



# THE RIVER WEEKLY NEWS

**FREE**  
Take Me  
Home

Vol. 18, No. 9

From the Beaches to the River District downtown Fort Myers

MARCH 1, 2019

## A Comic Treat At Lab Theater

by Di Saggau

Playwright Mitch Albom is well known for *Tuesdays with Morrie*. Now, thanks to the Southwest Florida premier of *And the Winner Is* at Laboratory Theater, we have another comic treat to enjoy and remember. It's the story of Hollywood actor Tyler Johnes (TJ Albertson), who dies of a heart attack on the eve of the very Oscar night in which he has been nominated for Best Supporting Actor. He slides through a heavenly portal and arrives at the feet of Seamus (Dave Yudowitz), an older Irish gentleman who serves as a heavenly gatekeeper at a "way-station" with an unusual bar. There's no liquor and, worst of all, not a phone in sight.

The two characters start talking and whenever Tyler takes the Lord's name in vain, Seamus "clicks" him an electric charge. Albertson is smooth, and his realism draws you to him as he relives, through flashback, some of



TJ Albertson and Dave Yudowitz

photo by Paula Sisk

the good and not so good points of his life. Yudowitz, with his Irish brogue, is perfect in his role as Seamus.

The two are soon joined by others

who "drop in." They include Tyler's agent, Teddy LaPetite (Todd Lyman), his co-star and professional nemesis, Kyle Morgan (Michael Andrew), and

his vapid girlfriend Serenity (Madelaine Hayes). It seems they all dined on the same shellfish dish that did them in, and they all want to get back to the Oscars, especially Tyler. We also meet Sherri, Tyler's wife, played by Danielle Channell. She plays various age ranges in the flashback scenes and is wrongly accused of having an affair with Kyle.

In the second act, a red curtain covers the stage as everyone is transported back to the Oscars and we find out who wins. This is another heartwarming story from Albom about two bickering boys with monstrous egos and the people who are part of their lives. A word to the wise from Seamus: don't forget to say your prayers at night.

The entire cast does a terrific job in this offbeat comedy, smoothly directed by Carmen Crussard. The opening night audience loved it, and I'm willing to bet you will too.

*And the Winner Is* plays through Saturday, March 16 at Laboratory Theater of Florida, located at 1634 Woodford Avenue in downtown Fort Myers. Tickets are available at [www.laboratorytheaterflorida.com](http://www.laboratorytheaterflorida.com) or by calling 218-0481.\*



Owl Spinner by Lori Lippard

photos provided

## Fort Myers Craft Festival This Weekend

The Fort Myers Craft Festival will return to Gulf Coast Town Center this weekend on Saturday and Sunday, March 2 and 3 from 10 a.m. to 5 p.m.

Presented by American Craft Endeavors, the nation's top craft festival producer, the Fort Myers Craft Festival includes folk art, pottery, personalized gifts, handmade clothing, beaded utensils, candles, hair accessories, handbags, plaster and other affordable crafts, along with a full green market featuring homemade dips,



Mt. Dora by David Leidy

handcrafted soaps, live plants and other items for sale.

The free outdoor, pet-friendly event also offers the opportunity to meet with the artisans, ask about techniques, commission a specific piece and discover the inspiration behind each creation.

Gulf Coast Town Center is located at 9903 Gulf Coast Main Street in Fort Myers. For more information, visit [www.artfestival.com](http://www.artfestival.com), email [info@artfestival.com](mailto:info@artfestival.com) or call 561-746-6615.\*

## Garden Council Show Advocates Clean Water

It's All About Water is the theme for the biennial Standard Flower Show hosted by the Fort Myers-Lee County Garden Council, to be held Friday, March 1 from 1 to 4 p.m. and Saturday, March 2 from 10 a.m. to 1 p.m. There is no admission charge.

The show's theme reflects President Bernadette Hamera's advocacy for pure, clean water, minus the nutrient pollution that results in blue-green algae and red tide. The show is being held in accordance with the National Garden Council standards.

Carrying out the show's theme are categories in horticulture, design and botanical arts, which represent water in many of its manifestations such as The Color of Water, Waterfalls, A Gentle Shower, Storms on the High Sea, and Rainbows follow Rain. Rae Ann Wessel, marine scientist and natural resource policy director for the Sanibel-Captiva Conservation Foundation, will give a presentation on sustainable solutions to water problems at 11 a.m. on Saturday.

Free parking is available on the council's Larchmont Street lot, adjacent to the Edison-Ford Estate.

The Fort Myers-Lee County Garden Council headquarters is located at 2166 Virginia Avenue in Fort Myers. For more information, contact Hamera at 233-1166 or [bhamera@outlook.com](mailto:bhamera@outlook.com).\*



A floral design from a previous show

photo provided

Historic Downtown Fort Myers, Then And Now:

# Vi's, Perennial Restaurant Space



by Gerri Reaves, PhD

In this 1957 photo, the woman in uniform and apron stands in the doorway of a building with a long restaurant history, the Wallace B. Towles Building on Bay Street at Bayview Court.

The three-story, red-brick structure opened in 1926, just around the time that Bay Street between Jackson and Monroe was being widened and repaved to boom-time standards. Bayview Court was also in the process of being built out.

The ground floor had two large storerooms facing Bay Street and an entrance to the upper floors facing Bayview Court.

The lobby contained a "smoke and cold drink stand," as the *Fort Myers Press* described it, which probably served the large

billiard halls on both upper floors.

It was the first business building in Fort Myers to feature Truscon steel window casings with transom windows to catch the river breezes in that pre-air-conditioning era. In mid-1930s, the ground floor was a billiard room, and later in the decade it was a meat market.

Over its near-century history, the building has been home to a Gospel Center, billiard palace, dance studio, dance hall, and more.

However, what stands out is the slew of restaurants on the ground floor.

In the 1940s and into the mid-1950s, the Dew Drop Inn was located there, moving to a side entrance when Vi's (aka Vi & Charlie's) opened in 1955.

Pat's Restaurant then had a brief run until about 1960.



Today, another restaurant and rooftop bar occupies this historic building with a long restaurant history

photo by Gerri Reaves

Locally renowned restaurateur May Hendry opened Bay Café in 1964, which was sold in 1975. Larry's Café was there in the late 1980s.

And who knows what other short-lived eateries came and went in between those mentioned here?

In 1988, Peter's La Cuisine and Upstairs Lounge opened, a place still fondly remembered for the skybar and river view.

In 2002, Tetley's Downtown opened; it was later renamed Harold's On Bay, noted for its upscale dining.

The building was closed for a time after Harold's run ended in 2008, but in 2012, the current restaurant plus-rooftop bar opened.

Today, the building is three-toned, not red brick, and the river views from the doorway and the roof are compromised by the Luminary Hotel being constructed across Bay Street.

Walk down to Bay Street and Bayview Court to the Towles Building, rich in restaurant and billiard history.

Then visit the following two research centers to learn more about boom-time buildings.

The Southwest Florida Historical Society is an all-volunteer, non-profit 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 or visit [www.swflhistoricalsociety.org](http://www.swflhistoricalsociety.org) 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 all-volunteer, non-profit 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).

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



In 1957, Vi's Restaurant was located in the 1925-26 Towles Building on Bay Street at Bayview Court. We can only speculate if that's owner Vi Baylor standing in the doorway.

photo courtesy SWFL Historical Society

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Armando Llechu, chief administrative officer for Golisano Children's Hospital of Southwest Florida, speaks at last year's Secret Garden Gala photo provided

## Secret Garden Gala Set For March 6

**K**ids' Minds Matter, the region's mental and behavioral health solution, will hold its annual Secret Garden Gala at Shangri-La Springs Resort & Spa on Wednesday, March 6 at 5:30 p.m. Tickets and sponsorship opportunities are still available.

The Secret Garden Gala is an elegant evening affair featuring hors d'oeuvres and cocktails, a seated dinner by the chefs at Crave Culinaire, live auction, a live musical performance of *Les Miserables' Bring Him Home* by nationally acclaimed bass-baritone Doug Renfroe and compelling conversation aimed at raising awareness and philanthropic support for pediatric mental and behavioral health initiatives.

Tickets are \$500 per person. Sponsorship opportunities include a reserved table for 10 guests and a variety of marketing and advertising opportunities. A portion of each sponsorship is tax deductible.

Kids' Minds Matter is a movement dedicated to advancing pediatric mental and behavioral health services in Southwest Florida. Its goal is to provide all youth and their families with a proper diagnosis, resources and treatment options. An estimated 46,000 local children are impacted by mental and behavioral health disorders like anxiety, depression, eating disorders, psychosis, substance abuse, autism and attention deficit hyperactivity disorder.

Lee Health and Golisano Children's Hospital of Southwest Florida recently announced a new \$10 million campaign to support Kids' Minds Matter, which is establishing a framework to connect community partners and improve families' access to care. Hospital officials have begun to expand their outpatient footprint and plan to hire additional psychiatrists, psychologists



Scott Spiezel and Susan Goldy

and mental health counselors. Funding from Kids' Minds Matter will help Lee Health develop and launch a TelePsychiatry program to leverage an evidence-based digital platform to screen, treat and educate families whose children have depression, anxiety and trauma.

The Secret Garden Gala is being co-chaired by Susan Goldy and Scott Spiezel, who co-founded Kids' Minds Matter, and Jennifer Parisi. NBC2 anchor Kellie Burns will emcee the event, and benefit auctioneer Rick Gallo will lead a Fund the Need auction to generate additional support. Richard Keelan, a child advocate at Golisano Children's Hospital who is certified in Mental Health First Aid, will deliver the keynote address.

Shangri-La Springs is located at 27750 Old 41 Road in Bonita Springs. For more information on tickets and sponsorships, visit [www.leehealthfoundation.org/secretgarden](http://www.leehealthfoundation.org/secretgarden) or call the Lee Health Foundation at 214-0898. ☆

# SANIBEL SHELL FESTIVAL

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## Vendors/Menu Set For Soup Kitchen Benefit

The 16th annual Sam Galloway Jr. & Friends Soup Kitchen Benefit to support the hungry and homeless in Lee County will be held at Sam Galloway Ford on Thursday, March 7. The evening begins with a cocktail hour featuring appetizers from The Rao Family of Mastello Ristorante and A Touch of Italy Market at 5:30 p.m., followed by the main event at 7 p.m.

With over 650 guests and a fully donated southern-style dinner held inside the service garages at Sam Galloway Ford, this Community Cooperative event is one of Southwest Florida's signature fundraisers.

There will be an open bar and beverages provided by Mast Family Culligan, The Mitchell Family of Suncoast Beverage, The Ranch Concert Hall & Saloon, Stillwell Enterprises & Restaurant Group and Narrative Coffee Roasters.

The dinner menu will include garden salad (Will Prather of The Broadway Palm Dinner Theatre), bar-b-que chicken and green beans (Vicki and Andre Jones of Jonesez BBQ), smoked pork and swamp cabbage (Wesley Hansen, Jr. and Deanna Hansen), fried shrimp and cheese grits (John and Paul Browning of The Three Fishermen Restaurant), gourmet meatloaf and mashed potatoes (Jordan Webster of JG Webster's Catering), smoked brisket, apple pie, baked beans and mac and cheese (Nevermind Awesome Bar and



Melissa Coffa at the 2018 Soup Kitchen Benefit photo provided

Eatery), collards, corn casserole and hot pepper sauce (Chip and Betsy Barnwell of The Farmer's Market Restaurant), southern quinoa salad (Tim and Healy Yoa of Artisan Eatery) and okra and tomatoes (The Soup Kitchen at Community Cooperative). Desserts will be provided by Norman & Mary Love of Norman Love Confections and homemade cookies from Uncle Charlie's Cookie Ministry.

Tickets are \$200 per person, with table sponsorship opportunities starting at \$2,500.

Sam Galloway Ford is located at 1800 Boy Scout Drive in Fort Myers. Tickets can be purchased by calling 332-7687 ext. 101, or purchased online at [www.communitycooperative.com/events](http://www.communitycooperative.com/events).

## Irish Festival This Weekend

The 15th annual Cape Coral Irish Festival will be held at the German American Social Club on Saturday, March 2 from 10 a.m. to 8 p.m. and Sunday, March 3 from 11 a.m. to 8 p.m.

There will be high energy Irish and Celtic music, traditional performers, Ceili Dance Tent, Children's Tent, festival food and drink as well as vendors with imported and American goods. The raffle prize is a trip for two to Ireland with airfare, B&B stay and rental car for one week.

Cost is \$10 for adults, while children age 12 and younger are admitted free. The festival is sponsored by the Cape Coral Irish American Club.

For more information and a list of entertainment, visit [www.capecoralirishfestival.com](http://www.capecoralirishfestival.com).

## Equestrian Event Taste Of Love

Special Equestrians' annual culinary extravaganza Taste of Love will be held at The Ranch Concert Hall & Saloon on Sunday, March 10 from 5 to 9 p.m. The themed Taste of Love under the Stars will feature dishes from popular area restaurants and chefs, wine tasting, live and silent auctions and entertainment.

Celebrity auctioneer Jay Severson and award-winning radio and television personality Gina Birch will oversee the evening's events. Nearly 500 guests attended the event in 2018, raising more than \$200,000 for the local nonprofit organization. Tickets are \$100 per person and may be purchased online at [www.specialequestrians.net](http://www.specialequestrians.net) or by calling 851-7070 or emailing [jtfifer@gmail.com](mailto:jtfifer@gmail.com).

All proceeds from Taste of Love will benefit Special Equestrians, a nonprofit organization dedicated to helping children and adults with disabilities by providing a structured therapeutic horseback riding and carriage driving program and other equine assisted activities. Special Equestrians is a United Way Partner Agency that has been serving Southwest Florida for more than 30 years.

Sponsors to date include: Garden Street Iron & Metal; John S. Fifer, MD; Sweet Cypress Farms; Lovelace Farms; MVP Realty/Lee and Marie Kitsberg; Waterside Aesthetic Dentistry; Sarlo Power Mowers;

Wells Fargo Advisors; UBS/The Maurillo Group; and Bill Smith Appliances.

The Ranch Concert Hall & Saloon is located at 2158 Colonial Boulevard in Fort Myers. For sponsorship and underwriting opportunities, visit [www.specialequestrians.net](http://www.specialequestrians.net) or call Freda Jones at 565-3792 or [flj@rbcs.net](mailto:flj@rbcs.net) or Jan Fifer at 851-7070 or [jtfifer@gmail.com](mailto:jtfifer@gmail.com).

## Weed Wrangle Volunteer Effort

Volunteers are needed to help remove invasive plants at Lee County's Mullock Creek Preserve on Saturday, March 2 from 8 a.m. to noon. This is part of the statewide Weed Wrangle volunteer effort.

Weed Wrangle is a one-day, statewide volunteer effort organized by the Garden Club of America, the Florida Invasive Species Partnership and Florida's 16 regional Cooperative Invasive Species Management Areas (CISMAs). It is intended to protect local conservation areas through the removal of especially harmful trees, vines and invasive plants.

The effort is planned as part of National Invasive Species Awareness Week from February 25 through March 3. Lee County's Conservation 20/20 is partnering locally with Southwest Florida CISMA to host a volunteer project to remove invasive vegetation at Mullock Creek Preserve, located near the intersection of U.S. 41 South and Shadow Creek Boulevard in south Fort Myers, about two miles north of Koreshan State Park. Detailed location and parking instructions will be provided to volunteers who register.

Volunteers are asked to register in advance, as space is limited. To register, contact Roxanne Taylor, Conservation 20/20 coordinator, at 220-9914. Anyone age 13 and older may volunteer.

Volunteers will be hand-pulling and removing non-native and invasive plants. Conservation 20/20 staff will supervise and provide all tools and protective gloves.

Volunteers must wear long pants (comfortable lightweight jeans or khakis recommended), lightweight long-sleeved shirt and closed-toed shoes that can get dirty. No sandals or flip-flops.

Volunteers should bring a hat, sunglasses, sunscreen, bug spray and a refillable water bottle.

Each volunteer will receive a free one-day pass to a Lee County Parks & Recreation year-round pool.



### Sanibel-Captiva Islands

American Legion Auxiliary Unit 123 Presents



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Fort Myers Art:

# Next CHANGE Course Set For March 30 and 31

by Tom Hall



The Alliance for the Arts CHANGE Program is offering its next class on Saturday, March 30 and Sunday, March 31. Titled Acting Social Workshop – What Is Your Mask?, the two-day course

explores how society connects who we are, how we were raised, experiences, economic status and contributions through a lens of diverse identities.

Students will utilize the arts and social discourse to explore ways to articulate and express identity. The workshop promises to foster an appreciation of the common and unique experiences that shape our character, our personality, our distinctiveness and the essence of our identity.

As part of the course, facilitators Jarrett Eady, Jonathan Harrison, Derek Lively, Sonya McCarter and Stephen Hooper will have students view a performance introducing the theme. Students will then participate in a group exercise and group discussion exploring race, stereotyping and privilege. With guidance from the facilitators, the participants will



Participants of a previous nine-week course in the CHANGE Acting Program

photo courtesy www.artswfl.com

thereafter collaborate to create an artistic demonstration of their exploration of identity. Family and friends will be invited to attend the demonstration on the second day of the workshop and participate in the talkback activity. (Talkbacks allow the audience to ask questions and express their thoughts and ideas on issues revealed in a work of art or performance through the form of meaningful discussion.)

The class will be taught at the Alliance for the Arts, located at 10091 McGregor Boulevard in Fort Myers. Saturday workshop hours are 1 to 4 p.m. Sunday hours are 1 to 3:30 p.m. with the performance and talkback beginning at 2:30 p.m. The cost is \$20 for Alliance members or \$25 for future members. The performance is free to attend.

Registration is required and can be completed online at [www.artinlee.org/](http://www.artinlee.org/) education or by calling 939-2787.

The CHANGE Program (Communities Harnessing the Arts to Nurture and Grow Equity) provides performance opportunities and a platform to convene dialogue on social issues that challenge our community through creative, artistic expression. This project is supported in part by the Southwest Florida Community Foundation and the Florida Humanities Council. Later this year, the CHANGE Program will offer an Acting Intensive and Playwriting class.

For more information on this program, visit [www.artinlee.org/change](http://www.artinlee.org/change).

## Award-Winning Musical Opens At Cultural Park Theater March 1

Few shows come with more anticipation or fanfare than *Chicago*. With still-timely songs and libretto,

groundbreaking choreography that pays homage to the great Bob Fosse and a couple of powerful female leads who can both sing and dance, the musical has it all. It's no wonder that the six-time Emmy winner is the longest running American musical in Broadway history. (In fact, only *Phantom of the Opera* has had a longer run.) And now it's being produced by Cultural Park Theater. Three-time Marquee Award Best Director Gerrie Benzing (*Sister Act*, *Boeing Boeing*, *Peter Pan*) directs.

The musical is based on true, headline-grabbing murders and their corresponding trials that took place in Chicago in the 1920s. One murderous thread follows an aspiring vaudevillian by the name of Roxie Hart (played by Lisa Kuchinski), who is arrested for murdering her extramarital lover. The other thread focuses on Velma Kelly (starring Angela Pierre), a night club entertainer and double-murderess that Roxie meets in jail. Unaccustomed to sharing the spotlight with anyone, Velma does not take well to being upstaged by the spoiled, self-absorbed newcomer. Simmering emotion boils over when the feisty vixens fight for the spotlight after hiring the same headline-grabbing opportunist criminal defense attorney, Billy Flynn (portrayed by A.J. Ford).

Cultural Park Theater is located at 528 Cultural Park Boulevard in Cape Coral. For tickets, play dates and times or more information, call the box office at 772-5862.

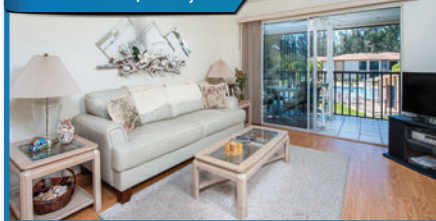
Tom Hall is both an amateur artist and aspiring novelist who writes art quest thrillers. He is in the final stages of completing his debut novel titled *Art Detective*. A former tax attorney, he lives in Estero with his fiancé and their four cats.✽

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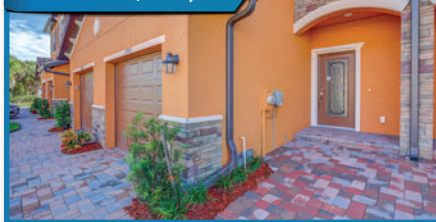
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## International Conductor To Direct Symphony

Maestro Paul Nadler, a highly respected symphonic and operatic conductor who has led the Metropolitan Opera company in more than 60 performances since his debut in 1989, will be the guest conductor of the Gulf Coast Symphony during a concert at Barbara B. Mann Performing Arts Hall at FSW on Sunday, March 3 at 7 p.m.

The program will include Schubert *Rosamunde Overture*, incidental music which has stood the test of time, despite the original play it was commissioned for being long lost; Dvorák *Symphonic Dances Op. 46 Nos. 1, 3 and 8*, an impressive and ambitious orchestration that seeks to immortalize the Slavic rhapsody in a dance form, and Brahms' *Symphony No. 1 in C minor, Op. 68*, which took Brahms a lengthy 21 years to perfect.

In addition to being conductor emeritus of the Southwest Florida Symphony Orchestra, which he headed for 16 years, and principal guest conductor of the Filarmonica de Stat "Moldova" Iasi (Romania), Maestro Nadler has conducted opera performances and led symphony orchestras throughout the United States and Canada, in Europe, Asia and the Middle East. Maestro Nadler founded the Cincinnati Chamber Orchestra, where he

remained as music director and conductor through 1983. He is also the co-founder and music director of the International Vocal Arts Institute, where he returns each summer to teach at the prestigious professional workshop.

In recent concerts with the Bucharest Philharmonic, Maestro Nadler has conducted Robert Schumann's Third Symphony and the premiere of the piano concerto *Lebenskraft* by the Romanian composer Livia Teodorescu Ciocanea. Other recent engagements include: Gounod's *Roméo et Juliette* at the Metropolitan Opera and *Faust*, *Tosca*, and *The Barber of Seville* with Opera Naples, as well as opening the season of Opéra Montréal with Mozart's *Le Nozze di Figaro*. Of his conducting in *Faust*, *Naples Daily News* raves "[The success of the opera] starts with Metropolitan Opera stalwart Paul Nadler conducting, pulling the 38-piece orchestra together as tightly as primer on pine and making every solo virtuoso... The musical value of this production explains why the man is in demand all over the planet." Highlights of recent seasons include two gala concerts with the Orchestra of the National Centre for the Performing Arts in Beijing as well as the "I Sing Beijing" American premiere at Alice Tully Hall.

Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers. Tickets are \$29 and may be purchased online at [www.gulfcoastsymphony.org](http://www.gulfcoastsymphony.org) or by calling 481-4849.✽

# Shell Festival On Tap Next Week

Shell collecting is the second most popular collecting hobby in the world. Only stamp collectors outnumber shell collectors.

The word "seashells" is synonymous with "Sanibel," and every year shell enthusiasts from around the United States, Canada and as far away as New Zealand, India, Japan and the Caribbean head for the Sanibel Shell Festival to compete in the longest running and most prestigious competitive shell show in the country. Winning an award at this show means you have "reached the top." This year is the 82nd annual Shell Festival, to be held Thursday, Friday and Saturday, March 7, 8 and 9 at The Community House.

Have you ever wondered what a mollusk (a live shell) eats, how they move, protect themselves or reproduce? The answers can be found in the exhibit hall, where continually-playing documentaries filmed on Sanibel explain it all. In the same hall, books, jewelry and shells are for sale. The Authors' Table features local authors who will be on hand throughout the festival for book signings and to talk about their books with visitors.

The Community House grounds are continually a bustle of activity. Visitors may have the opportunity to make their own shell flowers or shell animals.

Throughout the winter, volunteers meet at The Community House to sort donated seashells. If you love shells but you don't have the time to look for them on the beach or clean them, head for the Shell



Sanibel shells

Tent. Literally thousands of shells are for sale and prices start at 25 cents. Large, impressive shells and fossils are also for sale.

Next door to the Shell Tent, the Sanibel Shell Crafters can be found selling shell jewelry, mirrors, flower arrangements and "shell critters." The crafters meet every Monday at The Community House throughout the year to make the objects that are sold at the festival.

The Live Tank Exhibit is where The Sanibel School sixth graders shine. For two months prior to the festival, students study about shells and mollusks, the animals that create the shells. If they pass the course test, they have the opportunity to share their knowledge with the visitors while they view multiple aquariums containing live

mollusks.

While there is no entrance fee to the festival grounds, a \$5 donation is requested to attend the inside shell show. Anyone who makes the requested donation will also be granted free admission to the Bailey-Matthews National Shell Museum during the Sanibel Shell Festival, up to a \$15 value.

All the funds raised by the Sanibel-Captiva Shell Club are given in the form of grants to several local marine education and conservation organizations and for scholarship funds at the University of South Florida and Florida Gulf Coast University departments of marine and ecological science. All the funds raised by the outdoor activities go to the maintenance of The Community House.

photo provided

The Community House is located at 2173 Periwinkle Way on Sanibel. Festival hours are 9 a.m. to 5 p.m. on Thursday and Friday, and 9 a.m. to 4 p.m. on Saturday. For more information, visit <https://sites.google.com/site/sanibellshellfestival>. To see a video about shell collecting on Sanibel and the shell festival, go to [www.facebook.com/earth3r/videos/1943119972667367](http://www.facebook.com/earth3r/videos/1943119972667367).

## Animal Shelter Fundraiser

The Cape Coral Animal Shelter will hold their fifth annual Decades fundraiser at Wicked Dolphin Distillery on Saturday, March 9 from 7 to 11 p.m. The benefit is presented by Markham Norton Mosteller Wright & Company, PA.

Polyester and platforms will be the theme of this 1970's event. A night of costume, cocktails, food, music, dancing, contests and silent auction, will entertain all attendees. Attendees are encouraged to wear attire fitting the era to join the fun including photo opportunities.

This year, Boston Red Sox announcer Ted Fitzgeorge, ABC-7 News Anchor Krista Fogelson and CCCIA Executive Director/CEO Bill Johnson, Jr. will share master of ceremonies duties.

Tickets are \$100, which include all food and an open bar.

Wicked Dolphin Distillery is located at 131 SW 3rd Street in Cape Coral. Tickets can be purchased online at [www.capecoralanimalshelter.com](http://www.capecoralanimalshelter.com).

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## Along The River

The River District Alliance will host **Art Walk in downtown Fort Myers** this Friday, March 1 from 6 to 10 p.m. and Saturday, March 2 from 11 a.m. to 4 p.m.

Fourteen galleries invite visitors and residents to meet the artists and enjoy live art demonstrations and exhibitions along the river district.

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

During Art Walk, **Arts for ACT Gallery** will hold an **opening reception** and meet the artists session. The gallery will feature Port Charlotte artist Lionel Lewis in the main gallery and Sanibel Island artist Ken Vinton in the White Gallery. There will also be new works from co-op artists.

Arts for ACT Gallery is located at 2265 First Street in downtown Fort Myers. For more information, visit [www.artsforactgallery.com](http://www.artsforactgallery.com).

The League of Women Voters will hold a free educational program on **The Impact of 2020 Census** on the Community at **The Collaboratory** this Saturday, March 2 from 9 to 11 a.m.

Jacqueline Johnson Byers, former director of research and outreach at the National Association of Counties (where she held that position for more than 16 years before retiring), will be the guest speaker.

The Collaboratory is located at 2031 Jackson Street in Fort Myers. For more information, call 278-1032.

**Edison and Ford Winter Estates**



**Ford Mustangs on display at Edison and Ford Winter Estates**

photo courtesy [www.edisonfordwinterestates.org](http://www.edisonfordwinterestates.org)

will host its annual **Ford Mustang Car Show** as a tribute to Henry Ford, the pioneer of the automobile industry, on Saturday, March 2 from 10 a.m. to 2 p.m. Owners of Ford Mustangs will exhibit their cars on Henry Ford's lawn along the Caloosahatchee.

Along with the car show, there will be music and a food truck. Visitors can tour the gardens, museum, laboratory and see the historic homes. This family event is free for Edison Ford members and \$20 for non-members, which includes a self-guided tour of the entire site. A portion of the proceeds will

benefit the restoration of the antique Ford car collection.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, call 334-7419 or visit [www.edisonford.org](http://www.edisonford.org).

The 20th annual **Southwest Florida Reading Festival** will feature nearly 20 acclaimed and best-selling authors at the downtown **Fort Myers Regional Library** this Saturday, March 2 from 10 a.m. to 4 p.m.

This free event draws about 10,000 people to downtown Fort Myers for the day. The fans attend to hear and meet nationally acclaimed authors, participate in contests and activities and find the latest and greatest in books, technology and accessories. There will also be storytelling programs, arts, crafts, youth writing and coloring contests and a free book for every child and teen.

There will be An Evening with the Authors fundraiser this Friday, March 1 from 5:30 to 8:30 p.m. It will allow attendees to have the opportunity to meet and mingle with the full line-up of festival authors aboard a sunset dinner cruise along the Caloosahatchee. Among the award-winning authors scheduled to attend the festival this year are Lauren Willig and Karen White, BA Shapiro, Thomas Mullen, youth author Jackson Pearce and teen author Maureen Johnson, as well as award-winning audiobook narrator Johnny Heller.

Fort Myers Regional Library is located at 2450 First Street in downtown Fort Myers. For more information, visit [www.readfest.org](http://www.readfest.org) or call 533-4832.

Ghostbird Theatre Company will present the 12th annual **24 Hour Festival** at the **Sidney & Berne Davis Art Center** this Saturday, March 2 and Sunday, March 3. Visual artists, filmmakers, theatre artists, dancers, musicians and poets race against a 24-hour clock to create unique works based on prompts.

Become part of the 24 Hour Festival audience. Doors open for the free event at 6:30 p.m. on Sunday, and the performances begin at 7 p.m. The judges and the audience will select the

2019 winners.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, visit [www.ghostbirdtheatrecompany.org](http://www.ghostbirdtheatrecompany.org).✱

## Learning For Life Talent Show

**L**earning for Life, A Character Education Program for Education is holding its 9th annual Got Talent Show at South Fort Myers High School on Saturday, March 9 from 2:30 to 5:30 p.m. The event will showcase top talent from schools and organizations within the Learning for Life community.

The event is open to the public. Tickets are \$10 for advanced purchase VIP seating; \$12 for VIP seating at the door; \$5 for advanced purchase general seating; \$7 for general seating at the door. Children age 5 and younger are free.

Proceeds from this event support the Learning for Life Character Education programs in our schools. This event is supported by United Way, Suncoast Credit Union and the School District of Lee County.

South Fort Myers High School is located at 14020 Plantation Road in Fort Myers. For further information, visit [www.learningforlifefswfl.org](http://www.learningforlifefswfl.org) or contact Tina Pegler at [tpegler@lflmail.org](mailto:tpegler@lflmail.org) or 936-8072 ext. 107.✱

## Bee Gees Music At Vinyl Vibes

**T**he final concert in the Vinyl Vibes series takes the audience back to the disco era with a performance from Bee Gees Now! at the Sidney & Berne Davis Art Center on Friday, March 8. Cocktail hour is at 7 p.m., and the performance begins at 8 p.m.

Bee Gees Now! presents a dynamic, interactive and thoroughly entertaining live tribute to the multi-platinum kings of disco.

General admission tickets are \$45, while VIP tickets are \$59. VIP includes premier seating and a meet and greet.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information and tickets, visit [www.sbdac.com/bee-gees-now](http://www.sbdac.com/bee-gees-now).✱

## Classic Car Show

**T**he First Congregational Church will host its 8th annual Classic Car Show on Saturday, March 16 from 10 a.m. to 2 p.m. Lunch will be for sale.

The show will feature at least 60 classic cars, trophies, door prizes and 50/50 raffles. Registration is \$15 the day of the show. Car owners get a free lunch.

First Congregational Church is located at 312 Santa Barbara Boulevard in Cape Coral. For more information, call Rich at 203-5932.✱

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Brian Christensen captured first place for his Acrylic work titled *Ring Tenders*

photo by Pam Flaherty

## Spring Juried Show Winners For Beach Art Group

Fort Myers Beach Art Association (FMBAA) recently presented awards for Under the Sun, the group's current spring juried show. Members of FMBAA submitted paintings for the exhibit which was juried and judged by member artist Bea Pappas. Artwork in this exhibit is available for viewing and purchase until March 21.

First place, also called the Lucy B Campbell Award, was presented to Brian Christensen for *Ring Tenders*. Mimi Little was awarded second for

*The Congregation*. Third prize went to Cherie Mulcahy for *Intrigue*.

Merit awards were presented to Dannica Walker for *Vibrant Bouquet* and JoAnn LaPadula for *Beautiful Menace*. Honorable mention awards went to Sue Pink for *Table Stakes* and Lynne Weslowski for *All Dressed Up*. Special awards were presented to Kathy Summer for *Tropical Splash* (Lee Ackert Award) and Julie Nusbaum for *Sheer Mystique* (The Florida Watercolor Society Award).

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

## Shredding Event At Sheriff's Office Saturday

There will be a fundraising shredding event at the Lee County Sheriff's Office on Saturday, March 2 from 9 a.m. and noon. The Pilot Club of Fort Myers and the Lee County Sheriff's Office are partnering for the 13th year.

Individuals will be on hand to help drivers unload their boxes to be shredded; the boxes can be returned if desired. Shredding will occur on site. All proceeds of the event will be donated to the sheriff's Project Lifesaver program. Donations of \$5 per box to be shredded are suggested. There should be no binder clips or paper clips attached to paper being shredded. Commercial boxes will not be accepted.

The mission of the Project Lifesaver program is to use state-of-the-art technology in assisting those who care for victims of Alzheimer's and Autism as well as others with related mental dysfunction disorders (ARMD) who tend to wander. When caregivers notify the Lee County Sheriff's Office that the person is missing, a search and rescue team responds to the wanderer's area and starts searching with a mobile

locator tracking system. Search times have been reduced from hours and days to minutes.

The Lee County Sheriff's Office is located at 14750 Six Mile Cypress Parkway in Fort Myers. For more information, contact Pilot Club president Fran D'Alessandro at 332-1140.\*

## Irish Music To Be Performed By Community Band

On March 10, the Lee County Community Band will present an afternoon of beloved Irish melodies, a tribute to Frank Sinatra, Broadway hits, Dixieland and spirited marches during a free concert at Cape Coral High School at 3 p.m.

Under the direction of Richard Bradstreet, the band will perform *My Wild Irish Rose*, *Londonderry Air*, *An Irish Rhapsody* and *When Irish Eyes are Smiling*. The program also will feature *International Dixieland Jamboree*, *Pomp and Circumstance* and a sing-along.

Cape Coral High School is located at 2300 Santa Barbara Boulevard in Cape Coral. For more information, visit [www.leecountyband.org](http://www.leecountyband.org).\*

## Muralist Art Exhibit During Art Walk



Crush Walls *Quetzal Jaguar*

photo provided

Luis Valle a well-known muralist in Miami, Denver and Orlando, will hold an opening night celebration for *Vibrations: Urban Art Exhibition*, featuring a live street art segment at the Sidney & Berne Davis Art Center on Friday, March 1 from 6 to 10 p.m. A \$1 entry donation is requested.

Valle, aka El Chan Guri, grew up in Miami, where he excelled in the arts from an early age. He received a bachelor of fine arts degree in visual arts while focusing on painting and metal fabrication at Florida State University, and a master of arts degree from New York University, where he developed an interest in video and video art while continuing his progression as a painter.

Currently, Valle is very active in the

Miami art scene creating commissioned murals, as well as street art pieces on businesses and neighborhoods throughout South Florida. His style can be easily recognized, as it is a blend of influences from indigenous cultures, psychology, shamanism, religion, spirituality, frequency, vibration and energy.

Valle's mural art can be seen in many major cities including Miami, Orlando, and Denver. Several of Valle's murals can be found in the Wynwood area of Miami. Valle also helped create a mural in dedicated to the victims of Pulse Orlando.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, visit [www.luisvalleart.com/murals](http://www.luisvalleart.com/murals).\*

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Jeanna Hermance, Jessica Walker, Angela Cooley and Taylor Pelusi of Markham Norton Mosteller Wright & Company, PA photo provided

## Dress For Success: A Vegas Night In Black And White

Dress for Success SW Florida will hold its signature fundraiser A Vegas Night in Black and White at the Hyatt Regency Coconut Point Resort and Spa on Friday, March 8 from 6 to 9 p.m.

Guests are invited to wear their finest black and white cocktail attire for an evening of fun and fashion to support Dress for Success SW Florida. Tickets are

\$125 each and \$1,200 for a table. The cost includes hors d'oeuvres, a champagne toast and seated dinner. The event will also feature a silent auction, Las Vegas-style games, such as slots, blackjack, roulette, craps and poker, and a fashion show hosted by Steven McDermott, a New York fashion designer.

The fundraiser is on International Women's Day. Gail Markham, founding partner of Markham Norton Mosteller Wright & Company is this year's event chair.

Money raised will help support programs that are offered free to women

in Lee and Collier counties, Women Empowered Through Employment Series (WETES) for unemployed and underemployed women, Professional Women's Group (PWG) for employed women and Entrepreneurial Spirit Program (E\$P) for women that want to start their own business.

This event is sponsored by Markham Norton Mosteller Wright & Company, Stevens Construction, MidWest One

Bank, Garramone Board Certified Plastic Surgeon, Fifth Third Bank, Seminole Casino Hotels, Home-Tech and Card Systems. Sponsorships are still available.

The Hyatt Regency Coconut Point Resort and Spa is located at 5001 Coconut Road in Bonita Springs. For more information or to purchase tickets, contact Nickole Hendra at 689-4992 or visit [www.blackandwhite2019.eventbrite.com](http://www.blackandwhite2019.eventbrite.com). ✨



image provided

## Call To Artists For Billboard Campaign

The Alliance for the Arts seeks Alliance member artists in Lee County to submit their work to the Art Lives Here campaign to transform billboard space into public art. Selected artwork will be displayed on billboards throughout Lee County.

"Our vision is to bring artwork outside of the traditional context of museum and gallery walls, while bringing attention

to emerging local artists' work," said exhibition coordinator Krista Johnson.

An entry may consist of 1 to 3 artworks. There is a non-refundable entry fee of \$20 for one entry and \$35 for two or three entries. Alliance for the Arts memberships are \$55 and are good for one year. All entries must be submitted online no later than March 15.

Artists can download the prospectus and submit their work online at [www.artinlee.org/artliveshere](http://www.artinlee.org/artliveshere). Not all submissions receive a billboard.

Art Lives Here is made possible by Alliance season sponsor Carter Outdoor. For more information, call 939-2787. ✨

## 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, 305-651-0991.

**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.

**BAT YAM-TEMPLE OF THE ISLANDS**  
Friday Shabbat at 7 p.m. [www.batyam.org](http://www.batyam.org), 2050 Periwinkle Way, 579-0296.

**BETH SHILOH MESSIANIC SYNAGOGUE**  
Friday 8 p.m., Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

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

**BREAD OF LIFE MINISTRIES**  
Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.

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

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

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

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

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

**CYPRESS LAKE BAPTIST**  
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 FELLOWSHIP WORLD OUTREACH**  
Sunday 10:30 a.m., Thursday 7:30 p.m., Friday 7:30 p.m., 6111 South Pointe Boulevard, 278-3638.

**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.

**FIRST UNITED METHODIST CHURCH**  
Sunday 9:30 a.m. and 5:30 p.m. [www.fumcftmyers.org](http://www.fumcftmyers.org), 2466 First Street, 332-1152.

**FORT MYERS CHRISTIAN**  
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.

**KINGDOM LIFE**

Sunday 10:30 a.m., 2154 McGregor Boulevard, 218-8343.

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

**NEW BEGINNINGS CENTER**  
Friday 6:30 and 7 p.m. [nbcministry@embarqmail.com](mailto:nbcministry@embarqmail.com), [facebook.com/nbcministry](https://www.facebook.com/nbcministry), 8505 Jenny Cae Lane, 656-0416.

**NEW COVENANT EYES**  
Monthly 9 a.m., [www.newcovenanteyes.com](http://www.newcovenanteyes.com), 1900 Park Meadows Drive, 220-8519.

**NEW HOPE BAPTIST**  
Sunday 11 a.m.; Wednesday 7 p.m. 16120 San Carlos Boulevard, Unit 10, 985-8503.

**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**  
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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.

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

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Sunday 8, 9:30 and 10:45 a.m., [www.zionfm.org](http://www.zionfm.org), 7401 Winkler Road, 481-4040. ✨

**CROW Case Of The Week:**

# American White Pelican



by Bob Petcher

An American white pelican (*Pelecanus erythrorhynchos*) is a familiar coastal bird that has broad wings, a long neck and a gigantic bill. You can view these large waterbirds floating around and

feeding from the water's surface near bridges and other areas.

White pelicans feed by dipping their bills in water, a contrast to brown pelicans that tend to plunge-dive for their next meal. While cartoons depict pelicans as carrying fish in their massive bills, reports say this is not a true characteristic of their behavior. They are more known to scoop up their catch and swallow it before flight.

At CROW, an adult American white pelican was admitted from near mile marker 2 on Sanibel. Veterinary staff noted the patient to be exhibiting clinical signs that were consistent with brevetoxicosis (red tide poisoning) including head tremors, an inability to stand, extreme weakness and a decreased blink reflex. Although the red tide organisms have disappeared from our coasts for now, the toxins produced by the harmful algal organisms can still have

lingering impacts on wildlife as they get passed through the food web.

"Red tide poisoning is caused by brevetoxins which are produced by the *Karenia brevis* organism. These toxins can be passed through the food web and can take time to accumulate in an animal's body," said Dr. Robin Bast, CROW staff veterinarian. "An animal may not accumulate enough toxins through its food to make it sick until well after the algae organisms that produced the toxin have dispersed."

The pelican was given a "very guarded to grave" prognosis based on the severity of its symptoms. The CROW team placed an IV catheter in the bird's leg to administer fluid therapy which remained in place for several days, along with other treatments.

"Upon admission, we initiated intensive critical care treatments to stabilize the bird. This included placement of an IV catheter to administer fluid therapy and medications. Nutritional support was also provided, starting with a specially formulated liquid diet and working up to whole fish," said Dr. Bast. "After one week of IV medications, the bird was transitioned to oral medications, and diagnostics were repeated to evaluate its progress."

The pelican rebounded from its ill fate and recovered after nearly two weeks of care. It was taken off medications and moved outdoors.

"The pelican spent a couple days in the outdoor enclosure so that we could monitor its ability to fly. It was eating well on its own before being released," said



Patient #19-0314 is released back into its natural habitat with fellow white pelicans in sight photo by Brian Bohlman

Dr. Bast.

On February 20, the patient was cleared for release and was taken to the JN "Ding" Darling National Wildlife Refuge and set free in a location with other American white pelicans.

There, it will blend in with like birds without the need of monitoring.

"CROW does not provide any form of tagging unless it is specially requested by permitted individuals," said Dr. Bast. "This pelican was not tagged, but refuge staff and volunteers are always quick to notify us if any animal is in need of help."

With not quite two months in the books for the new year, the number of

patients suffering from red tide poisoning continues to rise.

"As of February 24, CROW has admitted 52 patients diagnosed with brevetoxicosis, or red tide poisoning, in 2019," added Dr. Bast.

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

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# Spring Snook Bite



by Capt. Matt Mitchell

**F**ishing this week can only be described as, “the switch was flipped to the on position.” Snook came out of a long winter hibernation and started feeding and, wow, are they hungry.

Over what was only a three-day period, our water temperature went from the high 60s to mid-70s degreewise. The latter is the magic number for the whole sound to come alive with life.

Shiners flooded into the bay with the warming waters and can now be caught on most grass flats throughout the sound. Inside the passes, we have now begun to see ladyfish and Spanish mackerel feeding on the surface. After what was an early and cold winter, it’s great to finally change gears from sheephead fishing to catching snook. It’s still a little early to think we won’t get another cold front, though it certainly seems spring is here.

After not catching shiners for over two months due to the cold water, it felt great to have a livewell packed full. I pulled into the usual deeper channels where I target snook this time of year, and the bite was nonstop. On half-day trips, we have been catching and releasing 20 to 30 snook. The better snook bite for me came on the eastern side of the sound in the cleaner water.

Along with snook, we also caught several really large trout this week while fishing around oyster bars. It is great to see some 20-inch-plus trout as they have been really hard to come by since our water issues of summer. Clean clear water in the middle sound has made sight fishing for many species possible.

While fishing with a group of Michigan clients on an afternoon trip this week, we caught the first inshore slam I’ve put on the boat in months. Starting our trip on an oyster bar in the middle sound, we caught lots of 20- to 24-inch snook and did manage to catch one right around 30 inches. At the next oyster bar, we caught a 20- and 21-inch trout. A few minutes later, we caught a 19-inch redfish.

Although our seasons are not as black and white as they are up north, watching our waters come back to life after several months of unusual cold is a great sign that spring is here. The influx of bait fish and feeding birds wakes up all the fish after a lean winter.

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).



Mark from Michigan with a 30-inch snook caught and released with Capt. Matt Mitchell this week photo provided

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## Register For County Parks Summer Camp

Registration has begun for Lee County Parks & Recreation Summer Camp, which is expected to draw thousands of youngsters to programs, outings and activities.

Parents are encouraged to sign up early. Each year, the allotted spaces at Wa-Ke Hatchee, Lakes Park and Estero Recreation Center fill up well before school ends. Camp registration is ongoing as long as space is available. Registration for swimming lessons and other aquatics programs begin April 2. Summer camp runs for eight weeks from June 10 through August 2.

If you plan to register for camp at one of the four large recreation centers, you need to obtain a membership first. This applies to the centers at Wa-Ke Hatchee, Estero, North Fort Myers or Veterans Park in Lehigh Acres. A second tip is that a household account at [www.webtrac.leegov.com](http://www.webtrac.leegov.com) is needed if you want to register online.

All campers will receive a specially designed Lee County Parks & Recreation T-shirt. Camp sites will participate in countywide initiatives, such as service learning projects, fitness and wellness programs, and National Park and Recreation Month. The 2019 theme for the National Recreation and Park Association is "Game On" and

encourages the importance of play for all ages.

For more information about Lee County Parks & Recreation locations, camps, 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).✪

## Parent Seminar For Marijuana Prevention

The School District of Lee County is inviting parents to a marijuana use prevention seminars at Varsity Lakes Middle School, 801 Gunnery Rd North in Lehigh Acres on Monday, March 4 from 6 to 7 p.m.

The 2018 Florida Youth Survey says 22.5 percent of students age 10 to 17 have tried marijuana at least once, and 10 percent used the drug in the last 30 days.

"According to the National Institute on Drug Abuse (NIDA) people who begin using marijuana before the age of 18 are four to seven times more likely to develop a marijuana use disorder than adults," said School District of Lee County Prevention Specialist Kathy Wynne. "Florida law makes the possession of any amount of THC concentrate a felony offense."

The seminars will present information for parents to break down the myths and discuss the facts and consequences of teen marijuana use. Parents are free to attend whichever day is most convenient.✪



Georgia O'Keeffe by Myra Roberts images provided



Frida Kahlo by Myra Roberts

## Reknowned Artist To Speak At Theater Workshop

Sanibel artist Myra Roberts will be presenting a three-hour workshop at The Laboratory Theater of Florida on Saturday, March 2 beginning at 1 p.m. Tickets are \$100.

Beyond the Brush – The Social Commentary and Lifestyle of Myra Roberts will be an interactive afternoon encompassing various aspects of this powerful artist's lifestyle that allow her to maintain the energy levels and balance of her passions with the everyday demands she juggles.

The afternoon will include a mini cooking session, including recipes for healthy and easy-to-prepare superfoods with servings for each participant, as well as a yoga session (the theater has a few extra mats available). Roberts will guide each participant through an empowerment exercise using her favorite medium, art.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in downtown Fort Myers. For more information or tickets, visit [www.laboratorytheaterflorida.com](http://www.laboratorytheaterflorida.com).✪

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Plant Smart

# Giant Reed

by Gerri Reaves

**G**iant reed (*Arundo donax*) is a non-native member of the grass family and a native of eastern Asia.

It was introduced to the U.S. in the early 19th century in the Los Angeles area. It has now spread throughout the lower half of the continental U.S. and into the Midwest, as well as in Hawaii.

In a few states, it is listed as noxious or invasive.

The reed self-propagates and spreads not only by rhizomes, underground horizontal stems, but when plant fragments are carried by water.

This fast-growing species prefers freshwater habitats and full sun, and it typically grows in uncultivated lands and alongside ditches.

The erect culms, or jointed stems, are hollow and divided by partitions at the nodes. In general appearance, they resemble bamboo or cane stalks.

The coarse leaves are opposite and



**Fast-growing non-native giant reed can be as tall as 20 feet** photos by Gerri Reaves

resemble those of corn. They measure up to three feet long, two to three inches wide, and taper to a point. The edges are sharp.

The whitish brown panicles, or



**The feathery inflorescences can be dried and used in floral arrangements**

plumes, are about two feet long and reach above the stalks.

Each spikelet has several florets and their long silky hairs, or awns, give

them a feathery look. In Florida, the plant blooms all year long.

Wind disperses the fluffy seeds.

Masses of thick penetrating roots can be more than three feet thick and cover several acres with dense monocultures.

The lack of diversity renders the plant of little value to wildlife as food or cover. Even insects are repelled by its many defensive chemical compounds.

Giant reed has low drought and salt tolerance and high fire tolerance.

It has been cultivated in some parts of the world for thousands of years and used to make everything from paper, building materials and baskets to industrial cellulose, reeds for musical instruments and medical remedies. Cattle find it unpalatable.

Another practical use is for erosion control.

The dried plumes can be used in floral arrangements.

Sources: [www.floridata.com](http://www.floridata.com), [www.fs.fed.us](http://www.fs.fed.us), <http://plants.ifas.ufl.edu>, and [www.plants.usda.gov](http://www.plants.usda.gov).

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

## Morning Meander At Lakes Park

**T**ake a nature walk with a bird patrol guide at Lakes Regional Park on Saturday, March 2 at 8 a.m.

This easy walk along clear paths offers an opportunity to see birds in native vegetation with experienced bird patrol guides pointing out the many species in Lakes Park, a Lee County birding hot spot and crucial nesting area for many birds. Wear comfortable shoes and dress to be outside. Bring water, sunscreen and binoculars.

This tour, which is free with paid parking, is provided in cooperation with Lee County Parks and Recreation.

Meet at Shelter A7. After entering

the Lakes Park gate from Gladiolus Drive, turn right and drive to the end of the road, continuing through the parking lot. Shelter A7 is located near the train station.

Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers. For more information, call 533-7580 or 533-7576.\*

## Morning Bird Walk At County Beach

**E**xperience the beautiful birds of Bunche Beach with a bird patrol guide on Saturday, March 9 at 7:30 a.m.

Provided in cooperation with Lee County Parks and Recreation,

the beachfront walk is free with paid parking of \$2 per hour (tour is approximately two hours). Participants meet on the beach located in South Fort Myers, off Summerlin Road. Drive south of John Morris Road until it dead ends.

Bunche Beach is excellent for both migrant and resident waders and shorebirds working the mudflats at low tide due to the diversity of micro-invertebrates. Participants may also see waterfowl, raptors and warblers.

Bring binoculars, sun protection, shoes that can get wet, a bottle of drinking water, your curiosity and love of nature.

For more information, call 707-3015 or visit [www.birdpatrol.org](http://www.birdpatrol.org).\*

at Wa-Ke Hatchee Recreation Center on Tuesday, March 5 at 6:30 p.m.

The National Safe Boating Council Executive Director Peg Phillips and Florida Kayak School owner Tommy Thompson will be returning to share stories about paddling in Florida and discussing safety techniques and equipment. They will also lead a group paddle on the morning of the program. For details on the group paddle, visit Calusa Blueway on Facebook.

"This is going to be a very fun and engaging program highlighting kayaking safety," said Calusa Blueway Coordinator Mike Hammond. "Peg and Tommy are bringing many years of paddling and water experience. Their individual programs were both very popular, and having these two combined is going to be exciting."

The Calusa Blueway Speaker Series topic on Tuesday, March 19 will be Photography from a Canoe with Connie Mier.

Wa-Ke Hatchee Recreation Center is located at 16760 Bass Road in Fort Myers. For more information, call 432-2154.\*

## Calusa Blueway Speaker Series

**E**xploring the Calusa Blueway; Safety Gear and Equipment, the fourth in a series of free Calusa Blueway-related programs, will be held

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A Sanibel home to be featured on the 2019 tour

photo provided

## Tickets Available For Zonta Home Tour On Sanibel

The Zonta Club of Sanibel-Captiva will hold its annual home tour titled A Peek at the Unique on Saturday, March 16. The tour raises funds to empower women and girls.

The "Peek," now in its 18th year, enabling Zonta (through its foundation) to award over \$1 million since 2004 in grants to local non-profits whose mission mirrors Zonta's own: improving women's lives. This year, Zonta awarded \$105,000 in grants to 17 Lee County organizations, and pledged \$35,000 to Zonta International for global initiatives in women's health, safety and education.

Every year, four distinctive and normally inaccessible private island homes are generously opened to "Peekers," who ride in air-conditioned buses, with a guide sharing details about each home they will visit. Before

boarding, guests enjoy satisfying "light bites" from Sanibel's finest restaurants and caterers.

The tour takes about three hours, features two brand-new homes, each furnished in a tempting style; a classic 30-year-old home, skilfully updated; and the snug bayou home of an iconic Sanibel artist. The club also organizes a raffle, Six Chances at the Unique, and three unique Peek day auctions including a five-night stay in a luxury apartment in New York City and a giclee by Artist Sissi Janku.

Tickets for afternoon tours are still available. Plan to arrive on Sanibel in the early afternoon when traffic island-bound is less frantic, park at home base, the Sanibel Community Church, and take the tour – including those taste treats. Afternoon "Peekers" also get Queenie's ice cream.

Purchase tickets securely at [www.eventbrite.com](http://www.eventbrite.com) for \$100 each (tax-deductible within IRS rules) plus a small service fee; scroll down to choose from available departures. For more information, visit [www.zontasancap.com](http://www.zontasancap.com).✱

## Investment And Development Incentives

Commercial real estate investment and development incentives will be explained at the luncheon meeting of the Real Estate Investment Society (REIS) in the Magnolia Room at Pelican Preserve's Town Center on Tuesday, March 12 at 11:30 a.m.

John Talmage, director of the Lee County Economic Development Office (EDO), will lead the discussion with assistance from EDO staff. He will discuss the federal tax incentives and local development advantages for investment, development and redevelopment with properties in designated opportunity zones.

The program will also include updates on the DevelopLee and DevelopNFM initiatives to stimulate development and business growth in

selected commercial districts. Talmage is expected to provide a brief overview of local economic trends with a look at current marketing efforts and success stories. Following the presentation, he will respond to specific questions from the attending real estate and development professionals.

Talmage was appointed director of the Lee County EDO in February, having previously worked in economic development in New York City, New Orleans and Miami. He was also CEO of Social Compact, a research organization serving federal regulatory agencies, local governments and community development organizations around the country.

The meeting is sponsored by Roetzel & Andress. Cost is \$30 for members and \$40 for guests. Reservations are required by Thursday, March 7.

Pelican Preserve's Town Center is located at 10561 Veneto Drive in Fort Myers. For more information and to RSVP, visit [www.reis-swfl.org](http://www.reis-swfl.org).✱

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Will Power

# My Dad's In The ICU, And He Needs An Estate Plan



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

Several times a year, I receive a telephone call that goes something like this: "Hello, my friend gave me your name and I really need your help," the caller says.

"What can I do for you?" I begin.

"My dad needs a will... and a Durable Power of Attorney. And while I'm thinking of it, he should also have a Health Care Surrogate."

"So, it sounds like your father needs a complete estate plan. Does he have any of those documents now?"

Sometimes the answer is "No." Other times the answer is "Well, his documents were done 20 years ago, so I'm not sure they're relevant anymore."

So, my next question is, "When would he like to come in to go over his estate?" It's usually followed by an answer that I never want to hear.

"Well, that's the problem... Dad's in the Intensive Care Unit at HealthPark. He suffered a massive heart attack and we don't know how much longer he'll be with us."

"Oh my! I'm sorry to hear that. Is he competent to discuss his estate plan with an attorney? Is he on any medications that might alter his state of mind?"

There's usually a long pause on the line before caller says, "Well, he does have lucid moments when he knows that we're in the room with him."

I feel sorry for people who get trapped in this type of situation, but honestly it falls under the category of too little, too late. Procrastination can be extremely detrimental, especially regarding something as important as creating the legal documents necessary to take care of yourself in the event of a health problem or distributing your assets to your loved ones at your death.

While not one of us likes to consider the possibilities of our decline in health or even our own demise, these are realities of life that will happen to all of us. It's not a matter of if these sorts of things will happen, but instead it is a matter of when they will happen.

The hospital ICU ward is not the ideal place to make these types of decisions. A major problem when working with a client who has recently been traumatized with a major health event is in determining whether they are legally competent to sign anything.

To create a will, for example, one must be able to understand the extent and scope of one's assets and how those assets are to be distributed under the terms of the will. It sounds like a low standard, but someone who is on morphine or other pain medications

probably lacks capacity, at least at that time. And for those who suffer strokes or other brain issues, they may never recover to the point of having capacity.

Undue influence is another concern. When a patient is surrounded by particular loved ones when creating a will, there's the chance that others who were not present and who may not benefit (or benefit as much as someone else does) under the will can claim that the patient was unduly influenced, and therefore the will should be overturned. The law may actually favor the challenger as it presumes undue influence in these types of situations.

Another problem is that not all estate plans are equal. The client may need a will or they may need a trust. That depends on a variety of factors including the types and amounts of assets that they own. When you create a will or a trust, there are many sub-issues that should be carefully thought through, including who is going to serve as your personal representative, trustee, agent under a durable power of attorney and health care surrogate. Distribution issues must be considered, beneficiary forms conformed to the estate plan, as well as life insurance, estate tax and income tax planning issues, to name a few.

Sometimes one can successfully navigate these issues while in the hospital, or even under hospice care. It's likely going to cost a lot more in professional fees since everything is on a rush basis and the attorney and their team are going to have to travel to the hospital to review documents and obtain signatures.

In short – dealing with this scenario is a nightmare for the patient and for his family.

Do yourself a favor – make sure that you don't find yourself in this situation. If you or a loved one has procrastinated completing your estate plan, hopefully this column will jump start you into getting it going.

©2019 Craig R. Hersch. Learn more at [www.sbshlaw.com](http://www.sbshlaw.com).✧



Chief Derrick Diggs and Officer Megan Pate

photo provided

## Officer Named City Employee Of The Quarter

Officer Megan Pate of the Fort Myers Police Department (FMPD) was named the City of Fort Myers Employee of the Quarter for the fourth quarter of 2018. Chief

Derrick Diggs presented the officer with a trophy and certificate on behalf of the city and thanked the officer for her work with local schools and dedication to her duties as a school resource officer at Edison Park Creative and Expressive Arts School.

The presentation took place at the biweekly FMPD Citistat meeting, held in the new Real Time Crime Center facility.✧

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## Book Review

## The Force

by Di Saggau



**T**he Force by Don Winslow is based on years of research deep inside the New York City Police Department. It takes the reader step by step through operations of a special task force

called "Da Force." It's led by Denny Malone, a man who talks to himself constantly. His voice serves as the narrator telling how they take care of their own and how they see things they don't share with family – terrible things. The language is tough and raw and very realistic. I read this book over a year ago and kind of forgot about it until I saw Winslow interviewed on *CBS Sunday Morning*. I decided to send it your way because it is a very good read.

Malone, a highly decorated NYPD detective sergeant has a crew of the smartest, toughest, quickest, bravest and baddest. They are an elite unit given unrestricted authority to wage war on gangs, drugs and guns. What few people know is that Malone and his crew are dirty. This is explained early on in the book. Malone and his crew are responsible for the biggest heroin bust in the history of the city. It actually would have been twice as big if half the heroin and half the money hadn't ended up in the hands of Denny and his team. It's their retirement money, college money for their kids. Money to take care of cop widows and their kids. Denny asks himself, "How do you cross the line? Step by step."

The first three pages are a sobering reminder of law enforcement personnel murdered in the line of duty while Winslow was writing this novel. The

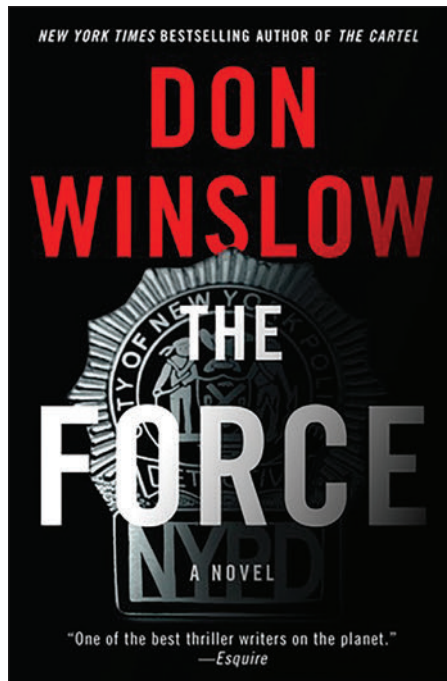


image provided

book is dedicated to them. *The Force* is a terrific read with good cops and bad cops, police privilege, love of partners and loyalty to their job. Denny and the unit are fictitious and, aside from the dirty cop aspect, you get a real look into the lives of cops and what they go through. You'll find yourself rooting for Denny and his crew and won't be able to put this book down until it reaches its dramatic ending.

*The Force* is a haunting story of greed and violence, inequality and race, crime and injustice, retribution and redemption that reveals the seemingly insurmountable tensions between the police and the diverse citizens they serve. It's a masterpiece of urban realism full of shocking twists with flashes of dark humor. Stephen King says, "*The Force* is mesmerizing, a triumph. Think *The Godfather*, only with cops. It's that good." Put it on your list.\*

## School Smart

by Shelley M. Greggs, NCSP



**D**ear Shelley, My three-year-old daughter goes to a preschool, and he is having a lot of difficulty at school and at home with hitting, fighting and anger. We are very worried. His

teachers are very concerned as well, and they have suggested that he may have some severe problems that would be helped with medication. I am not ready to give up and put him on medicine at such a young age. What are some things we can do to help him?

Alyssa K, Fort Myers

Dear Alyssa,

Aggressive behavior can emerge as a normal behavior during the second and third years of life. It is important not to

assume that such behaviors represent a personality trait. When adults assume that children are being intentionally aggressive, the expectation for undesirable qualities can become established and can lead to a "recursive cycle" (Katz and McClellan, 1991) in which children come to fulfill the expectations set for them.

Aggressive toddlers or preschoolers can benefit from support and encouragement for replacing aggressive behaviors with more socially acceptable alternatives. Important techniques include helping young children label and verbalize their feelings and those of others, developing problem-solving approaches to conflicts and teaching them to ask for help. Age-appropriate anger management techniques as well as discussion of the causes and consequences of her aggressive behavior can help both young children and their caregivers handle this situation more effectively. Adult guidance that is consistent, supportive, non-punitive and includes the child in understanding the reactions of all participants and the reasons for limits will help even very young children cope with aggressive behaviors.

Parents and teachers can recognize and promote the cooperative behaviors that all children demonstrate as they develop. You should acknowledge and praise your daughter's efforts to initiate appropriate social interactions, her helping behaviors and use positive discipline techniques. Communicate respect and high expectations to her and support her struggle to resolve her frustrations.

Teach your child to anticipate frustrating situations such as sharing favorite toys, turn-taking and following directions, which may induce aggressive behavior. Simple scripts that you can teach to your child about what to say in these challenging situations and therapeutic storybooks are a great way to help children learn to anticipate and change behavior.

Help your child develop more socially acceptable and less destructive means of channeling her anger. Find something that is OK for her to do when she is angry, like punching the air or a pillow, until she gradually gains greater control over aggressive impulses.

If it becomes necessary to remove your child from an aggressive situation, it should be done without comment and with as little aggression or physical restraint as possible on the part of the adult. A cooling-off period should then follow before any reasoning begins. When reasoning is attempted, emphasis should be placed on helping your child realize the negative consequences that the behavior causes for her.

These interventions will take some time to take effect, but with your consistent guidance and support, you should see less aggression soon.

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.\*

## Human Resources Manager Hired At LCEC

**L**ee County Electric Cooperative has welcomed Sandy Thompson as its new human resources manager.



Sandy Thompson

In this position, Thompson will provide strategic and operational leadership to ensure that LCEC is continually acquiring, engaging and developing talent to support current and future business performance requirements and operating culture. Thompson comes to LCEC from Illinois where she worked in human resources for over 20 years. Most recently, Thompson served as the director of human resources for the Performance Food Group.\*

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## Financial Focus

## Women Need To Make Extra Financial Moves



by Jennifer Basey

**I**nternational Women's Day will be observed on March 8. Around the world, special events will celebrate the cultural, social, political and economic achievements of women. However,

this last area – economic progress – is one that still causes concern, and rightfully so, because women still face gender-related challenges. How can you deal with them?

To begin with, you need to recognize the nature of these challenges. While many factors are actually responsible for women facing more economic pressure than men, two stand out in particular:

**Gender wage gap** – It's still around, despite some progress toward equality. The U.S. Census Bureau has found that full-time, year-round working women earn about 80 percent of what their male counterparts earn. Other studies show a slightly smaller gap.

**Caregiving responsibilities** – Women typically take more time away from the workforce than men, both to raise children and then, later in life, to take care of aging parents. These absences can result in lost wages, lower Social Security benefits and fewer contributions to 401(k) and similar retirement plans.

So, given these realities, what can you do to improve your own financial outlook? Here are a few suggestions:

**Increase your contributions to your retirement plan** – Every time your salary goes up, increase the amount you contribute to your 401(k) or similar retirement plan. At a minimum, put in enough to earn your employer's match, if one is offered. These plans offer potential tax-deferred earnings, and since your contributions are typically made with pre-tax dollars, the more you put in, the lower your taxable income.

**Invest for growth** – Some studies show that men may invest more aggressively than women – though not necessarily more successfully. However, while you do need to invest wisely, you can't ignore the need for growth. Consequently, you should consider including a reasonable percentage of growth-oriented investments in your retirement and other investment accounts, with the precise amount depending on your individual goals, risk tolerance and time horizon.

**Look for income even while serving as caregiver** – Of course, you may never become the primary caregiver for your elderly parents, but even if you do, it doesn't necessarily follow that you must forego all earned income. If it's possible, you could seek to go part-time at your current job, or request some type of telecommuting arrangement. And as long as you have some earned income, from

somewhere, you can still contribute to an IRA.

**Manage retirement plan withdrawals carefully** – Once you're retired, possibly to become a full-time caregiver, you can take penalty-free – though still taxable – withdrawals from your 401(k) as early as age 55, provided you meet certain conditions. Once you're age 59 ½, you can take penalty-free withdrawals from a traditional IRA, though the money will be taxable. While you can withdraw contributions you made to a Roth IRA at any time, tax- and penalty-free, you'll have to wait until age 59 ½ to take out your earnings free of taxes and penalties. And you'll need to find a sustainable withdrawal rate so you can reduce the risk of depleting these accounts too early.

As a society, we are still working toward equality for all people – including economic equality. As a woman, however, you can't afford to wait until that day arrives, so you need to be proactive in seeking and maintaining your financial security.

*This article was written by Edward Jones for use by your local Edward Jones financial advisor. Jennifer Basey is a financial advisor in Fort Myers. She can be reached at [jennifer.basey@edwardjones.com](mailto:jennifer.basey@edwardjones.com).✪*

## Commissioners Water Project Agreement

**T**he Lee Board of County Commissioners recently approved an agreement with the City of Cape Coral for the design and construction of a system to connect Yellow Fever Creek and Gator Slough Canal in northeast Cape Coral.

The connection is intended to restore a portion of the historic water flow and improve the quality of the water flowing into Matlacha Pass and the Caloosahatchee. The project plans include capturing some of the excess flow in the Gator Slough drainage canal and transfer excess storm water to Yellow Fever Creek. The transfer of water will enhance the rehydration of wetlands south of Del Prado Boulevard.

The City of Cape Coral and Lee County will each construct and maintain their respective portions of the project. Estimated cost for the county's portion is \$2 million, with the city's estimated at \$1.2 million. The project also received a grant from the State of Florida of \$175,000.

Design of the project is budgeted in the current fiscal year, with construction scheduled for fiscal year 2019-20.

The Caloosahatchee estuary has a Total Maximum Daily Load (TMDL) 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.

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).✪

## Superior Interiors

## Wonderful World Of Fabrics



by Barb Cacchione

**W**hat fabrics will make the best choice for your needs in window treatments and furniture? With the multitude of man-made and natural fibers available from which to select, it

pays to do a little homework.

Beginning with natural fibers, cotton has always been the number one choice of designers and homeowners alike. It dyes well, has unlimited styling potential, has a "soft hand," does not pill or fuzz, is durable and can be blended with other fibers in a textile. Cotton makes into beautiful, full-bodied fabrics and has long been the favorite of upholsterers. A drapery made from 100 percent cotton fabric will be crisp or flowing, depending upon the type of weave.

Wool fibers are springy, resilient, soft and extremely durable. After bleaching, wool may be easily dyed, and the fiber will retain the color depth for a long period of time. It is also expensive and not used extensively in decorative fabrics. Wool is used more in upholstery than draperies, and even then, rarely.

Silk, undeniably the most beautiful of

fibers, is known for its natural luster. There are many grades of silk from the finest organza to tussah, which is wild and has a rough quality. Direct light tends to discolor silk and disintegrate the fiber, but the proper linings can avoid these problems. Although a bit of an investment, luxury is evident in silk fabric.

Of the man-made fibers, polyester is the most often used in decorative textiles. The fiber is inherently strong, but perhaps its best characteristic is the ability to stand up under strong sunlight. Textiles of polyester are also abrasion-resistant, have a soft, warm "hand" and take dye well. It is best used as a component in drapery fabric, rather than for upholstery.

Probably the most often used textile is a combination of polyester and cotton. The best characteristics of both fibers are incorporated to produce an extremely versatile and moderately priced fabric.

Each season, we are seeing more and more "performance" fabrics being introduced into the market for both residential and commercial use. The colors and patterns are broadening quickly in this segment as are the enhanced durability and cleanability properties. These fabrics are terrific for families with young children or pets.

There are many other fibers used in decorative textiles, but the preceding includes the most common. As you become familiar with the characteristics of fibers in decorative textiles, choosing the right fabric for your needs becomes clear.

*Barb Cacchione is an interior designer on Sanibel/Captiva Islands. She can be reached at [barb@coindcedden.com](mailto:barb@coindcedden.com).✪*

## Hurricane Seminar At Shell Factory

**A** comprehensive hurricane seminar is being offered by The Shell Factory on Tuesday, March 5 at 10 a.m. The program will feature John Patrick, chief meteorologist with ABC-7. Representatives from the Red Cross, StormSmart, Home Depot and other emergency-related agencies will also be presenters.

The program will provide an emphasis on preparation for the hurricane season and recovery procedures should we have a hurricane. More information will be provided by Lee County Crime Prevention. A representative of the Deaf & Hard of Hearing Center will provide signing. Also, a representative of ham radio operators has been invited to speak. The program, being held in the Dolphin Room, is free to the public. Parking is also free. Pre-registration is not required.

Participants will be offered free Nature Park passes for the family and door prizes. Hurricane-related businesses will have table displays that feature hurricane preparedness items.

Speakers will cover topics such as what a hurricane is, when to evacuate, flood damage and storm surge, shelters, how to prepare a hurricane kit, what happens after a hurricane, insurance needs and how to find relief assistance. Participants will be provided with a variety of printed materials that will be invaluable in preparing for a hurricane. Hurricane season is in effect

from June 1 until November 30.

For more information about the hurricane seminar, contact Chris Forbes at The Shell Factory at [christine@shellfactory.com](mailto:christine@shellfactory.com) or 246-6364.✪

## Ceremony Held To Remember Fallen Officers

**F**ort Myers Police Department, fellow law enforcement agencies, family members and law enforcement remembrance organizations recently participated in an event to remember and commemorate members who have fallen in the line of duty.

Officer Adam Jobbers-Miller's name was unveiled on the FMPD memorial monument by his parents who peeled away blue tape to show it etched on the faceplate glass. That was followed by a presentation from Blue Line Bears, a nonprofit organization with the goal of helping the children of fallen Law Enforcement officers cope with the devastating loss of a parent. FMPD Lt. Jeffery Bernice presented checks from funds raised through the Cops & Joggers 5K race to the Fallen Officer Memorial Foundation, the Brotherhood Ride and the families of Officer Adam Jobbers-Miller and Deputy William Gentry.

A Fallen Officers Honor Chair by the non-profit group Saving a Hero's Place was also presented to the department to honor their fallen officers and K-9 companions who gave the ultimate sacrifice.✪

## Learn The Latest On Alzheimer's At FGCU Monday

National experts will share information about mind and brain maintenance, healthy aging and memory care during the 7th annual Symposium on Alzheimer's Disease and Related Dementias at Florida Gulf Coast University (FGCU) on Monday, March 4 from 8 a.m. to 12:15 p.m. The free symposium, held in Cohen Center Ballroom, is presented by Florida Gulf Coast University and the Alvin A. Dubin Alzheimer's Resource Center.

"The symposium is planned for family caregivers, health care professionals and others interested in the care of memory-impaired persons," said Mitch Cordova, PhD. "However, this is a valuable chance for our community to learn from world-class scientists and practitioners. We invite everyone to join us for an interesting, enlightening and useful morning." Cordova serves as president of the Dubin Center board of trustees and vice president for student success and enrollment management at FGCU.

Three speakers will be featured: Ken Sharlin, MD; Dominic D'Agostino, PhD; and Cameron Camp, PhD.

Sharlin is a board-certified neurologist who practices general neurology, conducts clinical research and directs his functional-medicine program, Brain Tune Up!, in Ozark, Missouri. He will share information from his recent best-seller *The Healthy Brain Toolbox: Neurologist-Proven*

*Strategies to Improve Memory Loss and Protect Your Aging Brain.* Sharlin is a three-time Ironman Triathlon finisher who shifted from a conventional neurology practice to a holistic, lifestyle-medicine-oriented approach.

D'Agostino is a University of South Florida research scientist focusing on metabolic-based outcomes and therapies, including ketogenic diets, that advance the treatment and prevention of neurological disorders and other medical conditions. He will discuss targeting brain energy metabolism and inflammation for healthy aging.

Camp is an applied gerontologist with the Center for Applied Research and Dementia in Solon, Ohio. He has retooled a teaching method traditionally used with young children to help people with Alzheimer's disease regain skills lost to their illness. Camp will talk about a new model of memory care in resident-driven communities.

The symposium is offered at no charge to the public. Call 437-3007 for registration. Three CEUs are available for nurses, nursing home administrators, professional guardians and social workers; the CEU fee is \$50.

The symposium is presented by FGCU's Marieb College of Health & Human Services and the Alvin A. Dubin Alzheimer's Resource Center, a United Way partner agency. The featured speakers sponsor is Grant Fridkin Pearson Attorneys and Counselors at Law.

FGCU's Cohen Center Ballroom is located at 11090 FGCU Boulevard North in Fort Myers. For more information, visit [www.alzheimerssfl.org](http://www.alzheimerssfl.org).✪



From left, Friedrich Jaeger, Samira Beckwith, Daniela Jaeger and Jim Sievers

photo provided

## Hope Healthcare Benefit For Joanne's House

Friends of Hope hosted a Denim & Diamonds benefit at Bonita Bay Club, raising \$150,000 for Joanne's House at Hope Hospice in Bonita Springs.

Committee members Barbara Caccese, Joyce Kozlowski, Claire McMahon, Patt Suwyn, Adele Waddell and Carol Wood coordinated the evening, which included dinner, dancing

and silent and live auctions featuring wine, dining, jewelry and unique travel opportunities to Italy and Costa Rica.

The evening was sponsored by Brown & Brown/Florida Blue, Crowther Roofing and Sheet Metal of Florida, Louis and Najla Lafai Foundation, Berneda Meeke, McGriff Insurance Services, Northern Trust, Medline, Mr. and Mrs. Thomas Wynne, and TWC Services.

Hope Healthcare is a not-for-profit health care organization dedicated to providing care and comfort to every individual and their loved ones as they fulfill life's journey. For more information, visit [www.hopehcs.org](http://www.hopehcs.org).✪

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# Here's Who Las Vegas Predicts Will Win The 2019 World Series



by Ed Frank

**W**ith Spring Training in full swing, it's always fun to look how the Las Vegas oddsmakers predict the outcome of the 2019 season.

This reporter is going to keep these odds as a reference and look back at the end of the season to see just how accurate these predictions were. A complete listing of each team and its odds can be found online at [www.vegasinsider.com](http://www.vegasinsider.com).

I wouldn't bet the bank on these predictions. There are too many variables in baseball such as injuries and trades.

**The following are some of the teams odds to win the 2019 World Series:**

- New York Yankees – 6/1
- Boston Red Sox – 7/1
- Minnesota Twins – 50/1
- Miami Marlins – 1,000/1
- Tampa Bay – 30/1

**Odds to win the American League Pennant**

- New York Yankees – 11/4
- Boston Red Sox – 3/1
- Minnesota Twins – 25/1

**Odds to win the American League Central Division**

- Cleveland Indians – 1/5
- Minnesota Twins – 7/2

**The 100 Best Baseball Players:**

*Sports Illustrated* recently listed the 100 best players in Major League baseball.

Not surprisingly the Red Sox and the Yankees lead the pack.

Red Sox – Mookie Betts, 2; Chris Sale, 6; JD Martinez, 18; Xander Bogaerts, 49; Andrew Benintendi, 57; David Price, 94; Jackie Bradley, Jr., 96. Total – Eight  
 Yankees – Aaron Judge –10; Luis Severino, 28; Giancarlo Stanton, 29; James Paxton, 56; Gleyber Torres, 70; Aaron Hicks, 78; JA Happ, 70; Total – Seven.

Twins – Nelson Cruz – 65; Jose Berrios, 95.

And who was ranked the No. 1 player in baseball? Mike Trout of the Los Angeles Angels.

Following are home Spring Training schedules for the week of March 1 through 8:

**Minnesota Twins – Hammond Stadium**

- Friday, March 1 – Boston Red Sox versus Minnesota Twins – 1:05 p.m.
- Sunday, March 3 – Philadelphia Phillies versus Twins (split squad) – 1:05 p.m.
- Monday, March 4 – Baltimore Orioles versus Twins – 1:05 p.m.
- Tuesday, March 5 – Tampa Bay Rays versus Twins – 1:05 p.m.
- Friday, March 8 – Tampa Bay versus Twins – 1:05 p.m.

**Boston Red Sox – JetBlue Park**

- Thursday, February 28 – Washington Nationals versus Boston Red Sox – 1:05 p.m.
- Saturday, March 2 – Baltimore Orioles versus Red Sox – 1:05 p.m.
- Sunday, March 3 – Minnesota Twins versus Red Sox (split squad) – 1:05 p.m.
- Wednesday, March 6 – Pittsburgh Pirates versus Red Sox – 1:05 p.m.
- Thursday, March 7 – Minnesota Twins versus Red Sox – 1:05 p.m.\*

## Wimbledon Trip Up For Bid At Fundraising Gala

**I**t's a chance to savor a once-in-a-lifetime tennis experience and help children suffering from cancer at the same time. Trips for two to Wimbledon and the Italian Open as well as a custom-designed pendant by award-winning jewelry designer Denny Wong are among the items up for bid at the 2019 Madisen's Match VIP Gala and Auction at Miromar Lakes Beach & Golf Club on Saturday, March 16. The fundraiser will begin at 6 p.m.

Decorated tennis pros will be on hand, and jazz-infused pianist and singer Danny Sinoff will evoke memories of Frank Sinatra as guests enjoy cocktails and dinner. Among those in attendance will be former U.S. Open mixed doubles champion Tom Gullikson, whose support of the event is in memory of his twin brother, Tim, who succumbed to brain cancer in 1996.

"It's a fabulous evening and a chance to celebrate a sport we love," Madisen's Match founder Duane Chaney said. "Most of all, it's an opportunity to make a real difference in the lives of children suffering from cancer."

Madisen's Match has raised more than \$1 million since it began in 2009. Chaney's niece Madisen Abramson was diagnosed with an inoperable brain tumor at age 3, but she endured the challenges to emerge as a relatively healthy teenager. Madisen will be at the gala, as well as 11-year-old Cali Trepkowski, a courageous brain cancer survivor from Cape Coral.

"Cali came dangerously close to losing her young life, but now she is a brilliant sixth-grader and an inspiration to us all," Chaney said. "I can't wait for everyone to meet her and Madisen at the gala and see why all of us pour so much effort into

supporting cancer treatment programs in Southwest Florida."

Proceeds from Madisen's Match go to the Brain Tumor Navigator Program at the Lee Health Regional Cancer Center and Barbara's Friends: The Golisano Children's Hospital Cancer Center Fund.

Tickets are selling quickly at [www.madisensmatch.com](http://www.madisensmatch.com). The site includes a list of players appearing at two other Madisen's Match premier events: the Golisano Children's Hospital Pro Tennis Classic and the Madisen's Match Legends Tennis Camp, both of which are scheduled for Monday, March 18.\*

## Registration Open For Benefit Fishing Tournament

**R**egistration is under way for the 23rd annual LCEC United Way Catch & Release Tournament to be held at D&D Bait and Tackle on Saturday, April 13. To register, visit [www.uw.lcec.net](http://www.uw.lcec.net).

Registration cost before April 11 is \$65 per angler and \$50 per student. After April 11, registration increases to \$75 and \$55 respectively.

A captains meeting will be held at D&D Bait and Tackle on Friday, April 12 at 5 p.m. In addition to cash and prizes being awarded, there will be a silent auction, raffle and barbecue. All proceeds from this tournament go directly to the United Way of Lee, Hendry, Glades and Okeechobee.

Due to the toxic algae blooms and red tide that has plagued the area and caused an unprecedented kill of gamefish in recent months, this year's LCEC United Way Fishing Tournament will be catch and release.

D&D Bait and Tackle is located at 3922 Pine Island Road NW on Matlacha. For more information, email [fish@lcec.net](mailto:fish@lcec.net), call 656-2122 or visit [www.uw.lcec.net](http://www.uw.lcec.net).\*

### SPORTS QUIZ

1. Which major-league team was the first to win championships in three different divisions?
2. In 1955, a rookie pitcher led each league in strikeouts for the season. Name either pitcher.
3. Name the last non-SEC team before Troy in 2017 to beat the Tigers in LSU's Tiger Stadium.
4. In 2018, Philadelphia's Markelle Fultz became the youngest player (19 years, 317 days) in NBA history to record a triple-double. Who had been the youngest?
5. Who was the first player in NHL history to have at least 50 assists in 10 consecutive seasons?
6. What was the last NASCAR race won by Dale Earnhardt?
7. How many times has tennis great Roger Federer finished a season in the top three of the ATP rankings?

### ANSWERS

1. Houston won division titles in the N.L. West, N.L. Central and A.L. West. 2. Cleveland's Herb Score (245 strikeouts) and Sam Jones of the Chicago Cubs (198). 3. UAB, in 2000. 4. Lonzo Ball (20 years, 15 days) of the Los Angeles Lakers in 2017. 5. St. Louis' Bernie Federko (1978-79 through 1987-88 seasons). 6. He won the Winston 500 at Talladega in 2000. 7. Fourteen.

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Christina Harris Schwinn of Pavese Law Firm gathers with students for a tour of the Lee County Courthouse during Junior Achievement of Southwest Florida and the Lee County Bar Association's Law Day 2019 photo provided

## Law Day Paves Path For High School Students

Local high school students recently discovered the various facets of the Lee County legal system during the sixth annual Law Day, presented by Junior Achievement of Southwest Florida and the Lee County Bar Association.

Law Day 2019 escorted 50 upper class, high school students from Lehigh Senior High School, Riverdale High

School and South Fort Myers High School on a free tour of the Lee County Courthouse, where students observed the justice system in motion, met with legal professionals and obtained an inside look into law-related careers.

The day began with a presentation by the Clerk of Courts and a tour of the clerk's office, followed by a tour of the jail and concluding with a panel discussion led by three Honorable Circuit Lee County judges. The event introduced students to various career paths and processes within the legal system, providing a behind-the-scenes glimpse into the Lee County Courthouse

system and the multitude of professional opportunities available for those who are interested. Throughout the day, students had the opportunity to speak with well-known legal professionals Christina Harris Schwinn of Pavese Law Firm, attorney Kelly Fayer and Lee County Bar Association President John Webb, who contributed greatly to making this day special for participating students.

"Junior Achievement aims to inspire students through hands-on, real-life experiences, and our annual Law Day

offers students an opportunity to learn about the field of law in a professional environment and consider if this is something they'd want to pursue as a future career path," said Angela Fisher, president and CEO of Junior Achievement of Southwest Florida. "We are so pleased to take more than 50 students through our Law Day experience this year, and are thankful for our community partners and the members of the business and legal community who joined us in making this day possible."\*

## Golf Outing For Veterans In Need

The Lee Coast Chapter of MOAA (Military Officers Association of America) will be holding the 6th annual Bob Janes Memorial Golf Outing at Shell Point Golf Club on Wednesday, April 10. The goal is to continue support of veteran scholarships at Florida Gulf Coast University and Florida SouthWestern; Lee County JROTC scholarships and local veteran service projects. There will be a silent auction at

the conclusion of the outing.

This year's honorary chair is Master Chief Terry Moy, a member of the Navy SEAL Frogman team that retrieved Apollo 17.

Player entry deadline is April 1 or whenever 144 entry forms are received. Registration forms are available at [www.leecoastmoaa.com](http://www.leecoastmoaa.com). Sponsorships are between \$150 and \$5,000 for a hole sponsor.

For more information on participation and donations, email [leecoastmoaa@gmail.com](mailto:leecoastmoaa@gmail.com) with "Golf Outing" in the subject line.\*

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Nancy Alward and Jan DeWitt

photos provided

## Hymn Sing Food Donations Benefit The Soup Kitchen

Residents who attended the 30th annual Mrs. Edison's Hymn Sing at First Presbyterian Church of Fort Myers recently contributed plenty of food and funds to help The Soup Kitchen of Community Cooperative feed the hungry in Southwest Florida.

In excess of 1,300 pounds of non-perishable food along with generous financial contributions were collected at the hymn sing, which was sponsored and organized by the Galloway Family of Dealerships.

"We are so thankful to the people of our community who stepped up to help others in need. It truly shows the impact that a few people can make in the lives of many," said Organizer Sam Galloway, Jr. Galloway said the food will be distributed immediately to those in need in Lee County.

Attendees sang hymns with the 60-member Sanctuary Choir of First Presbyterian Church and friends, listened to soloists and heard a song called *Edison's Phonograph Polka* about Thomas Edison's famous invention.



Linda Digman and Pastor Paul de Jong

The song was played by Pianist Barbara Peterson and Organist Eddygrace Bernhard.

In addition to Mrs. Edison's Hymn Sing, the Galloway Family of Dealerships also sponsors the very popular Christmas Carol Sing, which is set for December 3. Both events benefit The Soup Kitchen of Community Cooperative. ✨



Thelma Brown and Marci Stoner



Organist Eddygrace Bernhard



From left, Sam Galloway, Jr., Kathy Galloway and Tracey Galloway



Gulf Coast Harmonizers

# Health Care Visionaries Receive Honors

The Cape Coral Community Foundation recently recognized Southwest Florida's most inspirational and innovative health care leaders. The celebration of influencers and future-thinkers took place at a luncheon held at Cypress Lake Country Club.

The foundation's Healthcare Innovators Fund established the event in partnership with the clinician community as part of a larger vision of regional partnership and community building.

Each honoree was identified by their peers as a top achiever who makes a substantial impact on Southwest Florida and performs their duties with integrity and honesty. These exceptional leaders have a proven track record in health care and dedicate their time, talent and treasure to philanthropic endeavors for the community.

Congratulations to the following physicians and health leaders who were awarded at the event:

- Dr. Tom Davis, national speaker on the future of healthcare
- Dr. Alan Gruning, International Center for Health and Wellness
- Dr. Niki Varveris, PhysioNetics
- Dr. Christy Swanson, DMD
- Dr. Rick Palmon, Southwest Florida



Health care leaders who were recently honored

photo provided

**Eye Care**

- Dr. Susan Hook, Samaritan Health and Wellness Center Cape Coral
- Dr. Luis Cortes, Hope Hospice
- Dr. Hazem Matta, Radiology

**Regional**

- Gerriann Meandro, PA, Florida

**Cancer Specialists**

- Dr. Craig Sweet, Specialists in Reproductive Medicine and Surgery
- Dr. Brett Shannon, Pediatric Orthopedics of Southwest Florida
- Dr. Lea Blackwell, Blackwell Breast Surgery

- Dr. Biju Thomas, Surgical Specialist of Southwest Florida.

For more information, visit [www.capecoralcf.org/events/2019-southwest-floridas-most-inspirational-innovative-health-leaders](http://www.capecoralcf.org/events/2019-southwest-floridas-most-inspirational-innovative-health-leaders).\*



# WANT TO AVOID JOINT & SPINE SURGERY?

**ROSS HAUSER, MD IS HOSTING A FREE TALK TO ANSWER YOUR MEDICAL QUESTIONS!**



Ross A. Hauser, MD is a Board Certified PM&R specialist and Medical Director of Carling Medical Regenerative Medicine Clinics. He is an avid cyclist, long-distance runner, and 5-time Ironman athlete. For over 25 years, he has treated the toughest pain cases from patients all around the world with Prolotherapy, PRP, stem cell therapy and other non-surgical options.

RSVP: (239) 303-4069 OR [CARINGMEDICAL.COM](http://CARINGMEDICAL.COM)

Appetizers and drinks will be served.

**WEDNESDAY, MARCH 13 5:30-7:30PM**

The Community House  
2173 Periwinkle Way  
Sanibel, FL 33957

dearRPharmacist

## Sarsaparilla Herb Good For More Than Root Beer



by Suzy Cohen, RPh

**D**ear Readers: Cowboys drank sarsaparilla soda in the Old West. When you first hear “sarsaparilla,” you might think of soda. This herb comes from the roots of a woody vine called

Smilax, which belongs to the Lily family. It still is used as a popular flavoring of cola and root beer in some countries. If you want to pronounce it out loud, just say “Sass-Parilla” to keep it easy.

Another cola flavoring – aside from sarsaparilla – was the Coca leaf, which gives us cocaine. In 1885, Coca Cola was initially put into marketplaces with trace amounts of cocaine, about 1/400 of a grain of cocaine per ounce of flavoring syrup. Coke wasn’t totally free of cocaine until 1929. That’s how they got the name... it was named it for its two medicinal ingredients, which were coca leaves and kola nuts.

Sarsaparilla has nothing to do with cocaine. It is considered good liver support and helps protect the liver from damage. Your liver is under tremendous assault and works 24/7. It has to filter out the toxins from our environment, and all the chemicals from the food you eat, as well as your medications and alcohol or nicotine if you consume that.

Liver –The liver is your detoxification organ, and sarsaparilla can definitely help you. Several animal studies have shown that rats fed a diet containing sarsaparilla

herb have significantly less damage to their liver as compared to control rodents.

Skin – Psoriasis is a chronic inflammatory skin disease, which can be very frustrating and painful. Irritated skin has a tendency to get infected, because it has lost its normal epidermal barrier, so getting a bad infection in an area of active psoriasis or eczema is unfortunately quite common. Sarsaparilla reduces risk of these infections and improves the inflammation associated with the condition thanks to “astilbin,” a biologically active compound in sarsaparilla. People apply topical poultices, creams, salves or take the herb internally.

I write to millions of people a week, so be sure you check with someone in-the-know about your individual case before taking this because I cannot medically advise.

Some of our boomers will remember “sarsaparilla” soda, but it’s not available in the U.S. anymore. Even still, the root beer or sodas that ARE still available do not contain actual sarsaparilla, only man-made flavorings that mimic the taste of the natural herb.

The best way to take this herb is by tea, capsule, extract, cream or tincture. Sometimes, lower quality formulas contain a completely different herb called “Indian Sarsaparilla” (from Hemidesmus), which is not related to true sarsaparilla, despite the similar name. So look for “smilax” or “smilacaceae” as the genus name on the “Supplement Facts Box” or product label while shopping.

There are very few reported side effects of sarsaparilla, but that doesn’t mean there are none. They’re just not reported. I think the most common reactions might be allergic reactions or perhaps indigestion, itchiness or rash.

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

Doctor and Dietician

## General Tso’s Tofu



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

**I**f you like General Tso’s chicken at Chinese restaurants, give this a whirl at home! It’s a healthier version of the take-out favorite. We both loved it and hope you do too.

### What you need:

2 16-ounce packages of extra firm, organic tofu, cubed, drained and blotted  
2 Tbsp soy sauce or Tamari  
2 Tbsp rice vinegar or apple cider vinegar

6-plus Tbsp cornstarch (varies)  
Oil (grapeseed is a good choice)

### For the sauce:

1 Tbsp minced garlic  
2 to 3 cloves minced fresh ginger (or powder)

6 Tbsp soy sauce or Tamari  
6 Tbsp rice vinegar or apple cider vinegar

6 Tbsp water or vegetable broth  
6 Tbsp cane, coconut, or brown sugar (adjust to your taste)  
2 to 3 Tbsp cornstarch (adjust as needed)

¼ tsp cayenne powder (or red pepper flakes)

Garnish: scallions, sesame seeds, red pepper slices

### What to do:

Mix the soy sauce/Tamari and vinegar in a bowl and add the tofu cubes and let rest for at least 5 minutes.

Drain the tofu and 1/3 at a time, add to a plastic baggie with 2 Tbsp or so of cornstarch, tossing to coat. Repeat for all the tofu, adding more cornstarch as needed.

Heat oil in the bottom of a wok or pan on medium-high heat. Cook tofu cubes until all sides are golden brown. Remove from pan and set aside.

Add garlic to pan and cook for a few minutes, stirring frequently so it does not burn.

Add the remaining sauce ingredients to a bowl, stir to combine, then pour into the cooked garlic pan. Stir until sauce thickens. Taste and adjust as needed.

Add the cooked tofu and gently toss in the sauce. Remove from heat. Garnish and serve over rice.

*This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at [info@carimgmedical.com](mailto:info@carimgmedical.com).*✳

## Overeaters Anonymous

**I**f food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 132 at Sanibel Community Church on Tuesdays at 5:30 p.m. and on Fridays at 4 p.m.

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

Sanibel Community Church is located at 1740 Periwinkle Way.✳

Beautifulife:

## Just Say It



by Kay Casperson

**W**hy is it so hard for some people to say what they really feel? Do you speak what is indeed on your mind all the time, or do you say what you think people want to hear? Why

is it that some people tend to shy away from speaking the truth but instead either remain silent or fill the gap with words that don’t really shadow their true feelings or thoughts?

There may be a few reasons that people tend to hold back, and one of them just might be that there are individuals who have over time learned to suppress their true feelings for one reason or another. There are also individuals who are so nice, they don’t want to disappoint or hurt someone’s feelings.

When I was a young girl growing up, I remember times that I knew my Mom was mad or upset with us, her kids, or whatever she was upset about, yet she would hold it in, maybe walk outside or walk away and would never really let it out, get mad or let us know how she was really feeling. I would say to her, “Mom, tell us how you really feel, don’t be afraid to express yourself and voice your feelings!”

Now, there is a fine line that you need to pay attention to so that you are not saying things that will hurt people’s feelings, but at the same time you are being honest, sincere and full of integrity when you are talking to or with people. So, how do you keep that delicate balance so that you are not holding things in, but also feel good about your conversations?

Focus on the person you are talking to and try not to be distracted by other people, thoughts or tasks so that you can have genuine conversations.

Know that it is good to be honest and sincere with your feelings, after all, the person you are talking to may just need to hear the truth.

Keeping things bottled up inside is not healthy for your mind and your

body and saying what you feel can give you an overall sense of peace, confidence and satisfaction.

Make sure you listen carefully to others so that when you speak, you say the right things, answer the right questions and speak your truth from the heart.

Remember, there is a time and a place to address certain things, so make sure you are sensitive to the conversations you have as well as when and where to have them.

My hope is that you say what you feel, mean what you say and always strive to speak the truth in love every day of your lives.

My affirmation for you this week is: “I am learning to speak only truth and know that my words come from the depths of my heart.”

*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.*✳

## Primary Care Excellence Award

**P**hysicians’ Primary Care of Southwest Florida recently received the Laboratory Excellence Award during the reaccreditation of its laboratory from COLA, the national healthcare accreditation organization.

Accreditation is awarded only to laboratories that apply rigid standards of quality in day-to-day operations, demonstrate continued accuracy in the performance of proficiency testing and pass a rigorous on-site laboratory survey.

COLA is a non-profit, physician-directed organization promoting quality and excellence in laboratory medicine and patient care through programs of voluntary education, achievement and accreditation. It is approved by the federal government and sponsored by the American Academy of Family Physicians, the American Medical Association and the American College of Physicians-American Society of Internal Medicine.

For more information on Physicians’ Primary Care, visit [www.ppcswfl.com](http://www.ppcswfl.com).✳



# PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

## Axle And Molly



Axle ID# A765993

**H**ello, my name is Axle. I am told I am one of the brightest students in our training classes. I am a 4-year-old male pit bull mix who has learned sit, down, roll-over (almost!), respect for the gate and doorways and leash manners. If you go to LCDAS' Facebook page, you can find videos of my training and see not only how smart I am, but how much fun I have while learning. Come to the shelter and let the staff and volunteers show you all I have learned and make me a part of your family today.

My adoption fee is \$50 and may be reduced to \$25.

Hi, I'm Molly. I am a 1-year-old female domestic medium hair who is a sweet girl that needs someone that will allow me to come out of my shell and be my constant companion. Once you gain my trust, I will curl up next to you and nudge your hand to let you know it time for more



Molly ID# A768401

loving. I am a stunning girl with a petite stature. The adopt-one-get-a-feline-friend at no additional charge would be great for me as I would do well with a friend at home.

My adoption fee is \$50 and may be reduced to \$25.

For the month of March, all adoptions will be reduced to \$50 with an approved application. Adopters will also get the chance to pick a lucky shamrock during "Lucky Charm" month to reduce the reduction fee to just \$25.

The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a \$500 package. Volunteers and staff are waiting to introduce your new family member.

*The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at [www.lee.gov/animalservices](http://www.lee.gov/animalservices) or call 533-7387.\**

Haven on Earth Animal League

## Lily And Sylvia



Lily

**H**i, I'm Lily! I'm a beautiful 2-year-old female tabby with a white bib. I have been fully vetted and brought up to date on all vaccines. My adoption fee is \$100. Come see me at Petco in Gulf Coast Town Center.

Hello, I'm Sylvia. Aren't I just adorable? I'm



Sylvia

only 6 months old and a very sweet little girl. I'm currently staying with a foster family and would really like a home to call my own! My adoption fee is \$100 which includes vaccines and spaying.

*We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email [haveneearthanimalleague@yahoo.com](mailto:haveneearthanimalleague@yahoo.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	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Coral Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	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
NARFE(National Active & Retired Federal Employees	482-6713
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@riverweekly.com](mailto:press@riverweekly.com)

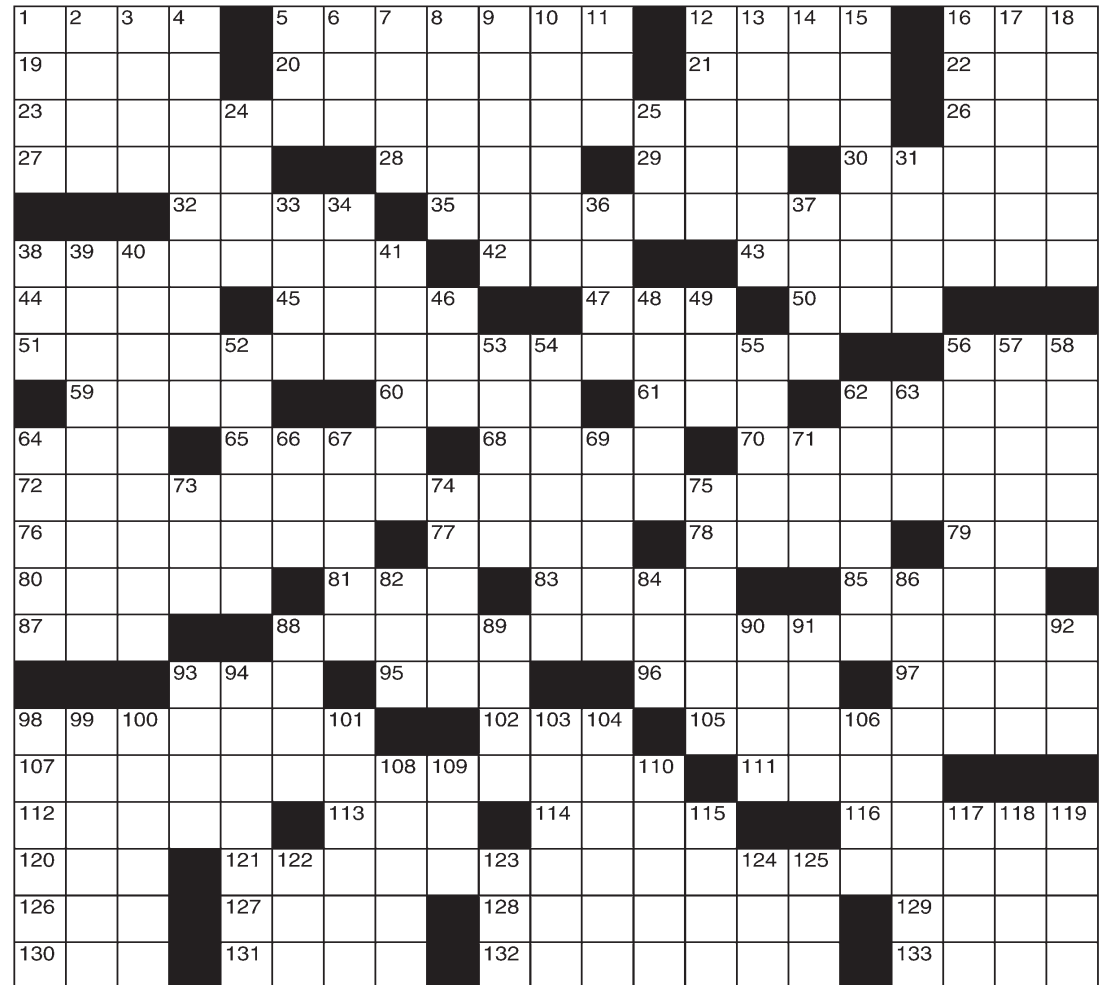
# PUZZLES

Answers on page 29

## Super Crossword

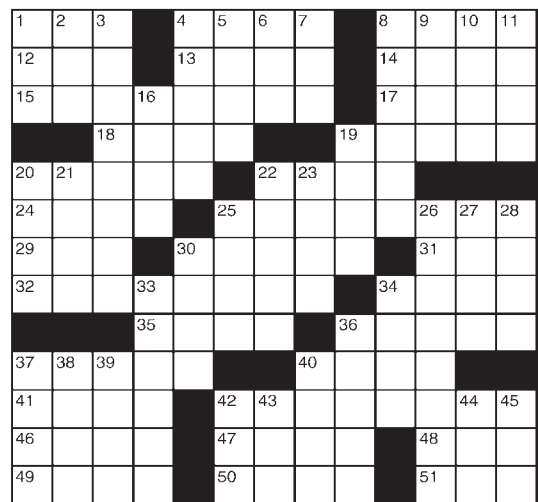
"SO THERE!"

- ACROSS**
- 1 Mrs., in Munich
  - 5 Spa offering
  - 12 Tartan wearer
  - 16 Second afterthought in a letter, for short
  - 19 Work for
  - 20 Barber's tool
  - 21 Made cloth
  - 22 Arena cry
  - 23 Ghost of a bricklayer?
  - 26 A bit more than zero
  - 27 Kitchen range brand
  - 28 "— never fly"
  - 29 Toronto's prov.
  - 30 Fall bloomer
  - 32 Passport stamp
  - 35 Put herbs and spices on a James Bond actor?
  - 38 Greek vowels
  - 42 Mr., in Mysore
  - 43 Ideal
  - 44 Deicing stuff
  - 45 Stable baby
  - 47 JFK's veep
  - 50 Suffix with final or novel
  - 51 Comfort given by the last Stuart monarch?
  - 56 Sponge (up)
  - 59 Yeats' "— and the Swan"
  - 60 Tyne of TV
  - 61 108-card party game
  - 62 Gray shade
  - 64 Weaken
  - 65 609-homer Sammy
  - 68 Lovers' deity
  - 70 Person hugging, say
  - 72 Has an affinity for people who are calming influences?
  - 76 Food, archaically
  - 77 "— it a pity?"
  - 78 "Cheerio!"
  - 79 "Norma —" (1979 film)
  - 80 Pencil wood
  - 81 Lilt syllable
  - 83 Backpack fill
  - 85 Fine spray
  - 87 Naval acad. grad
  - 88 More rational hunch?
  - 93 Decide on, with "for"
  - 95 See 64-Down
  - 96 Henchman helping Hook
  - 97 Blogger Klein
  - 98 Grassland
  - 102 Certain hosp. test
  - 105 Most meager
  - 107 Hasty, sloppy application of talc?
  - 111 Arduous walk
  - 112 Taunting remarks
  - 113 Eternally, to bards
  - 114 Post-op areas, often
  - 116 Qdoba dip
  - 120 Year, to Pedro
  - 121 Stupefying someone with liquor
  - 122 Entered away from a horse-racing venue?
  - 126 Sea, to Pierre
  - 127 Gloomy
  - 128 Entered furtively
  - 129 Ohio or New York county
  - 130 'Zine team
  - 131 Modern "Seize the day!" for short
  - 132 Gives a nod
  - 133 Performs like Kanye West
  - 34 After a while
  - 36 Grain tower
  - 37 Sheriff Taylor's kid
  - 38 Atty.'s name follower
  - 39 He co-founded Microsoft with Bill Gates
  - 40 Sominex and Nytol, e.g.
  - 41 Light shoe
  - 46 Grassland
  - 48 Pink wine
  - 49 Mo. #1
  - 52 Suez Crisis figure
  - 53 Tons
  - 54 Serum injector
  - 55 Winter drink
  - 56 Really big
  - 57 Collect-call connectors
  - 58 In itself
  - 62 Dojo mat
  - 63 Gray shade
  - 64 With 95-Across, wide keyboard key
  - 66 Fess (up to)
  - 67 Brief quarrel
  - 69 River romper
  - 71 Ton
  - 73 Singer Sumac
  - 74 Forest vine
  - 75 Does some harping?
  - 82 Polish, e.g.
  - 84 Stubborn equine
  - 86 Rink athlete
  - 88 Move slightly
  - 89 Attracted
  - 90 Mo. #9
  - 91 Bosc, e.g.
  - 92 Rebellion figure Turner
  - 93 Seine feeder
  - 94 Study of poetic rhythm
  - 98 Minecraft, e.g.
  - 99 Wrecked
  - 100 Shady spots
  - 101 Impressive sight
  - 103 Mandates
  - 104 Some lizards
  - 106 Repose
  - 108 — -Canada (oil biggie)
  - 109 Bruins great Bobby
  - 110 Russian money
  - 115 Not masked
  - 117 Turkish money
  - 118 Cut, as hair
  - 119 Many years
  - 122 Egg — yung
  - 123 Simile center
  - 124 Grab a chair
  - 125 Put- — (deceptions)



## King Crossword

- ACROSS**
- 1 Beavers' structure
  - 4 Second letter
  - 8 Wild and crazy
  - 12 Indivisible
  - 13 Mideast airline
  - 14 Sheltered
  - 15 Gin, e.g.
  - 17 Grad rags?
  - 18 First murderer
  - 19 Iron
  - 20 Suitor
  - 22 Paddock parent
  - 24 Long-running Broadway musical
  - 25 Pheasant or grouse
  - 29 Fuss
  - 30 Dental filling
  - 31 Ultramodern (Pref.)
  - 32 Backyard attraction
  - 34 Somewhere out there
  - 35 Pheasant fodder
  - 36 Surprise big-time
  - 37 Engine
  - 40 Unwanted email
  - 41 On in years
  - 42 Morning garb
  - 46 Entreaty
  - 47 "Super-food"
  - berry
  - 48 Grecian vessel
  - 49 Transmit
  - 50 Group of cattle
  - 51 Despondent
  - 8 Capital of Croatia
  - 9 Shaving cream additive
  - 10 Information
  - 11 Longings
  - 16 Speaker's spot
  - 19 Quarry
  - 20 Wound cover
  - 21 Gully
  - 22 Soda shop orders
  - 23 Asian nurse
  - 25 Summertime pest
  - 26 Notorious
  - 27 Caboose's place
  - 28 Collegian quarters
  - 30 Construction piece
  - 33 Gizmo
  - 34 Winged Garden intruder
  - 37 3-Down's creations
  - 38 Leering look
  - 39 Adolescent
  - 40 Luminary
  - 42 "Humbug!"
  - 43 Expert
  - 44 Lingerie item
  - 45 Conclusion
- DOWN**
- 1 "What's up, —?"
  - 2 Literary collection
  - 3 16th-century cartographer
  - 4 Start
  - 5 Verve
  - 6 Highland hat
  - 7 Brewery prod-

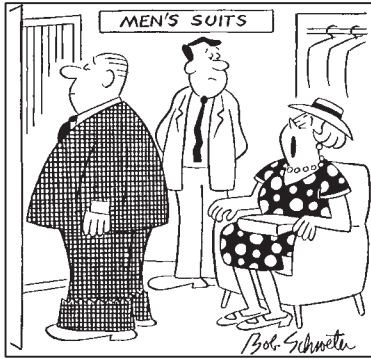


## MAGIC MAZE ● THOSE WHO PLAY

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- Bassist
- Fiddler
- Oboist
- Trumpeter
- Cellist
- Flutist
- Organist
- Tubist
- Cymbalist
- Harpist
- Pianist
- Violinist
- Drummer
- Lutenist
- Piper



"Better get a size larger—don't forget, you haven't had \_\_\_\_\_ yet."

answer on page 31

### 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!

Grasp  
**RENAL**   

Revise  
**DEMAN**   

Steal  
**ATREPI**   

Assist  
**EVERS**   

**TODAY'S WORD**

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

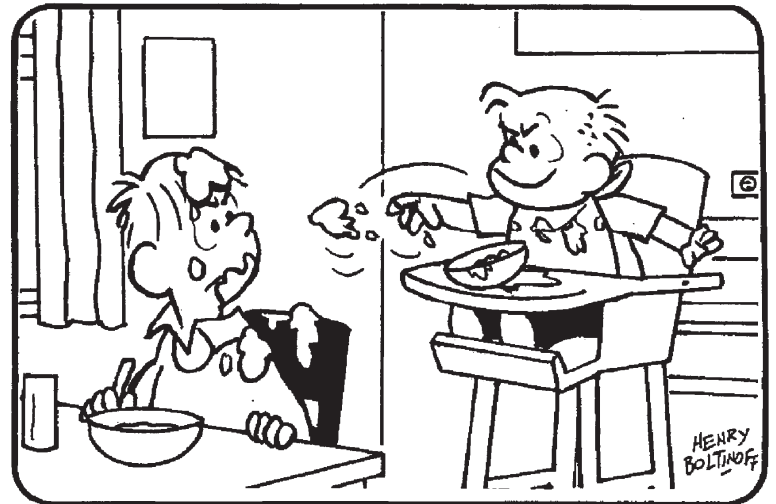
### SUDOKU

**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.

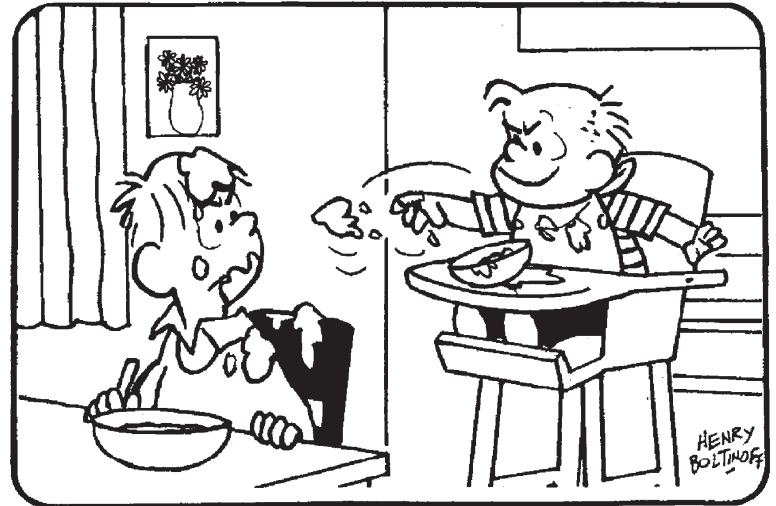
answer on page 29

### HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Baby's shirt has stripes. 2. Picture is different. 3. Curtain covers window. 4. Boy's bowl is larger. 5. Wall outlet is missing. 6. Boy's glass is missing.



#### Clam Linguini with Tomato, Basil, Lemon and Cortez Bottarga

- 20 live clams, rinsed
- 2 large tomatoes, diced
- 4 cloves garlic, peeled and chopped small
- 1 cup vegetable broth
- 2 tablespoons panko breadcrumbs, toasted
- 1/2 teaspoon lemon zest, chopped fine
- 1 tablespoon Parmesan cheese, grated
- 1 pound linguini pasta, cooked (8 ounces raw pasta = 1 pound cooked)
- 1/2 lemon, juiced
- 1/4 cup fresh basil, chopped
- 2 heaping tablespoons Cortez Bottarga, shaved (or more to taste)
- 3 teaspoons olive oil
- Sea salt and fresh ground pepper, to taste



Clam Linguini with Tomato, Basil, Lemon and Cortez Bottarga

photo courtesy Fresh From Florida

salt and pepper. Add the vegetable broth and whole clams to the tomato mixture. While the clams are cooking, combine the toasted panko breadcrumbs, lemon zest, Parmesan cheese and 2 tablespoons of olive oil into a small mixing bowl. Stir bread crumb mixture to combine. Cook

the clams until they start to open, adding the cooked pasta to the pan when the clams are ready. Lightly toss ingredients to combine. Add lemon juice and the basil to the clam pasta. Taste sauce and adjust seasoning lightly with salt and pepper. The clams should all be open and

ready to serve; discard unopened clams. To serve, place an even amount of pasta in each bowl. Nestle the clams around the pasta. Pour the remaining tomato sauce over the pasta. Drizzle the breadcrumb mixture over the clams and garnish with the Cortez Bottarga.\*

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## My Stars ★★★★★

FOR WEEK OF MARCH 4, 2019

**Aries** (March 21 to April 19) Your efforts in behalf of a colleague do not go unnoticed, let alone unappreciated. Meanwhile, arrange to spend more time investigating that troubling fact you recently uncovered.

**Taurus** (April 20 to May 20) Devoting a lot of time to a current career move means having less time for those in your private life. But once you explain the circumstances, they should understand and be supportive.

**Gemini** (May 21 to June 20) Organizing your many duties in order of importance should help you get through them pretty quickly. Additional information puts that still-to-be-made decision in a new light.

**Cancer** (June 21 to July 22) Lingering bad feelings over a recent misunderstanding should fade as reconciliation efforts continue. Meanwhile, vacation plans might need to be revised because of new developments.

**Leo** (July 23 to August 22) Love dominates the Lion's heart this week, with Cupid shooting arrows at single Leos and Leonas looking for romance. Partnered pairs also enjoy strengthened relationships.








**Virgo** (August 23 to September 22) "Getting to Know You" should be the single Virgo's theme song as you and that special person discover more about one another. That workplace situation needs looking into.

**Libra** (September 23 to October 22) You might be upset at having your objectivity questioned in the handling of a dispute. But it would be wise to re-examine your feelings to make sure you're being fair with both sides.

**Scorpio** (October 23 to November 21) A family dispute creates mixed feelings about how you hope it will be ultimately resolved. Best advice: Stay out of it and let the involved parties work it through by themselves.

**Sagittarius** (November 22 to December 21) Making an effort to smooth over even the smallest obstacles now will go a long way to assuring that things run smoothly once you're set to move on with your plans.

**Capricorn** (December 22 to January 19) A challenge to your authority can be upsetting, but your longtime supporters want you to defend your position so you can win over even your most adamant detractors.

 <b>FRIDAY</b> Few Showers High: 73 Low: 67	 <b>SATURDAY</b> Sunny High: 74 Low: 68	 <b>SUNDAY</b> Partly Cloudy High: 76 Low: 66	 <b>MONDAY</b> Partly Cloudy High: 79 Low: 70	 <b>TUESDAY</b> Partly Cloudy High: 76 Low: 68	 <b>WEDNESDAY</b> Few Showers High: 72 Low: 66	 <b>THURSDAY</b> Sunny High: 68 Low: 62
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### Redfish Pass Tides

Day	High	Low	High	Low
Fri	12:35 pm	4:15 am	9:19 pm	2:51 pm
Sat	12:52 pm	5:01 am	10:21 pm	4:04 pm
Sun	1:09 pm	5:40 am	11:10 pm	4:54 pm
Mon	1:23 pm	6:12 am	11:51 pm	5:33 pm
Tue	1:33 pm	6:40 am	None	6:08 pm
Wed	12:29 am	7:04 am	1:42 pm	6:43 pm
Thu	1:04 am	7:26 am	1:52 pm	7:18 pm

### Point Ybel Tides

Day	High	Low	High	Low
Fri	11:40 am	4:17 am	8:24 pm	2:53 pm
Sat	11:57 am	5:03 am	9:26 pm	4:06 pm
Sun	12:14 pm	5:42 am	10:15 pm	4:56 pm
Mon	12:28 pm	6:14 am	10:56 pm	5:35 pm
Tue	12:38 pm	6:42 am	11:34 pm	6:10 pm
Wed	12:47 pm	7:06 am	None	6:45 pm
Thu	12:09 am	7:28 am	12:57 pm	7:20 pm

### Punta Rassa Tides

Day	High	Low	High	Low
Fri	11:55 am	3:54 am	9:38 pm	3:44 pm
Sat	12:00 pm	4:46 am	10:34 pm	4:37 pm
Sun	12:10 pm	5:31 am	11:15 pm	5:21 pm
Mon	12:29 pm	6:09 am	11:48 pm	6:00 pm
Tue	12:52 pm	6:44 am	None	6:35 pm
Wed	12:17 am	7:15 am	1:17 pm	7:11 pm
Thu	12:45 am	7:42 am	1:41 pm	7:47 pm

### Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	2:45 pm	7:31 am	11:29 pm	6:07 pm
Sat	3:02 pm	8:17 am	None	7:20 pm
Sun	12:31 am	8:56 am	3:19 pm	8:10 pm
Mon	1:20 am	9:28 am	3:33 pm	8:49 pm
Tue	2:01 am	9:56 am	3:43 pm	9:24 pm
Wed	2:39 am	10:20 am	3:52 pm	9:59 pm
Thu	3:14 am	10:42 am	4:02 pm	10:34 pm

# PUZZLE ANSWERS

## SUPER CROSSWORD

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

## KING CROSSWORD

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

## MAGIC MAZE

## SUDOKU

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

**Aquarius** (January 20 to February 18) Being unable to get involved in a friend's problem calls for an honest approach. Provide explanations, not excuses. Another friend might be able to offer support for your decision.

**Pisces** (February 19 to March 20) You find yourself swimming in circles, looking for some way to get back on a straight course. But things get easier once you're able to refocus your energies.

**Born This Week:** You're known for your charm and your wisdom, and there's no one who wouldn't want you to be part of his or her life.

## MOMENTS IN TIME

- On March 6, 1475, Michelangelo Buonarroti, the greatest of the Italian Renaissance artists, is born in Caprese. His most important early work was the Pieta (1498), a traditional type of devotional sculpture that showed the body of Christ in the lap of the Virgin Mary.
- On March 5, 1815, Franz Anton Mesmer, a German physician who pioneered the medical field of hypnotic therapy, dies in obscurity in Meersburg, Swabia (now Germany). His process of mesmerism, as it came to be known, produced hypnotic states that had an extraordinary influence on his patients' physical illnesses.
- On March 4, 1888, Knute Rockne is born in Voss, Norway. He would go on to become one of the most successful coaches in the history of college football, coaching Notre Dame during their golden era in the 1920s. Rockne won three

national championships with the Fighting Irish.

- On March 10, 1945, 300 American bombers continue to drop almost 2,000 tons of incendiaries on Tokyo for a second day. The attack destroyed large portions of the Japanese capital and killed 100,000 civilians.
- On March 8, 1950, Volkswagen, maker of the Beetle automobile, expands its product offerings to include a microbus. The bus was a favorite mode of transportation for hippies in the U.S. during the 1960s and became an icon of the American counterculture movement.
- On March 7, 1972, in the biggest air battle in Southeast Asia in three years, U.S. jets battle five North Vietnamese MiGs and shoot one down 170 miles north of the Demilitarized Zone.
- On March 9, 1985, the first-ever Adopt-a-Highway sign is erected in Texas. Highway 69 was adopted by the Tyler Civitan Club, which committed to picking up trash along a 2-mile stretch of the road. The program eventually spread across the U.S.

## STRANGE BUT TRUE

- It was French-German physician, philosopher and humanitarian Albert Schweitzer who made the following sage observation: "In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit."
- You might be surprised to learn that

famed lover and heartbreaker Casanova eventually became a librarian.

- In parts of Illinois, it was once illegal to put a cake in a cookie jar.
- If you've ever yelled out a warning in panic - "Stop!", "Run!", "Don't!" - you've used a monepic sentence; that is, one that is complete with just a single word. Of course, at the time you probably weren't concerned about the grammatical nature of your utterance.
- If you're like the hypothetical average person, your mouth will create 10,000 gallons of saliva over the course of your lifetime.
- It's been reported that the country's first pizza parlor was in New York City - naturally. It opened in 1885, but barely got by. In 1895, it was sold for a mere \$200 - small change even in those times.
- The bearded vulture is the only known animal whose diet is made up almost exclusively of bone.
- It's a well-worn trope that men refuse to stop and ask for directions when they're lost. That point of view might seem to be supported by the results of a survey conducted by the American Automobile Association, which found that just 34 percent of male drivers admit to stopping to ask for directions. However, the same survey found that only 37 percent of women did the same.

## THOUGHT FOR THE DAY

"It is no measure of health to be well adjusted to a profoundly sick society." - Jiddu Krishnamurti

## TRIVIA TEST

- Medical:** What is the condition that carries the official name "diaphoresis"?
- Movies:** Who played the president in the film "The American President" (1995)?
- History:** What was the nickname of the Haitian president Francois Duvalier, who died in 1971?
- U.S. Presidents:** How many future presidents of the United States signed the Declaration of Independence?
- Television:** Who was the nemesis of Detective Steve McGarrett in the original "Hawaii 5-0" TV drama?
- Science:** What is the name of the ocean current that warms the eastern seaboard of North America?
- Literature:** What was the name of the bank in the "Harry Potter" book series?
- Anatomy:** Where is the pinna in the human body?
- U.S. States:** Which state is nicknamed the "Cornhusker State"?
- General Knowledge:** What is the common commercial name of the drug called diazepam?

## TRIVIA ANSWERS

- Sweating
- Michael Douglas
- Papa Doc
- Thomas Jefferson and John Adams
- Wo Fat
- The Gulf Stream
- Gringotts Wizarding Bank
- The outer ear, which is made of cartilage
- Nebaska
- Valium

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3/1 ★ 3/29

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2/22 ★ 3/1

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**Shore Fishing:  
Don't Harm The Fish**



by Capt. Matt Mitchell

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

- Hold the fish in the water while you unhook it if you're going to release it.
- The less you can touch a fish before release the better for the fish.
- If you want a picture with the fish, support it as you lift it out of the water - and do it quickly.
- Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.
- Florida just recently changed the regulations on fishing from shore. Florida residents as well as out of state visitors need a fishing license to fish from shore.

To advertise in the *Island Sun* and *The River Weekly News*  
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# Local Survey On Changing Climate Impacts

A coalition of community partners on Wednesday released results of the first comprehensive survey measuring Southwest Florida residents' views on our changing climate.

As hurricanes, floods and wildfires have increased in number and intensity over the past decade, attitudes around the U.S. have been changing, including right here in Southwest Florida. Survey results found overwhelming support for local action and concrete solutions in response to the changing climate.

"Hurricane Irma was a wake-up call for Southwest Florida," said Rob Moher, president and CEO of the Conservancy of Southwest Florida. "As a result, we wanted to evaluate Southwest Floridians' interest in working toward solutions to make our communities more resilient from intense storms and flooding."

According to the survey findings, Hurricane Irma, along with recent red tide and toxic algae outbreaks, has the majority of Southwest Floridians deeply concerned about the changing climate. Among survey respondents:

93 percent agree that local, state and federal governments should do more to protect mangroves and wetlands.

83 percent agree that more extreme weather and storms threaten the well-being of our community.

78 percent agree that rising sea levels threaten the well-being of our community.

69 percent say red tide and

blue-green algae outbreaks are being made worse by the changing climate and pollution.

67 percent say Hurricane Irma caused them to be more concerned about the changing climate.

63 percent say Hurricane Irma motivated them to do more to prepare for the changing climate.

The survey was funded through a partnership between the Community Foundation of Collier County, Southwest Florida Community Foundation and the Conservancy of Southwest Florida.

"The Southwest Florida Community Foundation is committed to cultivating a more sustainable region alongside our public, private and nonprofit partners," said Sarah Owen, president and CEO of the Southwest Florida Community Foundation. "These partners continue to ask about the impact of climate

change on their work, from education and workforce to health and equity. We welcomed the opportunity to provide resources to better understand Southwest Florida residents' concerns about and interest in mitigating our risks in hopes of finding a path forward together."

The survey also noted residents' strong support for a range of solutions: 90 percent say the U.S. needs to produce more wind and solar energy.

89 percent favor a proposal to reduce climate-related pollution by modernizing America's electric grid.

75 percent favor reducing pollution caused by our changing climate by passing laws for more efficient buildings and cars.

74 percent trust scientists as a source of information about the climate.

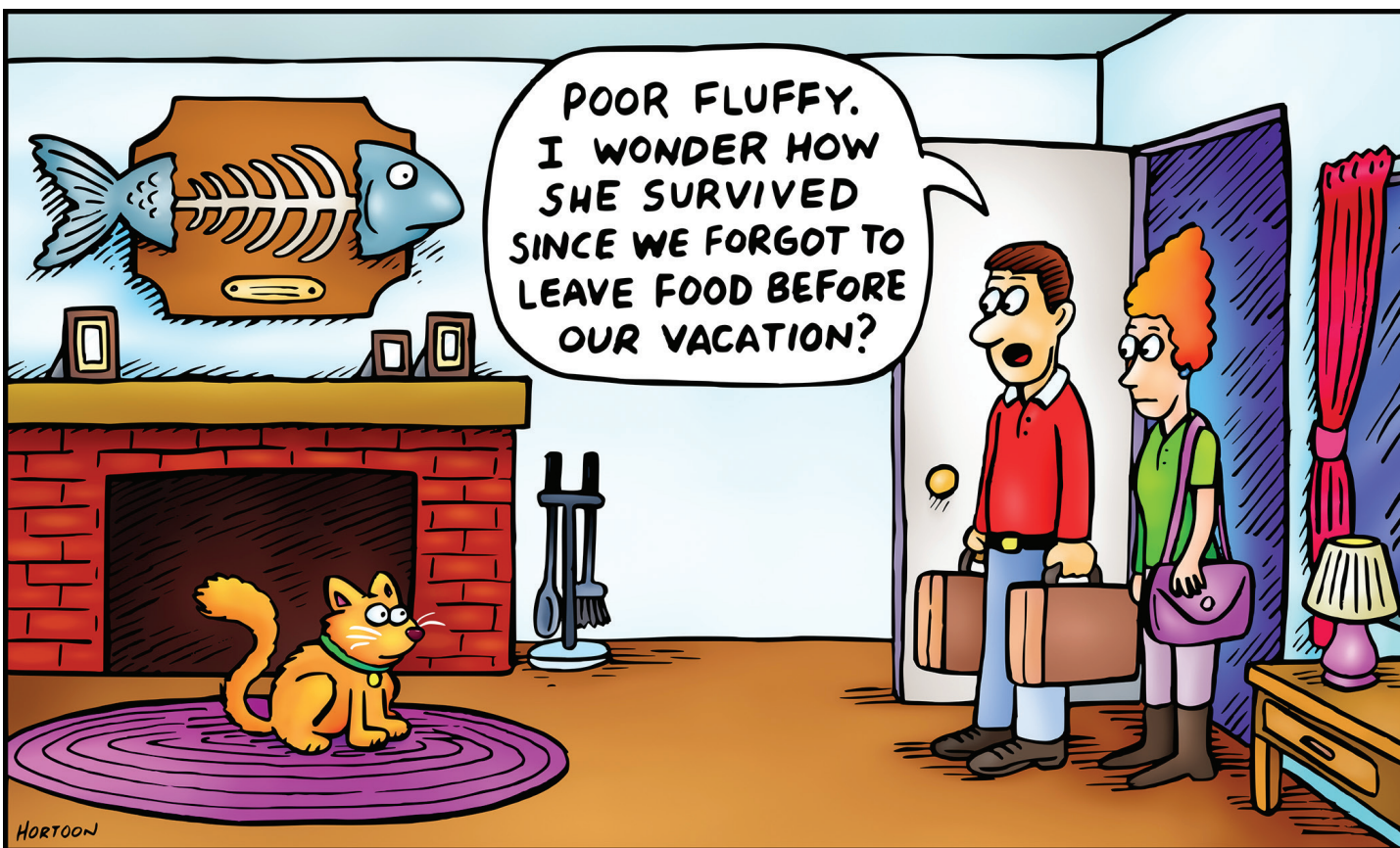
Additionally, 78 percent of respondents believe that collectively as

a society we can take steps to reduce pollution, and 67 percent say they can personally take action to reduce pollution. Urgency, according to the findings, is critical, with 76 percent saying America needs to act now and 70 percent saying that they personally need to take action now.

"If there is any state whose people should be embracing the impacts of our changing climate, it's Florida. We are the state most at risk for sea level rise than any," said Congressman Francis Rooney, R-Fla. "This survey proves climate change is an issue important to our voters, and there is more we should do to protect ourselves from future impacts."

The survey was conducted by ecoAmerica and Lake Research Partners in September 2018 and has a margin of error of +/- 4.9 percent.\*

## HORTOONS



## SCRAMBLERS

1. Learn;
2. Amend;
3. Pirate;
4. Serve

Today's Word  
**DINNER**

## Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Cape Coral	Cape Coral	2018	3,100	\$1,995,000	\$1,875,000	132
Tradewinds	Sanibel	1979	2,360	\$1,795,555	\$1,550,000	144
Edgewater	Fort Myers	1997	4,279	\$1,299,000	\$1,200,000	0
Cape Coral	Cape Coral	2015	2,476	\$1,199,000	\$1,075,000	175
Beachview Country Club Estates	Sanibel	2002	3,093	\$999,000	\$900,000	84
Cape Coral	Cape Coral	2011	2,794	\$999,000	\$940,000	243
Palaco Grande	Cape Coral	2008	5,074	\$992,000	\$790,000	78
Del Sega	Sanibel	1980	2,337	\$874,900	\$725,000	161
Cape Harbour	Cape Coral	1998	3,624	\$849,000	\$779,000	140
Fiddlesticks Country Club	Fort Myers	2006	3,641	\$825,000	\$733,000	229

Courtesy of Royal Shell Real Estate

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