a closed environment for now.

"The mash that this rat eats consists of either rodent pellets or primate biscuits that have been soaked in water so they are an oatmeal consistency. We add bananas and other small pieces to the mash to encourage weaning onto whole foods," said Frankel. "They are a prey species in the wild but that doesn't necessarily indicate certain caging in captivity. We don't house predators and prey species together. We are currently

keeping it in a large glass aquarium to prevent escape since it is so small."

The small patient's stay at the clinic is expected to be short-lived.

"If it continues to eat well and grow, it may only be here for another two to three weeks," said Frankel. "Once it learns how to forage for appropriate food sources, it can be returned to the wild. They become independent very quickly."

In the meantime, the cotton rat will continue to receive supportive care and will be encouraged to act self-sufficiently.

"We ensure that it stays well hydrated

and give subcutaneous fluids if the patient becomes dehydrated," said Frankel. "Aside from feedings, not much else is required besides introducing various enrichment. Utilizing environmental enrichments helps prepare our patients for release.

"It is likely to be released near where it was found, but most animals don't have family units like we do. This cotton rat was orphaned and its mom never came back for it, so it is unlikely that there would be any reunion after release."

While the cotton rat was admitted to CROW without injury, this is not being called an abducted animal case.

"This was not a case of abduction, which was evident by our physical exam which indicated the patient was thin and dehydrated," said Frankel. "Normally, if a baby animal is found, we ask the finder to call CROW so we can determine if the animal is healthy and able to stay in the wild with mom and/or dad. We often assume a baby is orphaned because we don't see the parents right there, but that usually isn't the case. By calling us first, we can assess the animal's health status to determine the best course of action."

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

## Bird Walks With Audubon Society

The Sanibel-Captiva Audubon Society is offering bird walks this season. All walks begin at 8 a.m. The season schedule is:

- March 19, Bailey Tract
  - March 26, Wildlife Drive at JN "Ding" Darling National Wildlife Refuge
  - April 2, Lighthouse Beach Park
  - April 9, Lakes Park in Fort Myers
- Visit [www.san-capaudubon.org](http://www.san-capaudubon.org) for more information, including directions to each site. ✨



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## Marketing Firm Earns Awards

Priority Marketing President and Creative Director Teri Hansen, APR, was named a Silver Medal Award recipient by the American Advertising Federation, Southwest Florida Chapter at the 2022 American Advertising Awards on February 19. Priority Marketing also won 10 ADDY Awards in the organization's annual awards program, including one of the event's highest honors.

The Silver Medal Award is the organization's highest honor bestowed upon a member of the Southwest Florida advertising community and is only awarded when the judging committee determines a candidate worthy of recognition. The award recognizes individuals who have made outstanding contributions to advertising by actively furthering industry standards, creative excellence and responsibility in areas of social concern. Honorees are selected by past winners of the Silver Medal Award.

"To be recognized among such an incredible group of advertising professionals is such an honor," Hansen said. "I feel so humbled to be selected by my industry peers - many who have been friends and colleagues since my first days in the industry."

Priority Marketing was recognized among the evening's highest honors, earning the Best of Electronic Award in the Film, Video & Sound - Audio/



Teri Hansen photo provided

Video Sales Presentation category for its creation of a Chocolate & Wine Tasting promotional video for Norman Love Confections. In addition to the "Best of" award, Priority Marketing's work also won two Gold ADDY Awards and seven Silver ADDY Awards for work completed for several of the company's for-profit and nonprofit clients.

The local competition includes agencies and in-house marketing teams representing the five-county region of Collier, Lee, Charlotte, Hendry and Glades. Entries honored at the local level are considered in the district competition, which includes Florida and all of the Caribbean.\*

## Financial Planners Hire Chief Officer

Bryan Fiore has joined Uhler and Vertich Financial Planners as chief operating officer.

In his role, Fiore assists in the management of day-to-day business operations. He provides support to all staff, offers forward-thinking input on long-term planning and assists in the oversight of all compliance functions.



Bryan Fiore

His responsibilities include event planning, investment research and financial planning for some client relationships. He will serve as branch manager of the local Raymond James Financial Services office in Fort Myers.

Fiore graduated from Florida State University with a physics degree and has more than 25 years of experience in the financial services industry. He holds the Series 7, 24, 63 and 66 licenses and is an investment adviser representative of Uhler and Vertich Financial Planners with the Securities and Exchange Commission. He holds the CRPC retirement planning designation and the CSRIC Societal Responsible Investing title.

He is a board member of the YMCA of Southwest Florida and has volunteered for various youth soccer clubs throughout Southwest Florida.\*

## Regional Library Renovations

Lee Board of County Commissioners have awarded BSSW Architects, Inc. an architectural services contract for renovations to the South County Regional Library. The architectural firm will provide professional architectural, civil, structural, mechanical, electrical and plumbing design services. There will be multiple opportunities for public input during the 11-month design process. After completion of the design and bidding process, the board will vote on the construction contract at a public meeting. The project is planned to be completed in 2024.

The South County Regional Library became the county's first regional library in 1996. Due to the age and configuration of the building, renovations are needed to provide the Estero community with a library better suited to meet their current needs. During fiscal year 2018-19, the South County Regional Library saw more than 229,000 visitors and checked out over 534,000 items.

The planned renovations for the library include an automated material handler, upgraded building systems, reconfiguration of the interior to better serve the public and the staff, ADA upgrades, a new roof and site improvements.

To receive a newsletter with updates from Lee County, sign up at [www.lee.gov.com/resources/newsletters](http://www.lee.gov.com/resources/newsletters).\*

## Airport Advisory Committee Appointments

John Goodrich was elected chair and Fran Myers was named vice chair of the Lee County Port Authority Airports Special Management Committee (ASMC) recently. Other members of the committee include Noel Andress, Randy Krise and Robbie Roepstorff. Earlier in the day, the Lee County Board of County Commissioners reappointed R. Scott Cameron and Dana Carr to another two-year term as regional members, who represent the interests in neighboring

Collier and Charlotte counties, on the committee.

The committee advises the Board of Port Commissioners on policy matters pertaining to Southwest Florida International Airport and Page Field. Each port commissioner appoints one ASMC member, who serves without compensation.

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. Page Field provides services to general and business aviation and accommodated more than 140,000 aircraft operations in 2021. No ad valorem (property) taxes are used for airport operation or construction and both airports are funded solely with revenue generated from their operations. For more information, visit [www.flylcpa.com](http://www.flylcpa.com).\*

## Healthcare Staff Earns Certification

The staff at Hope Healthcare recently completed the LGBTQ+ Cultural Competency Training through SAGECare, achieving Platinum Level status for 2022.

SAGECare is a division of SAGE, the country's oldest and largest nonprofit organization dedicated to improving the lives of LGBTQ+ older adults. SAGECare provides LGBTQ+ competency training and consulting on LGBTQ+ aging issues to service providers such as Hope Healthcare. Since 1978, SAGE has been serving and advocating for LGBTQ+ aging populations. In 2010, the U.S. federal government tapped SAGE to lead in creating a comprehensive, national cultural competency training program for their aging network. It has since trained over 10,000 providers across the country.

"At Hope, we recognize the importance of understanding and communicating with all individuals, families, caregivers and loved ones on a deeper, meaningful level," said Samira K. Beckwith, president and CEO of Hope Healthcare. "Our team's commitment to continuing education and professional development ensures we offer the highest level of compassionate care possible for our community.\*"

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Book Review

# Better Off Dead

by Di Saggau



Brothers Lee and Andrew Child's page-turning thriller titled *Better Off Dead* features Jack Reacher, a man who is good at finding people who don't want to be found and a giant ex-

military policeman you don't mess with. Reacher was dropped in the Arizona desert near the Mexican border when his ride suddenly had to return home. He sets off walking to the nearest town. There is only one tree for miles around, then the only car on the road suddenly swerves and hits it. Michaela Fenton, the driver, is a former Afghan vet who was badly injured by an improvised explosive device as a contractor after the war. She's now an FBI agent on a personal mission to find her twin brother Michael. Reacher agrees to help find out what happened to her brother.

The local town is owned by a man named Dendoncker, a shady character who doesn't venture into the light very often. His company is named Pie In The Sky Inc., and is a business supplying goods and services to executive aviation for private jets. Reacher wants to know what Dendoncker is really up to and how

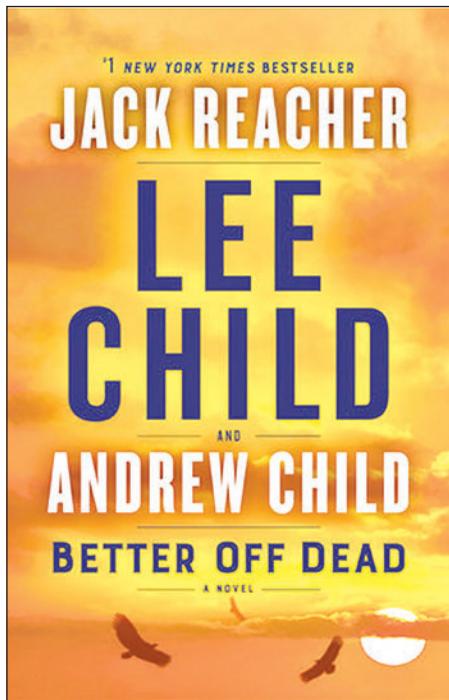


image provided

Michael was involved in his business. Dendoncker has all the makings of a classic Bond villain. His appearance is instantly off-putting as he typically wears dark clothing on his thin, warped frame, and he has only two fingers on one hand, which easily can be mistaken for a claw.

Once Reacher meets up with Michaela and learns of her brother's issues with Dendoncker and his hired goons, he is more than willing to help her bring them

down. She is worried that Michael may have met his end, and she just wants to learn what happened before she kills his enemies. Michaela is a striking character herself. At nearly six-feet tall, she bears a noticeable limp caused by the prosthetic foot she wears as the result of a war injury.

The pair hook up with Dr. Houllier, who has been forced to put his mortician skills to work for Dendoncker whenever his goons deliver a body to him. Dendoncker always insists on visiting and

observing the corpse prior to the doctor doing his thing. That is why the book's opening scene is such a great ruse as it was concocted by Houllier, Reacher and Michaela. Reacher was fully equipped with a mass of blood bags under his oversized shirt to give the appearance of being taken out with the precisely aimed shot from Michaela.

The book gets its title from Michaela, who refers to herself as "better off dead." The book is full of breathtaking action and skirmishes that will delight Reacher fans.✪

## School Smart

by Shelley M. Greggs, NCSP



**D**ear Shelley, My daughter has recently had a series of rejections and disappointments at school like not getting a role in the school play, not making honor roll,

struggling in English class and a few other things. I want to help her handle these disappointments and get her back on track at school. What might help?

*Courtney V, Cape Coral*

### Courtney,

Rejection and disappointment are two difficult feelings to experience, and it is inevitable that our kids will feel disappointed, rejected and defeated at times. When we don't reach some of our goals, we can fall into a trap of self-blame and pessimism. Psychologists say that resiliency, sometimes called grit, is a characteristic that can help children work through these powerful feelings.

Katherine Prudent, a counselor who works with adolescents, has recommendations for parents about teaching their children to cope with strong feelings and for developing skills to build resiliency:

Comfort and validate their experience. When our kids feel validated and understood, it helps them build a sense of self. It also normalizes their feelings. When children are able to feel and tolerate uncomfortable feelings, the easier it is to handle them the next time around.

For example, if your child is disappointed because she did not win, get an A, get invited, etc., you could say, "That's so disappointing, I know you were really hoping to..." Many well-intentioned parents attempt to minimize feelings of disappointment for their kids, when they really should be validating their kids feeling. Your child is disappointed and may need some comfort before she can consider the other alternatives.

Make failing safe. Most of us are afraid of failure. Failure is an excellent learning experience, albeit an uncomfortable one. It can help us reassess our goals and come up with a new game plan to try again. The old adage about learning from one's mistakes is quite accurate in this regard and should be used often with children. Encourage them to continue and preserve no matter the failure. It's very important to

make them understand that to "try again" shows strength and determination.

Align your children's value to their distinctive qualities and character, not their achievements. All parents want their kids to go to the best schools, get straight As and be superstars, but this pressure to succeed can send a message that self-worth is directly correlated to achievement.

We all want to protect our kids from trials and tribulations. but if we shelter them for too long, it may hinder their ability to develop a sense of self-efficacy. When we try to solve problems for them or intervene on their behalf, it sends a message that we don't think they can do things on their own and they start believing that. Try problem-solving together and it will give them the confidence to handle situations in the future, and give you the reassurance that they can handle it.

*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.✪*

## Blood Donations Needed

**L**ee Health is seeking blood donations to help replenish supply levels. Current blood supplies are critically low, and Lee Health's blood centers are in urgent need of donors.

It is vital that the health system's blood supply remains at healthy levels in order to quickly care for patients needing an urgent transfusion. Blood and blood products are used in the trauma center, to treat cancer patients, premature babies, anemia and a variety of other conditions. All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida. For more information on how and where to donate, visit [www.leehealth.org/our-services/blood-centers](http://www.leehealth.org/our-services/blood-centers).✪

From page 1

## Bluegrass

Band on Friday, April 15.

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

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## Marketing Firm Adds Digital Strategist

CONRIC PR & Marketing has hired Karla Suarez Chevres as its newest digital marketing strategist. In her new role, Suarez Chevres will work with clients and the digital marketing team on brand and content development strategies, as well as website and social media management.



Karla Chevres

Throughout her life, Suarez Chevres has been motivated by a passion for serving others and creating a positive impact on the world around her through meaningful connections. Over the last decade, her professional experience has

taken her through the many facets of the hospitality industry with a primary focus on marketing and events. Through this experience, Suarez Chevres has leveraged her skills to implement impactful strategic marketing campaigns, social media and brand awareness campaigns with a focus on business growth and expansion.

"Since moving to Southwest Florida, I have been inspired by the positive impact that CONRIC has had within the community through an intentional approach to supporting local businesses. They have a uniquely positive energy that is hard to resist. I am beyond grateful to join an organization that, at its core, focuses on the growth, inspiration and support of its team members and community," Suarez Chevres said.

Suarez Chevres holds a bachelor of arts degree in psychology from the New School in Manhattan. Over the past decade, she has worked as a freelance digital marketer and website developer serving businesses nationwide and now continues to make a greater impact with national brands and clients of CONRIC PR & Marketing.✪

## Architecture Firm Hires Social Media Specialist

Spiro & Associates Marketing, Advertising, Public Relations, and Brand Architecture has added Unity Culbertson to its digital department. As a social media marketing specialist, she will significantly help the agency provide SEO-boosting communications services



Unity Culbertson

to multi-industry clients via platform-based content, Hootsuite scheduling and highly visual social media programs and campaigns.

A native of Glenford, Ohio, Culbertson launched her career as a digital marketing specialist for certified angus beef in Wooster, Ohio. She holds a certification in natural resources and conservations from Mid-Eastern Technical College and is a trained agriculturist who grew up on a Club Lamb Farm in Ohio. She also holds an associate degree in agriculture communications from Ohio State University.

Culbertson's other achievements include holding presidency of both the 4-H and the Future Farmers of America throughout high school and being named Miss Ohio Agriculture United States in 2020.✪

## State Grants For Hurricane Damage Repair

The Lee Board of County Commissioners have approved agreements to accept about \$4.1 million in state grant funds to repair infrastructure damaged by Hurricane Irma.

The agreements with the Florida Department of Economic Opportunity are for community development block grant – disaster relief.

Lee County's Department of Transportation will use the grants to:

Repair sidewalks that were damaged by debris removal and utility repair vehicles in seven neighborhoods, including Beacon Manor, Charleston Park, Page Park, Palmona Park, Pine Manor, Russel Park and Suncoast Estates.

Replace the demolished Richmond Avenue Pedestrian Bridge over the Able Canal in Lehigh Acres, an important

sidewalk connector for students walking to Lehigh Elementary School. Lee County will assume costs of routine maintenance for the pedestrian bridge, which is owned by the Lehigh Acres Municipal Services Improvement District.

Clear vegetation debris and sediment from five canals in unincorporated Lee County: Baker North, Baker South, Walmart, Cartagena and Bonita Beach.

The Florida Department of Economic Opportunity also awarded Community Development Block Grants to Lee County in 2021 to repair sidewalks and flood-control structures in San Carlos Park, for coastal risk assessment and resiliency planning, and for hardening key structures.

The Federal Department of Housing and Urban Development (HUD) designated Lee County as a "Most Impacted and Distressed" community to ensure the county's priority in receiving disaster response and mitigation funding after Hurricane Irma in September 2017.

To receive updates from Lee County government, visit [www.leegov.com/resources/newsletters](http://www.leegov.com/resources/newsletters).✪



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#### NEW EXHIBITS

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Now through May 30

Photo by Andrew West/The News-Press

#### LECTURES

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

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



#### CLASSES

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

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

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

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

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Will Power

# Estate Tax Exemption Is Portable, GST Exemption Is Not



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

A perplexing issue for many clients planning their estates surrounds the federal estate tax exemptions. Currently, everyone has an exemption of \$12.06 million. That amount is reduced by any “taxable gifts” that one makes during life. Taxable gifts are transfers exceeding the annual gift tax exclusion amount, which in 2022 is \$16,000. Last year, it was \$15,000.

A married couple, therefore, has \$24.12 million of exemption. This exempts a large majority of estates from federal estate tax. Without any further legislation passed by Congress and signed by the president, the exemption is slated to decrease to an amount

approximating \$6.5 million on December 31, 2025.

In addition to the federal gift/estate tax exemption, there is a similar exemption for the generation skipping transfer (GST) tax. If you have a larger estate, it often makes sense to create trust shares for your children that will one day go on to the grandchildren.

Many don’t understand that you can name each child as the trustee of his or her own share, so that child can independently decide what assets to invest in, what distributions to make, and where that trust share would be distributed at his or her death. So it is very similar to owning the assets outright, but by holding in a trust share, it may be protected from divorce or lawsuit creditors such as a malpractice case or business dispute issue.

When creating these separate trust shares, your estate plan can allocate your GST exemption to the share. When GST exemption is allocated, the share assets won’t be included in the child’s estate for federal estate tax purposes, meaning that it escapes estate taxation.

The difference between the estate tax exemption and the GST exemption is that the unused estate tax exemption can be transferred to a surviving spouse, where the unused GST exemption cannot be.

This is best illustrated by example. Assume Don and Diane’s estate plan leaves everything to one another, then at the death of the survivor creates a trust for their daughter, Becky. Becky has two children, Dan and Jacob. At the time of Don’s death, his estate was worth \$12 million, and it was all transferred to Diane. At Diane’s death,

her estate (which included what she inherited from Don) grew to \$18 million.

Because everything was transferred to Diane, Don did not use any of his estate tax exemption. Assume that he died in 2025 when the exemption was \$12 million. That unused exemption transferred to Diane. Assume that at the time of Diane’s death, the exemption had decreased to \$6 million. Her \$18 million combined estate is not subject to federal estate tax because her exemption plus Don’s unused estate tax exemption is \$18 million, enough to cover both estates.

What about the GST exemption? That exemption isn’t transferrable. So Don’s unused GST exemption was lost. Because Diane died with only \$6 million of GST exemption, there are two trusts created for Becky, a GST exempt trust for \$6 million, and a nonexempt trust for \$12 million.

Assume that when Becky died, the GST exempt trust grew to \$12 million. It escapes taxation from Becky’s estate. Assume the nonexempt trust grew to \$20 million. It is taxed in Becky’s estate, plus her own assets add to the estate tax burden.

This issue can be addressed with proper planning. I hope that I gave you something to consider when speaking to your own estate planning attorney.

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

## New Robotics Medical Director At Lee Health

As Lee Health continues to grow its robotic-assisted surgery program – which features the most advanced technology in the field of robotic surgery – the health system is announcing a new medical director of the innovative program.

Dr. Fia Yi, a leader in the robotics medical field with more than a decade of specialized surgical experience, has been tapped to serve as Lee Health’s medical director of system robotics program. She comes to Lee Health from The Colorectal Institute, where she will continue to serve as a colorectal surgeon. Prior to that, Dr. Yi spent several years at Brooke Army Medical Center in San Antonio, Texas as the chief of colorectal surgery. Additionally, she was appointed as the colorectal surgery consultant to the Surgeon General of the Air Force from 2018 to 2020. She completed her time in service as a lieutenant colonel.

In her new role, Dr. Yi will be responsible for Lee Health’s robotic surgery program, engaging with robotic

surgeons to encourage their training and growth in robotic surgery, while determining and implementing best practices to ensure high quality robotic surgery is consistently performed.

“When we decided to expand our already successful robotics program, we knew we would need a dynamic physician leader with exceptional surgical experience,” said Dr. Jonathan Velez, chief physician and operations executive for Gulf Coast Medical Center. “With all of her experience and expertise, Dr. Yi was the perfect choice for this crucial role. I look forward to the program continuing to grow under her leadership.”

Lee Health’s robotic-assisted surgery program features the da Vinci Xi Surgical System, which is designed to help surgeons perform minimally invasive surgeries, such as colorectal surgeries and unique surgeries in the areas of gynecology, urology, ear nose and throat, and general surgery.

Since Lee Health began bolstering its robotics program, the health system has added da Vinci robots to all of its four acute-care hospitals, bringing the total number of machines from two to six.

Dr. Yi began her new role in late January. For more information, visit [www.leehealth.org](http://www.leehealth.org) ✨

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## How To Style Your Coffee Table



by Trinetta Nelson

**D**ecorating high-traffic areas in your home is an exciting opportunity to showcase your style and let your personality shine, not only for you and your family members but also

for your guests. From hanging decorative pieces of artwork to accessorizing the sofa and chaise lounge with throw pillows and blankets, there are plenty of creative ways to spruce up this space and give it a little bit of extra flair.

The coffee table is another surface area that can be fun to play with, but there's a fine line between decorating and cluttering this space. To ensure you style your coffee table correctly, and with the right intentions, consider our tips:

One of our favorite phrases remains true when it comes to coffee table styling – less is more. Try to keep your decor elements to a minimum of three. This is a great way to tell a story without overwhelming the space. Be sure to keep height, texture and color in mind here when choosing decorations.

Bring in a coffee table tray. Sometimes, it can be difficult to navigate a large surface area without cluttering the space. Utilizing a coffee table tray can eliminate this issue, providing a smaller area to work with.

Try a new coffee table. If you've

tried styling your coffee table but can't seem to figure out what's not working for you, maybe it's time to reconsider the foundation altogether. Perhaps a standard coffee table isn't working for you anymore. Perhaps consider one of the many options available, such as a lift top, storage trunk, marble, or wicker. Even a new multi-piece or multi-level option for flexibility.

Prioritize seasonal décor. Do you find yourself constantly in search of new decor? Is it difficult to commit to a single theme for your coffee table? Switching things up each season is a simple fix, as it gives you four different opportunities to showcase your style and personality inspired by the season change.

Consider the entire surface area, it's natural to assume that your decorations belong in the middle of the coffee table, but this isn't necessarily the case. Shifting your decorative items to one side can be a simple fix in changing things up and altering your mindset. This is also ideal when entertaining guests, as they don't have to worry about placing their beverages and food near the edge of the table and can instead move them closer to the center for security.

Don't be afraid to ditch the coffee table for an ottoman. If you're a parent to young children and you're constantly holding your breath every time they come anywhere close to the edges of the coffee table, you may consider switching things up entirely. Ottomans can serve many purposes, and multi-tasking is one of them. They can serve as a footrest or add a tray, and they can be used as a table. Any item that achieves design and function is always a plus.

*Trinetta Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at [trinetta@coindceden.com](mailto:trinetta@coindceden.com).*

## Marketing Firm Collects Best Of Fort Myers Award

**C**ONRIC PR & Marketing has been selected for the 2022 Best of Fort Myers Award in the digital marketing, public relations and advertising agency category by the Fort Myers Award Program. The agency is among a very small group of companies that have won the Best of Fort Myers Award for three consecutive years, earning the agency a coveted spot in the 2022 Fort Myers Business Hall of Fame.

"Our CONRIC team is humbled to earn this award in our hometown and pledge to continue to support, connect and elevate local business and our community for years to come," said CONRIC PR & Marketing president and chief marketing officer Connie Ramos-Williams.

CONRIC PR & Marketing is a national leading creative digital marketing, branding, public relations, advertising and web development agency headquartered in Southwest Florida.

The Fort Myers Award Program is

an annual awards program honoring the achievements and accomplishments of local businesses throughout the Fort Myers area. Recognition is given to those companies that have shown the ability to use their best practices and implemented programs to generate competitive advantages and long-term value.\*

## New Leaders For Business Group

**T**he Southwest Florida Council of the American Business Women's Association (ABWA) has elected new leaders to its executive board. They are Erin White, Naples Botanical Garden, chair; Jessica Macera, Business Dynamix Solutions, vice chair; Alexia Martin, Whitco Insurance – Alexia Martin Agency, finance officer; and Linda Lindquist, Computer and Internet Help, communications officer.

ABWA brings together business women of diverse occupations and provides opportunities for them to help themselves and others to grow personally and professionally through leadership, education, networking support and national recognition.\*



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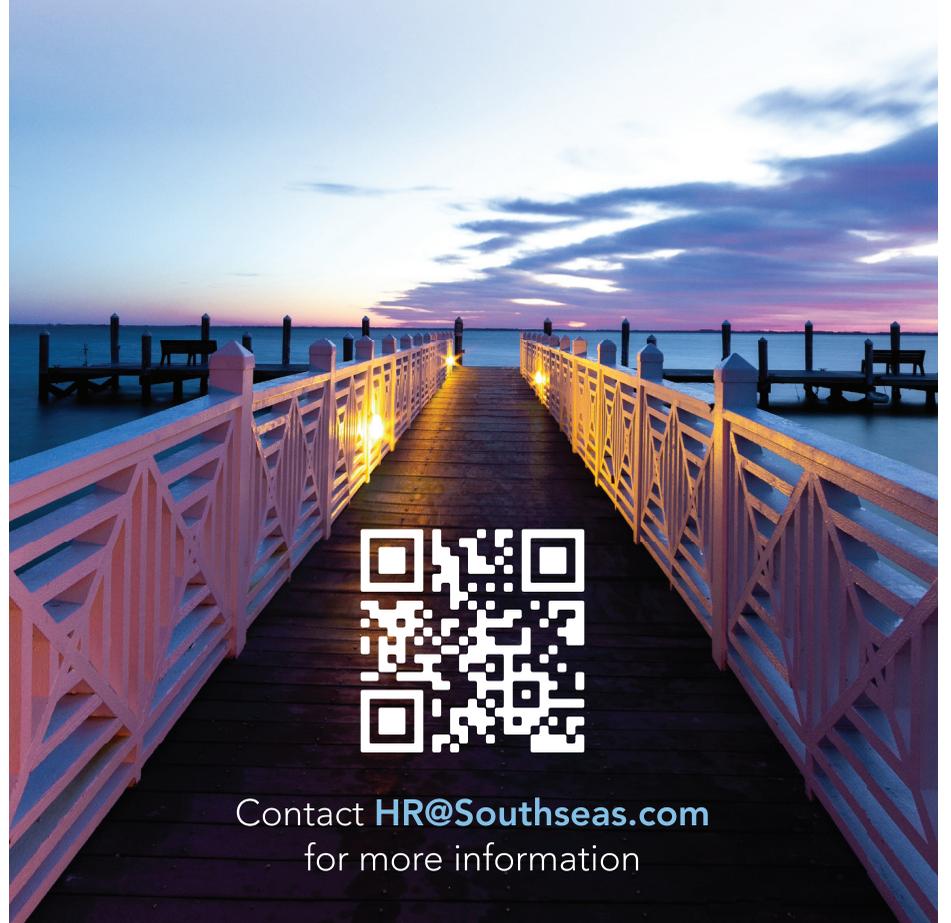
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# Frankly Speaking

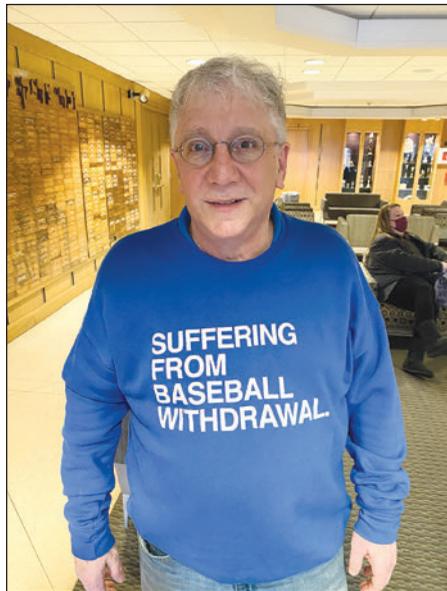


by Howard Prager

**S**o much to report – baseball, highlights and lowlights of basketball, March Madness, even some NFL madness.

The lockout is over! Who won? The fans, finally

getting our game back and salvaging spring training and a 162-game season. Who lost? All of baseball, as longtime fans have questioned whether they will stick with their season tickets this year or not. My very unscientific estimate is that baseball lost 10,000 fans each day of the lockout. I'll be surprised if attendance doesn't drop this year, unless you see some favorite "national" teams like the Cubs and Yankees doing very well, or we get in another epic "battle" like Sammy Sosa and Mark McGwire in the 90s. It's a harder decision for teams like the Dodgers, favorites to repeat in the World Series, or teams expected to challenge them. Easier to skip games for teams that haven't improved very much, but who knows? The Giants had an awful record just two years ago, then won the most games in MLB last season. And free agent signings and trades are off and running. The latest move as of this writing is the Twins sending 3B Josh



**Cubs fan Ed Nickow** photo provided

Donaldson to the Yankees. The Twins get catcher Gary Sanchez and infielder Gio Urshela in exchange. Does that mean the Twins are now officially rebuilding? Hard to say as they signed Byron Buxton to a seven-year extension, but that just says youth are where the Twins are headed.

We also see fans, like the one in the picture, Ed Nickow, a longtime Cubs season ticket holder, who just wanted to see the game he loves. He did have second thoughts about turning in his season tickets, but he's been a fan too long to say goodbye. There are a number of changes that were not really negotiated

but just agreed to. Gone are seven-inning double headers or starting a runner at second base in extra innings, and even though that was decided, it's back on the table. I personally wonder what will be the result of enlarging the bases? Will it lead to more stolen bases or more force outs? And the DH is now in both leagues. No one likes to see a pitcher strike out, but a hot-hitting pitcher helps themselves out. MVP Shohei Ohtani will stand out even more this season.

This year, it's Gonzaga and Arizona who are the top teams in March Madness. The Big Ten has the most teams in the tournament (9), while the Big East, Big 12 and SEC have six teams each. There are always some teams that just missed out this year including BYU, Dayton, Texas A&M and Wake Forest. But statisticians will explain the reasons that each of them got left out, despite having better records than some of the teams that made it. As you read this, the first games will already be played. My pick to go all the way? A toss up between Iowa, who won the Big Ten Tournament, and Duke in Coach K's last hurrah.

On the NBA side of the game, Gregg Popovich is now the winningest coach in NBA history with 1,336 victories. Popovich surpassed Don Nelson, who previously held the record for most regular-season wins, with the San Antonio Spurs' 104-102 victory over the visiting Utah Jazz on Friday night. Although he tried to low-key it, the Admiral returned to see the record set and he was doused in a Gatorade shower after the game. Nice to secure this record at home.

Not to be forgotten, the NFL made news with some blockbuster trades, re-signings and non-moves. The Russell Wilson trade to Denver is the biggest news thus far. After giving off all sorts of false signals, Aaron Rodgers signed to stay with Green Bay. The rumors of Tom Brady going to the 49ers? Just that, as he now has "unretired" and is coming back to Tampa Bay for his 23rd season.

I haven't reported on the Brittney Griner story. In February, the WNBA star was "detained" in Russia for supposedly having hashish in her luggage. It's not exactly clear when Griner was apprehended in Russia, but it was some time in February as she was returning from the U.S. to compete for UMMC

Ekaterinburg in the Russian basketball league. And why has she played in the Russian basketball league for seven seasons? To supplement her WNBA salary which is a decent salary for you and me, but paltry compared to the NBA. Wonder about pay equity between men and women athletes? But this situation is terrible, and was publicized only after the U.S. began sanctioning the Russian government. "To try and maintain diplomatic niceties around these situations may be in the interest of U.S. national security, but it's certainly not in the interest of Brittney Griner," Jonathan Franks told CNN. Franks said he "was immediately suspicious, because he has worked on behalf of numerous American citizens who have unexpectedly found themselves in similar situations with hostile governments. Franks knows from his time of advocating for another American that Griner could be detained for a while. He urged everybody that cares about her to keep her case in the public arena. "Sports fans can play a huge role because they're not a constituency that I think the [American] government is hearing from," says Franks. "You want to see Brittney Griner come home? Or Trevor Reed or Paul Whelan or any of the other 50 hostages? I would suggest calling the White House every day and telling them you want President Biden to prioritize the repatriation of wrongfully detained American citizens." Let's hope it's not long.

The good news story? It could be that baseball's back and spring training has finally begun this week. But I think it's going to be about a young Steph Curry fan in Denver. She went to the game last Monday when the Warriors played the Nuggets, but Curry did not play. She was upset. Curry heard about that, and when they were back in Denver last Thursday, he made sure to both play and get her courtside seats. As he went up to meet her, she cried. He chatted with her, signed a basketball card and gave her a fist bump. You've made someone's day for life, Mr. Curry, and she'll never forget.

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

## EPIC FIRES OF FORT MYERS

How a Series of Early Fires Influenced the Town's Development



THOMAS P. HALL  
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## SPORTS QUIZ

1. What sports venue, demolished in 1999, did ESPN's Chris Berman nickname "The Big Sombrero" due to its unique shape?
2. What Hockey Hall of Famer from Finland won five Stanley Cup championships with the Edmonton Oilers from 1984-90?
3. What name did the Boston Braves baseball team begin using in 1936 until reverting to Braves in 1941?
4. What was the name of the dive executed by Thornton Melon (Rodney Dangerfield) in the 1986 comedy film *Back to School*?
5. What Spanish tennis player won three French Open singles titles and a U.S. Open singles title during her pro career from 1985-2002?
6. What martial art from Brazil incorporates elements of dance, acrobatics and music?
7. What Basketball Hall of Famer compiled a 5-11 record as head coach of the Los Angeles Lakers in 1994?

## ANSWERS

1. Tampa Stadium. 2. Jari Kurri. 3. The Triple Lindy. 4. The Boston Bees. 5. Arantxa Sanchez Vicario. 6. Capoeira. 7. Magic Johnson.

Doctor and Dietician

## Healthy Backs



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

You may or may not realize that back injuries affect nearly two million people annually in the United States, with most people (80 percent) having experienced a back injury at one point in their lives. It has remained one of the top causes of job-related injuries and reasons for calling out sick from work. Many people will eventually develop chronic back pain problems if they do not consider

injury prevention and spine health. Our bodies are in constant states of breakdown, so it is in our best interest to do all we can do to keep them healthy – including our backs. The doctor and dietitian are no exception to these stats – we have experienced back injuries from our various athletic events and from improper lifting or twisting. Thankfully, we have been able to keep our backs healthy and continue to work on keeping them that way.

Some patients are told they have bulging discs or arthritis in their backs. They receive MRIs that do not reveal the cause of the pain. Patients are offered steroid shots to “help the pain for a short time.” Then the pain returns, and they are offered oral pain meds. Eventually, this may lead to back surgery that has very low success rates. All the while, that patient remains in pain.

So the thing about the above scenario is that many other treatment modalities exist that can help the above scenario and keep people out of the surgical suite, including regenerative treatments, such as prolotherapy, and chiropractic care, including manual therapy, dry needling, and gentle adjustments, that we provide at

Caring Medical.

Before you must go down the road described above, we want to encourage you not to take your back for granted. Are you slowly losing your ability to bend down to put your shoes and socks on your feet? Do you find yourself looking for a chair to sit down in? Are you less able to walk around the grocery store, work, or even at home? Are you doing a lot of sitting and not a lot of activity? You could be headed for some back trouble.

Tips for maintaining a healthy back:

1. Lift properly. If you are hauling dirt to the backyard, make sure you squat down and contract your abs and push with your legs.
2. Work on keeping your weight within normal limits. Carry around an extra 25- to 50-pound pack for a while and see the effect it has on your back.
3. Keep your abdominals, core and back strong. A strong core protects your back. Marion knows this all too well, having suffered that bike crash a few years ago that caused her not to be able to feel her abs for a long time – and she is still working on getting them back. Weak abdominals pull your back out of proper alignment.
4. Do not sit for long periods of time. If you work at

a computer, find a way to remind yourself to get up every hour and walk around. When you are sitting, make sure you have proper posture and do not slouch, engage your core. Try using a standing desk for some of the day. 5. Eat a healthy diet. Consuming bone-degenerating and non-strength-building foods only makes matters worse. Soda, especially colas, cause degeneration. Time to dump. 6. Get outside and move around. Not only will getting outside provide you with sunshine and vitamin D, but it will give you energy, make you smile and keep you moving. Try to take at least a 30-minute walk per day. 7. Maintain your flexibility by performing stretches, Pilates, yoga, or pool workouts. Utilize a qualified trainer or physical therapist to keep you on the right road.

We only have one body and one life. Let's make the most of it.

*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.\**

dearPharmacist

## Unusual Health Benefits Of The Eucalyptus Leaf



by Suzy  
Cohen, RPH

To me, eucalyptus oil is one of the best essential oils you'll ever find. It has so many uses. If you don't want a little bottle of this, I suggest the plant leaves that are sold

in a bunch. You can get them dried or fresh, and you can shower with them.

The compound that does the work in eucalyptus is called “1,8-cineole” and it breaks up mucus and reduces spasms in the respiratory tract. This compound has proven clinical efficacy for many diseases including bronchitis, asthma and chronic obstructive pulmonary disease (COPD). Did you know eucalyptus oil is one of the main ingredients in the famous product called Vicks VapoRub? This is an over-the-counter drug that contains a lot of camphor and some eucalyptus too, which treats cough and muscle/joint pain. There are many other topical products sold online today that contain similar active

ingredients.

As for the beautiful plant itself, you can buy a bundle easily. I received a eucalyptus flower bouquet from a friend for the sole purpose of hanging it in the shower. She sent it to me for this very purpose. The hot steam from the shower helps activate and release eucalyptus oil compounds especially the 1,8-cineole. If this is too strong for you, or unpleasant, but you still want the benefits of this breathing compound, then just put 5 or 10 drops in a large bowl of hot water. Cover your head with a towel and breathe in the aroma for about 10 minutes. Finally, you can use 10 to 20 drops in the bathtub, or you can use a carrier oil like coconut oil to rub some on your skin.

The health benefits of 1,8-cineol found in eucalyptus may help: relieve chest tightness and congestion; promote feelings of relaxation; ease breathing; reduce sinus inflammation; help a stuffy nose; helps with allergies; and improve symptoms of asthma, bronchitis, anxiety and tension.

Aside from the respiratory benefits that are well documented, 1,8-cineol has been shown to help relieve pain in people who underwent knee surgery. It also can help with sinus headaches and possibly even certain forms of heart disease and skin cancer. These unusual benefits speak to the power of the plant, and even though we need more studies and data, it's still good news.

One fun fact about eucalyptus is that it's a natural bug repellent. Bees and butterflies

don't like it. Luckily, the flowers don't have actual petals, but rather hundreds of stamens so it can self-pollinate without the need for natural bug pollinators.

Incorporating eucalyptus is easy. It can be found in many products, including herbal teas, decongestants, cough suppressants, mouthwash and dental formulas, skin care products, natural candles, infused Epsom bath salts and

muscle rubs. If you make changes to your daily health regimen, always ask your doctor if it's right for you. To read the longer version of this article, sign up for my free newsletter at [www.suzycohen.com](http://www.suzycohen.com).

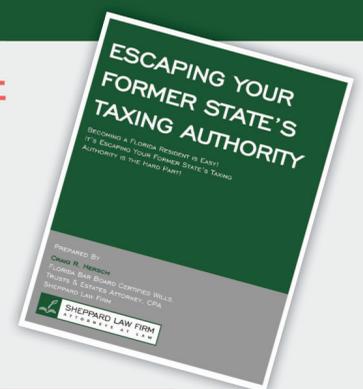
*This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and a registered pharmacist.\**

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# THE RIVER

WEEKLY NEWS  
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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

**ARTS**

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

**CLUBS & ORGANIZATIONS**

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

**AREA ATTRACTIONS**

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

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

## PUZZLES

Answers on page 23

### 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!



"She'd rather die than wear \_\_\_\_\_!"

Thin  
**PASSER**

Orange  
**ACTORR**

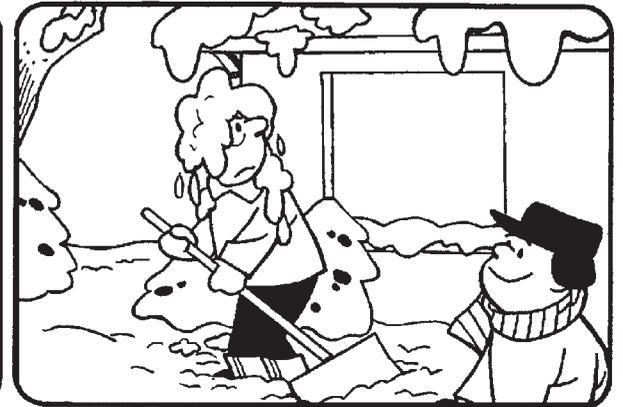
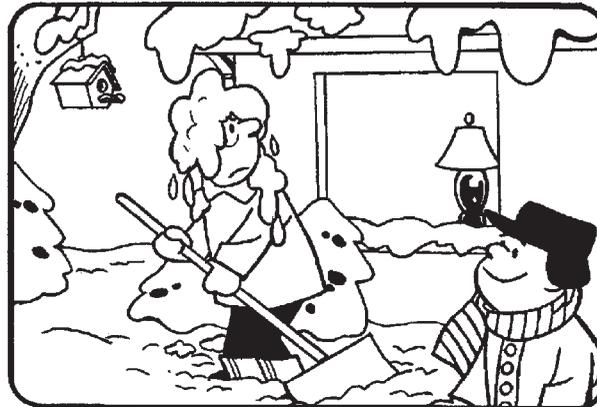
Divine  
**SCARED**

Blind  
**LARGE**

**TODAY'S WORD**

### HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Birdhouse is missing. 2. Handle is shorter. 3. Jacket is shorter. 4. Lamp is missing. 5. Scarf is missing. 6. Buttons are missing.

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

### To Play Sudoku:

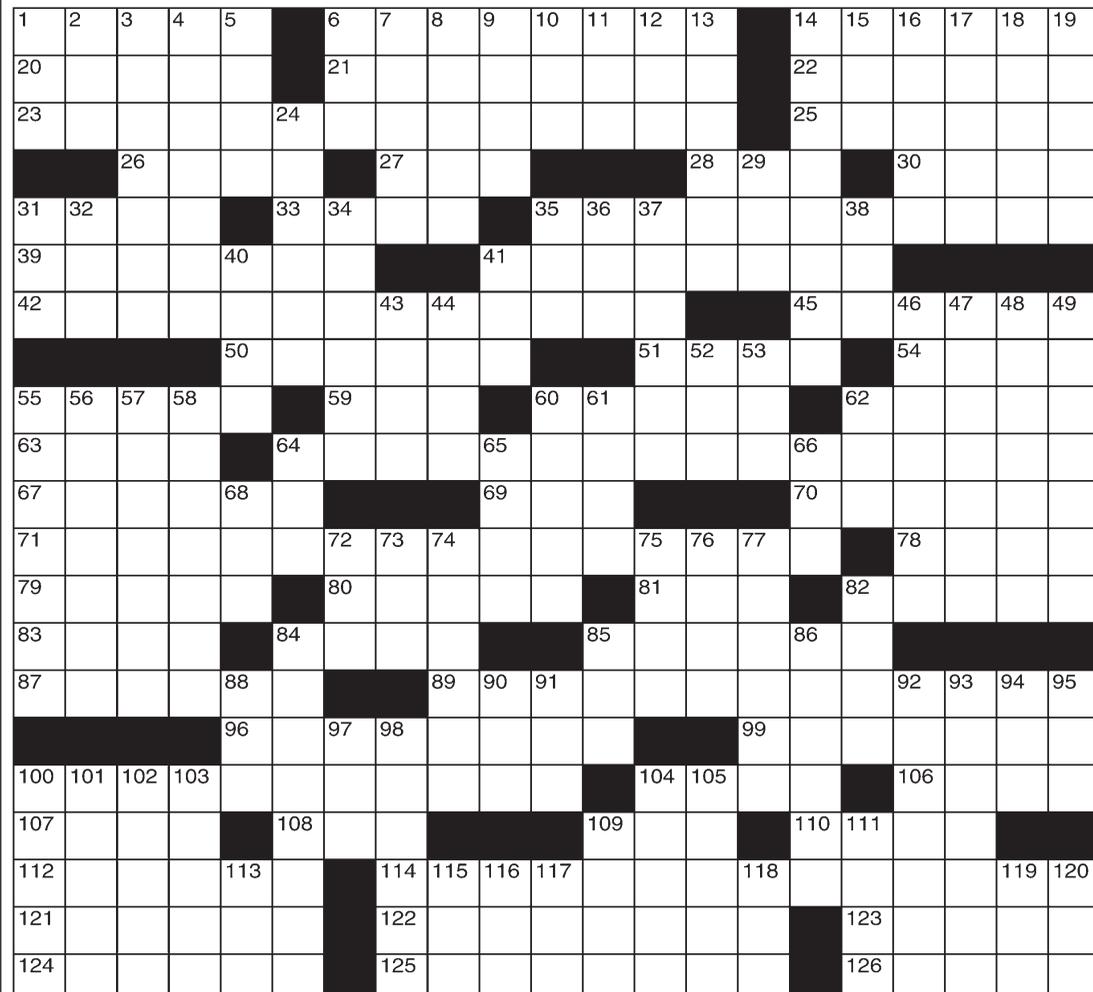
Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

# PUZZLES

Answers on page 23

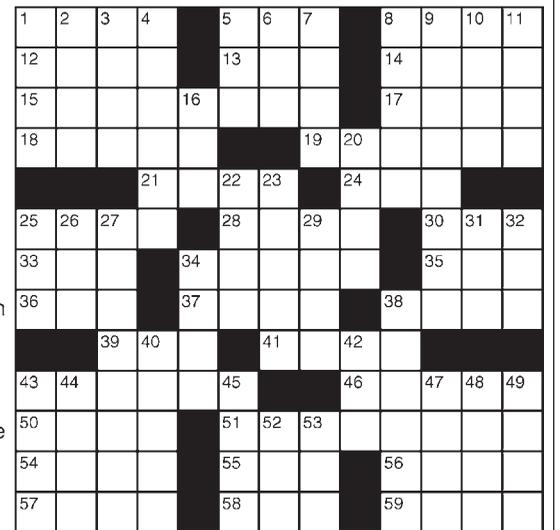
## Super Crossword CONFORMITY

- ACROSS**
- 1 Competitor
  - 6 Least hilly
  - 14 Spring birds
  - 20 Adult insect stage
  - 21 Irish moss or nori
  - 22 Insect's egg capsule
  - 23 Steady job, say
  - 25 Money, slangily
  - 26 Egg on
  - 27 See 110-Across
  - 28 One — kind
  - 30 Israeli politician
  - 31 Waikiki locale
  - 33 Catholic liturgy
  - 35 Steak/lobster combo dish
  - 39 Leave behind
  - 41 Aquarium shop supply
  - 42 Endowing organization
  - 45 Didn't allow to pass, as a bill
  - 50 Swimmer Gertrude
  - 51 "— the night before ..."
  - 54 Novelist — Stanley Gardner
  - 55 Pass, as a bill
  - 59 "Lady Love" singer Rawls
  - 60 Really hate
  - 62 Jeans brand
  - 63 Recline lazily
  - 64 Regulating system
  - 67 Main nun
  - 69 Nest egg abbr.
  - 70 Estevez of "Tex"
  - 71 Attractive
  - 78 Tesla's Musk
  - 79 Volley starter
  - 80 Flora and fauna
  - 81 GPS display
  - 82 Vogue thing
  - 83 Uruguay's Punta del —
  - 84 Good buds
  - 85 Campout fuel
  - 87 Suffer from hunger
  - 89 Like an attention-grabbing actor
  - 96 Unrefined petroleum
  - 99 Eppie who's known as Ann Landers
  - 100 Home-state candidate
  - 104 Skillful feat
  - 106 Clodhopper
  - 107 Pitcher Hershiser
  - 108 Grassy tract
  - 109 Deceive
  - 110 With 27-Across, makeshift sheds
  - 112 Theater area
  - 114 What the starts of seven answers in this puzzle might do?
  - 121 California beach city
  - 122 Online merchants
  - 123 Sharpens
  - 124 Appraise
  - 125 Sign on a dead-end street
  - 126 Start
  - 8 "Ciao!" in Chihuahua
  - 9 Gets bronze
  - 10 Special attention, for short
  - 11 Conceit
  - 12 Singer Cooke
  - 13 Start a golf hole
  - 14 Longtime Russian dynasty members
  - 15 Large gametes
  - 16 "Carmen" composer Georges
  - 17 D-Max pickup truck maker
  - 18 Appellation bestower
  - 19 Neck warmer
  - 24 Halley of Halley's comet
  - 29 — Schwarz (toy store)
  - 31 Clodhopper
  - 32 — Dhabi
  - 34 San — (Texas city near Abilene)
  - 35 Ungodliness
  - 36 The Trojans of the NCAA
  - 37 Musical beat
  - 38 1950s prez
  - 40 Losing effort?
  - 41 Add-on charge
  - 43 Cal's twin in "East of Eden"
  - 44 Fill to excess
  - 46 More itty-bitty
  - 47 Redenbacher of popcorn
  - 48 Omission of a syllable
  - 49 Archbishop Tutu
  - 52 Affliction
  - 53 Projectile path
  - 55 Slips by
  - 56 Most majestic
  - 57 Calgary locale
  - 58 Meat cutter
  - 60 Large artery
  - 61 Ho-hum
  - 62 Hasty escape
  - 64 2000-15 CBS drama
  - 65 Prison melee
  - 66 Laugh half
  - 68 ND-to-LA dir.
  - 72 Rockets' gp.
  - 73 Actor Gerard
  - 74 Chucks out
  - 75 Art Deco artist
  - 76 Summers, in Somme
  - 77 Dr. Seuss' title turtle
  - 82 Warty hopper
  - 84 Very risky
  - 85 Hit sketch show since '75
  - 86 Tattooing tool
  - 88 Outmoded TV adjunct
  - 90 Aviary sound
  - 91 A, in Berlin
  - 92 Classic Chrysler
  - 93 Heat-attached patches
  - 94 Prefix with natal
  - 95 Mutt's threat
  - 97 Adaptable truck, in brief
  - 98 Stun with sound
  - 100 Pro — (perfunctory)
  - 101 Opera songs
  - 102 Osso buco meats
  - 103 "Kukla, Fran and —"
  - 104 Carpentry peg
  - 105 — nous
  - 109 Stallion-to-be
  - 111 Iterate
  - 113 Samantha Bee's station
  - 115 Southern Sioux
  - 116 Thai tongue
  - 117 Lucy of TV's "Elementary"
  - 118 1940s prez
  - 119 Really little
  - 120 July hrs.



## King Crossword

- ACROSS**
- 1 Taj Mahal city
  - 5 Chatter
  - 8 Pugilist's weapon
  - 12 Regrets
  - 13 Half of bi-
  - 14 Bygone Peruvian
  - 15 Diamond parts
  - 17 Miles away
  - 18 Thai or Korean
  - 19 Oscar contenders
  - 21 Leaves
  - 24 Medit. nation
  - 25 Buckeye State
  - 28 Take five
  - 30 Yoga pad
  - 33 Mafia boss
  - 34 Emulate
  - 35 Bedazzle
  - 36 Dict. info
  - 37 Nick and Nora's pet
  - 38 Arm bone
  - 39 Fireplace residue
  - 41 Luminary
  - 43 Charlton Heston film
  - 46 Seraglio
  - 50 Aware of
  - 51 Endless time or space
  - 54 Burning heap
  - 55 Automobile
  - 9 Casual planet
  - 10 Cicatrix
  - 11 Old salts
  - 16 Rock's Brian
  - 20 Refer to
  - 22 Messes up
  - 23 Plane assignments
  - 25 Peculiar
  - 26 Garden tool
  - 27 Foot soldiers
  - 29 Sports figure?
  - 31 Bristle
  - 32 Chai, e.g.
  - 34 Diamond Head locale
  - 38 Seventh
  - 40 Loafers, e.g.
  - 42 Sashimi fish
  - 43 Conks on the head
  - 44 "May It Be" singer
  - 45 "Casablanca" cafe owner
  - 47 Teeming
  - 48 Harrow rival
  - 49 Island in a computer game
  - 52 Scott's refusal
  - 53 Saute
- DOWN**
- 1 Met solo
  - 2 Weaponry
  - 3 Mortgage again, for short
  - 4 Italian cheese
  - 5 Actor Brynner
  - 6 Moreover
  - 7 Galileo's birth-place
  - 8 Decrees



## MAGIC MAZE ● "GEORGIA ON MY MIND"

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

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

- Back to you
- Moonlight
- Pines
- Smile
- Clear
- No peace
- Ray Charles
- Tenderly
- Dreams
- Other arms
- Reach out
- Woah
- Eyes
- Peaceful
- Road



Snap Bean and Sweet Pepper Sauté

photo courtesy Fresh From Florida



**Snap Bean and Sweet Pepper Sauté**

- 1 pound snap beans, stems trimmed
- 1 each red and yellow bell pepper, seeded and julienne
- 2 teaspoons olive oil

- 4 cloves garlic, finely chopped
- ½ lemon, juiced
- Sea salt and fresh ground black pepper, to taste

In a large sauté pan, heat the olive oil over medium-high heat. Carefully add the bell pepper, cook for about 1 minute. Add the beans and cook for 3 to 5 minutes. Add the garlic and continue cooking for another minute or until crisp-tender. Add lemon juice and toss before serving.\*

**PETS OF THE WEEK**



Cowboy ID# A6111156 photos provided Lee County Domestic Animal Services

**Cowboy And Mighty**

Hello, my name is Cowboy. I am a red 8-year-old male Welsh corgi mix. I am a little guy who likes every dog I have met during my stay here at the shelter. I am not a big barker as I speak with my eyes. If you are looking for a hero, how about a Cowboy. At just 20 pounds, I am the perfect size for apartment or condo living.

My adoption fee is \$25. Hi, I'm Mighty. I am a white 1-year-old rat. I may not be a mouse, but I am as cute as one. You never know what you can find to adopt here at Animal Services. Right now we have dogs, cats, bunnies and me, a rat. Rats make great



Mighty ID# A9109598

and easy to care for pets. 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](http://www.leelostpets.com) to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.\*

**My Stars ★★★★★ FOR WEEK OF MARCH 14, 2022**

- Aries** (March 21 to April 19) Keep an open mind about a suggestion you see as unworkable. Give it a chance to prove itself one way or another. The results could surprise both supporters and detractors.
- Taurus** (April 20 to May 20) News about an upcoming venture causes you to make some last-minute adjustments in your plans. But the extra work will pay off, as you come to learn more about the potential benefits opening up.
- Gemini** (May 21 to June 20) A more positive aspect grows out of your determination to reach your immediate goals. Continue to keep your focus sharp and on target by steering clear of petty quarrels and other pesky problems.
- Cancer** (June 21 to July 22) By acting as a voice of reason, you can avoid adding to an already turbulent situation. You might have to shout over the tumult, but your words ultimately will be heard and heeded.
- Leo** (July 23 to August 22) The possibility of a new acquisition always makes those Leonine eyes light up. But

be careful that what you see is what you want. Appearances often can be deceiving.

**Virgo** (August 23 to September 22) No matter how much you might feel that you're in the right, resist saying anything that could reignite a still-unresolved situation. Let the matter drop, and move on.

**Libra** (September 23 to October 22) Help with a personal problem comes from an unexpected source. You also find workplace pressures easing. Use this period of calm to restore your spent energies.

**Scorpio** (October 23 to November 21) You might have to share the credit for that project you're working on. But there'll be enough credit to go around, and your efforts will be recognized and rewarded.

**Sagittarius** (November 22 to December 21) Details need to be dealt with before you can move on to another area. Make sure you don't leave any loose ends that could later cause everything to unravel.

**Capricorn** (December 22 to January 19) News about a change in the workplace carries with it a challenge you could find difficult to resist. Check it out. It could be just what you've been

waiting for.

**Aquarius** (January 20 to February 18) Allowing your artistic nature full expression will help restore your spirits and will put you in the mood to take on that new career challenge. A Libra creates excitement.

**Pisces** (February 19 to March 20) Expect to happily plunge right into a hectic social whirl starting at week's end. Your aspects favor new friendships as well as the strengthening of old relationships.

**Born This Week:** Like St. Patrick (who was also born this week), your spiritual strength is an inspiration to others.

**MOMENTS IN TIME**

- On March 24, 1603, after 44 years of rule, Queen Elizabeth I of England dies. Elizabeth had repealed pro-Catholic legislation, established a permanent Protestant Church of England and encouraged voyages of discovery.
- On March 21, 1871, journalist Henry Morton Stanley begins his famous search through Africa for the missing British explorer Dr. David Livingstone. When Stanley found him on Oct. 27, he stepped forward

and stretched out his hand: "Dr. Livingstone, I presume?"

- On March 22, 1893, the first women's college basketball game is played at Smith College in Northampton, Massachusetts. Each made basket counted as one point with the game lasting two 15-minute halves. The game had been invented in 1891 by Dr. James Naismith, with rules for men and women the same.

- On March 27, 1912, in Washington, D.C., first lady Helen Taft and the Viscountess Chinda, wife of the Japanese ambassador, plant two Yoshina cherry trees on the northern bank of the Potomac River, near the Jefferson Memorial. The event was held in celebration of a gift, by the Japanese government, of 3,020 cherry trees to the U.S. government.

- On March 23, 1962, Pakistan's governor Ayub Khan gives first lady Jacqueline Kennedy a horse she nicknamed Black Jack. Jackie chose Black Jack to serve as the ceremonial riderless horse during Pres. John Kennedy's funeral.

- On March 26, 1950, ever on a witch hunt, Sen. Joseph McCarthy charges Johns Hopkins University

continued on page 22

 <b>FRIDAY</b> Sunny High: 80 Low: 72	 <b>SATURDAY</b> Sunny High: 79 Low: 73	 <b>SUNDAY</b> Sunny High: 80 Low: 72	 <b>MONDAY</b> Partly Cloudy High: 84 Low: 78	 <b>TUESDAY</b> Partly Cloudy High: 80 Low: 72	 <b>WEDNESDAY</b> Mostly Cloudy High: 78 Low: 73	 <b>THURSDAY</b> Mostly Cloudy High: 77 Low: 69
-----------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------

**Redfish Pass Tides**

Day	High	Low	High	Low
Fri	1:45 am	8:00 am	2:20 pm	7:59 pm
Sat	2:30 am	8:23 am	2:35 pm	8:42 pm
Sun	3:19 am	8:44 am	2:56 pm	9:30 pm
Mon	4:14 am	9:03 am	3:21 pm	10:24 pm
Tue	5:22 am	9:17 am	3:52 pm	11:29 pm
Wed	7:08 am	9:07 am	4:30 pm	None
Thu	5:19 pm	12:50 am	None	None

**Point Ybel Tides**

Day	High	Low	High	Low
Fri	12:50 am	8:02 am	1:25 pm	8:01 pm
Sat	1:35 am	8:25 am	1:40 pm	8:44 pm
Sun	2:24 am	8:46 am	2:01 pm	9:32 pm
Mon	3:19 am	9:05 am	2:26 pm	10:26 pm
Tue	4:27 am	9:19 am	2:57 pm	11:31 pm
Wed	6:13 am	9:09 am	3:35 pm	None
Thu	4:24 pm	12:52 am	None	None

**Punta Rassa Tides**

Day	High	Low	High	Low
Fri	1:33 am	8:15 am	2:09 pm	8:25 pm
Sat	2:11 am	8:44 am	2:24 pm	9:07 pm
Sun	2:58 am	9:12 am	2:34 pm	9:50 pm
Mon	3:59 am	9:38 am	2:53 pm	10:34 pm
Tue	5:06 am	10:00 am	3:23 pm	11:25 pm
Wed	6:17 am	10:16 am	4:05 pm	None
Thu	7:45 am	12:37 am	4:56 pm	10:25 am

**Cape Coral Bridge Tides**

Day	High	Low	High	Low
Fri	3:55 am	11:16 am	4:30 pm	11:15 pm
Sat	4:40 am	11:39 am	4:45 pm	11:58 pm
Sun	5:29 am	12:00 pm	5:06 pm	None
Mon	6:24 am	12:46 am	5:31 pm	12:19 pm
Tue	7:32 am	1:40 am	6:02 pm	12:33 pm
Wed	9:18 am	2:45 am	6:40 pm	12:23 pm
Thu	7:29 pm	4:06 am	None	None

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From page 20

## Moments In Time

Professor Owen Lattimore with being a top spy for the Soviet Union. Lattimore's career was ruined, even though no evidence ever surfaced to support the charges.

• On March 25, 1983, during filming of the television special *Motown 25*, Diana Ross, formerly of the Supremes, shoves Mary Wilson out of the spotlight. It later had to be edited out. Smokey Robinson stepped in onstage to keep between the two warring Supremes.

### NOW HERE'S A TIP

• Lettuce will last longer if you store it in the crisper drawer in a clean paper bag.

• "Try using an empty glass wine bottle (remove the label) for rolling out pie crust or any dough. It is the best thing I've ever used... nothing sticks to the glass, unlike my wooden rolling pin, which is now in the back of my cabinet for good after using it for decades!" – LF in Texas

• Peas, spinach, sweet potato, squash and carrots can be pureed and added to baked goods to increase fiber and nutrients. They are especially useful in soups to thicken a broth without adding fat. You can sneak some veggies into unexpected places, too – like cookies, pancake batter and pasta dishes, or

make a flavorful sandwich spread.

• "When you get a new pair of running shoes, treat the insides with spray starch. We have always done this, and it keeps them fresher longer." – SM in Indiana

• Tubes make it easy to access toothpaste when they are full, but it's sometimes hard to get that last bit out. Here's a tip from CW in Oregon: "To get the last bit of a tube of toothpaste to come out, run the tube under warm water for a few seconds. There's more still in there than you think!"

• It's easy to sort hardware using a muffin pan. If you get a pan that has 12 depressions, you can line up nails and screws and such according to size, making it even more convenient.

### STRANGE BUT TRUE

• The shamrock, called the "seamroy" by the Celts, was considered a sacred plant that symbolized the arrival of spring. According to legend, St. Patrick used it as a visual guide when explaining the Holy Trinity. By the 17th century, it had become a symbol of emerging Irish nationalism.

• There's a doughnut shop in Clare, Michigan, that's owned entirely by cops.

• A long-haired tortoiseshell cat named Towser holds the Guinness World Record for catching mice – an estimated 28,899 in 24 years – as the pest control expert at the Glenturret whiskey

distillery in Scotland.

• Between 1912 and 1948, Olympic medals were given out for sporting-inspired masterpieces of architecture, music, painting, sculpture and literature.

• Subaru WRX owners are the most likely in the U.S. to have a prior speeding citation.

• The average energy expended during the ladies Wimbledon tennis final match adds up to 1.56kWh, which is enough power to keep an iPhone charged for a year.

• Hackers were prevented from stealing nearly \$1 billion after misspelling the word "foundation" as "fandation" on a payment transfer. However, they were still able to swipe roughly \$80 million before their typo tipped off the banks.

• Nineteen-year-old Shayla Wiggins, of Wyoming, found a man's corpse in a river while she was playing Pokemon Go.

• In 2014, South Korea produced an alternative version of their national anthem *Aegukga*, which was two keys lower in order to make it easier for kids in school, especially boys going through puberty, to sing.

• When actor Dwayne Johnson was in high school, his height of 6-foot-4 and weight of 225 pounds had some of his classmates suspecting he was an undercover cop.

### THOUGHT FOR THE DAY

"One who knows how to show and to accept kindness will be a friend better than any possession." – Sophocles

### TRIVIA TEST

- Geography:** In which U.S. state is the Devils Tower monument located?
- Legal:** Which U.S. Supreme Court justice served for the longest period of time?
- Television:** Which biker drama is set in the town of Charming, California?
- Weather:** What kind of natural disaster is caused by an underwater earthquake or volcanic eruption?
- U.S. Presidents:** Which president founded the University of Virginia?
- Animal Kingdom:** What is a young hare called?
- Chemistry:** Which two elements on the Periodic Table are liquid at room temperature?
- Literature:** Which 20th-century novel features the characters Leopold and Molly Bloom?
- Astronomy:** What planet in our solar system is the farthest from the sun?
- Movies:** Which movie portrays the beginnings of Facebook founder Mark Zuckerberg?

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3/18 \* 3/25

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3/11 \* 3/18

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TRIVIA ANSWERS

1. Wyoming 2. William O. Douglas (36 years) 3. Sons of Anarchy 4. Tsunami 5. Thomas Jefferson 6. A leveret 7. Bromine and Mercury 8. Ulysses (James Joyce) 9. Neptune 10. The Social Network

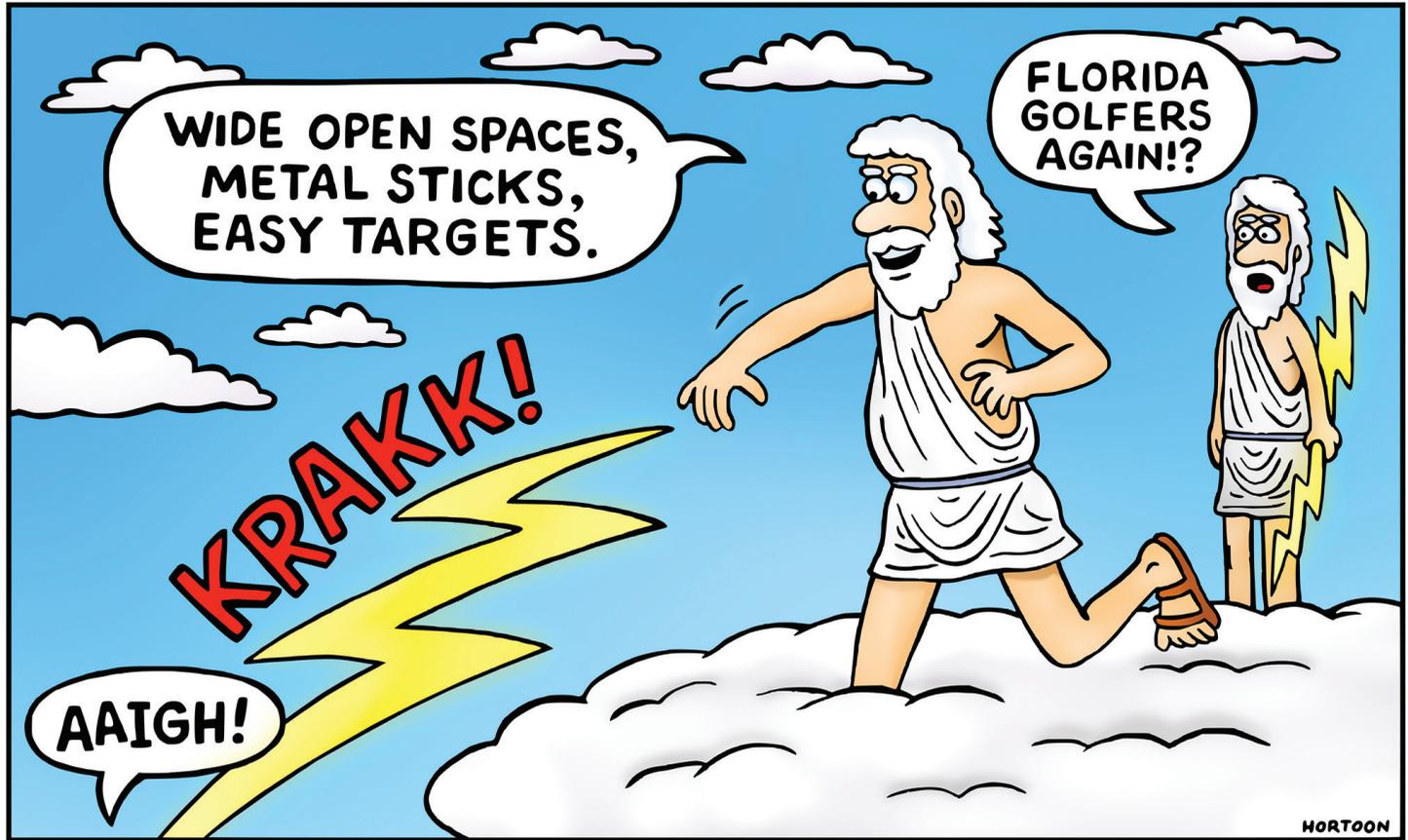
SCRAMBLERS ANSWER

1. Sparse 2. Carrot  
3. Sacred; 4. Glare

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HORTOONS



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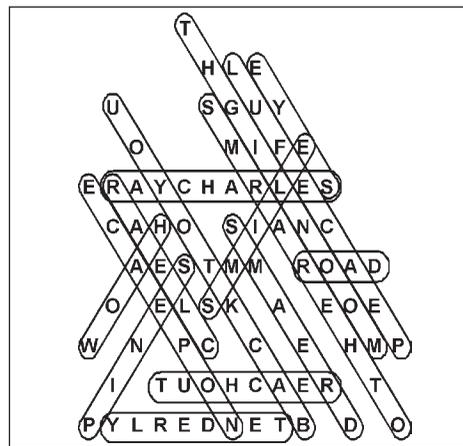
SUPER CROSSWORD

R	I	V	A	L	F	L	A	T	T	E	S	R	O	B	I	N	S
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S	O	U	R	C	E	O	F	I	N	C	O	M	E	M	A	Z	U
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KING CROSSWORD

A	G	R	A	Y	A	P	F	I	S	T
R	U	E	S	U	N	I	I	N	C	A
I	N	F	I	E	L	D	S	A	F	A
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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Sanibel	2003	6,639	\$7,500,000	\$6,750,000	821
Bayfront Gardens	Bonita Springs	2014	4,447	\$5,900,000	\$5,900,000	6
Southport On The Bay	Bonita Springs	2010	4,206	\$4,699,000	\$4,600,000	2
Watson WW	Fort Myers Beach	2009	2,537	\$4,500,000	\$4,500,000	181
Cases	Fort Myers Beach	1985	3,264	\$4,399,000	\$4,350,000	4
Savona	Cape Coral	1999	5,223	\$3,195,000	\$2,925,000	96
Cape Harbour	Cape Coral	2011	2,985	\$2,190,000	\$2,015,000	26
Carolands	Bonita Springs	1991	1,890	\$1,999,900	\$1,850,000	21
Cape Coral	Cape Coral	2021	2,613	\$1,750,000	\$1,775,000	30
Lake Forest At Shadow Wood	Estero	2001	3,554	\$1,775,000	\$1,775,000	0

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