

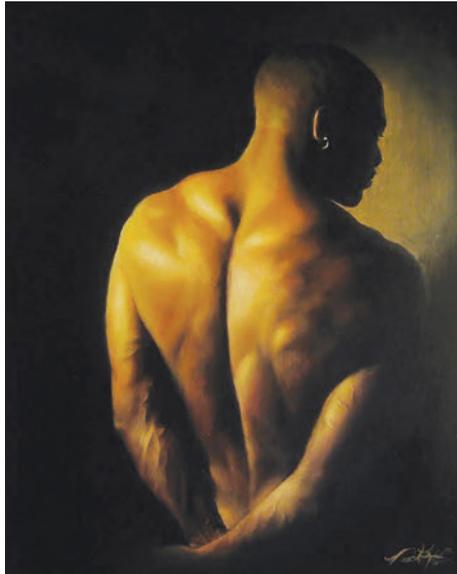


## Mother-Daughter Exhibit At Davis Art Center

The Sidney and Berne Davis Art Center offers a beautiful perspective on ethnicity, identity, family and love through the eyes of Wanda Hamilton and Challen (Lexie) Rivera (Hamilton). The February exhibition, entitled Seed, Time, and Harvest, will be featured in the Grand Atrium with an opening night reception during Art Walk on Friday, February 5 from 6 to 10 p.m.

Courage to make a change starts with the boldness to infuse within our children a sense of dignity and determination. This mother-daughter exhibition explores the elements of a brave new world for the nucleus of the black community – the family. This exhibit features mixed media works, sure to give viewers a unique perspective on ethnicity, identity, family and love through the eyes of the artists.

Hamilton was born and raised in Chicago. Growing up in a time of social and racial upheaval, her fondest childhood memories constantly centered around a grandmother’s unshakable influence. A family bible with color illustrations of masterworks fixed her young heart on the power of classical art. Hamilton’s



Portrait by Wanda Hamilton

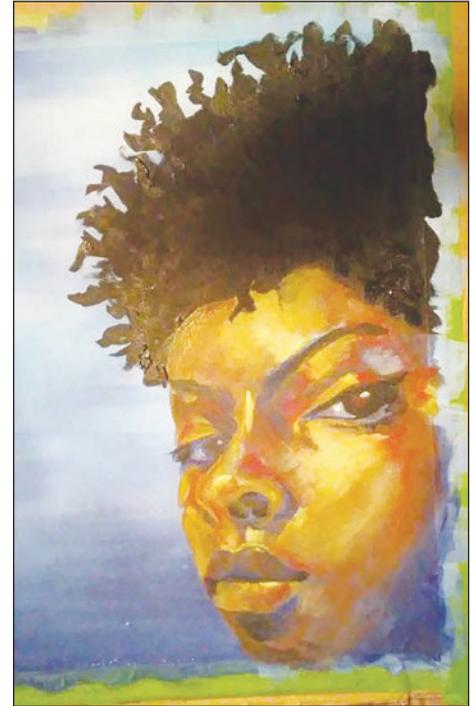
images provided childhood love for art grew into seeing an apparent absence of notable blacks associated with this timeless form of art expression. From early on, her goal has been to help change that landscape. As a mother and grandparent, she now focuses on solidifying an artistic legacy for her descendants through encouragement, mentoring and building a body of work to inspire spiritual, mental and emotional



Still life by Wanda Hamilton

growth. Being a self-taught artist, Hamilton uses oils to create the majority of her pieces. Yet, as she continues to experience life from a unique perspective, she never rules out where the arts may take her next.

While gaining craft knowledge from a multitude of resources, she’s shown in Chicago and New York, with works displayed in California, Florida, New Mexico and Texas. While Chicago will



Portrait by Challen Rivera

always be her home, her long-term goal is to share her creations in Africa and Europe as well as other art hubs across the United States.

Rivera is also known as “C. Lexicution”  
continued on page 18

## Animal Shelter To Host Pajama Party Fundraiser

The Cape Coral Animal Shelter will be hosting the first PJ’s and Paws – A Night at the Shelter to benefit the animals on Friday, February 12.

The pajama party will feature 15 local “celebrities,” or representatives, of local businesses who will dress in their finest pajamas and spend the night with the animals of the Cape Coral Animal Shelter. Participants will be matched with one of the resident canines or assigned to one of the cat manors and are encouraged to decorate their “suite” to impress their “date.” The human can read to their date, sing, take them for a walk, play, or just spend time together. At the end of the night, when all is quiet, humans can cuddle up and spend the night with their date or tuck them in to dream of their forever home.

Each will be working toward a goal of raising a minimum of \$2,000 through their networks and social media with a goal of raising \$30,000 to support the lifesaving work that is being done at the shelter. There will be prizes for the most money raised by a celebrity/company, best pajamas and most creative room decoration. Throughout the event, there



Paige Sheatzley with her dog

photos provided will be Facebook live check-ins and each business/celebrity participating will get a chance to shine in their pajamas and show off their date for the evening.

“This year has been difficult for so many nonprofits, and Cape Coral Animal Shelter has had its share of challenges,” said Liz McCauley, executive director. “Since most of our fundraisers have been canceled or postponed, we have had to find creative ways to raise much needed funds while still being able to social distance. We believe PJ’s and Paws is a fun way to raise money and awareness for our adoptable animals. And, if you have



Meghan Schuman Richardson with her two dogs and guinea pig

been to our shelter, you know – our dog suites and cat manors are so comfy and relaxing. Who wouldn’t want to cuddle up with our residents and take a nap?”

Celebrities participating include: Amy J. Hanna-Eckenrode, Breeze Newspapers/Hampton Manor of Cape Coral; Barbara “Sadie” German, 96.9

Wink FM; Chelsea Castoria, CONRIC PR & Marketing; Donna Germain, Chamber of Commerce of Cape Coral; Dr. Cecilia Fisher, Cape Coral Pet Vet; Gloria Tate, Raso Realty; Jessica Walker, Markham Norton Mosteller Wright and Company, PA; JoAnn Elardo, Wicked Dolphin;

continued on page 11

Historic Downtown Fort Myers, Then And Now:

# Unsung Architect, Thomas R. Martin



by Gerri Reaves, PhD

**W**alk through historic downtown Fort Myers and you'll see many features of Mediterranean Revivalist architecture, a style which catapulted to popularity in the 1920s, particularly in Florida and California.

Influenced by Italian, Byzantine, and Moorish themes from the Mediterranean coast, the style incorporates ornate flourishes on doorways, cornices and balcony ironwork.

Typical features include parapets, arches, serpentine columns, tiled overhangs, pediments, casement windows and other touches.

Residential buildings are usually stucco with tile roofs, with generous use of ceramic tile and terra cotta. Colorful medallions and retreating entrances are other characteristics.

Instead of front porches, structures feature patios, courtyards and loggias.

Brightly colored striped awning also became popular during the period – a “south of France” touch.

Of the architects who honed the Florida Mediterranean Revivalist style, Addison Mizner is probably the best known, but he worked on the east coast, mainly in Palm Beach and Miami.

While no particular architect is renowned for being

associated with boom-time Fort Myers, there is one who had a major influence on how downtown looks today.

Thomas Reed Martin designed some of the city's outstanding historic structures, some of them pictured here: the Alderman home on First Street, just east of Park Avenue, now a luxury bed and breakfast; the Post Office Arcade (later Collier Arcade) on Broadway; and the Stadler mansion south of downtown.

One of his major undertakings was redeveloping the Tonnelier Block in 1924 to 1925 for George R. Sims.

Sources indicate that Martin's work in Fort Myers coincided with the peak boom years, approximately 1924 to 1926. He was based in Sarasota, but during his time here, he was described as Sarasota-Fort Myers based.

Born in Wisconsin, he had moved to Sarasota in 1910 to design a house.

His business, Martin Studio, and later Martin-Hosmer Studios, was for a short time located in Patio de Leon on the west side in what now is part of a restaurant.

When the construction of Frank C. and Rossie Alderman's home on First began in July 1924, the *Fort Myers Press* took notice, not only because Frank Alderman was a prominent citizen – for example, president of the First National Bank and active in civic affairs – but because of the architectural style.

From the beginning, it was considered one of the most beautiful houses in town, with features such as a square tower with pyramidal roof, terrace with decorative ceramic tiles, arched casement windows and barrel-tile crowns.

In 1924 to 1925, Martin and Sims converted the 19-teens-style Tonnelier Court, now Patio de Leon, and surrounding commercial buildings into the popular Mediterranean Revivalist style.

The project included not only the interior court but



**Patio de Leon was only a part of the massive redevelopment of the Tonnelier Block in the mid-1920s. Architect Thomas R. Martin had an office in this space for a short time. Today, it is part of a restaurant.**

photo by Gerri Reaves

the street-facing structures enclosing it along a half block of First and of Hendry converging at the southwest corner.

The Leon Building's beautiful façade with serpentine

continued on page 6



Designed by architect Thomas R. Martin and built in 1924 to 1925, the Frank C. Alderman home is one Fort Myers' most beautiful examples of the 1920s Mediterranean Revivalist style. It is also known as the Alderman-Paul home because Robert T. and Fay Langford Paul later bought it.

photo courtesy SWFL Historical Society



Martin built this mansion on the Caloosahatchee at Gasparilla Drive for New York State Senator Charles A. Stadler in 1926. This photo was taken in 1932.

photo courtesy SWFL Historical Society, Sara Nell Hendry Gran Collection



This photo of the Post Office Arcade was taken soon after it was completed in 1925. The view is from the Broadway entrance.

photo courtesy IMAG History & Science Center

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write to: The River Weekly News, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957  
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Trumpeter and vocalist Wendell Brunious

photo provided

## New Orleans Legend To Play With Jazz Quintet

Legendary Wendell Brunious will join Southwest Florida favorite Dan Miller-Lew DelGatto Quintet in a performance on Friday, February 12 at the Sidney & Berne Davis Art Center. Cocktail hour begins at 6:30 p.m., and the performances starts at 7:30 p.m.

Brunious is a New Orleans jazz trumpeter and vocalist, and a member of one of the great royal families of New Orleans music, spanning generations of brilliant musicians.

New York City jazz trumpeter Dan Miller built his reputation touring

and recording with Harry Connick Jr., Wynton Marsalis, Maynard Ferguson and Woody Herman. He brings together a tremendous group of musicians for an evening of hard swinging acoustic jazz music. The quintet also includes legendary tenor saxophonist Lew Del Gatto (*Saturday Night Live* Band 1975 to 2006 and Frank Sinatra), spectacular New York City pianist Roy Gerson, bassist Brandon Robertson and drummer Tony Vigilante.

Tickets are \$45 apiece or \$50 the day of the concert. A table of four is \$225, and a table of eight VIP seats is \$450.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, call 333.1933 or visit [www.sbdac.com](http://www.sbdac.com).✪

## Library System Expands Early Literacy Offerings

The Lee County Library System has enhanced its early literacy services with the redesign and relaunch of the 1,000 Books Before Kindergarten program and the addition of a website section specifically for families with young children.

These efforts come as educators nationwide look for opportunities to reach young children before they enter kindergarten. The additional library services complement the library system's diverse collection of books and resources for young children while providing support to parents and caregivers as they navigate their child's first years.

"The 1,000 Books Before Kindergarten program is more than a reading log," said Amy-Jane McWilliam, youth services coordinator. "As a parent tracks the books they read with their child, they also learn about the

five early literacy practices of reading, writing, singing, playing and talking, and the significance these practices have in their child's start to school."

The website for early literacy programs for children up to age 5, is [www.leelibrary.net/prek](http://www.leelibrary.net/prek). Parents may also visit any Lee County Library System location. Families with children up to age 5 who have not started kindergarten can participate. The program is flexible and self-paced.

The program provides examples of simple family activities to encourage the development of pre-reading and writing skills. As children progress through the 1,000 Books program, they will receive rewards like stickers, books, musical instruments and bubble wands.

The program can be the beginning of a life-long relationship with the library, Library Director Mindi Simon said.

"The library's long-range plan includes becoming a part of daily life in Lee County," she said. "This starts by pairing with parents in the early days of their child's growth and development to create a relationship that will continue through all stages of life."✪

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Craig Pittman

photo provided

## Famous Author Lecture, Lunch And Workshop

The Famous Author Lecture & Lunch series at the Sidney & Berne Davis Art Center will feature Craig Pittman on Monday, February 8 from noon to 2 p.m. Pittman will then teach a hands-on fiction writing class from 3 to 5 p.m.

Craig Pittman is the author of five books, including the *New York Times* bestseller *Oh, Florida! How America's Weirdest State Influences the Rest of the Country*, which won a gold medal from the Florida Book Awards. His latest, published in January, is *Cat Tale: The Wild, Weird Battle to Save the Florida Panther*. The Florida Heritage Book Festival recently named him a Florida Literary Legend, and he is co-host of a podcast called *Welcome to Florida*.

Pittman lives in St. Petersburg with his wife and children.

The writing workshop, entitled *That's a Fact, Jack!*, discusses how to write non-fiction. Pittman is a native Floridian and an award-winning journalist. He spent 30 years at the *Tampa Bay Times* and now writes a weekly column on environmental issues for the *Florida Phoenix*. Learn more about the author at [www.craigpittman.com](http://www.craigpittman.com).

The Famous Author Lecture Series is sponsored by FineMark Bank.

Cost for the lecture and lunch is \$45 for general admission and \$360 for a table of eight. Lunch will be prepared by Frisco's Catering. For tickets, visit [www.sbdac.com/author-lecture-series-craig-pittman](http://www.sbdac.com/author-lecture-series-craig-pittman).

Cost for the writing workshop is \$50.

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

## Brave New Chamber Music From Symphony

The Southwest Florida Symphony, continues its revamped 2020-21 season with Brave New Chamber Music Concerts in various locations throughout Southwest Florida from February 18 through February 21.

These concerts are uniquely designed programs that sprung from orchestras' needs to change how they deliver live music during the pandemic. The Southwest Florida Symphony developed Brave New Chamber Music through shared creativity with and the ingenuity of Andrew Lipke – February's guest artist, guitarist, singer, composer and narrator. The pared-down fusion concerts are similar to the symphony's wildly successful Mashupalooza performance featuring Maestro Steve Hackman in February 2020. The concerts are no more than 75 minutes long, with no intermission in order to provide the safest environment possible while still honoring the mission of performing orchestral music for the benefit of the public.

The music features Lipke with a Southwest Florida Symphony string quartet and consists of pieces by Beethoven, Mozart, Bartok and Haydn blended with tunes by The Beatles, The Velvet Underground, Bob Dylan and The Rolling Stones.

"I am so grateful that the Southwest Florida Symphony found a way to bring live orchestral music to the public right now and that I get to be involved," said Lipke. "There's nothing like the string quartet in all of music...it's not just an ensemble, but a musical form; it's a veritable proving ground for almost all the great composers; it's the epitome of individuality seamlessly combined into a unified whole, and it's been an integral



Andrew Lipke

photo provided

part of the musical output of artists as diverse as Mozart and The Rolling Stones."

Brave New Chamber Music dates and venues are as follows:

Thursday, February 18 – Gulf Theater, Punta Gorda

Friday, February 19 – The Sidney & Berne Davis Art Center, downtown Fort Myers

Saturday, February 20 – The Southwest Florida Symphony's Artistic & Operations Center at Bell Tower, South Fort Myers

Sunday, February 21 – The Community House, Sanibel Island

The Southwest Florida Symphony is the only professional symphony orchestra in Lee County and one of the oldest on Florida's Gulf Coast.

Tickets may be purchased by calling 418-1500, visiting [www.swflso.org](http://www.swflso.org) or dropping by the Southwest Florida Symphony box office, located at 7500 College Parkway, Suite 200, in Fort Myers.\*

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## Submissions Needed For Local Magazine

Love Your Rebellion's biannual publication is seeking new art and writing. Issue 15 is accepting submissions from January 29 to March 26.

Metamorph is the theme for Issue 15. Taken from the word metamorphosis, the issue's theme centers around change, resilience and transformation. Submitting artists and writers are asked to consider the following prompt:

As water erodes stone, as earthquakes shift the landscape, as wind carries sparks from a fire, the world affirms that change is the only constant. Like the earth, can you find resilience in transformation? What keeps you grounded? What allows you to tune into the ebb and flow of your emotions? What breathes hope into your life? What stokes your flames?

Submit art and/or writing that explores how you've cultivated a relationship with your ongoing metamorphosis.

The upcoming issue is the latest that features therapeutic arts activities developed by the staff alongside submitted art and writing. The staff includes visual artists Annie Pritchard and Michelle Caraway, musician and writer Angela Page, and licensed marriage and family therapist Rebecca Martinez-Thomas. Together, the team creates arts-based workbook activities that support good mental health to accompany submitted art and writing.

In 2020, Love Your Rebellion partnered with Abuse Counseling and Treatment (ACT). Five hundred copies of the publication are donated annually to ACT. The workbooks are used in therapy sessions with ACT's clients and offered as part of the Crisis Program at ACT's Rape Crisis Center.

Love Your Rebellion Issue 15 is made possible in part from a grant from the City of Fort Myers. The release date is June 1. For complete guidelines and submission, visit [www.loveyourrebellion.org/zine-submissions.\\*](http://www.loveyourrebellion.org/zine-submissions.*)

# Edison's Birthday To Be Celebrated All Month Long

Edison and Ford Winter Estates will celebrate Thomas Edison's 174th birthday all February with a series of events, including a virtual birthday party on Thursday, February 11. As part of the celebration, students from the Edison Park Creative and Expressive Arts School will sing, dance and play stringed instruments as they usually do, but this year, they will perform at their school and a recording will be shown on Facebook for all Thomas Edison fans. The birthday party is sponsored in part by the Edison Festival of Light, the organization founded in 1938 to memorialize Thomas Edison.

VIP Tours are returning with a trip to the Peace River Botanical and Sculpture Garden in Punta Gorda on Saturday, February 6 and a tour the 30-acre preserved native habitat. The group will stop at Fisherman's Village for lunch and shopping, then take part in a 3.5-hour boat eco-tour with interpretation by naturalists from the well-known Charlotte Harbor Environmental Center at 3 p.m. Reservations are being accepted for 30 guests on a 55-passenger bus to allow for social distancing. Cost is \$125 for Edison Ford members and \$135 for non-members.

In honor of Thomas Edison's birthday, the monthly Digital Discussion will focus on Edison, his family and their connections to the military on Tuesday,



Students from the Edison Park Creative and Expressive Arts School will perform in honor of Thomas Edison photo provided

February 9 at 10:30 a.m. This will include Edison's work with the Naval Consulting Board, Mina Edison's brother Theodore Miller who was killed during the Spanish American War and many other family members. This Digital Discussion is a free virtual lecture. Registration is required.

A gardening class on choosing and caring for palms in Southwest Florida will be offered on February 9 at 1:30 p.m. This program will cover some of the 2,000 different species of palms, including approximately 100 different varieties growing at the estates. This

class is for anyone who wants to grow palms or perhaps wants to impress their visitors with palm tree knowledge. A walk through the palmetum will follow the classroom instruction. Cost is \$35 for Edison Ford members; \$50 for non-members.

On Thursday, February 11, the virtual birthday party will start on Facebook at 10 a.m. Additional videos will be launched throughout the day. Follow Edison and Ford Winter Estates @EdisonFordFL for more information.

Also on February 11, Edison Ford

will be hosting a special Museum Musings program at 11 a.m. focused on Edison's famous birthday interviews. During the latter part of his life, Edison frequently spent his birthday in Fort Myers and would open his estate to reporters. His answers to some of their controversial questions became news stories themselves. The City of Fort Myers also held birthday celebrations for the inventor; one year making a cake six feet in diameter for him. The presentation is included with admission.

On Friday, February 12 from 6 to 8 p.m., there will be a sunset celebration with guitarist Teddy Richards, who formerly played for Aretha Franklin. The Garden Festival returns the weekend of February 13 and 14. More information to follow.

On Saturday, February 20 at 10 a.m., artist Marie Dyer will teach a silk scarf painting class where participants will make a scarf 14 inches by 72 inches. All materials are included in the fee. Registration is required. Cost is \$90 for Edison Ford members; \$100 for non-members.

On February 26 at 6 p.m., Neil Zirconia, a Neil Diamond Tribute will perform on the Ford lawn. More information to follow.

For more information, or to make reservations, call 239-334-7419 or visit [www.edisonford.org](http://www.edisonford.org). Masks are required during events and classes and on guided tours.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. ✨

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Fort Myers Art:

## Lab Theater To Present Regional Premiere Of Play



by Tom Hall

The Laboratory Theater of Florida will open the regional premiere of Jordan Tannahill's extravaganza *Botticelli in the Fire* on Friday, February 26.

Sandro Botticelli

is the promiscuous life of the party. While painting his masterpiece, *The Birth of Venus*, the plague rages outside and a conservative preacher is blaming the sodomites. Set in a 15th century that has skinny jeans and cell phones, will the famous artist sacrifice his painting or his young apprentice, Leonardo da Vinci?

"Sassy, sexy, funny, heartbreaking, timely – *Botticelli in the Fire* is the most revolutionary theater I've read since Hamilton," said Artistic Director Annette Trossbach. "Author Jordan Tannahill excavates the queer history of Sandro Botticelli and Leonardo da Vinci to tell the story of the creation of *The Birth of Venus* with all the political machinations, fear, urgency, hysteria and privilege experienced by the main actors at the time. Set in the 15th century, Tannahill employs casual vernacular and modern elements (cell phones, skinny jeans) as well as 15th and 20th century music to tell this historically based story, which is a masterpiece in modern theater. Guests will see parallels to today's world in the plague, the rise of extremism, classism, and the scapegoating of sex and sexuality for political agendas."

This show features Steven Coe as Sandro Botticelli, Steven Michael Kennedy as Leonardo da Vinci, Daniel Sabiston as Poggio di Chullu, Madelaine



The regional premiere of *Botticelli in the Fire* comes to Lab Theater on February 26

photo courtesy www.artswfl.com

Weymouth as Clarice Orsini, F. Scott Davis as Girolamo Savonarola, David Cooley as Lorenzo de' Medici and Renée Freeman as Madre Maria.

As the show features adult language, nudity, sexual situations and mature themes, no one under age 18 will be admitted.

*Botticelli in the Fire* runs through Sunday, March 14.

### Davis Art Center Accepting Submissions For Functional Art Show

The Sidney & Berne Davis Art Center will be staging a functional art exhibit in May. Functional art is art created for use. However, while functional art is intended to serve a utilitarian purpose, it is designed artistically, with an aesthetic or "chi" in mind so that it takes on a life of its own.

The genre is remarkably inclusive. It encompasses everything from furniture and lighting to dishes and even books. While the terms "fine" or "high" art typically apply to works that carry an intellectual and emotional sensibility alongside a dose of old-fashioned beauty, functional art infuses these aesthetic ideals into things that you might never have expected to view as

art, like, say, a switchblade.

From an art history perspective, you could say that functional art is the inverse of Marcel Duchamp's famous readymades, where he transformed utilitarian objects – a urinal, a bottle rack, etc. – into conceptual artworks by fiat. It became art because he said it was. Functional artworks, by contrast, are highly crafted artistic creations that can perform utilitarian jobs, but that collectors might prefer to keep on the display shelf.

Today, many functional art objects are as avidly acquired by collectors as their fine-art brethren, and are appreciated just as much for their beauty as their use. Ancient Chinese vases, for example, while still capable of performing their originally intended function (displaying flowers), are prized for their historic and aesthetic value more than anything else. And this is equally true of clocks, jewelry and valet boxes, lights and chandeliers, intricately carved limestone fireplaces, and life-size figurines and wildlife sculptures which, positioned at the edge of a pond or pool, function as fountains, helping purify and circulate its water. Of course, one need look no farther than Artis Naples for two prominent examples of

functional art – the Paley Gates at the Baker Museum of Art and the door handles to the performing arts hall.

The deadline for submissions is April 23. The exhibition will show in the grand atrium from May 7 through May 27.

### DAAS February Show Will Highlight Art Of Columbian Artist

DAAS CO-OP Art Gallery's February show will highlight the art of Colombian artist Dilya Schauer. The exhibition will feature a selection of newer works as well as retrospective pieces from the artist's collection.

Schauer is a veteran still life, portrait and nature painter who studied art in her native Colombia under the tutelage of prominent figures like Luis A. Acuna, SA Gelvis and Rodriguez Naranjo. She then furthered her studies at the Art Students League in New York. She has been a resident of Southwest Florida for more than a decade.

"For a still life painter, the initial challenge is to create a picture before the brush is put on the canvas," Schauer explains. "I arrange the items carefully, so that they become an artistic statement themselves, establishing by association significance and dynamic relationships through specific positioning."

The opening reception is scheduled for Friday, February 5 from 6 to 9:30 p.m., in conjunction with the monthly Fort Myers Art Walk event. The exhibition will be on display through February 27.

DAAS CO-OP is located at 1815 Fowler Street, in the Butterfly Estates complex in Fort Myers. The gallery's temporary business hours are from 10 a.m. to 3 p.m. Wednesday through Sunday. For more information about the venue and/or how to become a member, visit [www.daascoop.com](http://www.daascoop.com) or call 590-8645.

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. ✨

From page 2

## Historic Downtown

columns and vivid medallions is Martin's design, as well as the patio enclosed by it.

In 1925, Martin built one of downtown's most important historic structures, the L-shaped Post Office Arcade, also a Sims project. Only the first wing, which opens on Broadway, survives.

Construction of the "duplicate" wing that opened onto First Street commenced on the day the other wing was completed. It was demolished in 1996 to make way for the U.S. Courthouse & Federal Building.

The historic photo taken from the Broadway entrance shows the existing wing just after construction. Note the mailboxes in the distance, part of the demolished post office section.

If you could enter the photo and turn

right at the far corner (where Ichiban is now), you'd be in the demolished wing.

Note the remarkable random-rubble tiled floor, formally called "pique assiette," a technique that uses durable broken objects such as marble, ceramics, porcelain, or glass in a mosaic-like design.

One other project that Martin designed should be noted, although it did not employ the Mediterranean Revivalist style: the Stadler mansion on the river at Gasparilla Drive – more Gilded Age than boom time – pictured in 1932.

New York State Senator Charles A. Stadler was one of many wealthy northern investors who settled in Fort Myers.

His 25-room mansion built in 1926 was considered the most beautiful on Florida's west coast. The estate included several ancillary buildings as well.

Stadler was responsible for developing several boom-time

subdivisions south of downtown: Seminole Park, York Manor, and the 5- to 10-acre Stadler's Farms, as well as Stadler's Central Heights closer to downtown.

His impressive home was demolished in 1954.

By the time Martin died in Sarasota in 1949 at age 83, he had become nationally known as an architect.

And whether people recognize his name or not, he made an indelible mark on historic Fort Myers.

Take a mini-tour of Martin's architectural work and appreciate his influence.

Then learn more about boom-time development and redevelopment at the following two research centers.

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

The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon and

Wednesday 4 to 7 p.m. It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 for more information.

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Hours for the nonprofit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only. For more information, call 332-8778 or visit [www.leecountyblackhistorysociety.org](http://www.leecountyblackhistorysociety.org).

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

Sources: The Archives of the Southwest Florida Historical Society, the *Fort Myers Press*, Historic Fort Myers by the City of Fort Myers, and [www.historicpreservationmiami.com](http://www.historicpreservationmiami.com). ✨

# Benefit For Soup Kitchen Rescheduled

The 18th annual Sam Galloway, Jr. & Friends Soup Kitchen Benefit for Community Cooperative will be held on Thursday, May 6 at the service garages of Sam Galloway Ford in Fort Myers. The evening features a Southern-style dinner prepared by local restaurants and businesses as guests raise much-needed funds to support those struggling with hunger and homelessness.

The date was rescheduled from March so the Community Cooperative team can continue to work tirelessly to provide food for the community still struggling with unemployment and the effects of the pandemic, including increasing deliveries of Meals on Wheels and restarting veterans-only food pantries in addition to other mobile food pantries held throughout the county.

“The annual Soup Kitchen Benefit is an integral part of our annual fundraising, so canceling the event is not an option for us,” said Tracey Galloway, chief executive officer of Community Cooperative. “We are a key support organization to a community that has tens of thousands of people that rely on us to remain housed and fed on a daily basis. Fundraising dollars are what keeps our doors open. Thankfully, we have a wonderful host

site that has many acres of outdoor space and semi-enclosed facilities that provide us many options for hosting a fun and safe event for everyone involved.”

Sam Galloway, Jr. and friends from downtown Fort Myers churches began feeding the hungry and homeless after Sunday services more than 45 years ago. It resulted in the founding of Community Cooperative (still referred to as the Soup Kitchen), a nonprofit grassroots organization that continues to develop innovative solutions to eliminate hunger and homelessness in Lee County.

The popular annual event, which last year raised a record \$1 million, helped thousands of men, women and children in Lee County. Within weeks of the event, Community Cooperative converted the Soup Kitchen to takeout only and took food pantry efforts on the road, eventually tripling the number of pantries and amount of people served as unemployment rose in response to the pandemic.

Community Cooperative will be taking necessary precautions and following CDC guidelines at the event to ensure the safety of participants. Tickets will be sold by table only with a Soup Bowl table for 10 attendees for \$5,000 and a Soup Spoon table for eight attendees for \$2,500.

Sam Galloway Ford is located at 1800 Boy Scout Drive in Fort Myers. For more information, visit [www.communitycooperative.com](http://www.communitycooperative.com), or call 332-7687 ext. 101.✪



Piper Dupelle

photos provided



Siana Rossi

## Women’s Club Awards Scholarships

The Continental Women’s Club of Greater Fort Myers recently awarded a \$2,000 scholarship to each of two graduating senior girls from Lee County high schools.

The recipients are Piper Dupelle and Siana Rossi. Both attended Estero High School, and both are now attending the University of Central Florida. Dupelle

plans to major in biomedical sciences with a desire to practice in the neurological field of medicine. Rossi’s career goal is to become a doctor in research medicine with an emphasis on Alzheimer’s disease.

The Continental Women’s Club of Greater Fort Myers is a social, cultural and philanthropic organization established in 1975. The club started awarding scholarships in 1998 and, to date, has helped 49 high school seniors by contributing over \$59,000 in scholarships. For more information, visit [www.facebook.com/fortmyerscontinentalwomen](http://www.facebook.com/fortmyerscontinentalwomen).✪



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## Second Chance Fund Provides Medical Care

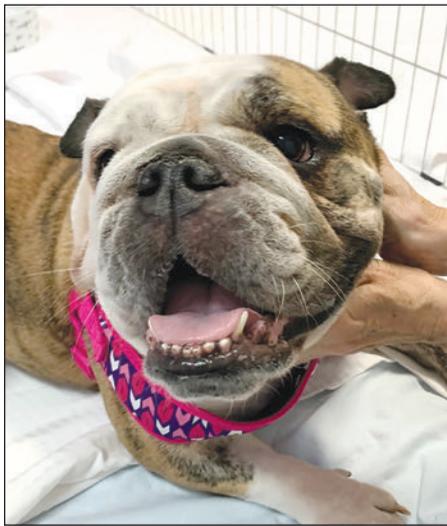
Gulf Coast Humane Society (GCHS) is currently treating animals with life-threatening injuries and conditions. These animals are being helped due to a vital fund called the Second Chance Fund. In reality, it's the animal's last chance when crucial medical care is needed.

Dogs such as Peaches, Mia, Mia Ballerina and Peyton as well as a cat named Stewie have benefited from the Second Chance Fund.

Peaches, a 1.5-year-old miniature Pinsher, was struck by the vehicle and suffered life-threatening injuries including a fractured pelvis, a broken hind leg and a hernia. Unfortunately for Peaches, her family would not be able to cover the high-cost medical bills incurred from the treatments, which would save her life.

Mia, an 18-week-old hound mix, came in with a serious genetic defect called Atresia Ani with rectovaginal fistula. Her must-needed surgery was performed, and she has been recovering in a foster home.

Mia Ballerina, a 3-year-old English bulldog, was on the cusp of being euthanized because of an expensive medical condition in which no one was going to pay for. It was confirmed she had a cancerous tumor in one of her hind legs. After doing all to save the leg, it was determined removing the affected limb



**Mia Ballerina** photos provided

would be the best way to save her life.

Peyton, a 9-week-old terrier mix puppy, was hit by a lawnmower. The ensuing injuries included a broken hind leg and a fractured skull. Fortunately for the puppy, she didn't have to have surgery and her head injury seems to already be healing.

Stewie, an 18-week-old kitten, was brought in with serious wounds to her bottom half of her body. The injuries were so severe that he doesn't have use of his back legs and cannot urinate without the help of a catheter.

The Second Chance Fund has literally saved the lives of dozens and dozens of animals on their last chance over the course of the last five years. With the medical care and rehabilitation covered



**Jennifer Galloway with Peyton and her foster mom**



**Peaches**

by the fund, these animals eventually move onto being put up for adoption and eventually to a loving forever home.

"The Second Chance Fund is the last stop for these animals, and it creates happy and comfortable lives for them," GCHS Executive Director Jennifer



**Stewie**



**Mia**

Galloway said. "It is an important fund to keep up and donations are always welcome."

To make a donation, visit [www.gulfcoasthumaneociety.org](http://www.gulfcoasthumaneociety.org) and click the "Donate Now" button, call 332-0364 or email [info@gulfcoasthumaneociety.org](mailto:info@gulfcoasthumaneociety.org).✪

## Churches/Temples

**ALL FAITHS UNITARIAN CONGREGATION**  
Service 9, and 11 a.m. Children's RE, Adult Education Forum 10 a.m., [www.allfaiths-uc.org](http://www.allfaiths-uc.org), 2756 McGregor Boulevard, 226-0900.

**ALL SAINTS BYZANTINE RITE CATHOLIC**  
Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.

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

**BETH YESHUA MESSIANIC SYNAGOGUE**  
Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

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

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

**CHAPEL OF CYPRESS COVE**  
Sunday 10 a.m., [www.revtedalthouse@aol.com](mailto:www.revtedalthouse@aol.com) 10200 Cypress Cove Circle, 850-3943.

**CHAVURAT SHALOM**  
(Fellowship of Peace) Friday Shabbat services led by members at 6 p.m.

Saturday morning Jewish current events at 10 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact [ChavuratShalom@gmail.com](mailto:ChavuratShalom@gmail.com) to participate on Zoom.

**CHURCH OF THE CROSS**  
Sunday 9:15 and 10:45 a.m. 13500 Freshman Lane, 768-2188.

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

**CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY**

Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. [www.crownoflifelutheran.com](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 8, 9, 10 and 11 a.m. [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 8:45 and 10:30 a.m., 15690 McGregor Boulevard, 482-2030.

**FIRST CHURCH OF CHRIST, SCIENTIST**  
Wednesday 12 noon Testimony Service, Sunday 10:30 a.m., [www.christiansciencefortmyers.net](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.fpcfmyers.org](http://www.fpcfmyers.org), 2438 Second Street, 239-334-2261

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

**JESUS THE WORKER CATHOLIC**  
Friday and Saturday, 7 p.m.; Sunday 8, 10

a.m. and 6 p.m., 881 Nuna Avenue, 481-1143.

**LAMB OF GOD**  
Sunday 7:45 and 10 a.m., [www.lambogodchurch.net](http://www.lambogodchurch.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.saintnicholasmonastery.org](http://www.saintnicholasmonastery.org), 111 Evergreen Road, 997-2847.

**ST. VINCENT DE PAUL CATHOLIC**  
Tuesday through Friday 9 a.m.; Saturday 4 p.m.; Sunday 9 and 11 a.m., 13031 Palm Beach Boulevard, 693-0818.

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

**TEMPLE BETH EL SYNAGOGUE**  
Friday Shabbat 7:30 p.m.; Torah Saturday 9 a.m.; Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m., [www.templebethel.com](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**  
Sunday 8, 9:30 and 10:45 a.m., [www.zionfm.org](http://www.zionfm.org), 7401 Winkler Road, 481-4040.

Email changes to [press@islandsnews.com](mailto:press@islandsnews.com) or call 395-1213.✪

## Family Event To Help Fight Youth Hunger

To continue its mission of providing food for local school children, Blessings in a Backpack SWFL is partnering with Millennial Brewing Company to host Brews for Blessings, a family-friendly event at the brewery on Saturday, February 27 from 3 to 7:30 p.m. Local businesses are asked to participate as event sponsors.

Due to various circumstances, including COVID-19, local school meal programs have seen the need for weekend meals increase, while funding and donations have declined. To combat this, Brews for Blessings will be held to increase community awareness, raise funds and have fun. This free event was created for families with young kids and will feature a special children's area with a bounce house, face painting, games, and a kid-friendly food truck serving snow cones.

Adults will find a large selection of brews, more food trucks, a silent auction and live entertainment featuring local favorite Electric Lipstick.

In addition to offering food and fun, Brews for Blessings is designed to help educate young families in our community about Blessings in a Backpack SWFL

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

Sponsors are needed for this event. Packages are available and range from \$500 to \$2,500 and include drink tickets, website link and logo, signage, swag and access to the VIP area. To become a Brews for Blessings sponsor, contact Cecilia St. Arnold for details at 410-9592 or cstarnold@blessingsinswfl.org. All monies received go directly to provide meals for food-insecure kids.

Blessings in a Backpack's financial goal for Brews for Blessings is to raise \$11,500 – enough money to provide weekend meals for 100 students for a full school year.

Blessings in a Backpack serves 5,000 students through 24 school-based programs located throughout Lee and Collier Counties. In these schools, test scores, reading skills, positive behavior, general health and school attendance have improved dramatically due in part to students receiving the nourishment they need throughout the week and the weekends.

Millennial Brewing Company is located at 1811 Royal Palm Avenue in downtown Fort Myers. Gifts of all sizes are welcome through the donations portal at <https://swfl.blessingsinabackpack.org> or via mail at P.O. Box 61402 Fort Myers, FL 33906. All contributions are tax-deductible.\*

## Library System Breaks Digital Download Mark

The Lee County Library System achieved a record 1.9 million digital checkouts in 2020, up about 18.8 percent from 1.6 million in 2019.

The Lee County Library System is one of 65 systems around the world – including stand-alone libraries and consortia – that surpassed one million checkouts through OverDrive, the leading digital reading platform and its award-winning app, Libby.

This accomplishment illustrates the continued growth and importance of library lending of e-books, audiobooks and streaming content along with the creative ways the library has served its community with digital services, especially in a year with service adjustments due to

the pandemic.

Readers in Lee County need only a valid library card to access digital materials from Lee County Library System's digital collection. Readers can use phones, tablets, e-readers or computers to access materials from digital content providers like Overdrive, hoopla and RBDigital.

Borrowed titles automatically expire at the end of the lending period and there are no late fees. Library cardholders can also download titles for offline use.

Visit [www.leelibrary.net/online](http://www.leelibrary.net/online) to start borrowing e-books, audiobooks, magazines and streaming content anytime, anywhere. If you live, work or go to school in Lee County, you can get a free library card.

The Lee County Library System has 13 branches to serve Lee County residents. For more information about other library services and programs offered, visit [www.leelibrary.net](http://www.leelibrary.net) or dial 239-4636.\*

## Dean's List

Justin Dobbs of Fort Myers was recently named to the dean's list for the fall 2020 semester at Coastal Carolina University in Conway, South Carolina. Dobbs is majoring in management.

Savannah Lang of Fort Myers was recently named to the dean's list for the fall 2020 semester at Central Methodist University in Fayette, Missouri. The requirement included a grade point average of 3.50 or higher for the semester.

Moriah Wolff of Fort Myers and

Nicholas Orthmann of Cape Coral were named to the dean's list for the fall semester at Palmer College of Chiropractic's Florida campus in Port Orange.

Palmer College of Chiropractic, the first and largest college in the chiropractic profession, also has campuses in Davenport, Iowa and San Jose, California.

Clayton Savinsky, an undeclared major from Cape Coral, was recently named to the dean's list for the fall 2020 semester at Upper Iowa University. To be honored, the undergraduate must have earned a minimum 3.50 GPA and be enrolled as a full-time student.\*



GreenMarket vendors and products

photos provided

## Saturday Is GreenMarket Day

Each and every Saturday, the Alliance for the Arts holds its weekly GreenMarket from 9 a.m. to 1 p.m. The outdoor market offers fresh air, fresh produce and a locally

rooted vibe. Discover it all and more: from authentic tamales to vibrant fruits and vegetables to local honey to free yoga on the lawn to artwork inside the Alliance gallery.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information and updates, visit [www.facebook.com/alliancegreenmarket](http://www.facebook.com/alliancegreenmarket).\*

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## Health First

# Understanding Plant-Based Protein Sources



by Julie Rosenberg, MD

**M**ore and more people are interested in reducing their use of animal products. While plant-based foods are widely available, it's not necessarily easy for

those of us to have reduced or eliminated meat from our diet to ensure that we eat enough protein.

Opinions vary regarding how much protein adults need per day. The amount of protein that a person needs per day depends on many factors, including activity level, sex, age, muscle mass and overall health. The DRI (Dietary Reference Intake) is 0.36 grams (g) of protein per pound of body weight, which amounts to about 56 g per day for an average man and 46 g per day for an

average woman.

Read on for a list of nine excellent sources of plant-based protein.

1) Quinoa – Quinoa is a grain with a high protein content. Quinoa is a complete protein, which means that it contains all nine essential amino acids. Amino acids are the building blocks of protein; the human body creates 11 amino acids but must get another nine (essential amino acids) from food.

Cooked quinoa contains 8 g of protein per cup. This grain is also highly versatile, as it is rich in other nutrients, such as magnesium, iron and fiber. Quinoa is a good substitute for pasta or rice, and it can even be eaten as a main course.

2) Tofu – Tofu is made of soybean curds pressed into blocks. It's free of cholesterol and low in saturated fat. One-half cup of tofu contains more than 10 g of protein.

Tofu takes on the flavor of whatever you cook it with, so it's easy to use in many dishes such as in "meatless" chicken salad or egg salad, or in stir-fry dishes.

3) Tempeh – Tempeh is made from fermented soybeans and contains more protein than tofu. One-half cup of tempeh has over 16 grams of protein. You can marinate tempeh before cooking, which gives it a great flavor.

4) Seitan – Seitan is made from

cooked wheat gluten – so individuals who are gluten-intolerant should not eat it. For others, seitan is a good protein source as it has over 11 grams of protein per each one-half cup. Seitan takes on the flavor of any added seasonings, so it's easy to work with.

5) Jackfruit – Did you know that jackfruit can take the place of meat? Jackfruit is full of vitamins, minerals, antioxidants and fiber, and has about 2.6 grams of protein per cup. You can use it as an alternative for shredded meat such as pulled chicken or pork recipes. I've eaten jackfruit in tacos, and really enjoyed it. It has a great texture and flavor.

However, while jackfruit has more protein than fruit, it has significantly less protein than meat or some of the other plant-based proteins, such as tofu or tempeh.

6) Lentils – For a good protein/fiber combination, lentils are a great choice. One cup of lentils contains more than 15 grams of protein and 15 grams of fiber. Lentils can be added to stews, salads or rice to give an extra portion of protein. They can also be a delicious substitute for ground meat in tacos, chili and soups.

7) Chickpeas – Cooked chickpeas (garbanzo beans) are a good source of both protein and fiber – one-half cup of chickpeas provides more than 7 grams of protein and 6 grams of fiber, with low fat and no cholesterol.

8) Peanuts – Peanuts are protein-rich – they contain around 20.5 g of protein per one-half cup. Peanut butter is also rich in protein, with 3.6 grams of protein per tablespoon, making peanut butter sandwiches a healthful, complete protein lunch.

9) Chia seeds – Chia seeds are a complete source of protein and are rich in fiber and omega-3 fatty acids. They contain 2 g of protein per tablespoon. Chia seeds are a great addition to a smoothie and can be sprinkled on top of yogurt. You can also soak them in water or almond milk to make a delicious pudding.

In summary, there are many good sources of plant-based protein; I've discussed nine of my favorite plant-based protein sources in this article. It's important to understand your individual protein needs and to eat a varied diet to ensure that you get all the essential amino acids. Seek support from your doctor or nutritionist if you need help in choosing the best things to eat.

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

## Swimmers Reminded Of Pool Closures

All Lee County Parks & Recreation community pools will be closed for annual staff training on Saturday, February 13.

The locations closed are:

San Carlos Community Pool, 8208 Sanibel Boulevard, Fort Myers  
Lehigh Acres Community Pool, 1400 West Fifth Street, Lehigh Acres  
Pine Island Community Pool, 5675 Sesame Drive, Pine Island  
North Fort Myers Community Pool, 5170 Orange Grove Boulevard, North Fort Myers

Signs have been posted at the sites to inform pool patrons of the one-day closing.

Lee County lifeguards are tested annually for their performance skills and abilities. This ensures guards meet Lee County's safety standards. Pools will reopen with normal operating hours on Tuesday, February 16. County pools are closed Sundays and Mondays, except for summer.

For more information about all Lee County pools, visit [www.leeparks.org](http://www.leeparks.org).\*

## Matlacha Park Fishing Pier Reopened

The fishing pier at Matlacha Park, 4577 Pine Island Road in Matlacha, has re-opened to the public. The pier, originally built more than

50 years ago, has been closed since July 2018 as part of a project to rebuild it. The project included replacing the existing pier as well as adding benches, garbage cans, lighting, fish-cleaning stations and ADA accessible features.

The \$833,805 cost of the replacement was funded largely through tourist development taxes collected on short-term lodging.

The Matlacha Fishing Pier is part of a nine-acre Matlacha Community Park located along Matlacha Pass. This body of water is known for catching snook, redfish and other local varieties of fish.

For more information about Lee County Parks & Recreation locations, amenities and other special events, visit [www.leeparks.org](http://www.leeparks.org), call 533-7275 or email [leeparks@leegov.com](mailto:leeparks@leegov.com).\*

## County Board Approves Water Quality Project

The Lee Board of County Commissioners recently voted to approve a contract to build a project adjacent to Yellow Fever Creek Preserve, which is a Conservation 20/20 site, to improve water quality and the ecosystem.

The project is located within the City of Cape Coral near Averill Boulevard and Del Prado Boulevard North. It is designed to improve water quality by diverting excess flow from Gator Slough Canal into a reservoir. There, it will be treated before being released into Yellow Fever Creek, a tributary to the Caloosahatchee.

This joint project with the City of Cape Coral will help reduce the flow of freshwater toward Matlacha Pass and restore historic base flows to the Yellow

Fever Creek watershed. The transfer of water will also enhance the rehydration of wetlands south of Del Prado Boulevard, restoring the habitat.

The Caloosahatchee estuary has a total maximum daily load (TMDL) state designation for total nitrogen and an adopted State of Florida Basin Management Action Plan to lower this pollutant.

Commissioners spend millions of dollars annually on projects to reduce pollutants in the estuary. The project will provide TMDL credit for total nitrogen and is partially funded by two grants from the Florida Department of Environmental Protection (FDEP) totaling \$992,000.

The \$1.5 million contract approved Tuesday with Fort Myers-based Cougar Contracting is for the installation of a reservoir, pumping station, water transfer main, submersible pumps and related equipment. Construction is expected to begin in February and take about six months to complete.

For more information on Lee County Natural Resources' efforts to protect and improve water quality, visit [www.leegov.com/naturalresources/waterquality](http://www.leegov.com/naturalresources/waterquality).\*

## Preserve To Close Temporarily For Project

Pine Lake Preserve at 27225 Kent Road in Bonita Springs will be closed for an environmental restoration project starting on Monday, February 1.

The preserve is expected to re-open in May. Visit [www.leeparks.org/preserves](http://www.leeparks.org/preserves) for the latest updates.\*

## Conservation Remains Priority In State Budget

Florida Fish and Wildlife Conservation Commission (FWC) Executive Director Eric Sutton applauded Gov. Ron DeSantis for his Florida Leads budget recommendations to the legislature for Fiscal Year 2021-22. The budget will continue to support high priority conservation items, such as red tide research and invasive species management.

"Governor DeSantis' leadership continues to pave the way for healthy ecosystems that create and maintain fish and wildlife resources for current and future generations," said Sutton.

"Governor DeSantis' support will help keep Florida as the Boating and Fishing Capital of the World," said FWC Chairman Rodney Barreto. "We will provide even more access and opportunities for residents and visitors to enjoy the outdoors."

Budget highlights include:  
\$600,000 for artificial reef construction programs;  
\$400,000 for coral reef recovery;  
\$1.1 million for Apalachicola Bay oyster restoration efforts;  
\$4.5 million for land acquisitions to support conservation efforts;  
\$6.8 million for increased boating access and safety;  
\$8.9 million to combat invasive species;  
\$4.2 million for continued red tide research.  
For more information, visit [www.myfwc.com](http://www.myfwc.com).\*

**CROW Case Of The Week:**

# White Ibis

by Bob Petcher



The white ibis (*Eudocimus albus*) is a long-legged water bird that is almost exclusively white in color save for the reddish pink bill, legs and bare skin around its eyes. It has a long curved

bill and a long neck that it curls when foraging and straightens out in flight. These wetland birds are found in coastal or inland habitats. They usually forage in shallow areas with less than a foot of water, but you can also find them digging on your lawn or park grasslands. University of Miami sports fans are familiar with the white ibis. That's because it is the Hurricanes' mascot, which is affectionately called Sebastian the Ibis. Interestingly, university officials reportedly chose the white ibis for its heroic ability to withstand hurricanes.

At CROW, an adult white ibis was brought into CROW from The Sanctuary Golf Club's course on Sanibel after being struck by a golf ball. Upon examination, the ibis was found to have blood in its mouth, esophagus and windpipe. The patient was unable to support its own head, but the ocular exam was surprisingly normal.



**Patient #21-110 recovered from a head injury and was successfully returned to where it was found**  
photo by Becca Wehmeier

"The eyes of a bird take up a large portion of their skull compared to mammals; therefore, if any head trauma occurs, there is often trauma to the eyes so we always do a complete eye exam on trauma cases. This includes looking at the cornea or surface of the eye, as well as the front and back chambers of the eye," said Dr. Robin Bast, CROW staff veterinarian. "This ibis luckily had no abnormalities on its eye exam."

CROW medical staff concluded that the golf ball had done damage to the head, windpipe (trachea) and esophagus. The patient was placed on pain medication, an anti-inflammatory medication, fluid and nutritional support,

according to Dr. Bast. It was closely monitored.

"We typically house them in an oxygen cage and, if they're unable to stand, then we elevate their head up above the rest of their body in an attempt to prevent increased pressure and swelling around the brain," she said.

The ibis was noted to be uncoordinated and slightly neurologically inappropriate, which is consistent with head and spinal trauma from being hit with a golf ball. Over the next several days, the patient improved in supportive care, displaying minor head tremors, better coordination and an appetite coupled with the ability to self-feed. The

water bird was fortunate that the injury was not worse.

"It depends on the severity of the trauma and amount of swelling or bleeding around the brain. Head trauma can be fatal in some cases; in other cases, patients gradually improve over several days to weeks," said Dr. Bast.

The patient was placed in outdoor and indoor supportive care to monitor progress as it was still easily stressed.

"Patients are housed in quiet enclosures with a visual barrier to prevent them from seeing their human caregivers," said Dr. Bast. "We can also give anxiolytic medications orally to help reduce their stress level while inside the hospital."

The white ibis improved from its neurological issues, including the threat of spinal trauma.

"After a couple days, this patient was standing but remained uncoordinated. Over a couple weeks, its neurologic signs gradually resolved" said Dr. Bast. "It was moved to an outdoor enclosure for more mobility – walking, flying."

After 15 days in care at CROW, the patient was successful released into the wild on January 29.

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).

## Masks Now Required At RSW Airport

Federal law now requires wearing a mask at all times in and at Southwest Florida International Airport (RSW). Failure to comply may result in removal and denial of re-entry. Refusing to wear a mask in or at RSW is a violation of federal law and individuals may be subject to penalties under federal law.

Under Security Directive SD 1542-21-01, the Transportation Security Administration (TSA) has directed that all U.S. airports require masks to be worn to mitigate the spread of COVID-19 during air travel. TSA has developed these requirements in consultation with the Federal Aviation Administration and Centers for Disease Control and Prevention (CDC).

The CDC has also issued an Order under Section 361 of the Public Health Service Act (42 U.S.C. 264) as follows:

Requires the wearing of masks while on airport property;

Boarding only those persons who wear masks;

Notifying all persons that failure to comply with the mask requirement constitutes a violation of federal law; and

Disembarking and removing any person who refuses to comply with the Order and TSA Directive.

Security Directive SD 1542-21-01 exempts the following categories of

persons from wearing masks:

Children under the age of 2.  
People with disabilities who cannot wear a mask, or cannot safely wear a mask, because of the disability as defined by the Americans with Disabilities Act (42 U.S.C. 12101 et seq.).

People for whom wearing a mask would create a risk to workplace health, safety, or job duty as determined by the relevant workplace safety guidelines or federal regulations.

This federal law and mask requirement will also apply to customers and guests using the terminal building at Base Operations at Page Field.

For more airport information, visit [www.flylcpa.com](http://www.flylcpa.com) or [www.facebook.com/flyRSW](http://www.facebook.com/flyRSW).

From page 1

## Animal Shelter

Megan Davis, DVM, Viscaya Prado Veterinary Hospital; Meghan Schuman Richardson, DVM, Paws on Point; Paige Sheatzley, Florida Veterinary Referral Center & Specialists in Companion Animal Neurology; Stephanie Ramos, Specialists in Companion Animal Neurology; Shelly Walton, Back Streets Sports Bar; Sgt. Rich Castellon, Deputy Dogs, Lee County Sheriff's Office; Heather Mazurkiewicz and Mia, North Collier Fire Department; and Cindi Infiesto, Exit Select Realty.

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

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# Bad Weather – Great Fishing



by Capt. Matt Mitchell

Our winter weather has been unpredictable to say the least. Last week, over a five-day period, we had dense fog like pea soup, gale-force wind gusts and even a few extremely cold mornings in the upper 40s. Despite this weather roller coaster, our fishing has remained very consistent. Snook and redfish fishing has been amazing and, earlier in the week, I even located some of the best big sheepshead action so far this winter.

Mangrove creeks in the southern sound gave my clients some wide-open snook fishing. I found these fish early in the week and returned to them during the low incoming tide for days. Several favorite creeks had hundreds of laid up snook of all sizes. All it took was a live well full of shiners, and we kept the rods bent. Most of these snook are between 18 to 24 inches, though most trips we have had a few right around 30 inches. What's making these snook feed nonstop in cold water... I do not know.

Along with the snook, we are also catching redfish. The better redfish bite has been on the mangroves around the passes. Days of catching a dozen or more ranging from 20 to 30 inches have been pretty common. Live shrimp fished on the bottom has been the bait of choice for these fish. We have also come across good redfish several times this week while targeting sheepshead on docks throughout the sound.

For clients looking for eats, I finally found some larger sheepshead. While riding docks on my tower, I found a series of docks that for no apparent reason had large schools of sheepshead ranging from 14 to 20 inches. While watching these fish rise up and down in the water column, I found that they were still not easy to catch. We would catch a few on each dock before the bite shut down and we had to move to the next dock. Most trips we harvested six or more quality sheepshead.

Operating a boat in the fog is always less than ideal and a white knuckle experience. Not being able to see more than 50 yards really heightens your senses. I choose to stay as far away from the intercostal waterway as I possibly could to avoid any other boats. Using and trusting your navigational electronics is a must, no matter how much it can feel like you are going in circles. Having a few saved tracks you can trust makes things much easier. Sea fog can blow in at almost any time of day and is no fun to navigate through.

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).\*



Long-time client Kevin Murray got in on the wide open snook bite while fishing with Capt. Matt Mitchell this week photo provided

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## Plant Smart

Southern  
Needleleaf

by Gerri Reaves

**S**outhern needleleaf (*Tillandsia setacea*) is a member of the bromeliad family and one of South Florida's more common epiphytes, or air plants.

This slow-growing species is found on trees in South Florida's swamps, cypress forests and hammocks.

It is among the 14 or so native species in the genus *Tillandsia*, six of which are listed as a threatened or endangered in the state.

Fortunately, southern needleleaf is not listed, and it's also fortunate that it is unlikely to be eaten by the Mexican bromeliad weevil (*Metamasius callizona*) that has devastated many native epiphytes.

Epiphytes use trees, stumps and other rough surfaces as platforms, where they collect water and other nutrients, such as decomposed debris from insects and other organic matter.

Air plants are not parasites and do not harm the platform tree, often a live oak (*Quercus virginiana*) or buttonwood (*Conocarpus erectus*).

Southern needleleaf's leaves live up to its name, forming very thin leaves that resemble silver-scaled pine needles.

The leaves can be as long as a foot and coppery or reddish in color, especially if exposed to intense sun.

At the center of the rosette of leaves is a cup that collects water and



**Southern needleleaf is one of South Florida's most common epiphytes, or air plants**

photo by Gerri Reaves

nutrients.

Three to 15 purplish flowers bloom in summer on stiff spikes that are not fluffier than the thin leaves.

Fluffy seeds are dispersed by the wind.

This air plant can be used as an accent plant and is sold in some native plant nurseries. It does prefer some shade.

Never collect specimens from the wild.

Sources: *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, [www.regionalconservation.org](http://www.regionalconservation.org), [www.selby.org](http://www.selby.org), and [www.wildsouthflorida.com](http://www.wildsouthflorida.com).

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

Mound House  
Holds Nature And  
Education Events

Submitted by Gary Mooney

**T**he Mound House, the oldest standing structure on Fort Myers Beach, is offering an array of outdoor nature and education programs each month. One of Southwest Florida's most iconic historic attractions is open Tuesdays, Thursdays and Saturdays from 9 a.m. to 4 p.m. Admission is \$10 for ages 13 and older, \$8 for students with IDs, \$5 for ages 6 to

12, while age 5 and younger are admitted free. Town residents receiving a 50 percent discount.

Programs at the Mound House, a museum complex and cultural and environmental learning center, include exploration of the 2,000-year-old Calusa Indian Shell Mound, beach walks and kayak eco-tours.

All visitors must wear masks, with Center for Disease Control (CDC) and social distancing guidelines in place.

The following are upcoming programs: Friday, February 5; Saturday, February 6; Wednesday, February 10; Saturday, February 13: Mangroves by Kayak Tour – Ages 12 and older; weather permitting;

Explore the winding mangrove creeks and hidden waters of the Estero Bay Aquatic Preserve on a tandem kayak with an environmental educator guide. Witness birds, fish, manatee and dolphins. All paddling and safety equipment provided, with kayak tours in accordance with Florida Society of Ethical Ecotourism guidelines. Cost: \$45-per-person; Mound House members \$15. Advance reservations necessary; private tours available. Eight paddlers per tour.

Thursday, February 11 at 9 a.m.: Newton Beach Park Guided Beach Walk – Free; This twice-weekly free outdoor nature program is different every single time, as the guided beach walks have a simple premise – the groups walk roughly a half-mile down the beach and back, discussing whatever you find that particular morning, with the wind and waves dictating what comes up each day. Meet at the thatched hut closest to the beach, with CDC and social distancing in place and face masks mandatory. In addition to your face mask, bring sunscreen, shoes to get wet, sunglasses, and hat. No reservations necessary; while free, parking is \$3-per-hour, with one hour generally enough. Newton Beach Park is mid-island at 4650 Estero Boulevard.

Saturday, February 6; Thursday, February 11; Saturday, February 13 at 11 a.m. or 2 p.m.: Shell Mound Outside Guided Tour – All ages; If you dig archaeology, this program is for you. Tour the 2,000-year-old Calusa Indian Shell Mound led by the Mound House interpretive staff as you explore the archaeology of the site while unearthing clues about this ancient society. All participants over age 6 must wear a mask. Cost: \$5-per-person that does not include Mound House admission; Mound House members free.

Friday, February 12: Sunset Kayak Tour at 4:30 p.m. – The unique tour offers kayakers the rare opportunity to experience the backwaters of the Estero Bay in addition to catching a breathtaking sunset. Participants explore the estuary's tidal creeks, winding mangroves and abundant wildlife. Weather permitting and reservations required at [www.moundhouse.org](http://www.moundhouse.org).

org; Cost: \$45 per person; Mound House members \$15. The Mound House provides all paddling equipment, with a maximum of eight people per tour. CDC and Social Distancing guidelines in place, and everyone must wear a mask while on land.

Saturday, February 6; Saturday, February 13, at 1 p.m.: Family Fun Kayak Tour – Ages 6 and older; weather permitting. Family tour with an environmental educator guide. See birds, dolphins, manatee and other wildlife while paddling through the Estero Bay mangroves. Family must have children between the ages of 6 to 11 to qualify; advance registration necessary. Cost: \$25 for ages 13 and older; \$15 for ages 6 to 12 that includes Mound House admission. All equipment provided.

The Mound House is located at 451 Connecticut Street on Fort Myers Beach. For more information, visit [www.moundhouse.org](http://www.moundhouse.org) or call 765-0865.✱

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**U**F/IFAS Extension is offering an online workshop to learn the nine principles that guide friendly landscaping in Lee County.

Each principle is covered in class, so you can apply what you learn to your own garden. Plant selection and placement, efficient irrigation and proper mulching will be discussed. Learn how reducing the use of fertilizers and pesticides will help minimize impacts to waterways.

Register for the following free online Florida Friendly Landscaping (FFL) classes at [www.fflwinter2021.eventbrite.com](http://www.fflwinter2021.eventbrite.com).

Friday, February 19, 3 to 5 p.m. (Spanish only)

Wednesday, February, 24, 1 to 3 p.m.

Saturday, March 20, 10 a.m. to noon

Thursday, April 15, 1 to 3 p.m.

For more information about the Florida Yards and Neighborhoods program, call 533-7513 or email [fyn@leegov.com](mailto:fyn@leegov.com).✱

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From left, Jody Van Cooney, Mary Ellen Murphy, Maryann Schmidt, Diane Jensen, Fran D'Alessandro and Linda Hessler. Not pictured, Patsy Tortora. photo provided

## Pilot Club Installs Officers

The Pilot Club of Fort Myers installed its 2021 officers. Sworn in were Jody Van Cooney, secretary; Mary Ellen Murphy, board member; Maryann Schmidt, vice president; Diane Jensen, treasurer; Fran D'Alessandro, president; Linda Hessler, board member; and Patsy Tortora, board member.

The Pilot Club of Fort Myers was chartered in 1954 and has been in continuous operation since then. Club members helped establish the

Gresham-Kite Pilot Scholarship House at Florida Gulf Coast University in 2014. It houses 17 female students who live there rent free; club members offer continued support and guidance. Members established the Project Lifesaver Program in 2006 and now support the program with the Cape Coral Police Department.

The focus of the Pilot Club of Fort Myers is helping organizations seeking to improve the quality of life for individuals with brain-related disorders through volunteer activities, education, and financial support.

For more information, contact D'Alessandro at 332-1140.\*

## Gala Shows Community Won't Give Up

submitted by Jessica Stanfield



In March 2020, the Guardian ad Litem Foundation, 20th Judicial Circuit, was just days away from hosting its inaugural Voices of Hope Gala, a fundraising event more than a year in the making.

The venue, decorations, catering, script and guest list were finalized. Generous sponsors had already stepped forward. Supporters had purchased tickets by the dozens.

Then COVID-19 hit. The foundation's board made the correct decision to postpone the event until November. With the virus still spreading though, the Voices of Hope Gala was converted to a virtual event. It was Plan C.

"Canceling was never an option for us, just like giving up on the children we serve is never an option," said Bruce Greenberg, the foundation's board president. "Through a pandemic, complicated cases or changes in foster care, our volunteers and the Guardian ad Litem Foundation continue to show up for the children who need us the most. If there's one thing I can say about those who spend their lives protecting our innocent children, we never give up."

While in-person fundraising events thrive on energy and excitement, would that same level of passion carry over to a live auction and fund-a-need appeal on YouTube and Facebook Live? Yes! After switching to a virtual format, the Voices of Hope Gala didn't lose a single sponsor and no ticket holders asked for a refund.

In the end, the virtual event raised \$66,800 to help recruit, train and support volunteer child advocates, as well as provide financial assistance to help meet a child's basic and developmental needs. Court-certified volunteer child advocates serve as the voice for abused, neglected and abandoned youth in Southwest Florida as they navigate the judicial, education and child welfare systems.

The switch to a virtual format allowed three celebrities to participate in the gala, including rapper and actor Ice-T,

who himself was in foster care as a child. He noted that foster kids have it rough right out of the gate, and thanked the foundation and its dedicated volunteers for staying focused on what's best for children.

"Stay strong, and keep doing what you do, and fighting the good fight," Ice-T said.

Leigh Anne Touhy, the adoptive mother of Michael Oher as told in *The Blind Side*, also sung the praise of volunteer child advocates.

"Their work ensures that vulnerable children who have fallen victim to abuse, neglect or abandonment have what they need to feel like 'normal' children, something so many take for granted and so many foster children are robbed of," she said.

Jonathan Goldsmith, also known as "The Most Interesting Man in the World," discussed how he has worked on fundraising initiatives for abused and neglected children since he was 18 years old. To the delight of viewers, he managed to deliver his catch phrase.

"I don't always do shout outs for nonprofits, but when I do, it's for the Guardian ad Litem Foundation," he said.

Those celebrity appearances alone didn't make this a star-studded event. The true stars are volunteers like Cynthia Shafer, this year's HOPE Award recipient and founder of the Bedz for Kidz program that has provided beds for more than 3,000 children across Southwest Florida. The true stars are volunteer child advocates like Richard Hoagland, who shared inspiring stories of impact, like the one child who asked why he wanted to help.

"What keeps me going is the fact that the kids have to keep going," Hoagland said. "I have become, in this case, the only person in their lives consistently for the last five and a half years."

Not every child is so lucky. An estimated 40 percent of local youth in the child welfare system do not have a volunteer child advocate. That means no one is advocating for their best interests in court or serving as a confidant listening to their personal struggles.

"Every one of them should have a Guardian ad Litem," Hoagland said.

That's exactly why the Guardian ad Litem Foundation and its volunteer child advocates keep going. Like Greenberg said, we aren't going to quit on children.

If you're interested in volunteering or supporting the Guardian ad Litem Foundation's mission with a donation, visit [www.voicesforkids.org](http://www.voicesforkids.org) or call 533-1435.

Jessica Stanfield is Executive Director of the Guardian ad Litem Foundation, 20th Judicial Circuit.\*

## Help SCCF Bring Back the Barn Owls

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## Scholarship Opportunity

Jennifer J. Edwards, Collier County Supervisor of Elections, is currently accepting applications for a scholarship opportunity provided by the Florida Supervisors of Elections (FSE). Three \$1,200 scholarships are being offered to eligible Florida residents enrolled or accepted as full-time students in a senior college or university in Florida.

Applicants must be political science, public administration, business administration, journalism or mass communication majors who have

finished two years of junior college or undergraduate work. Students should also demonstrate a financial need.

The scholarship applications and guidelines are available at [www.colliervotes.com](http://www.colliervotes.com), or can be obtained at the Collier County Supervisor of Elections office, located at 3750 Enterprise Avenue in Naples.

Completed applications and two letters of recommendation must be submitted by 5 p.m. on March 26 to the Supervisor of Elections of the county in which the applicant is registered to vote.

For more information visit [www.colliervotes.com](http://www.colliervotes.com) or contact the Supervisor of Elections office at 252-8683.\*



John Talmage photos provided

Michele Hylton-Terry

## Chamber To Host Business Panel Discussion

The Greater Fort Myers Chamber of Commerce will hold a panel discussion to review the latest on business development for Fort Myers and surrounding Lee County at the Crowne Plaza at Bell Tower on Wednesday, February 17 from 11:30 a.m. to 1:30 p.m.

The panel includes John Talmage, director of the Lee County Economic Development Office, Michele Hylton-Terry, executive director of the Fort Myers Community Redevelopment Agency (CRA) and Todd Raines, owner and president of National Filters Inc. and NFI Masks LLC.

Talmage has spent more than 30 years working in local economic and community development, both for municipal governments and national research organizations. Before he was named director of economic development for Lee County, he was chief of staff to the City of Fort Myers' city manager and served on the City of Sanibel's Planning Commission. Talmage began his career working for the New York City Council and previously directed economic development for the City of New Orleans, served as a senior policy advisor for Mayors Diaz of Miami and Mallory of Cincinnati, and was CEO and president of Social Compact.

Hylton-Terry is an accomplished strategic city planning and redevelopment professional. She and her staff manage the CRA's \$12.5 million budget to implement community redevelopment plans designed to advance businesses, transform communities and redevelop Fort Myers for the future. Hylton-Terry began her career with the City of Fort Myers in 2003, serving as a staff assistant to the planning division before she was hired by the CRA in 2005 to serve as office manager.

Raines has been in filtration manufacturing for 20 years, specializing in hydraulic, pneumatic, dust collection,



Todd Raines

marine-based engine air and aerospace filtration-based products. In May 2020, NFI Masks was created as the face mask manufacturing entity of National Filters to provide high-quality, American-made face masks. NFI Masks is now operating two shifts and has created 33 new jobs. The company will be moving into a new 45,000-square-foot facility in February 2021 and expects to double its workforce by the end of 2021.

Cost is \$25 for Chamber members and \$35 for future Chamber members. Advance registration is required as capacity is limited.

Crowne Plaza at Bell Tower is located at 13051 Bell Tower Drive in Fort Myers. To learn more or to register for the event, visit [www.fortmyers.org](http://www.fortmyers.org) or call 332-2930.\*

## Local Named To President's List

Trevor Telisky of Cape Coral was recently named to the president's list for the fall 2020 semester at Siena College in Loudonville, New York. The president's list requires a 3.9 grade point average or higher.\*

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## Life Insurance

## Unequal Bequests



J. Brendan Ryan,  
CLU, ChFC, MSFS

There was a bumper sticker I used to see in the winter all over Florida interstates on cars driven by snowbirds who were vacationing from the cold winters

up north: "We're spending our kids' inheritance."

Those bumper stickers seem to have disappeared for reasons unknown to me. But presumably the potential bequests, estimated to be in the trillions of dollars, are still intact.

When it comes to passing assets to the next generation, how should they be divvied up? Most people would say that it is only fair to pass equal shares to each offspring, that anything else would not be fair. But is that always the case, or are there exceptions to that rule?

Such decisions should be made only in consultation with an attorney, who should be the one to draw up the will and any other papers to effect the bequests. But I can think of several families where equal bequests should not be arranged.

Perhaps the most common example is that of blended families. When divorce and remarriage lead to families where some of the kids have one but not both parents in common, decisions have to be made about how to divide up the estate, often in ways that do not result in equal shares. It may be desirable to take into account any bequests to kids that are planned by the biological parents.

Another family situation that may warrant unequal bequests includes a child or adult with special physical or psychological needs. And this category should include behavioral disorders such as alcohol or drug abuse. Perhaps a larger portion of the estate should be focused on the future care for those offspring. Or, perhaps equal shares can be allocated to each but with the share of the needy offspring placed in trust for his or her sole benefit and intended to

provide for that heir's long-term welfare.

There are, sadly, some families wherein relationships have soured beyond repair. In some of these cases, the mother or father may be intent on partially or fully cutting that child out of all estate plans. An attorney has told me that in these cases, the parent should make it very clear in the will that this move was intended. Otherwise, he said, the slighted heir may try to argue that it was caused by an oversight, an error, or a loss of cognitive ability.

A planning topic that is often difficult to navigate is the succession in ownership of a business. Often, one or two offspring become active in the business and thus become the heirs apparent. What about the remaining offspring? Are there enough other estate assets to equalize the bequests? Otherwise, do they come on as silent owners, owning but not having a say in running the enterprise? (Such silent owners usually want periodic distribution of income in the form of dividends while the active owners prefer to plow the earnings back into the business.) In this scenario, it is hard to divvy things up equitably.

An increasingly common family dynamic occurs when a parent needs periodic or ongoing attention in a home healthcare situation. Family members, usually spouses, daughters or daughters-in-law, often volunteer or are kind of drafted to help out even when some paid care is available and affordable. The costs to such family caregivers can be enormous in terms of lost pay, lost opportunity at work, sickness and fatigue. Should Mom or Dad reward that burdened caregiver with a special share of the estate distribution? How will the other siblings feel about that?

In many cases where assets are too monolithic to be divided equally or when there simply are not enough assets to go around, life insurance on the estate owner can solve the problem. A policy payable to the heir who would otherwise be slighted or who has earned special consideration can bestow a chosen amount of tax-free cash. No one but the beneficiary of that policy need know about it. And, if wishes change in the future, a change of beneficiary is simple, speedy, private and cost-free.

*J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at jbryanclu@aol.com.\**

wrap-around case management will be offered. Partnering agencies Lee County Department of Human and Veteran Services, Providence Family Service and Centerstone Agency will help directly out of The Salvation Army's Human Resource Day Center's facilities. The day center will be open Monday through Friday from 9 a.m. to 6 p.m.

"The Salvation Army aims to walk-alongside those struggling with homelessness," said Major Carlyle Gargis, area commander for The Salvation Army in Lee, Hendry and Glades counties. "Our hope is that anyone needing assistance can walk through these doors and find it. We want to get to the root of their current challenges that are keeping them from finding stable living."\*

## Superior Interiors

## Enhance Your Dining Room



by Katie Frederick

The dining room is a special place for many, especially during recent months. It's a place to gather with your close family members and feel an ounce of normalcy. Enjoying

a meal together, playing a board game, or getting lost in conversation are just a few of many activities that make the dining room one of the foundational spaces of intimacy in the home.

For some, the comfort of this room comes naturally. For others, paying close attention to the design scheme, furniture set up and decor options makes a major difference. Whether you frequent the dining room on a regular basis, or you are interested in getting more use out of this room, there are many ways to elevate the space and make it more inviting.

Even if your dining room space is carpeted, an area rug can tie everything together and add another comforting element while you and your guests gather for dinner. Just remember, sizing means everything when placing an area rug under a table. Make sure it is long and wide enough to provide coverage when the chairs are pulled out.

Just as the area rug brings comfort,

cushions on the chairs can provide the same contentment. Find a set of seat coverings that are just comfortable enough while still providing the support needed to sit properly. Use color and styles that complement the room's theme to make your selection on cushion style.

If you're looking for a drastic change, a new coat of paint may satisfy your wants and needs. The walls are a great place to start if you want to mix up the dining room theme entirely. A new paint color can give you a stronger foundation to express your creativity and establish the flow that we desire in a design plan. Consider wallcovering also for style and sound absorption.

Natural lighting can be ultra comforting to both you and your guests. Create a seating arrangement near the window to gain maximum sunlight access and enjoy the outdoor view when staying inside.

Another simple move that makes a major statement is adding a tablecloth to the dining table. Using your dining room theme as inspiration, find a table covering that stands out and makes the room feel more put together.

Taking your dining room space to the next level does not have to be an impossible venture. If you're lacking design experience and want to get it right the first time around, consider consulting a design professional. They will evaluate your current dining room, collect information about your personal style and devise a plan to create the gathering space you've always wanted.

*Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at katie@coindeciden.com.\**

## Environmental Group To Offer Certification Class

When oil spill first responders respond to an oil spill, training is not just a good idea, it is the law. According to OSHA, workers who handle oil spills must be trained annually. The Ostego Bay Oil Spill Co-Op will present the mandatory OSHA CFR1910/120 training at the Ostego Bay Marine Science Center on February 8, 9 and 11.

"This training is invaluable for both first responders and volunteers," said Joanne Semmer, president of the Ostego Bay Oil Spill Co-Op

The program begins with classroom instruction at the marine science center, from 9 a.m. to 5 p.m. on Monday, February 8 and Tuesday, February 9. It is followed by a water drill day and annual refresher on Thursday, February 11 at Salty Sam's Marina at 2500 Main Street on San Carlos Island.

Cost is \$300 for members of the Ostego Bay Oil Spill Co-Op and \$350 for non-members. Those that require just the eight-hour yearly recertification meet on Thursday, February 11 at Salty Sam's Marina. The recertification class is \$100 for members or \$150 for non-members.

In 1991, the state of Florida began requiring local marinas to either maintain first-response capabilities themselves or

contract with outside experts to provide those first response services. The Ostego Bay Environmental Response Co-op was created in 1992 to meet those state requirements and meet the needs of the local maritime community.

Should boaters or marinas encounter an oil or fuel spill, they should contact the U.S. Coast Guard National Response Center (NRC) at 800-424-8802. The (NRC) is not a response agency. It serves as an emergency call center that fields initial reports for pollution and forwards that information to all of the appropriate federal/state agencies for response.

Ostego Bay Marine Science Center is located at 718 Fisherman's Wharf on San Carlos Island. Registration and payment must be made in advance by contacting Joanne Semmer at 470-4993.\*

## Resource Center To Provide Help For Underserved

The Salvation Army hosted the grand opening of its Homeless Resource Day Center located at 2450 Edison Avenue in Fort Myers on January 26. The resource center will provide a respite for those experiencing homelessness. Access to wrap-around services provided by The Salvation Army and on-site partner agency representatives to help meet basic needs holistically and sustainably, with care and compassion.

On site services such as showers, laundry, computer access and

## Dean's List

Summer Meade and Whitney Ward, both of Fort Myers, were named to the dean's list for the fall 2020 semester at Hamilton College.

Meade, a first-year student, is a graduate of Canterbury School. Ward, a sophomore, is also a graduate of Canterbury School.

To be named to the Dean's List, a student must have carried throughout the semester a course load of four or more graded credits with an average of 3.5 or above.\*

## Webinar On Social Media Strategies

The Southwest Florida Chapter of the Florida Public Relations Association (FPRA) invites business leaders and PR/marketing professionals to attend a social media and branding strategies webinar on Tuesday, February 9. The Zoom event will take place from 11:30 a.m. to 12:30 p.m.

Attendees will hear from industry speaker AJ Wiley, a business owner, international freelancer and viral social media strategist. Through real life experiences, and authentic promotion techniques, Wiley has learned how to avoid flat marketing. He currently captures over three million content likes with his strategic targeting approach. Participants will learn how to stay on top of social media and branding trends before they burn out and learn how to effectively reach their audience through optimal social media and branding practices.

Those who should attend include: Public relations and marketing professionals interested in learning about 2021's biggest breakout social platform, and why you should explore it



AJ Wiley photo provided

for your organization, clients or brand; Anyone interested in learning how your image is more than just your logo, and how to maximize its effectiveness to reach your target audiences.

Cost for the webinar is \$5 for students, \$15 for members and \$20 for future members. To register, visit [www.fpraswfl.org/event-registration/fpra-events/trending-social-media-and-branding-strategies](http://www.fpraswfl.org/event-registration/fpra-events/trending-social-media-and-branding-strategies).✪

## Business Officials To Explore Estates During Program

Leadership NEXT, a monthly program for advancing business professionals, will hold a networking program at Edison and Ford Winter Estates on Tuesday, February 9 from 5 to 7 p.m.

During the program, Mike Cosden, executive vice president of Edison and Ford Winter Estates, will offer business professionals a look at how the Estates is run and its strategic plans for the future. Cosden will share insights into how the organization remains relevant, generates revenue and benefits from sponsorships and memberships, as well as how local businesses can utilize the grounds. Guests will have

an opportunity to network after the program.

Attendees of Leadership NEXT represent a variety of businesses and industries throughout Southwest Florida. Sessions take place on the second Tuesday of every month and offer opportunities to develop new knowledge and skills, establish working relationships with colleagues and engage in valuable programs and discussions to further enhance their careers. Leadership NEXT's annual sponsor is the Florida Gulf Coast University Alumni Association.

The program will be held at the outdoor River Pavilion at Edison and Ford Winter Estates, located at 2350 McGregor Boulevard in Fort Myers. The February Leadership NEXT program is free to attend, however, registration is required as capacity is limited to 40 participants. Attendees can register in advance at [www.fortmyers.org](http://www.fortmyers.org).✪

## Airport Reports Increase In Traffic

During December, 648,011 passengers traveled through Southwest Florida International Airport in Fort Myers. While this was a decrease of 39.9 percent compared to December 2019, it was a 29.5 percent increase compared to November 2020. Year-end passenger traffic was 5,978,414 passengers, a decrease of 41.5 percent compared to 2019.

The traffic leader in December was Southwest Airlines with 137,349 total passengers. Rounding out the top five

airlines were Delta (108,846), United (94,968), American (80,042) and Spirit (78,883).

Southwest Florida International Airport had 8,474 aircraft operations, a decrease of 9 percent compared to December 2019. Page Field saw 10,875 operations, a 9.6 percent increase compared to December 2019.

Southwest Florida International Airport served more than 5.9 million passengers in 2020 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction. For more information, visit [www.flylcpa.com](http://www.flylcpa.com) or [www.facebook.com/flyrsw](http://www.facebook.com/flyrsw).✪

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## Book Review

# All The Devils Are Here



by Di Saggau

Louise Penny's novel *All the Devils are Here* involves Chief Inspector Armand Gamache investigating a sinister plot in the City of Light. On their first night in Paris, the Gamaches gather as

a family for a bistro dinner with Armand's godfather, the billionaire Stephen Horowitz. Gamache and his wife, Reine-Marie, are in Paris to attend the birth of their fourth grandchild. Walking home together after the meal, they watch in horror as Stephen is knocked down and critically injured. Gamache knows it's no accident.

The inspector can't understand why the kind and generous old billionaire would be the target of a murderer. What could he have done? To answer that question, Gamache undertakes a dizzying investigation that takes him all over the city, from the top of the Eiffel Tower to the bowels of the national archives, from luxury hotels to odd, coded, works of art. When a strange key is found in Stephen's possession, the investigation sends them deep into the secrets Armand's godfather has kept for decades.

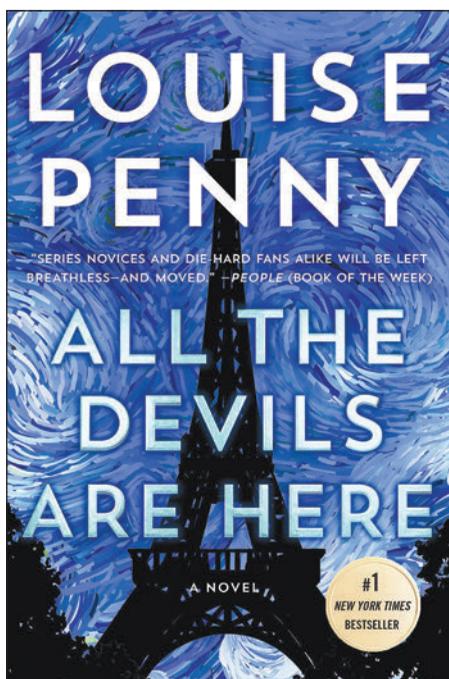


image provided

A gruesome discovery in Stephen's Paris apartment makes it clear the secrets are more rancid and the danger far greater than they realized. The place has been ransacked, and there's a dead body behind the sofa. Soon the entire family is involved in the investigation.

While Penny touches on a wide range of subjects in this expansive story, her main concern is with the sacrifices we make for those we love. Even the loving relationship between Gamache and his son, Daniel, is challenged. If you are new

to Penny's world, *All the Devils are Here* would be a great place to begin. Then you can go back and start the series from the beginning.\*

## School Smart



by Shelley M. Greggs, NCSF

**D**ear Shelley, I'm having difficulty talking with my teenage children. It seems like everything I say to them is met with an eye roll or a flat-out refusal to

talk. I want to keep our communication open and useful. I'm so frustrated. What can I do?

Samantha P, Fort Myers

### Samantha,

Communication with our teenage children is often very difficult, you are not alone. Teenagers are in a tough place dealing with so many changes physically, emotionally and socially and can only handle so much at any given time and particularly afterschool when they are tired. It will take some reflection and more patience on your part, but with a few changes in your communication style, you will be able to improve the mother-teen communication channel.

Here are a few ideas to help keep communication with your teen positive and open.

First, decide when to talk to your teen. Think about what time of day you've had your better conversations and plan to chat at that time, not one where your teen is exhausted, needing to study or just wanting to relax.

Make it a short conversation and don't overload your teen with multiple requests or questions. Remember it's a two-way conversation. Use open-ended questions and give your teen time to think and respond. Don't fill the space with your chatter, just listen without judging.

Give your teen more than one opportunity to discuss an important topic with you. You can tell your teen that the topic is something you believe important and needs to be discussed. If they aren't open to talk at the time you choose, ask them to suggest a time. If it's important don't give up – just reschedule.

Tone of voice is crucial in any conversation and particularly with teens. Recent research has found that "the tone of voice used by mothers can impact significantly on teenagers' emotional, relational and behavioral intention responses." Teenagers are less likely to cooperate and put effort into their mother's requests when they are said in a controlling tone of voice, researchers have found, and far more likely to respond positively when the tone of voice is supportive and encouraging.

Lead author of the study Dr. Netta Weinstein, from Cardiff University, said: "If parents want conversations with their teens to have the most benefit, it's important to remember to use supportive tones of voice. It's easy for parents to forget, especially if they are feeling stressed, tired, or pressured themselves.

"The study showed that subjects were much more likely to engage with instructions that conveyed a sense of encouragement and support for self-expression and choice."

These are just a few suggestions that are easy to implement and could produce dramatic results in conversations with your teen. Change won't be immediate but will evolve as your teen discovers that talking to mom (or dad) really isn't that awful. Teens need their parents' caring supports to feel secure as they go through the process of becoming an independent person.

Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.\*

## College Graduates

**F**ive Fort Myers natives recently graduated from the Georgia Institute of Technology following the fall 2020 semester and were recognized during the institute's 259th commencement exercises.

Andrew Lewis received a master of science degree in electrical and computer engineering; Dante Ciolfi gained a master of science degree in computer science; Markian Hromiak earned a bachelor of science degree in computer science with high honors; Geraghty Ellis received a bachelor of science degree in mechanical engineering with highest honors; and Nicholas Liccini gained a bachelor of science degree in aerospace engineering with highest honors.\*

From page 1

## Art Exhibit

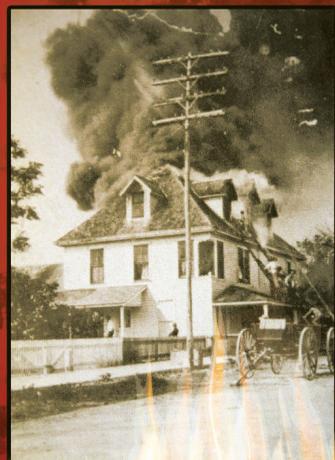
and "C. Rivera Creations." In two words, the creative style of this aspiring contemporary artist can only be described as intrinsic and saucy. Rivera's family roots, though established in Fort Myers, harken back in large part to the mountains of Jamaica and the Calypso heritage, and spring forth through each stroke of her brush. She is a young wife and mother of four and is being mentored by her mother, Wanda Hamilton. She attributes the entirety of her artistic pursuits to her mother's encouragement and influence. Stories of Rivera's personal beliefs, relationships and experiences are told through her unique approach to the canvas. Inevitably, her bold and colorful style will influence the art world for years to come.

The exhibition will be on display through Friday, February 26.

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.\*

## EPIC FIRES OF FORT MYERS

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



THOMAS P. HALL  
ROBIN C. TUTHILL, EDITOR

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## Port Authority Names Director

The Lee County Board of Port Commissioners recently named Benjamin R. Siegel, CPA, C.M., as the executive director of the Lee County Port Authority. As executive director, he will direct the administration, operations and development of Southwest Florida International Airport and Page Field in Fort Myers.

"I look forward to working with the board and the outstanding team of professionals at Southwest Florida International Airport and Page Field," said Siegel. "I am excited about the opportunity to enhance infrastructure, manage growth and improve the guest experience, as well as work with our community leaders to promote travel, new business and tourism in our region."

Siegel has been with the Lee County Port Authority since 1992, and most recently served as the acting executive director. Under his leadership, the Lee County Port Authority finance team secured \$327 million for RSW's Midfield Terminal Complex, which was one of the largest issuances of financing in Lee County history. Current projects under his oversight are the Airport Traffic Control Tower and the Terminal Expansion Project at Southwest Florida International Airport.

Siegel holds a bachelor of science in business administration from the



**Benjamin R. Siegel** photo provided

University of South Florida and is a certified public accountant. He is a certified member of the American Association of Airport Executives, as well as a member of the Florida Airports Council, Airports Council International-North America, Florida Institute of Certified Public Accountants and the American Institute of Certified Public Accountants.

Siegel is an executive committee member of the Horizon Council, a local public-private advisory board for economic development issues. He is

also on the executive leadership team for the American Heart Association-Lee Heart Walk, was past chair of the 2018 Lee Heart Walk, and is a member of

the executive committee for Healthy Lee, an organization that promotes corporate wellness and healthier lifestyles in Lee County.\*

## University Hires Nursing Director

Dr. Charene Adams, DNP, MSN, RN-BC, has joined Hodges University as the director of nursing.

In her role, Dr. Adams is responsible for overseeing the educational goals and objectives of the university's nursing programs, including accreditation. She brings 20 years of real world and instructor experience in nursing. She has an associate degree in nursing from Trinitas School of Nursing, Union College; a bachelor of science degree in nursing from the University of Texas at Arlington; a master of science degree in nursing from the University of Phoenix, and a doctor of nursing practice from Chamberlain University.

Dr. Adams holds a multi-state license, and is also licensed with the Florida Board of Nursing and the New York State Board of Nursing. She also has basic life support and advanced cardiac life support certifications, in addition to the Medical-Surgical Nursing Board credential. She holds a National Council of Certified Dementia Practitioners Certified Dementia Practitioner credential, and is in the



**Dr. Charene Adams** photo provided

process of completing an American Board of Cardiovascular Medicine Cardiovascular Registered Nurse credential.

She is a member of the Sigma Theta Tau International Honor Society for Nurses, the American Nurses Association, the Florida State Nurses Association and the American Psychiatric Nurses Association.\*



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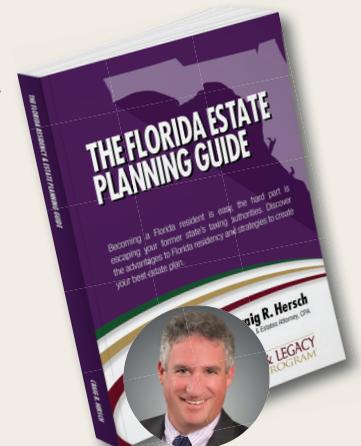
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by **Craig R. Hersch**  
Florida Bar Board Certified Wills,  
Trusts & Estates Attorney, CPA &  
Island Sun Columnist

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## Will Power

# Joint Accounts Don't Count Toward Bequests



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

Robert created a trust that distributed the first \$2 million to his wife, Linda, before making \$500,000 bequests to each of his two daughters, Tina and Louise. When Robert created his trust, he considered the bequest to his wife to be enough for her to live off of the rest of her life, also considering that she had other assets of her own in her own trust. He didn't want Tina and Louise to wait until both his and Linda's deaths before enjoying any of their inheritance, and that is why he included those bequests.

When Robert died, his trust had less than \$2 million of assets in it. Robert had more than \$1 million of other assets, both those were all held jointly with rights of survivorship with Linda. They were not ever funded into Robert's trust.

So, Linda took the joint assets as her own. When Robert's trust was administered, the entire balance also went to Linda. Tina and Louise received nothing from Robert's estate.

And this is the important point that I wish to make today. Robert may have considered the joint account to count toward what he wanted to leave Linda from his estate. But Robert didn't direct his attorney to draft language into his trust indicating that was his intent. Maybe Robert assumed that the joint account gift would serve to satisfy part of what he intended to leave Linda through his will and trust.

But that isn't the case.

Maybe Robert intended to fund the joint account into his trust account to satisfy his intent. Transferring a joint account into a single trust generally requires both

joint account owners' signatures. Perhaps upon discovering this, Robert decided not to do it and didn't believe it necessary to alter the terms of his trust.

Upon discovering what was to occur in Robert's estate administration, Tina and Louise wondered if anything could be done to rectify the situation. The answer is, not unless Linda wants to cooperate. Linda could, for example, file a legal disclaimer for some portion or all the \$1 million in bequests that Tina and Louise didn't receive. A legal disclaimer must be signed in accordance with Florida law and with the Internal Revenue Code. There are several requirements that must be satisfied to file a disclaimer.

Linda could also cooperate if she simply gifted some of her inheritance to Tina and Louise. The gift would be taxable, as it would be above the \$15,000 annual exclusion limitation, which only means that the gift would reduce Linda's current \$11.2 million federal estate tax exemption. Provided Linda's taxable estate at the time of her passing is below the then available federal exemption, the gift would not affect her. If, on the other hand, Linda's estate could be in danger of exceeding the limitation, she has the option of filing a Federal Estate Tax Return Form 706 on Robert's estate to transfer any of his unused exemption to her own estate, negating the gift transfer.

Depending upon the assets that Linda transfers, and whether they came from the joint account or from assets she inherited from Robert, there could be unrealized capital gain that may one day be realized by Tina and Louise that would require the payment of capital gains taxes. This is because joint account assets do not receive a full step up in tax cost basis upon one of the account holder's deaths.

Linda may also choose not to cooperate, leaving Tina and Louise with no inheritance. Much of this depends upon the relationship between the parties as well as Linda's comfort as to whether she has sufficient funds to live off of the remainder of her lifetime.

As you can see, an assumption on Robert's part could lead to some very real problems between his loved ones. If you have questions as to whether certain accounts will serve to satisfy bequests you have in your will or trust, be sure and discuss your questions with your estate planning attorney.

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Aubuchon Team of Companies presents Lee BIA Builders Care with a check for \$12,600.

photo provided

## Builders Care Group Receives Check Donation

Lee BIA Builders Care, the nonprofit charitable arm of the Lee Building Industry Association (BIA), has received a \$12,600 donation from Aubuchon Team of Companies.

The impactful donation is a result of funds raised through Aubuchon Team of Companies' annual fundraising event, Helping Hands for the Holidays, which was held virtually this year. The donation was distributed through the Helping Hands for the Holidays Fund, a fund of the Southwest Florida Community Foundation.

"We are so grateful for and proud of our community and our team as once

again we rose to the occasion, and despite the pandemic, donated a record amount to Helping Hands for the Holidays," said Gary Aubuchon, president of Aubuchon Team of Companies.

Funds will support Builders Care in its mission to provide emergency construction services at no cost to needy and deserving elderly and/or disabled homeowners and their families, who cannot obtain repairs through traditional means.

"Aubuchon Team of Companies' annual event has generously supported Lee BIA Builders Care for 13 years, providing critical funding and support as we work to serve homeowners in need," said Crystal Stouten, executive director of Lee BIA Builders Care. "We are grateful for Aubuchon's continued partnership and to all who contributed to this year's Helping Hands for the Holidays fundraiser."

To date, Aubuchon Team of

Companies has donated more than \$141,100 to Lee BIA Builders Care through its annual fundraiser, fueling Lee BIA Builders Care's efforts to support local homeowners and their families.

For more information, call 938-0056 or visit [www.facebook.com/leebuilderscare](http://www.facebook.com/leebuilderscare).✴

## Webinars On Branding And Marketing

The Above Board Chamber of Florida continues its webinar series on two Thursdays – February 11 and 25 from noon to 1 p.m. – with two topics that are top-of-mind for many businesses: social media strategy and virtual presentations and branding. The chamber's popular webinar series is designed to guide, inspire, and offer opportunities for local professionals to learn from local experts.

February's webinars are entitled How to budget for all your social media and which ones are the most important for your business and Best Practices for virtual presentations & branding.

At the February 11 webinar, a panel of local marketing and business development experts will educate attendees about social media, including budgeting and determining which of the many available platforms will best help companies reach their 2021 goals.

While social media has many benefits, promoting your business on social media has pitfalls as well. To market successfully using social media takes time, effort and knowledge. A successful social media campaign must be strategic, well thought out, consistent and deliver the right message at the right time.

Panelists include:

Robert Wetzel, director of marketing

and communications at TLC Marketing and Creative Services;

Connie Ramos Williams, chief marketing officer, founder, president at CONRIC pr + marketing; and

Theresa Ayers, certified business consultant at Florida Small Business Development at FGCU.

The February 11 webinar is sponsored by Trish Leonard, owner/president of TLC Marketing and Creative Services. The February 25 webinar will include a panel of branding experts that will give the attendees an understanding of the dynamics of presenting a virtual presentation that will showcase their brand.

Branding is important for a business because it increases the company's value and makes acquiring new clients easier. A strong brand is reflected in everything from your customer service style, staff uniforms and business cards to your marketing materials and advertising.

Panelists include:

Patrick Blake Renda, founder/chief strategy officer/managing partner at Dragon Horse Agency;

Cotrenia Hood, executive business coach at STEEL BLUE;

Nicki McTeague, account manager at Priority Marketing; and

Javier Fuller, vice president of web development at CONRIC PR and Marketing

The February 25 Zoom webinar is sponsored by Jennifer Pauly, Chief Executive Officer of Celadon Recovery.

Both February Zoom webinars will be emceed by Jeanne Sweeney, CEO and Founder of Above Board Chamber of Florida. Admission to each webinar is \$10. Guests will be able to join the programs live or save them for viewing at a later date.

To register for the webinars, visit [www.aboveboardchamber.com](http://www.aboveboardchamber.com).✴

## Frankly Speaking

by Howard Prager



A couple of days to go to Super Bowl LV, so let's start there today. The platitudes are growing daily, with this being considered "the greatest" Super Bowl because

it features the GOAT Tom Brady and potential future GOAT Patrick Mahomes.

The game will have two coaches that are beloved by their players and hadn't won a Super Bowl before last year (when Andy Reid won his first). Both coaches, Reid and Bruce Arians, are said to be "players coaches" albeit with different styles. Reid does it with "being a father figure kind of role," according to Chiefs All-pro tight end Travis Kelce, "getting the best out of everybody." Until last year, he had more wins than any coach in NFL history without a ring. Tom Brady speaks similarly of Bruce Arians, a two-time coach of the year. According to Tom Brady, "He's just got a great way of communicating effectively with everybody around here." And as I'm sure you've seen 1,000 times, it's the first time a home team is playing in the Super Bowl, albeit with far fewer fans than normal, 25 percent of whom will be health care workers and first responders. It's also only the second time that the past two championship quarterbacks (QB) are facing off against one another in the title game. The first was back in 1943 with the Bears' Sid Luckman and Washington's Sammy Baugh. And Brady could become only the second QB to win a Super Bowl with two teams. The other? Peyton Manning. One more for the Bucs is that they are the first team in 10 years to reach the

Super Bowl despite not winning their division.

Let's stick with Brady a minute more. Last year, I wrote a column about how many superstars who changed teams faded and didn't produce at that high a level afterwards. There are a few that did who stand out. The Cincinnati Reds traded Frank Robinson to the Baltimore Orioles in 1965. The Orioles swept the Dodgers in the World Series and Robinson swept the honors, winning the AL triple crown and World Series MVP. NBA star Oscar Robertson was traded in 1970 from Cincinnati (the city hadn't learned not to do that) to the Milwaukee Bucks and helped Kareem Abdul-Jabbar (then Lew Alcindor) win a title. Will Brady be the third? Other superstars who did manage to win in later years with their new teams after they were traded include Babe Ruth (sorry Red Sox fans), Manning, Abdul-Jabbar, LeBron James and Ray Bourque. And speaking of trades, what a blockbuster deal between Detroit and the LA Rams trading QBs (and some draft choices). Can Stafford help the Rams get back to the Super Bowl when he couldn't lift the Lions? And what about Goff, will he even be the starter in Detroit?

Baseball (MLB) and the players union (MLBPA) appear to have the most challenging of all relationships in sports. MLB released their plan to news outlets last weekend to delay spring training and opening day a month, along with several rules that were put in place for last year's pandemic-shortened season. The union rejected it on Monday, citing lack of salary or service-time protection in the event of any delays or cancellations due to COVID-19. MLB says the rule changes are fan-friendly, but is now aiming for an on-time start. With less than three weeks to go until spring training begins, it would be nice for fans everywhere and especially in Florida to know what those plans are. It's also a contract year for the MLBPA

and seems like some trust building activities could help before these negotiations begin in earnest. By the time you read this, who knows what else may change. I just read that former Cubs President Theo Epstein, who is a consultant to MLB in "on-field matters," is now also an "executive-in-residence" to Arctos Sports Partners, a private-equity firm dedicated to buying minority shares of professional sports teams. To me, it seems like a potential conflict of interest.

After saying there was little movement in baseball a few weeks ago... Bam!, all sorts of action is occurring with trades and signings as well as sell-offs. The Cubs have already raised the white flag before a pitch is even thrown as they begin to dismantle their 2016 championship team. Colorado may be thinking the same thing after trading their star, Nolan Arenado to the Cardinals, who should now be the favorites to win the NL Central. Other teams with big signings include the Mets, White Sox, Yankees, Phillies and Blue Jays.

Instead of a good news story today, let's conclude with some baseball history. All the way back. The National League started 145 years ago this week (February 2, 1876 for those keeping

track) and 120 years ago the American League was formed (January 28, 1901 in Chicago). In 1903, the World Series was established with the winner of each league playing each other, starting with the Boston Americans (later the Red Sox) against the Pittsburgh Pirates. The New York Giants won the NL crown in 1904 but refused to play the Americans due to a business rivalry between the two leagues and personal animosity of Giants owner John T. Brush and manager John McGraw with AL president Ban Johnson. In 1905 after winning the NL again, the Giants agreed to participate in the World Series against the AL's Philadelphia Athletics in an effort to win back fan approval. "Many fans were upset by the Giants' 'no thanks' attitude of the previous year, and it was clearly visible in their regular season attendance" according to Wikipedia. So fans, our voice has been heard in the past, and I believe will continue to be heard. In the meantime, enjoy Super Bowl 55!

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

## Applications Open For Red Sox Scholarships

The Red Sox Foundation will once again be awarding scholarships in the spring of 2021 to one deserving student from each of the 14 public high schools in Lee County.

Applications are now open and available to local Lee County public high school seniors at [www.redsoxfoundation.org/leecountyscholarship](http://www.redsoxfoundation.org/leecountyscholarship).

Applications are due by midnight March 12. The Red Sox Foundation will award a \$5,000 scholarship to 14 academically talented Lee County public high school seniors who have demonstrated a commitment to community service.

Scholarship funds are raised annually from proceeds of the Red Sox annual

Swings for the Sox Golf Tournament. "The Red Sox Foundation continues its commitment to providing the funds for these scholarships," said Brennan Whitley, senior manager Florida business operations for the Boston Red Sox. "Despite COVID, we were really pleased that our 9th annual Swings for the Sox golf tournament was once again a huge success in our efforts to raise more money for these scholarships."

The Red Sox Foundation is a 501(c)3 nonprofit organization and the official team charity of the Boston Red Sox. The foundation's primary focus locally is in serving the health, education, recreation and social service needs of youth and families across Southwest Florida. The Red Sox Foundation is one of the most successful non-profit organizations in all of Major League Baseball.

For more information, visit [www.redsoxfoundation.org](http://www.redsoxfoundation.org).✱

## New Head Golf Pro At The Dunes

Mike Dopsloff has been named as the head golf professional at The Dunes Golf & Tennis Club.

A respected member of the PGA and highly qualified golf professional, Dopsloff has been named Golf Professional of the Year and Merchandiser of the Year by the Southwest PGA Chapter, as well as the South Florida Section's Merchandiser of the Year.

Dopsloff's experience includes head professional at San Carlos Golf Club, Arrowhead Golf Club, Fiddlesticks Country Club and Lexington Country Club. In his role at The Dunes, he will oversee all aspects of golf course operations.✱



Mike Dopsloff

photo provided

## SPORTS QUIZ

1. What NFL wide receiver holds the record for most yards from scrimmage in a game with 336, set in the 1989 season? (Hint: Despite his nickname, he never played for the Miami Dolphins.)
2. What ABC sportscaster had the unfortunate task of reporting "They're all gone" in the aftermath of the 1972 Munich Olympics hostage crisis?
3. The Autodromo Internacional do Algarve is a racetrack located in what country?
4. Name the 1980 Scripps National Spelling Bee champion who became the event's official pronouncer in 2003.
5. What two English Premier League football clubs play each other in the Second City Derby rivalry match?
6. What Michigan Wolverines running back was selected by the New York Giants in the first round of the 1995 NFL Draft?
7. What Oklahoma City Thunder player led the NBA in blocks per game for two straight seasons from 2011-13?

## ANSWERS

1. Willie "The Flipper" Anderson. 2. Jim McKay. 3. Portugal. 4. Jacques Bally. 5. Aston Villa F.C. and Birmingham City F.C. 6. Tyrone Wheatley. 7. Serge Ibaka.

## Humane Society Challenges And Adoptions In 2020

The year 2020 will be one in which no one will soon forget. The COVID-19 pandemic affected every operating area at Gulf Coast Humane Society (GCHS). But as the challenges and unknowns mounted with every day after the pandemic hit, the reason why GCHS has been able to exist for 73 years helped the shelter overcome these obstacles... and that is community.

Instead of taking steps backward in the shelter's development during these difficult times, GCHS was able to make leaps and bounds forward.

"There were definite challenges which affected everyone and every business, especially nonprofits, during 2020," said GCHS Executive Director Jennifer Galloway. "There were decisions made in which we didn't have any foresight of what the outcome would be, simply because no one had ever experienced a situation like what we are going through. But we are so grateful at GCHS that instead of the results being negative, which would have been heartbreaking for the innocent shelter animals, we had very unexpected positive outcomes.

"And that is because of the help from the community."

GCHS had an upswing in its services, which during a pandemic, was very unexpected.

"Overall, we had more adoptions, more spay and neuter surgeries, more fosters helping out the shelter animals and, in return, GCHS was able to help repay the community by creating some new programs to help people in need," Galloway said.

The mission of GCHS is to add as many happy forever homes in the area as possible. In 2020, that goal was reached and beyond in record-breaking fashion. GCHS surpassed its annual goal of 2,500 adoptions by October, then went out and eclipsed another milestone by adopting its 3,000th shelter animal on December 20.

GCHS had 3,109 adoptions in the year 2020, smashing the previous annual record set in 2019 with 2,323 adoptions.

"I am sure there are different reasons why adoption numbers were at a record pace this year, but I feel people found out pet therapy is one of the best ways to deal with the stress and confinement the pandemic brought," Galloway said. "They also believed in adopting, and not shopping was the best way to go, as well."

A new partnership formed was a big help in the increased adoption numbers. Cattysack Café and GCHS partnered this past summer with the unique business featuring shelter cats up for adoption. It has proven to be a great success.

Cattysack Café, which opened this past June, adopted its 500th GCHS feline on December 28. With it being so successful, the number of cat adoptions skyrocketed at GCHS. In 2019, GCHS had 600 cat adoptions, while in 2020, that number rose to 1,428, for a difference of 828 adoptions.



**Pedro was adopted earlier in the year by GCHS Board Member Karen Allegretti. Pedro is one of over 3,100 adoptions this year at GCHS.**

photos provided

Another aspect which aided GCHS as the pandemic broke out, was fostering. With the unknown of whether or not owner surrenders would rise and even the possibility of the shelter temporarily closing due to quarantine, clearing space in kennels was imperative. A plea was made in early April for fosters, and the community stepped up in a big way.

"We received over a hundred applications within a couple of weeks and had over 90 animals in foster homes by the middle of April," Galloway said. "That was so awesome to experience how people opened up their homes to our shelter animals."

Those fosters directly correlated into the improved adoption numbers as well, as many fosters became "foster failures" where they ended up adopting their foster animal.

The GCHS Spay-Neuter Clinic was also directly affected by being closed for the entire month of April. But that didn't stop the clinic from performing a record-breaking 8,022 surgeries by year's end. The GCHS Spay-Neuter Surgery Center had 893 surgeries alone in August, which brings up the count to 31,833 since 2015.

Even during the shutdown of businesses, the GCHS Veterinary Clinic was able to operate, albeit not normally. Despite many challenges of taking clients and their pets, the clinic remained as a reliable and low-cost veterinary clinic throughout 2020.

During normal times, GCHS relied on the many fundraising events to help raise funds and bring awareness to the community. In 2019, GCHS had over 200 events to help in fundraising.

"These events haven't happened since the beginning of April and those are a main pipeline for our fundraising," Galloway said. "We had to get creative to keep GCHS on the minds of people who donated and show we were still out here caring for these animals. Fundraising is so vital for a nonprofit and the pandemic basically forced us to think of other ways to attract donations. It's been difficult, because people need to take care of their families during these challenging times. As the saying goes, every little bit has



**GCHS celebrated reaching its annual goal of 2,500 adoptions in November. GCHS will finish 2020 with over 3,100 adoptions.**

helped care for our shelter animals."

But with GCHS receiving lots of help through the community, the organization also wants to give back to those in need. A new program was started in early April entitled Pet Food 4 Forever Families. GCHS staff started attending the Community Cooperative's Mobile Food Pantries three to four times a week, handing out pet food.

"The goal of the program was to get pet food to those families in need of it, so they were not forced to owner-surrender their pets because they couldn't feed them," Galloway said. "There definitely was a need for the program and when we asked for pet food donations, the community stepped up again."

Since April, GCHS has attended 60 mobile food pantries and has handed out over 19 tons of dog and cat food.

Fortunately, since the pandemic started, GCHS has not experienced spikes in owner surrenders, and Galloway hopes that trend continues.

"We are hoping we do not see that spike in owner surrenders, but as we are learning through these strange times, there is much unknown," Galloway said. "We just have to prepare for those unknowns."

One program that is getting started back up is the Senior to Senior Program, which for obvious reasons stalled since April. The program where GCHS staff brings senior dogs to senior nursing homes on visitations is starting to restart slowly.

With safety precautions in place, the GCHS Senior to Senior Program has been visiting Gladwell – Fort Myers, bringing up to four dogs to meet the residents.

"It's been so heart-warming to see our shelter animals bring so much joy to those senior residents who have been through a hard time during the pandemic," Galloway said. "Hopefully, our Senior to Senior Program can get back up and running when things start to creep back to some normality."

Senior homes can arrange visitations



**This year's Halloween was much different, but it didn't stop GCHS Outreach Coordinator Tricia Boone from dressing up with the shelter dogs**

by the GCHS furry friends by emailing [outreach@gulfcoasthumaneociety.org](mailto:outreach@gulfcoasthumaneociety.org).

The backbone of GCHS – the volunteers – also had to make adjustments in their normal routines. For a period of time, volunteers were not allowed on the shelter's campus because of social distancing and crowd recommendations set forth by the State of Florida. But GCHS was able to welcome back volunteers by June and they have been an important part of keeping the shelter at a normal running capacity.

"Everyone came back wanting to help," Galloway said. "Our volunteers were understanding when restrictions were in place; they were just happy to be able to interact with the shelter animals again. They really have stepped up in every way to help the shelter through this."

With 2021 now upon GCHS, expectations are high, even with the unknown lying ahead in the next 12 months.

"The bar has been set higher than ever before at GCHS, but I am confident in our staff, along with the help of volunteers and the community, we will reach new heights," Galloway said.

With 2020 in the rearview mirror, the challenges of the past year will not be forgotten. A lot has been learned and GCHS has adapted.

But one thing remained consistent for GCHS – the commitment of the community to caring for the innocent shelter animals.

To donate to GCHS, visit [www.gulfcoasthumaneociety.org](http://www.gulfcoasthumaneociety.org) or call 332-0364.

GCHS Veterinary Clinic is located at 2685 Swamp Cabbage Court in Fort Myers. Call 332-2719.

GCHS Spay/Neuter Clinic is located at 2010 Arcadia Street in Fort Myers. Call 332-1573.

GCHS Adoption Center is located at 2010 Arcadia Street in Fort Myers. Call 332-0364.\*



Officials cut the ribbon during a ceremony for the new ICU unit photo provided

## Lee Health Celebrates New ICU Unit

Gulf Coast Medical Center staff recently held a small ribbon cutting ceremony to mark the opening of its new 52-bed intensive care unit (ICU). Another milestone in the ongoing hospital expansion, the new unit encompasses two floors – a second floor medical and surgical ICU and third floor neuro ICU – to better care for patients with specialized needs. The new ICU unit opened ahead of schedule and is in preparation for the relocation of Lee Health’s trauma program to Gulf Coast Medical Center later this year.

“With the continued growth that is expected throughout Southwest Florida, the new ICU unit allows us to enhance patient care and improve our system-wide bed capacity efforts,” said Larry Antonucci, MD, MBA, Lee Health president and CEO. “The expanded unit is another way Lee Health is demonstrating its commitment to provide the best service and care for our patients.”

Both floors are equipped with

state-of-the-art technology and feature two negative air pressure rooms, a bariatric lift room, expansive family waiting area, large equipment room, medication room, nourishment center for patients and families and numerous physical therapy substations. Additionally, boom rooms maximize efficiency and minimize clutter to provide easy access to electrical power, data services and more. High tech electronic computer boards provide staff members with up-to-the-minute statuses on patient conditions, and each floor is staffed with its own pharmacist and pharmacy station. All rooms feature floor to ceiling windows and provide an abundance of natural light.

Gulf Coast Medical Center has recently undergone a series of transformations – part of a \$347-million-dollar expansion project – with the final phase set to complete later this year. Gulf Coast Medical Center is a certified comprehensive stroke center. The hospital was recently awarded the highest national marks for safe care by The Leapfrog Group. Along with Lee Health’s three other adult acute care hospitals, Gulf Coast Medical Center earned an ‘A’ grade for the fourth straight report card.

For more information, visit [www.leehealth.org](http://www.leehealth.org).

## Healthcare And The Future Of Southwest Florida

The importance of the healthcare sector in the growth of Southwest Florida has increased significantly as the coronavirus pandemic continues. Dr. Larry Antonucci, president and CEO of Lee Health, has been leading the effort to advance and expand healthcare resources and will provide an overview of current initiatives and long-term plans at the Real Estate Investment Society (REIS) luncheon meeting in the Osprey Room at Pelican Preserve’s Clubhouse on Tuesday, February 9 at 11:45 a.m.

The growth of the medical sector has also been a driving force for commercial real estate and construction in the region, and the investment in healthcare facilities is an important factor for new residents

moving to this area. Following the presentation, Dr. Antonucci will respond to questions of specific interest to the real estate investment and development industry.

Dr. Antonucci joined Lee Health in 2007 as chief administrative officer of Cape Coral Hospital. During his tenure, he has overseen the growth of Lee Health through acquisitions, expansion and new development. Lee Health is Florida’s largest nonprofit public health system, with 1,812 beds and over 14,000 employees.

The meeting is sponsored by Suffolk. Cost is \$30 for members and \$40 for guests, which includes lunch. Reservations are required by Thursday, February 4.

Pelican Preserve’s Clubhouse is located at 9802 Pelican Preserve Boulevard in Fort Myers. For reservations, visit [www.reis-swfl.org](http://www.reis-swfl.org). For more program information, call Kent Poli at 689-7174.

## Program To Address Health Disparities, Equity

In honor of Black History Month, the Alzheimer’s Association will host a special virtual presentation to address the various health disparities faced by Black Americans living with Alzheimer’s and dementia on Thursday, February 18 at 1 p.m. The program is free to attend.

As part of the Alzheimer’s Association’s Virtual Brain Bus programming, *Creating a Path Forward: Reaching Health Equity and Reducing Health Disparities in Alzheimer’s and Dementia* will explore the latest advancements in dementia research, the benefits of early detection and diagnosis, and the path toward a more equitable future.

“Research is a crucial way to move closer toward health equity,” said keynote speaker Carl V. Hill, PhD, vice president of scientific engagement for the Alzheimer’s Association. “We can pursue that goal by making sure that all communities are represented in research by including diverse perspectives from researchers in many scientific disciplines and the participation of all communities in Alzheimer’s clinical research.”

According to the Alzheimer’s Association, older Black Americans are not only twice as likely to develop Alzheimer’s disease as their White counterparts, but they are also less likely to receive a diagnosis. Further, when they



Carl V. Hill photo provided

do get diagnosed, it is typically in the later stages of the disease, when their medical needs are greater.

“Ongoing conversations and discussions about health equity and health disparities allow diversity and inclusion to strengthen our innovative capacity,” said Keith Gibson, program manager for the Alzheimer’s Association. “When we actively seek diverse perspectives, we unleash the full potential of our society, and that’s what we at the Alzheimer’s Association hope to accomplish with programs like this one.”

To register, visit <http://bit.ly/2M7pYnd> or call the 24/7 Helpline at 1-800-272-3900.\*

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## Children's Miracle Network Partners Raise Funds

It was a unique year for many partnerships in 2020. For Golisano Children's Hospital of Southwest Florida, it was the year they announced becoming a Children's Miracle Network Hospital. In spite of a very challenging fundraising year, the Children's Miracle Network (CMN) Partners raised over \$560,000, often one dollar at a time, to help patients and families at Golisano.

The partnership proved to be more than just a financial one and included significant amounts of in-kind donations. CMN partners reached out to their networks and vendors and offered to help with resources needed to fight the pandemic including pallets of desperately needed supplies, personal protective equipment, masks, gloves and dozens of meals to feed entire shifts of hospital workers. CMN partners in Southwest Florida shared every resource they could to help in the fight against COVID-19.

Golisano Children's Hospital would like to say Thank You to the participating CMN partners:

Costco, Kirkland Signature, Ace Hardware, Walmart & Sam's Club, Publix, ReMax, Dairy Queen, WaWa, Love's Travel Stops, Phi Mu Fraternity, Panda Express, IHop, Marriott Vacations Worldwide, Marriott International and



Walmart campaign display

photo provided

Coca Cola.

"The generosity of these partners exceeded our expectations. Our Children's Miracle Network partners shared every available resource, not only to help the children at Golisano, but all our frontline heroes and medical staff and patients across Lee Health. We are appreciative of every act of kindness by this group of community leaders and also want to thank all their generous customers for their contributions. Every dollar does make a difference," said Chris Simoneau, Lee Health chief foundation and development officer.

Children's hospitals across the United States are dealing with the impacts of COVID-19 and will be for the foreseeable future. Donations through our CMN partners were especially useful in 2020. The funds and support were provided in a variety of ways:

- Round-up campaigns at the register
- Donations made when shopping online

- Curb side pick up donations

- Donations made with employee matching contributions

- Personal protective equipment donations – Panda Cares Foundation, for example, donated 30,000 masks

## Lee Health Seeking Blood Donations

Lee Health is seeking blood donations to help replenish supply levels. As home to the region's only trauma center, it is vital that the health system's blood supply remains at healthy levels in order to quickly care for patients needing an urgent transfusion. Blood and blood products are not only used in the trauma center, but also to treat cancer patients, premature babies, anemia and a variety of other conditions.

Lee Health's blood centers are the sole supplier of all blood products for the entire health system. About 800 units of blood are needed per week, and the blood centers rely on life-saving donations from the community to maintain inventory levels.

The Lee Health Blood Mobile will be at numerous locations throughout Southwest Florida in February.

St. Matthews House, 13140 Metro Parkway, Fort Myers, February 6, 8:30 a.m. to 2:30 p.m.

First Christian Church of Cape Coral, 2620 Country Club Boulevard, Cape Coral, February 7, 9 a.m. to 1 p.m.

Lee Health Coconut Point, 23450 Via Coconut Point, Bonita Springs, February 8, 10 a.m. to 3 p.m.

The Outpatient Center at Surfside, 2441 Surfside Boulevard, Cape Coral, February 9, 9 a.m. to 1 p.m.

Iona/College Pt. Fire Station #74, 6061 South Pointe Boulevard, Fort Myers, February 11, 8 a.m. to noon

Sanibel Straits, 16100 Myriad Lane, Fort Myers, February 12, 1 to 4 p.m.

First Christian Church of Fort Myers, 2061 McGregor Boulevard, Fort Myers, February 14, 8 a.m. to 1 p.m.

Santa Barbara Professional Building, 224 Santa Barbara Boulevard, Cape Coral, February 15, 8 to 11 a.m.

Estero Chamber, 21115 Design Parc Lane, Estero, February 16, 9 a.m. to 2 p.m.

Neogenomics Laboratories, 2701 Commonwealth Drive, Fort Myers, February 17, 8 a.m. to noon

Lee Co. VA Clinic, 2489 Diplomat Parkway East, Cape Coral, February 18, 10 a.m. to 2 p.m.

Fifth Third Bank, 2724 Del Prado Boulevard, Cape Coral, February 18, 3 to 5 p.m.

High Point Place, 2104 West First Street, Fort Myers, February 20, 10 a.m. to 2 p.m.

Gulf Coast Church of Christ, 9550 Ben Pratt, Fort Myers, February 21, 8:30 a.m. to 12:30 p.m.

Early Childhood Learning, 3650 Michigan Avenue, Unit 4, Fort Myers, February 22, 1 to 4 p.m.

21st Century Oncology, 2234 Colonial Boulevard, Fort Myers, February 22, 9 a.m. to noon

Sievert Clinic, 3880 Colonial

Boulevard, Fort Myers, February 22, 9 a.m. to 1 p.m.

Hahn Loeser & Parks LLP, 2400 First Street, Suite 300, Fort Myers, February 22, 2 to 5 p.m.

The Community House, 2173 Periwinkle Way, Sanibel, February 22, 10 a.m. to 3 p.m.

Bailey's General Store, 2477 Periwinkle Way, Sanibel, February 25, 9 a.m. to 3 p.m.

All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida. If unable to attend one of the upcoming blood drives, donations can also be made at one of Lee Health's blood centers to help save lives.

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).✳

## Resolution 2021: Volunteer To Help Your Neighbor

As the New Year brings the tradition of resolutions, consider helping people in need as a volunteer in South Florida.

During the coronavirus pandemic, families continue to depend on Red Cross South Florida volunteers every day for emergency support, including disaster response, support for our military and veterans, and virtual

IHop, Panda Express, Publix and Dairy Queen all helped to feed 5,765 frontline healthcare workers on different days, covering multiple shifts

- Toy and diaper drives

- Candy and gift bags for reverse Trick or Treat

- Christmas wrapping, gift bags and toys for the holidays

Each donation serves a purpose to provide the state of the art care, close to home at Golisano. Philanthropy plays a key role in advancing many of the programs at Golisano Children's Hospital of Southwest Florida.

"To all the patrons of these businesses, thank you for thinking of the children at Golisano," said Toni Primeaux, director of development for Golisano Children's Hospital and Children's Miracle Network. "The biggest way you can continue to help is by making a donation when you see a CMN sign or sticker at one of these retailers. Your action helps local kids in your community."

The support of the community matters now more than ever. When CMN partners and their customers get involved to change kids' health, the future can be changed

For more information on Golisano Children's Hospital of Southwest Florida, visit [www.golisanochildrensswfl.org](http://www.golisanochildrensswfl.org).

Find out why children's hospitals need community support, and learn about your member hospital, at [www.cmnhospitals.org](http://www.cmnhospitals.org) and [www.facebook.com/cmnhospitals](https://www.facebook.com/cmnhospitals).✳

opportunities to serve our communities. The work of the Red Cross has never been more important, as the demand for services has never been higher.

"Just knowing that someone is there to lend a helping hand during these trying times provides a light of hope for our neighbors," said Tiffany Page, regional volunteer services officer for the South Florida region. "Please join us by resolving to help as a Red Cross volunteer and ensure no one faces life's emergencies alone."

Inspirational volunteers, like South Florida Red Cross volunteer Mitch Kassel, are living examples of the power of giving back and being a volunteer. He is a veteran of the U.S. Navy Submarine Service and is dedicated to the Red Cross mission, not only in South Florida but previously in the Greater New York Region as well, where he spent years volunteering before moving south.

"There are people in dire situations that need help, and I feel someone has to help, so why not me," said Kassel.

"I have the time, the best Red Cross training, and I have a desire to be there when things are bad." When asked why he gives back to the Red Cross, Kassel stated, "Why do I do this? It's the feeling I get inside from being there for people in need that makes it all worthwhile. I did something good with my time."

Visit [redcross.org/volunteertoday](http://redcross.org/volunteertoday) to learn more, including positions that are most-needed.✳

dearPharmacist

## How BPC 157 Helps Tendons And Your Tummy



by Suzy Cohen, RPh

**Dear Readers:** I recently introduced you to BPC 157, which is made of amino acids that originate from a protective stomach protein. The

final result is considered synthetic, even though it is derived from natural stomach compounds. BPC 157 has been around since the 1990s, but only now are we seeing more research on how it can help quickly support the body's gastrointestinal, brain and musculoskeletal system. Most of the animal research was done on animals showing support for BPC 157's ability to positively impact muscles, ligaments, tendons, teeth, bones and intestines. A rabbit study suggests this compound can even heal bones to some extent.

Is it a drug, an herb or a vitamin? It's none of those. BPC 175 is a peptide (like a tiny protein). It is not a drug and it's not an herb, and yet it is sold as a dietary supplement (mainly online) in a growing category of supplements called "peptides." The peptide supplements are gaining popularity quickly, especially those that can be given orally. Most peptides require a tiny needle to be self-injected via the subcutaneous (SQ) route. While we are learning more

and more about BPC 157, it's a good idea to check with your primary care physician or pharmacist to see if this or any supplement you take, can interact with any prescription you take, or adversely affect your medical conditions. It is a growth factor and, as such, it increases angiogenesis which can be problematic for some people especially those with cancer.

The positive scientific data for BPC 157 abounds. Some say it can offset fatigue from intensive exercise, even though its main claim to fame is for reversing GI damage inflicted by drinking alcohol, having Celiac, or "leaky gut" syndrome, or from taking NSAID medications. You know the NSAIDs as aspirin, ibuprofen, naproxen, ketoprofen, oxaprozin and indomethacin and these drugs sometimes cause ulcers in the elderly.

Most physician's treating NSAID-induced ulceration don't know about this peptide yet, in fact, because they almost always use conventional drugs such as misoprostol or acid-reducing medications. The trials suggest that BPC 157 can help to repair the lining of the GI tract. No surprise there since it is derived from a protective protein naturally found in our gastric juice.

The following claims have been validated by animal studies include:

- Supports healing of soft tissue
- Supports a healthier allergic response to natural triggers
- Improves intestinal and bowel problems
- Repairs and protects the liver, gut and pancreas
- Supports healthy blood pressure numbers
- Improves serotonin transport which impacts mood
- If you are interested in learning more

about BPC 157 and its other uses, I wrote a longer version of this article that includes some research links, and I can email you that. Just sign up my free newsletter at [www.suzycohen.com](http://www.suzycohen.com). To purchase BPC 157 oral supplements, check online right now, as it is not widely available at the health food

Beautifulife:

## The New Smile



by Kay Casperson

I don't know about you, but I certainly do miss seeing everyone's beautiful smiles. Since the pandemic and everyone wearing masks indoors and unable to social distance, it has been hard

to see people's expressions. I, for one, have always smiled when I pass someone. Sometimes, I will even say hello, but I feel that my smile just might brighten someone's day.

So, how do you let others know that you are smiling even when your face is covered? Now more than ever, we need to express ourselves through our eyes. Have you heard the term "Smizing?" Instead of walking right by someone or giving a blank stare, we need to try to make our eyes sparkle and shine. You need to continue to smile so your eyes also reflect this.

I can tell even under a mask if someone is smiling as your eyes become more squinted. Other ways to express yourself is to raise your eyebrows, give

stores yet and remember to ask your practitioner(s) if it's right for you.

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

a little wink and, of course, the good old hello doesn't hurt either. You might even want to try to use some gestures like a tilt of your head, a little wave, a thumbs up, or a peace sign to brighten someone's day.

It has been a crazy year for us all. Yesterday is behind us now, but ahead of us is still going to be a time for healing and ongoing caution and protection. So, as long as the masks are around, let's try to do our best to help people see a hidden smile. You never know who just might need to have their day brightened and their spirits lifted.

William Shakespeare, who often found inspiration from the bible for his plays, once said, "Eyes are the windows to the soul." I firmly believe that is true. In this much needed time of inspiration and positivity, I encourage you to let your eyes do the talking and let your heart be heard.

My affirmation for you this week is: "I will express my positive vibes even beneath the mask by letting my eyes do the smiling."

*Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit [www.kaycasperson.com](http://www.kaycasperson.com) or follow on social media @kaycasperson.*✳

Doctor and Dietician

## Drugs And Shots: Not Only Options For Joint Pain



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

Chronic pain causes a tremendous burden and cost to the health care system as well as having potentially devastating effects on the lives of the people suffering from it. Over-the-counter pain medications sales are soaring. NSAIDs (nonsteroidal anti-inflammatory drugs) have become the most commonly used drugs in the

world. People joke about Motrin being taken daily like a multi-vitamin. These medications, while they have their place, should most definitely not be taken on a regular basis.

Having worked diligently in the field of regenerative medicine and chronic pain for 30 years, we have seen the damaging effects that NSAIDs and steroids have on people's joints. Many people are looking to avoid joint replacement surgery, especially now, when nobody wants to be admitted to the hospital. Unfortunately, some people suffering from hip, knee, shoulder, or other joint pain, ingest anti-inflammatory medications as if they were candy, then receive cortisone shots to tide them over until they become "an appropriate candidate" for joint replacement surgery. Don't get us wrong, joint replacements can help a lot of people. But it may not be the type of help you are looking for right now.

New research published in the December 2019 issue of *Radiology* entitled *Intra-articular Corticosteroid Injections in the Hip and Knee: Perhaps Not as Safe as We Thought* confirmed what we have known to be true for many years. Corticosteroid triamcinolone increases knee cartilage

destruction, the risk of joint surgery, the need for secondary surgery and possibly higher risk for post-surgical infections in the joint. It can alter the healing environment of the joint by effecting damage on the native stem cells in cartilage.

Some physicians do not tell patients about these risks, thus patients agree to receive cortisone injections without fully understanding the long-term effects. The Radiological Society of North America, the publishers of the journal *Radiology*, listed these important points: "Steroid injections may lead to joint collapse or hasten the need for total hip or knee replacement." Ali Guermazi, MD, PhD, professor of radiology and medicine at Boston University School of Medicine, and lead researcher of the study found "corticosteroid injections may be associated with complications that potentially accelerate the destruction of the joint and may hasten the need for total hip and knee replacements... We've been telling patients that even if these injections don't relieve your pain, they're not going to hurt you. But now we suspect that this is not necessarily the case."

The fact that new research is pouring in on the detrimental effects of cortisone

injections should not convince anyone that suddenly medicine is being alerted to the risk of corticosteroids. The dangers of cortisone injections have long been known. But in eagerness by health professionals and the patients themselves to get instant relief, the dangers were accepted as part of the treatment. In other words, "let's manage the pain until the patient is ready for joint replacement treatment."

In 2009, we wrote in the *Journal of Prolotherapy*: "It is our opinion that there is no doubt that the rise of osteoarthritis, as well as the number of hip and knee replacements, is a direct result of the injection of corticosteroids into these joints." At Caring Medical, our solution is to fix the joint or spine by rebuilding and repairing damaged tissue with regenerative injection treatments: prolotherapy with platelet rich plasma.

*This information is not intended to treat, cure or diagnose your condition. Ross Hauser, MD, and Marion Hauser, MS, RD, established Caring Medical in 1991. Caring Medical Florida and the Hauser Neck Center are located in Fort Myers. They can be reached at [info@caringmedical.com](mailto:info@caringmedical.com).*✳

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

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

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

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

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

# PUZZLES

Answers on page 31



"We're switching back to \_\_\_\_\_ vacations."

## 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!

Heave  
**CRUHL**

Shake  
**MORTER**

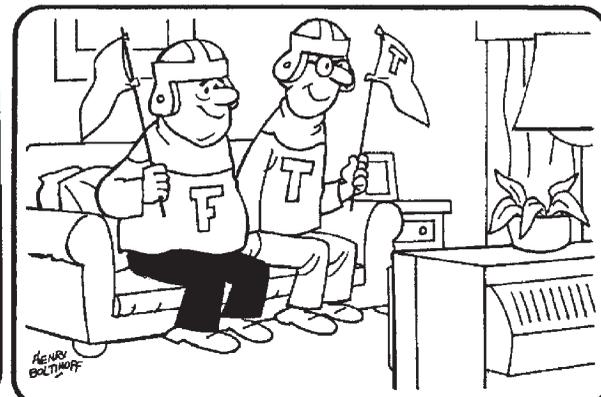
Hitch  
**RECUSE**

Meld  
**MELIGN**

### TODAY'S WORD

## HOCUS-FOCUS

BY HENRY BOLTINGOFF



Find at least six differences in details between panels.

Differences: 1. Letter on flag is missing. 2. Mustache is gone. 3. Vase is missing. 4. Drawer knob has been added. 5. Letter on shirt is different. 6. Plant has fewer leaves.

## 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.

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

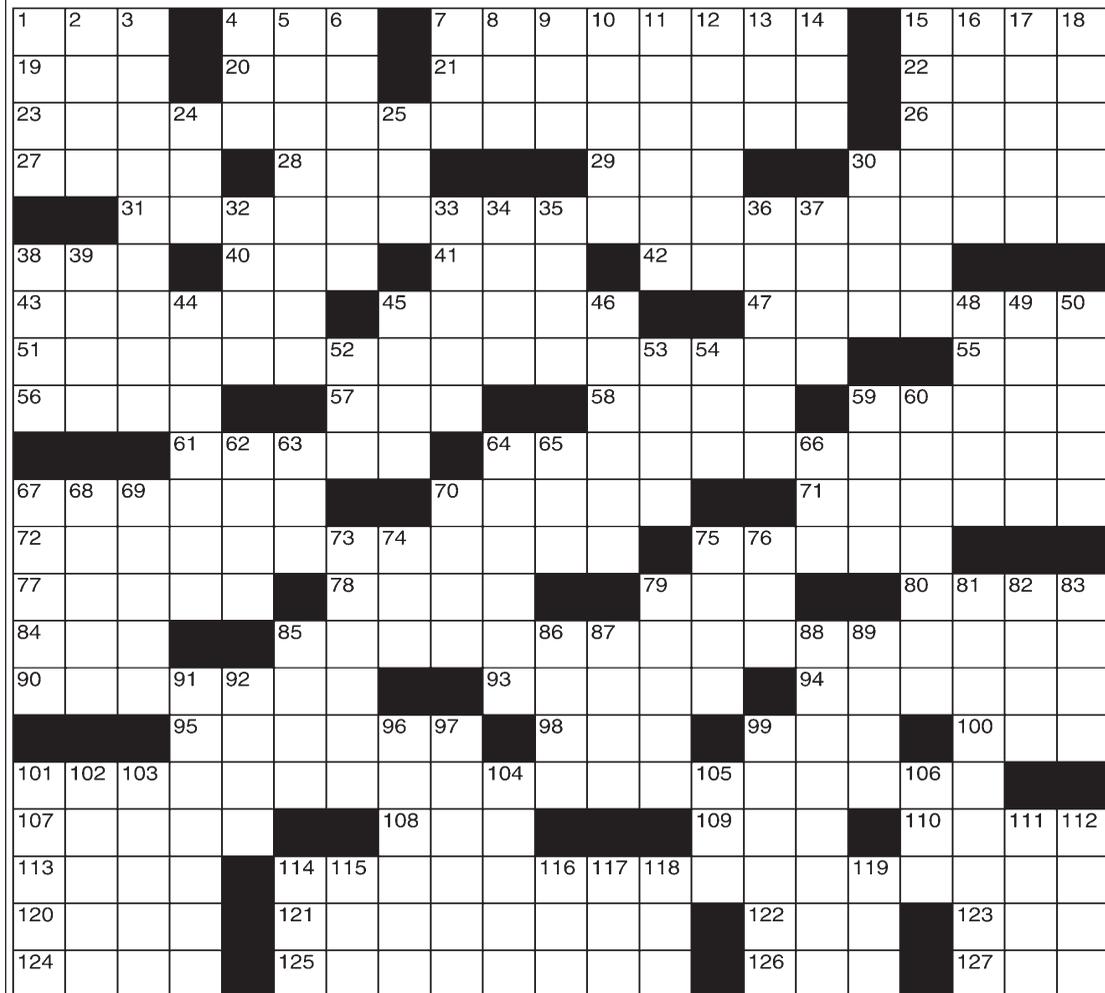
# PUZZLES

Answers on page 31

## Super Crossword

TECH BUZZ

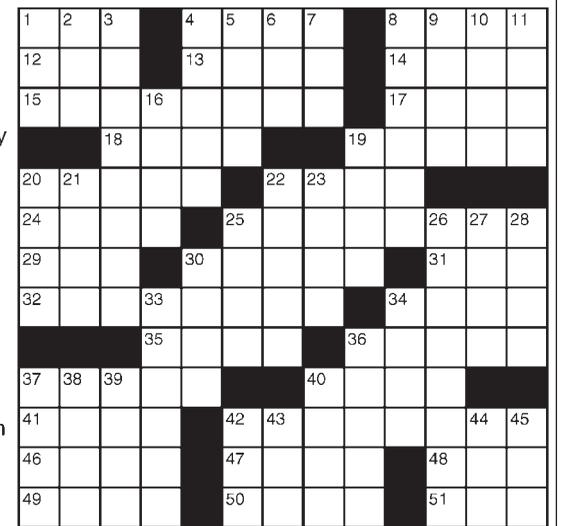
- ACROSS**
- 1 TV ET from Melmac
  - 4 Puncturing tool
  - 7 Restrained like Rover
  - 15 "To a ..." poems
  - 19 Road gunk
  - 20 Zodiac beast
  - 21 Course taker, e.g.
  - 22 Actress Carter
  - 23 Start of a riddle
  - 26 Singer Fitzgerald
  - 27 Grove sight
  - 28 Certain boxing stat
  - 29 Mil. bigwig
  - 30 Pale-looking
  - 31 Riddle, part 2
  - 38 Kilmer of film
  - 40 Alley- —
  - 41 Lion's foot
  - 42 Fellow's wig
  - 43 Actor Estevez
  - 45 Sega's hedgehog
  - 47 Look up to
  - 51 Riddle, part 3
  - 55 Lyric-writing Gershwin
  - 56 Globes
  - 57 "Ixnay"
  - 58 "Take this"
  - 59 Brainstorms
  - 61 Parsley bit
  - 64 Riddle, part 4
  - 67 Kay Thompson title girl
  - 70 Native Kiwi
  - 71 Fluctuated greatly
  - 72 Riddle, part 5
  - 75 Odor
  - 77 French port in Brittany
  - 78 Outing ruiner
  - 79 Afflicted
  - 80 Poses
  - 84 Inflated self
  - 85 Riddle, part 6
  - 90 TV talker Phil
  - 93 Slipknot loop
  - 94 Address of "Dr. No"
  - 95 Highest volcano in Eur.
  - 98 Mil. bigwig
  - 99 Mumbai "Mr."
  - 100 Cotillion girl
  - 101 End of the riddle
  - 107 Throat affliction, for short
  - 108 To the — degree
  - 109 Western Hemisphere gp.
  - 110 McEntire of song
  - 113 Hair removal brand
  - 114 Riddle's answer
  - 120 Deli sandwiches, for short
  - 121 Grow pale
  - 122 Oct. follower
  - 123 O'Hare approx.
  - 124 Anatomical sac
  - 125 Slammer
  - 126 Porker's place
  - 127 Water barrier
  - DOWN**
  - 1 Element statistic: Abbr.
  - 2 Oz lion player Bert
  - 3 Ascend a rock face without aids for support
  - 4 Done in the style of
  - 5 Vanished as if by magic
  - 6 Tilt the head skyward
  - 7 Big Brit. lexicon
  - 8 Houston-to-Dallas dir.
  - 9 Actress Nicole — Parker
  - 10 Vowel sound in "game"
  - 11 Born first
  - 12 Alicia of ballet
  - 13 Use stitches
  - 14 "— a Rebel"
  - 15 Like a single-part process
  - 16 City of India
  - 17 Barkin of "The Fan"
  - 18 Street talk
  - 24 Prefix with colonialism
  - 25 Auction unit
  - 30 Mars, to the Greeks
  - 32 Move around in confusion
  - 33 Pleistocene, for one
  - 34 Spout off
  - 35 Axis-vs.-Allies event
  - 36 Singer Tina
  - 37 Copycatted
  - 38 Bill blocker
  - 39 Eros, to the Romans
  - 44 Young girls
  - 45 Hang-up
  - 46 Be logically connected
  - 48 Letters after "had a farm"
  - 49 Ache for
  - 50 Subdued with a shock
  - 52 Lead-in to lateral
  - 53 Classic soda brand
  - 54 Coach Parseghian
  - 59 Very hot star
  - 60 Anti-alcohol measures
  - 62 Oct. exam for many juniors
  - 63 Home: Abbr.
  - 64 Compound in wine
  - 65 Greedy type
  - 66 Indigo, e.g.
  - 67 Fix firmly
  - 68 One of the Florida Keys
  - 69 Cineplex — (former theater chain)
  - 70 Hurt severely
  - 73 Following loyally
  - 74 Zodiac beast
  - 75 Plum used to flavor gin
  - 76 Roman 1,051
  - 79 Commercial lead-in to -gram or -matic
  - 81 Shivered in fear or revulsion
  - 82 Frilly veggie
  - 83 Wild guess
  - 85 Lewis of rock
  - 86 Apt to pry
  - 87 Artist Vincent van —
  - 88 Master marksman
  - 89 Actress Moran
  - 91 Calvin Coolidge's college
  - 92 Beginning of a web address
  - 96 Papal envoy
  - 97 2017 World Series winners
  - 99 Gives rise to
  - 101 Rachel Maddow's channel
  - 102 Rome's land
  - 103 Ground corn dish
  - 104 Burn — in one's pocket
  - 105 Chili holder
  - 106 Foul up
  - 111 Version being tested
  - 112 Eden evictee
  - 114 "I'm less than impressed"
  - 115 "Who am — argue?"
  - 116 Cave in
  - 117 Siouan people
  - 118 A small number of
  - 119 Trellis plant



## King Crossword

ACROSS

- 1 Atlas page
- 4 Act of faith?
- 8 TV's "Warrior Princess"
- 12 Oklahoma city
- 13 Operatic solo
- 14 Sick as —
- 15 Newscast opener
- 17 Cathedral area
- 18 Vittles
- 19 Half of a '60s group
- 20 Sad song
- 22 Begged
- 24 Early Peruvian
- 25 Taylor Swift's genre, say
- 29 R-V link
- 30 Beetle
- 31 Bailey's boss
- 32 Bargain for leniency
- 34 Felines
- 35 Fail to see
- 36 Island porch
- 37 Neptune's realm
- 40 Ride the waves
- 41 Actress Cameron
- 42 Cowboy Cassidy
- 46 Challenge
- 47 Matty of
- 7 Salary
- 8 Idyllic place
- 9 Dutch cheese
- 10 Bright star
- 11 Mellows
- 16 Long tale
- 19 Viral Web phenomenon
- 20 Platter
- 21 Division word
- 22 Sweat outlets
- 23 Women's links org.
- 25 Buddies
- 26 Silicon Valley school
- 27 Teeny bit
- 28 Mozart's "— fan tutte"
- 30 Whirl
- 33 Stunned
- 34 Sagan or Sandburg
- 36 Waikiki wing-dings
- 37 Probability
- 38 Pisa farewell
- 39 British noble
- 40 Espy
- 42 Deli meat
- 43 Flamenco cheer
- 44 Born abroad?
- 45 Sailor



DOWN

- 1 Yoga pad
- 2 Hubbub
- 3 Drink-to-go holder
- 4 Coffee bar offering
- 5 Cupid's alias
- 6 Tire filler

## MAGIC MAZE NATIONAL DAY: JANUARY

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

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

- Apricot
- Bean
- Bobblehead
- Corn Chip
- Cream Puff
- Cuddle Up
- Fig Newton
- Irish Coffee
- Kazoo
- Milk
- Popcorn
- Puzzle
- Rubber Ducky
- Spouses
- Trivia



**Beer and Citrus Honey Punch**

photo courtesy Fresh From Florida



**Beer and Citrus Honey Punch**

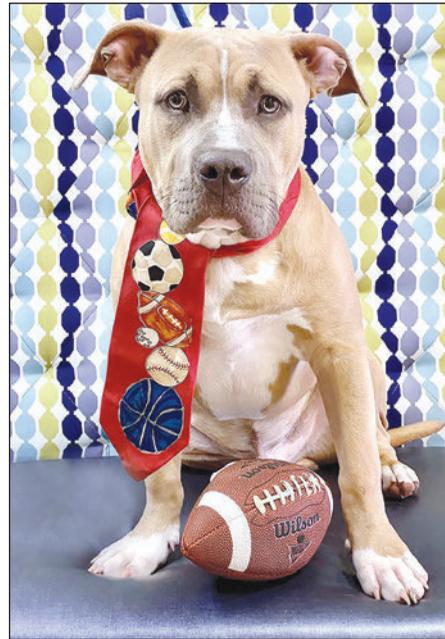
- 2 (12-ounce) cans or bottles of beer, ice cold
- 2 cups fresh grapefruit juice
- 1 heaping tablespoon honey
- 1 lime, squeezed
- Sliced fresh citrus for garnish

In a large pitcher, stir together honey and 1/2 cup of hot water until dissolved. Add citrus juices and continue to stir. Add the chilled beer to the citrus mixture and lightly stir. Pour the Citrus Beer Honey Punch over tall iced glasses, and garnish with fresh citrus.✪

# PETS OF THE WEEK

Lee County Domestic Animal Services

## Baxter And Josie



**Baxter ID# A846754**

photos provided



**Josie ID# A850104**

family would be a perfect match. My adoption fee is \$75. Hi, I'm Josie. I am 3-year-old gray female domestic shorthair. I am waiting for my Valentine date to come adopt me so that I can share my love with someone. My beautiful tuxedo coloring and easygoing personality are a great combination for any family that chooses to make me part of their own.

My adoption fee is \$50, and you can another kitty for free when you adopt me.

*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.✪*

**H**ello, my name is Baxter. I am a 1-year-old and seven months fawn male pit bull mix. I am all dressed and ready for Super Bowl Sunday. Buccaneers not your team? No worries, I will be loyal to your team just as I will be to my new family. I will be a true and faithful companion, and I love to go for long walks and play. An active

## My Stars ★★★★★

FOR WEEK OF FEBRUARY 1, 2021

**Aries** (March 21 to April 19) A gracious Lamb can learn more about a problem-filled situation than one who is openly suspicious of what could be happening. A friend might offer some well-directed advice.

**Taurus** (April 20 to May 20) Getting adjusted to an unexpected change might be difficult for the Bovine, who prefers things to go according to plan. But help could come from a most welcome source.

**Gemini** (May 21 to June 20) This could be a good time to get a head start on those career-related plans. The sooner you check out the pluses and minuses, the sooner you can act on your information.

**Cancer** (June 21 to July 22) A personal situation you thought would no longer present a problem could suddenly produce some surprises. Try to sort things out with the help of trusted colleagues.

**Leo** (July 23 to August 22) An upcoming move holds both anticipation and anxiety for Leos and Leonas who have some big decisions to make. Advice is plentiful, but it's up to you to decide which way you want to go.

**Virgo** (August 23 to September 22) Someone from a previous project could

provide valuable guidance on how to handle a current problem, especially where it might involve a legal matter.

**Libra** (September 23 to October 22) A business situation presents some unexpected complications. But rather than try to handle them all at once, it would be best to deal with them one at a time.

**Scorpio** (October 23 to November 21) You just might get what you want, despite the odds against it. In any event, be sure to thank all those people involved who believed in you and went to bat for you.

**Sagittarius** (November 22 to December 21) Before you even hint at an accusation, remember that you'll have to prove what you say. So be sure you have what you need to back up your comments.

**Capricorn** (December 22 to January 19) A romantic situation takes an unexpected turn that favors some Sea Goats, but causes others to reassess how they've been handling the relationship.

**Aquarius** (January 20 to February 18) A surprise turn of events could unsettle the Water Bearer. But it also might help open up an entirely different way of working out an important matter.

**Pisces** (February 19 to March 20) A smoothly running operation could bump up against an obstacle. This is where

your ability to assess situations and make adjustments can restore things to normal.

**Born This Week:** Your kindness is legendary, and so is your strong sense of responsibility.

### MOMENTS IN TIME

- On Feb. 14, 278 AD, Valentine, a holy priest in Rome, is executed. Ruler Claudius the Cruel was having difficulty getting soldiers to join his military because of their strong attachment to their wives, and had banned marriages. Valentine continued to perform marriages in secret and was beheaded for it.

- On Feb. 10, 1846, Brigham Young leaves Nauvoo, Illinois, and begins leading 1,600 Mormons west across the frozen Mississippi to a temporary refuge at Sugar Grove, Iowa. It was their first stop in a westward migration that eventually brought 12,000 of them to the Great Salt Lake in Utah.

- On Feb. 12, 1912, Hsian-T'ung, the last emperor of China, is forced to abdicate. A provisional government was established, ending 267 years of Manchu rule in China and 2,000 years of imperial rule. The emperor was only 6 years old.

- On Feb. 13, 1920, The League of Nations, the international organization formed at the peace conference at

Versailles in the wake of World War I, recognizes the perpetual neutrality of Switzerland.

- On Feb. 11, 1937, after a six-week sit-down strike by General Motors autoworkers in Flint, Michigan, GM president Alfred P. Sloan signs the first union contract in the history of the American auto industry.

- On Feb. 9, 1964, America meets the Beatles on *The Ed Sullivan Show*, with an estimated 73 million Americans watching as the group made its live U.S. television debut. When they sang *She Loves You*, the audience exploded in what was perhaps the most important 2 minutes and 16 seconds of music ever broadcast on American television.

- On Feb. 8, 1983, gunmen steal champion Irish racehorse Shergar in County Kildare, Ireland. The 5-year-old thoroughbred stallion was worth \$13.5 million. A \$2 million ransom demand was never paid, and Shergar was never seen again.

### NOW HERE'S A TIP

- If you have a steel or metal door, stick a few magnets on the inside for a handy spot to attach reminders and other notes. If your door is wood, just attach a piece of corkboard to a strip of the door. With pushpins, it works the same way.

continued on page 30

 <b>FRIDAY</b> Sunny High: 68 Low: 58	 <b>SATURDAY</b> Mostly Cloudy High: 69 Low: 51	 <b>SUNDAY</b> Sunny High: 70 Low: 60	 <b>MONDAY</b> Sunny High: 74 Low: 66	 <b>TUESDAY</b> Mostly Sunny High: 78 Low: 68	 <b>WEDNESDAY</b> Mostly Sunny High: 73 Low: 65	 <b>THURSDAY</b> Sunny High: 72 Low: 62
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**Redfish Pass Tides**

Day	High	Low	High	Low
Fri	9:24 am	1:31 am	6:36 pm	11:16 am
Sat	7:36 pm	2:57 am	None	None
Sun	8:46 pm	4:10 am	None	None
Mon	9:55 pm	5:09 am	None	None
Tue	2:13 pm	5:58 am	10:56 pm	4:02 pm
Wed	2:23 pm	6:40 am	11:48 pm	5:07 pm
Thu	2:34 pm	7:15 am	None	6:00 pm

**Point Ybel Tides**

Day	High	Low	High	Low
Fri	8:29 am	1:33 am	5:41 pm	11:18 am
Sat	6:41 pm	2:59 am	None	None
Sun	7:51 pm	4:12 am	None	None
Mon	9:00 pm	5:11 am	None	None
Tue	1:18 pm	6:00 am	10:01 pm	4:04 pm
Wed	1:28 pm	6:42 am	10:53 pm	5:09 pm
Thu	1:39 pm	7:17 am	11:40 pm	6:02 pm

**Punta Rassa Tides**

Day	High	Low	High	Low
Fri	8:04 am	1:35 am	6:34 pm	12:56 pm
Sat	9:43 am	2:41 am	7:47 pm	2:11 pm
Sun	11:39 am	3:42 am	9:02 pm	3:12 pm
Mon	12:03 pm	4:42 am	10:16 pm	4:14 pm
Tue	12:26 pm	5:36 am	11:12 pm	5:10 pm
Wed	12:52 pm	6:23 am	11:55 pm	6:00 pm
Thu	1:21 pm	7:05 am	None	6:46 pm

**Cape Coral Bridge Tides**

Day	High	Low	High	Low
Fri	11:34 am	4:47 am	8:46 pm	2:32 pm
Sat	9:46 pm	6:13 am	None	None
Sun	10:56 pm	7:26 am	None	None
Mon	None	8:25 am	None	None
Tue	12:05 am	9:14 am	4:23 pm	7:18 pm
Wed	1:06 am	9:56 am	4:33 pm	8:23 pm
Thu	1:58 am	10:31 am	4:44 pm	9:16 pm

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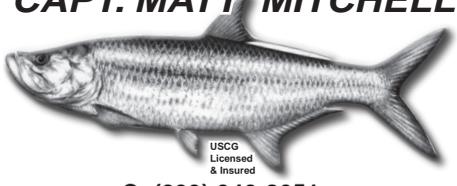
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**\$1 = \$8**

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

Thank you for your generosity!

Mail your tax-deductible donation to:  
**The Harry Chapin Food Bank**  
3760 Fowler Street, Fort Myers, FL 33901  
Call (239) 334-7007 or donate online at:  
harrychapinfoodbank.org



Harry Chapin Food Bank  
OF SOUTHWEST FLORIDA

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From page 28

## Now Here's A Tip

- "If you find a pretty bottle of lotion, you can refill it when it runs out. I add a little bit of essential oils to my store-brand lotion." – GE in California
- Remove white rings on wood tables with mayo. Slather a spoonful of mayonnaise on the spot and let it stand for an hour or so. Wipe clean. Repeat as necessary.
- Use nail polish in bright colors to mark the settings on your washer. The nail polish doesn't wear off like a marker might.
- Got unmatched socks? Save them for the grandkids to use for hand puppets. You can help them sew buttons on, and use yarn for hair. A barrette can be glued or sewn on for a nose.
- "Here's a DIY softener sheet for the dryer. Just cut up an old shirt into small

squares about the size of your hand. Use a sealable jar and add liquid fabric softener and water in equal parts, and then add all the squares to the liquid. When you move clothes from the washer into the dryer, take a piece, squeeze it out and toss in the dryer. They are reusable – afterward, just put it back in the jar!" – DR in Florida

### STRANGE BUT TRUE

- The human brain would be able to perform 38 quadrillion (38 thousand trillion) operations per second if it were a computer.
- Lisa Jakub, who played teenager Lydia Hilliard in *Mrs. Doubtfire*, was kicked out of her Toronto school for taking the five-month-long film gig. When co-star Robin Williams found out, he wrote a letter to the school asking them to reconsider. School officials framed his letter, but didn't change their mind about Jakub.

- Pope Francis was once a nightclub bouncer in his native Argentina.
- Neptune was the first planet to be found through mathematical predictions rather than telescopic location.
- The Iberian ribbed newt uses its own bones as weapons. Special tubercles in its abdomen allow its ribs to poke out through its skin when the newt is frightened. As an added bonus, the skin secretes a toxic chemical, turning this little creature into a killer of anything that tries to bite it.
- Allodoxophobia is the fear of opinions.
- In Ghana, people like to be buried in something that represents their lives. These include coffins shaped like planes for pilots, fish for fishermen and a Mercedes for a businessman.
- Many companies try to be as ethical and environmentally friendly as possible, but Stella McCartney bags took that

initiative a step further by making some of the accessories out of corn.

- *Psycho* was the first movie to show a toilet flushing.
- As part of standard convention, pilots and co-pilots do not eat the same food before a flight in case of food poisoning (or worse). If one of the pilots is incapacitated (in other words, unable to leave the bathroom), the other pilot can take over.

### THOUGHT FOR THE DAY

"The only person you are destined to become is the person you decide to be."  
– Ralph Waldo Emerson

### TRIVIA TEST

1. **Geography:** The United States shares a land border with how many countries?
2. **History:** When did the Great Fire of London take place?

# CLASSIFIED

## COMMERCIAL RENTAL

### PELICAN PLACE SHOPPING CENTER

Palm Ride Road on Sanibel  
3 units available or combined 2,400 sq. ft.  
(2 at 700 sq. ft., 1 at 1,000 sq. ft.)  
Call 703-593-7024  
6/21 \* TFN

## ANNUAL RENTAL

### RENTING FOR OVER \$1,500?

Inbox me your monthly rent amount and I'll send you 3 houses you could OWN for the same monthly payment.  
chip@chipwolfe.com  
chipwolfe.com  
239-848-0906  
REMAX OF THE ISLANDS  
6/5 \* TFN

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We are here to brighten your day while lending a helping hand. We are a family owned business that is dedicated to de-stressing your life! Whether it's cleaning your home, taking care of your pet, or helping you move. Just give us a call & we're just around the corner. We know everyone could use a little break.  
Ashley & Adam 239.273.0455  
ableser724@gmail.com  
2/5 \* 2/12

## HELP WANTED

### CYBER ASSISTANT

Macbook experience preferred. Internet research, picture downloads. Add programs to new Macbook. Captiva or Sanibel resident for short travel. \$20 per hour. Doug at 239-472-6059.  
2/5 \* 2/5

## PSA

### AL-ATEEN HELP LINE

Are you concerned with a friend or family member's drinking? Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit [www.southfloridaal-anon.org](http://www.southfloridaal-anon.org). Meetings are held every day in Lee and Hendry counties. Al-Ateen meetings are also offered for ages 8 to 18.  
7/31 \* TFN

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1/26 \* TFN

### HOME FOR RENT

Rare Unfurnished Home For Annual Rental  
Lovely 3 Bedroom / 3 Bath Pool home on a quiet over sized double lot. The surrounding mature landscaping and gardens really depict Sanibel living at it's best. Rent is \$3,900 per month including pool and grounds care.  
Call Sarah LaLande VIP Annual Rentals  
239-691-2670 or 239-481-6111  
1/29 \* TFN

## HELP WANTED

### ADMINISTRATIVE ASSISTANT

The Bailey-Matthews National Shell Museum on Sanibel Island is seeking an Administrative Assistant. Experience with Word, Excel, databases, other business applications, and good writing skills required. To apply for this 20 hour/week position, please send a resume to [info@shellmuseum.org](mailto:info@shellmuseum.org).  
1/22 \* TFN

### BOAT LIFT RENTAL WANTED

Looking for long-term rental of a boat lift on Sanibel or Captiva with direct ocean access.  
Call Jim at 603-930-4549.  
10/30 \* TFN

### WANTED

30 to 34 foot diesel engine power BOAT cruiser with cabin, 2005 or newer, please call 607-345-4297 George.  
Thank You.  
2/5 \* 2/26

## SERVICES OFFERED

### HOME WATCH

239-233-2152  
Island Resident / Insured  
1/8 \* 4/2

### MARINA HELP WANTED

Full or Part Time position available on Captiva. Must have boat handling experience and able to work with general public and customers. Email [John@gocaptiva.com](mailto:John@gocaptiva.com) or call 239-770-4832.  
11/27 \* TFN

## AUTOMOTIVE

### WANTED

Garage needed year round to store 2 small cars starting April 1st.  
859-363-3111.  
2/5 \* 2/12

### HELPER

Are you elderly, disabled or just don't have free time?  
I can help!  
Just give me a call...  
973-919-2116  
12/11 \* TFN

### NEWSPAPER PRODUCTION

Part-time in-house position at Island Sun on Sanibel. Must be detail oriented, proficient in Adobe InDesign and pagination. Wage commensurate with experience. Tolls paid. Email resume to: [islandsunlorin@aol.com](mailto:islandsunlorin@aol.com).  
1/29 \* TFN

## FOR SALE

### APPLIANCES

- White LG Dishwasher – Mint Condition
- White LG 30" French Door Refrigerator – One tiny dent on front – barely noticeable
- White Kenmore oven with white cooktop – Mint Condition. Non-smoking household. Single Mother, empty nester so not a lot of usage. Selling due to renovation in kitchen. Selling due to renovation in kitchen. Email for pictures or appointment to see them. [LisaSanibel@centurylink.net](mailto:LisaSanibel@centurylink.net)  
12/11 \* TFN

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[IslandSunNews.com](http://IslandSunNews.com)

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## Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB

3. **Measurements:** What does a sphygmomanometer measure?
4. **Food & Drink:** What kind of food has varieties called castelvetro, manzanilla and nyon?
5. **Television:** What was the name of the Coneheads' home planet (*Saturday Night Live*)?
6. **Movies:** How many versions of *A Star Is Born* have been made?
7. **Literature:** The title of William Faulkner's novel *The Sound and the Fury* is taken from which of Shakespeare's plays?
8. **Science:** What does the acronym DNA stand for?
9. **Music:** What is a diggerdoo?
10. **Currency:** Whose likeness is depicted on the U.S. \$50 bill?

# HORTOONS



## TRIVIA ANSWERS

1. Two, Mexico and Canada
2. 1666
3. Blood pressure
4. Olives
5. Rembrandt
6. Four
7. *Macbeth*
8. Deoxyribonucleic Acid
9. An Australian wind instrument
10. Ulysses Grant

## SCRAMBLERS ANSWER

1. Lurch
2. Tremor
3. Secure
4. Mingle

Today's Word  
**SUMMER**

# PUZZLE ANSWERS

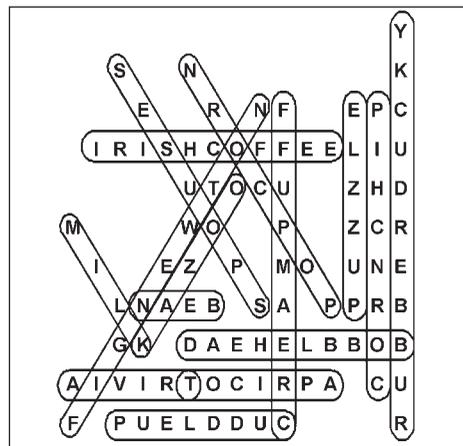
## SUPER CROSSWORD

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

## KING CROSSWORD

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

## MAGIC MAZE



## SUDOKU

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

## Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Not Applicable	Sanibel	2010	6,801	\$11,500,000	\$11,000,000	18
South Seas Plantation Resort	Captiva	2003	3,463	\$5,975,000	\$5,800,000	0
Sorrento	Miromar Lakes	2013	6,835	\$5,495,000	\$5,300,000	110
Isola Bella	Miromar Lakes	2007	4,639	\$2,895,000	\$2,700,000	41
Cape Coral	Cape Coral	2020	3357	\$2,300,000	\$2,290,000	23
Fort Myers	Fort Myers	2007	5,516	\$2,795,000	\$2,229,000	238
Murano	Miromar Lakes	2014	4,580	\$2,249,000	\$2,150,000	74
Siesta Isles	Fort Myers Beach	2007	5,767	\$1,999,500	\$1,900,000	204
Gulf Shores	Fort Myers Beach	1963	1,680	\$1,949,000	\$1,780,000	12
Water Shadows Unrecorded Subdivison	Sanibel	1986	3,347	\$1,599,000	\$1,556,000	104

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