

THE WEEKLY NEWS

FREE Take Me Home

Vol. 18, No. 15

From the Beaches to the River District downtown Fort Myers

APRIL 12, 2019

Touching Musical Comedy At Broadway Palm

by Di Saggau

pening night of Second Chances, The Thrift Shop Musical was very special because it included an introduction from Will Prather, saluting his father Tom Prather, both founders of Broadway Palm. The elder Prather wrote the show and, until now, it had only been performed in The Off Broadway Palm Theatre and other smaller venues. Seeing it on the main stage in all its glory provides a delightful evening of top notch entertainment.

The show is based on experiences Prather had at a local church thrift shop. Anyone who has ever worked at one, myself included, can fully understand the characters and situations that take place. There's the actual store where items are sold and then there's the back of the store where donations are delivered. The set alternates between the two. The thrift shop is brimming with items donated for a variety of reasons. They come from families who have lost a loved one, people downsizing and, in one case, a woman moving into a care facility.

Running the shop and manning the store's cash register is Nadine (Kelly



Cast in the patriotic St. Patrick's Day scene

Legarreta), whose limited domain is identified with a sign saying "Nadine's Nook." She's a no-nonsense woman with a great sense of humor. Nadine emphasizes the cardinal rule of the thrift shop: "No Tag, No Sale." They don't want anyone changing the price but, on the other hand, they love to give special discounts to people buying clothes for migrant workers or a needy pregnant mother-to-be.

Wally (Christopher Russell) works at a

photo provided

piano bar in the evenings and plays for the shop during the day. Joe (Rob Summers) and Janet (Dianne Stone Fussaro) are regular volunteers. The new gal at the shop is Allison (Megan Orlowski). We soon learn that a new Walmart is planned for the area, which could raise their rent. All of a sudden, the high-strung landlord, Mr. Kleinbauer (Victor Legarreta), blasts into the shop and lets everyone know that they have to be out in 90 days. He sings *One Man's*

Trash in his inimitable fashion, and it's one of the show stoppers. This is devastating news to Pastor Stevens (Bobby Becher) who is also quite the song and dance man. Before long Tyler (DeBryant Johnson)

Before long Tyler (DeBryant Johnson) joins the crew doing community service. His first number, *Rise Back Up*, rocks the house and he does it again at the end of the first act singing *O Holy Night*, with the cast joining in. The talent in the show is amazing. Other ensemble members are Ashley Mills Becher, Melissa Whitworth, Shannon Connolly, Sami Doherty and Frank Hughes.

The second act opens with Legarreta playing a flamboyant Sarah Leigh, an over-the-top drag queen whose antics are hysterical. Meanwhile, as the employees ponder their future, we see them go through several holidays, including a rousing patriotic St. Patrick's Day number. We also learn that they are all looking for a second chance on several levels including health, love and career. Suddenly, Mr. Kleinbauer is back on the scene with some good news, and the thrift store has a future again. The cast took their bows to enthusiastic applause and lots of smiles. This is a show that reminds you how people can band together to save what they care about.

Second Chances, The Thrift Shop Musical plays through May 12 at Broadway Palm Dinner Theatre, located at 1380 Colonial Boulevard in Fort Myers. For tickets, call 278-4422 or go to www.

broadwaypalm.com.☆



From left, Cypress Lake High School Center for the Arts students Ren Montgomery, Anika Mar, Leila Rodrigues, Gabriella Schol, Vivien Cimafranca, Calina-Sophie Carstens, Alicia Gomez, Brianna Johnson and Sean Shackleford photo provided

Students Earn Scholarships From Beach Art Group

The Fort Myers Beach Art Association (FMBAA) recently announced the award winners from this year's Student Scholarship Show, which took place from April 6 through 10 and featured artwork by Cypress Lake High

School Center for the Arts Class of 2019 and Lexington Middle School.

Judges Anita Putnam and Carolyn Johns awarded scholarships and prizes at the April 7 reception at the gallery and gave a brief talk about two works from each student entry.

Vivien Cimafranca captured the First Prize Art Excellence Award of \$1,200 college art tuition scholarship and \$175 cash. Brianna Johnson took home the

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Chamber Players At Shell Point



Chrysalis Chamber Players

hell Point Retirement Community's Fine and Performing Arts Series concludes its Concerts & Conversations program with a performance by Chrysalis Chamber Players in the Grand Cypress Room at The Woodlands at Shell Point on Tuesday, April 16 at 7 p.m. Tickets are \$30.

The Chrysalis Chamber Players is a nonprofit chamber music ensemble offering a kaleidoscope of high-caliber chamber music. Its members and founders are from South Florida, featuring trumpeter

photo provided

Mary Elizabeth Bowden, flutist Meghan Brachle and pianist Catherine Lan. The group collaborates with a variety of other musicians in innovative programs in Florida and across the country, performing a range of works by classical and contemporary composers at venues including the Marlboro Music Festival, Banff Centre for the Arts, Verbier and Lucerne Festivals in Switzerland, and with the Louisville, Naples, New World and Richmond symphonies.

Bowden is principal trumpet of the

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Historic Downtown Fort Myers, Then And Now:

Arcade View Toward Broadway



by Gerri Reaves, PhD

his photo taken from the Broadway wing of the Post Office/Collier Arcade a quarter of a century ago looks particularly uncluttered and airy.

That mailbox on the sidewalk near the entrance looks almost lonely, an odd touch for the first building in town to be built specifically as a post office.

The arcade was vacant... closed for business for the first time since opening in 1925.

The Snack House sign (left) remained, but the restaurant had already closed in 1993 after 44 years in business.

A window sign reading, "For Sale, Business and Equipment"

announced the demise of the much-loved hang-out.

The large "Perkin's Bail Bonds" sign (right) was misleading too. Like other businesses, it had packed up and moved to other quarters. In fact, it was the last business to vacate.

The circa-1995 photo also shows that, despite signs of 20th century modernizations such as automatic doors, the arcade's signature architectural features had not suffered: the columns at the entrance, the plaster vaulted ceiling and steel skylight, the frieze panel with a Grecian floral motif above the transom windows, and most notably, the multi-colored random-rubble mosaic tile floor.

Each entrance facade featured a relief panel with the inscription "Post Office Arcade," both of which still exist. (The name was changed to Collier Arcade when Barron G. Collier bought the building in 1934 as a home for his Tamiami Trail bus depot, for which a new section on the Monroe Street side was constructed.)

There were plans for the historic structure. It would undergo extensive renovations and within two years assume a role as a hub in downtown redevelopment.

But only one-half of the structure would survive.

The First Street wing of the L-shaped building, constructed only months after the first one due to the burgeoning postal needs, would be demolished so the U.S. Courthouse & Federal Building could go up at First and Monroe streets.

In August 1996, demolition cleared the way for the federal project, which opened

Today the busy and fully occupied arcade retains many of the original architectural features, alongside the paraphernalia of the resident businesses.

Hotel Indigo's valet desk (left) stands at the entrance, and restaurant tables (right) line the south storefronts.

Obvious contrasts with the past? The arcade is no longer open-air and ceiling fans have been installed.

Now it functions essentially as an extended entryway to the hotel.

Stroll through the arcade and appreciate its contributions to local business history. Then visit the following two research centers to learn more about one of

downtown's most important historic structures.

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 for more

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 volunteer, non-profit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only.

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In a circa-1995 view toward Broadway view, the Post Office/Collier Arcade was vacant and soon to undergo extensive renovations photo courtesy Library of Congress



Today, the now-enclosed arcade has fulfilled its role as a major piece in downtown redevelopment

photo by Gerri Reaves

For more information, call 332-8778 or visit www.leecountyblackhistorysociety.

Sources: Archives of the Southwest Florida Historical Society, The Fort Myers Press, The News-Press and www.loc.gov.☆

Eat Local Lee Guide And Map

at Local Lee has launched a new resource guide and interactive map that showcases fish, meat, seafood and farmers markets, as well as farms and farm stands, breweries and distilleries.

Eat Local Lee's comprehensive resource guide promotes the thriving movement to support locally produced, sustainable, seasonal food. The printed guide is ideal for residents and visitors, and details the growing seasons of two dozen types of fruits and vegetables grown in Southwest Florida. The guide also contains a complete listing of farmers markets, including locations and hours of operation, where vendors sell locally grown produce, freshly baked goods, flowers, artisan goods, locally caught seafood, plants and

"Consumers are increasingly interested in purchasing locally grown food, but it can be difficult to know which Lee County businesses support sustainable food sourcing," said Courtney Fraser, executive

director of Eat Local Lee. "The updated resource guide is a complete listing with everything in one place, and it's especially encouraging to see additional providers joining the movement.'

The resource guide is now available at more than 180 locations across Lee County, including hotels, shopping centers, attractions, real estate offices, condominium complexes, visitor centers, chambers of commerce and other businesses.

Online, a new interactive map contains business names, addresses, telephone numbers and website links for 22 Lee County farms, 11 farmers markets, 10 breweries and distilleries, five purveyors of fresh fish and two meat markets. The map is available at www.eatlocallee.org or by downloading the app – "M'app" by Eat Local Lee – from the App Store and Google Play Store.

Eat Local Lee receives funding through Visit Florida and the Lee County Visitor & Convention Bureau.

Additional businesses can be added to the interactive map by emailing eatlocallee@gmail.com.\$

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Marcus Roberts

Marcus Roberts Trio At Jazzy Nights Concert

Vorld-renowned contemporary jazz musicians, Marcus Roberts Trio, will showcase their swinging sound and vibrant jazz piano in the final Jazzy Nights concert at the Sidney & Berne Davis Art Center on Friday, April 19. Cocktail hour is at 7 p.m., while music begins at 8 p.m.

The Marcus Roberts Trio is known for its virtuosic style and entirely new

photos provided

approach to jazz trio performance. While most jazz trios have the piano front and center, all members of the Marcus Roberts Trio share equally in shaping the direction of the music by changing its tempo, mood, texture, or form at any time. And they do this with lightning-quick musical reflexes and creative imaginations. The trio is known for having almost telepathic communication on the stage.

The Marcus Roberts Trio is a long-term musical partnership between pianist Marcus Roberts, drummer Jason Marsalis, and bassist Rodney Jordan. One of the most enjoyable aspects of watching this trio perform is that it is so evident that these three musicians are really having



Marcus Roberts Trio is, from left, Marcus Roberts, Jason Marsalis and Rodney Jordan

fun playing together and listening to each other.

Pianist/composer Marcus Roberts has been hailed "the genius of the modern piano." He has won numerous awards and competitions over the years, but the one that is most personally meaningful to him is the Helen Keller Award for Personal Achievement.

In addition, Roberts has long been dedicated to the training and development of younger musicians. Prior to the performance, Marcus Roberts Trio will play a special set for members of the Lighthouse of SWFL, whose mission is

to enable people of all ages living with a visual impairment or blindness. For more info on Lighthouse of SWFL, visit www. lighthouseswfl.org.

Roberts' critically-acclaimed legacy of

Roberts' critically-acclaimed legacy of recorded music reflects this tremendous artistic versatility. His recordings include solo piano, duets and trio arrangements of jazz standards as well as original suites of music for trio, large ensembles and symphony orchestra. In 2014, the celebrated CBS News television show, 60 Minutes, profiled his life and work on a segment entitled The Virtuoso. For more information on Marcus Roberts Trio, visit www.marcusroberts.com.

Tickets are \$40 in advance or \$45 at the door. A table of four is \$220, while a table of eight is \$440

table of eight is \$440.

The Sidney & Berne Davis Art
Center is located at 2301 First Street in
downtown Fort Myers. For tickets and
more information, visit www.sbdac.com or
call 333-1933.

Authors To Speak

The Friends of Lakes Regional Library will welcome authors Thomas Hall and Robin Tuthill to the library to speak on their newest book *Epic Fires of Fort Myers* on Friday, April 12 at 1 p.m.

In this book ,the authors examine the town's devastating blazes and events that gave rise to the town as we know it today. The program is free and open to the public. No registration is required

Lakes Regional Library is located at 15290 Bass Road in Fort Myers.☆





YOU'RE UNIQUE, your home should be too

You don't want cookie-cutter, you want custom. You deserve a home that functions and flows the way you like and a builder who will understand your needs and desires. That's why we work with you one-on-one to make sure you're getting your dream home, with everything you want.







Big Mama, left, speaks to Lee County Schools Superintendent Greg Adkins and Lee County **Sheriff Carmine Marceno** photo provided

Partnership To Provide Bus Riders With LED Lights

he School District of Lee County is partnering with the Lee County Sheriff's Office and Big Momma and the Wild Bunch at B103.9 to raise money so that every student bus rider has a flashing LEĎ light they can attach to their backpack. The sheriff's office is committing \$20,000 and the school district \$10,000 toward the \$100,000 goal.

"The safety of our students is always our highest priority," said Superintendent

Dr. Greg Adkins. "With the communities support we can raise the money to provide every bus rider a bright, flashing light they can attach to their bag or backpack so they can be even more visible while waiting for

their bus in the morning."

"We will devote all of the time, effort and resources necessary to protect the students of Lee County. I can't think of anything more important," added Sheriff Carmine Marceno. "And we will continue to work closely with the school district to ensure the safety of our students.

The Sheriff's Office will be creating a 501(c)3 non-profit called Compassionate Cops to manage the donations and help purchase the lights.

At the moment, only checks sent to the Lee County Sheriff's Office with Lights for Layla written in the memo line can be accepted as donations.

Once the nonprofit is established. information about making donations online will be posted on the Lee County Sheriff's Office Facebook page and the School District of Lee County's Facebook page. It is anticipated the lights will be purchased this summer and distributed to students before the start of the next school year in August.☆

U.S. Coast Guard **Auxiliary Members** Honored

S. Coast Guard and Auxiliary Division 9 leaders recently presented performance awards to members of Flotilla 91, Fort Myers Beach. These awards represented exceptional performance of duty in demonstrating the core values of honor, respect and devotion to duty.

The following are the awardees and

Mathew Ponzio – Appreciation for supporting station families during the government shutdown.

Tom Bamford - Hazardous waste operations and emergency response, marine oil spill emergency response training for operations level

Flotilla 91 Unit Award – NACO 3 Star Award for diversity management excellence

Flotilla 91 Unit Award - Best Performing Flotilla for Operational Support

Thomas Bruno — Five-year Auxiliary Membership Service Award

Stuart Kaplan – Sustained Auxiliary Service Award (Tenth Award)

Tom Bamford – First Place, Division 9 member training hours

Tom Bamford - Third Place, Division 9 Coast Guard administrative support

Daniel Eaton – First Place, Coast Guard operational support

Dave Nemitz – AUXOP certified Thomas Bamford, Daniel Eaton, Nick Kaveski, Matt Ponzio, David Schwartz, Robert Simpson, Tom Strzycki, Russell Werth, Daniel K. Gurecky and Doug Trojanowski - Coast Guard Meritorious Team Commendation; District Seven 2018 national safe boating week team

Thomas Bruno – Auxiliary

Commandant's Letter of Commendation Daniel Eaton. Thomas Bamford -

Auxiliary Achievement Medal Frank "Nick" Kaveski — Division Staff Officer of the Year 2018

U.S Coast Guard Auxiliary District Captain West Thomas Bamford stated, "These awards reflect the dedication and commitment of these volunteers to the U.S. Guard and our country. They exemplify the concepts of service to nation - duty to people - commitment to

The Coast Guard Auxiliary is the uniformed civilian component of the U.S. Coast Guard and supports the Coast Guard in nearly all mission areas. U.S. Coast Guard Auxiliary Division 9 has over 600 members that support the missions of the U.S. Coast Guard, Sector St. Petersburg and Station Fort Myers Beach. In 2018 the Coast Guard Auxiliary Division 9 members contributed over 84,000 volunteer hours.

Under the direct authority of the U.S. Department of Homeland Security via the Commandant of the U.S. Coast Guard, the U.S. Coast Guard Auxiliary is the lead agency protecting America's seaward frontier in recreational boating safety.

The auxiliary was created by Congress in 1939. For more information, visit www. cgaux.org.☆

Financial Aid Assistance At FSW

Norida SouthWestern State College (FSW) will host Financial Aid 101: FAFSA Assistance in Building U on the FSW Thomas Edison Campus on Tuesday, April 16 from 3 to 6:30 p.m.

Financial Aid 101 is open to the community and will provide free information and assistance to families applying for or renewing college financial

The event will provide: FAFSA (Free Application Federal Student Aid) assistance, regardless of intended college; FSW scholarship and enrollment information; and FSW admissions and scholarship application assistance. Representatives will also provide information to attendees about national and state financial aid resources.

FSW Thomas Edison Campus is located at 8099 College Parkway in Fort Myers. Attendees are encouraged to RSVP at www.fsw.edu/admissions/events. Walk-ins

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Documentary Explores Racism In America

by Tom Hall

lack, White & ÚS is One of the documentaries being screened this year by the Fort Myers Film Festival. The documentary screens in the Sidney & Berne Davis Art Center at

4:30 p.m. on Saturday, April 13. Made by director Loki Mulholland (who directed An Uncomfortable Truth, the Best Documentary Feature winner at the 2018 Denton Black Film Festival), the 75-minute, 2018 film explores racism in America through the lives of four white families who adopt African American children and must overcome their own inherent biases to become their advocates.

One of the families featured in the film is that of Curtis Linton, a Mormon man living in the predominately white part of Utah. Much to his surprise and chagrin, Linton's world is changed when he and his wife adopt two African American children. After initially receiving praise for their decision, the Lintons begin to face the harsh reality of racism in their own community and



image courtesy www.artswfl.com

country. "Mulholland drives the central themes of his film home by keeping the spotlight on the families," wrote reviewer Madison Gray for the Denton Independent earlier this year. "The film describes how the majority of these families were uneducated and unprepared to deal with racism, and in doing so, shines a much-needed spotlight on how racism can impact any family, anywhere. As producer Curtis Linton remarked, 'Love is not enough. There has to be knowledge. There has to be discovery."

The experience of coming to terms with one's own inherent racism in order to successfully lead your child of color

through a white world is just one of the many important aspects of this film," added Howard Noel after watching the film. "It holds up to our eyes the reality of white privilege and shows us, who have it, that we really don't understand what it is and how it works. However, viewing this documentary helps us greatly to come to that understanding and more importantly, an understanding of what young people of color feel, experience and fear while going through each stage of life as a person of color in a white world."

The 9th annual Fort Myers Film Festival (FMff), which began on Wednesday, April 10 and runs through Sunday, April 14, wraps up on Sunday night with a climatic 7 p.m. champagne and dessert awards presentation at the Broadway Palm Dinner Theatre at 1380 Colonial Boulevard in Fort Myers. That's where festival officials will honor the winners in multiple categories and show one of the award-winning films.

In another FMff first, the festival will confer its inaugural Fort Myers Film Festival Edison Award recognizing distinct innovation and invention in film. Tickets are \$15 each.

For more information about the Fort Myers Film Festival, visit www.artswfl. com/newsfeed/march-22-31-2019/ actors-artists-filmmakers-and-events-inthe-news-march-22-31-2019.

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.☆

Symphony Jazz Ensemble Tó Perform At Estates

The Gulf Coast Symphony Jazz Ensemble will perform at Edison and Ford Winter Estates in the River Pavilion along the Caloosahatchee for the next Rhythm on the River concert on Friday, April 12 at 6 p.m.

The symphony jazz ensemble is led by Sam Piazza on trumpet, John Wadsworth on bass and John Giacco on tenor sax. They will perform hits such as I've Got the World on a String, Moon River and The Girl from Ipanema.

A cash bar will be available. All guests should bring a folding chair as seating will not be available on site. Coolers are not permitted.

Cost is \$20 for Edison Ford members and \$25 for non-

members. A limited number of tickets for \$30 will be available at the door for members and non-members.



The Gulf Coast Symphony will perform at Edison and Ford Winter Estates photo provided

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. Advance tickets may be purchased online at www.edisonford.org.な

FSW To Reflect On Nicaraguan

Movement

ormer President of Costa Rica, Luis Guillermo Solis, will appear at Florida SouthWestern State College (FSW) as part of Voices of Popular Resistance: Reflections on the April 19 Student Movement in Nicaragua in the Rush Auditorium, Building J-103, at FSW Thomas Edison Campus on Wednesday, April 17 from 11 a.m. to 5 p.m. Exiled Nicaraguan student opposition leaders, Lesther Alaman and Jeancarlo Lopez, will also appear.

On April 19, 2018, while administrators from FSW and Polytechnic University of Nicaragua (UPOLI) were in the process of creating a partnership between the two institutions, government opposition protests erupted in Nicaragua. UPOLI students participated in the protests, barricading themselves inside the university's buildings for days, and FSW faculty found themselves caught in

the midst of the protests. Guests from UPOLI and the Coalicion Universitara de Nicaragua and FSW faculty will share their experiences in Nicaragua during this time of unrest.

The presentation is free and open to the community. The schedule includes:

11:15 a.m. - Nine Days in Nicaragua: Voicing Narratives of Crisis in Homogenous, Empty Time with Dr. Eileen DeLuca, interim provost, FSW

12:30 p.m. – The April 19th Movement: The Student Voice with Nicaraguan student opposition leaders Lesther Aleman and Jeancarlo Manuel

2 p.m. – Voices on Central American Democracy Panel: President Luis Guillermo Solis; Dr. Yulia Vorobyeva, junior fellow, United Nations Interregional Crime and Justice Research Institute; and Lesther Aleman, student activist

3:30 p.m. – Echoes in the Chamber: A Cross-Institutional Year in Reflection with Dr. Bruno Baltodano, professor, comparative politics, FSW

FSW Thomas Edison Campus is located at 8099 College Parkway in Fort Myers. Visit www.fsw.edu for more information.☆

Help SCCF Bring Back the Barn Owls

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GulfShore Mustang Club presents a \$4,628 donation to Lee BIA Builders Care. From left, Michael Reitmann, Frank Jenkins, Steve Krystyniak, Phillip Ford, Mandi Wray, Becky Swift, Dan Beiter and Randy Leferink. photo provided

Mustang Club Donates To Lee **BIA Builders Care**

ee BIA Builders Care, the nonprofit charitable arm of the Lee Building Industry Association (BIA), recently received a donation of \$4,628 from the GulfShore Mustang Club of Southwest Florida. The money will support the nonprofit's efforts to provide emergency

construction services at no cost to needy and deserving elderly and/or disabled homeowners, and their families, who cannot obtain repairs through traditional means.

"We are proud to work with Lee BIA Builders Care by volunteering and fundraising in support of their efforts to help our neighbors in need," said Annette Nilles, president of the GulfShore Mustang Club of Southwest Florida. "We are thrilled to grow our club and contribute a greater amount each year,

and hope to continue this trend for years to come.

The donation is a result of funds raised throughout the year at multiple events hosted and attended by the club. To date, the club has donated more than \$20,000 to Lee BIA Builders Care through these events and activities, and members also regularly serve as volunteers at a variety of Lee BIA Builders Care events.

This generous contribution from the GulfShore Mustang Club of Southwest Florida will truly impact the lives of the

homeowners and families we serve," said Becky Swift, executive director of Lee BIA Builders Care. "We are so thankful for their continued partnership as we strive to change lives, one project at a time.'

GulfShore Mustang Club of Southwest Florida, founded in 1999 and chartered by the Mustang Club of America, is made up of Ford Mustang enthusiasts of all types. The nearly 150 members share knowledge and appreciation of Mustangs through various activities including helping the community along the way.☼

Millions In Equity Retired This Year

he Lee County Electric Cooperative (LCEC) Board of Trustees recently approved a \$14.6 million 2018 equity allocation. In addition, an \$11.9 million equity retirement was approved, putting those funds back in the pockets of active and inactive electric cooperative members. This amount includes an \$8.1 million return of equity to inactive customers with memberships that have been closed since 2011, and an additional return of \$3.3 million to current and inactive members. Customers will see credits on their bill or equity checks soon.

Over the years, LCEC has returned more than \$280 million in equity to customers. Equity in LCEC is not equivalent to cash or liquid assets. Equity represents members' investment in

continued on page 8

Lahaina Realty Sive the Gulf Coast Dream



This turnkey furnished 2BD/2BA Riviera Club condo will get you in the vacation mode. Wood cabinets in kitchen, built in wine cooler & more. Close to dining, entertainment & marina.

MLS#219023542 \$570.000

BRAND NEW CONSTRUCTION

Coastal Cottage meets Casual Contemporary in this brand new custom 5 BD/5.5 BA gulf access waterfront home steps to the white sugary beach and Gulf of Mexico. Weekly rental.

MLS#219023792 \$1.346.900

MOVE IN READY BEAUTY

Turnkey furnished 2BR/2BA Admirals Bay unit. Upscale furnishings. Wood-look flooring. Wind-rated windows w/plantation shutters. Under-building parking. Bi-weekly rentals. MLS#219022374 \$274,900



Adorable 3BD/3BA furnished updated island cottage. Metal roof, Bahama shutters, pavered drive & more. Perfect for outdoor entertaining w/pool & spa & watch the game in the tiki hut. MLS#219024085 \$619,000

EXPECT TO SEE THE BEST

Spacious turnkey furnished Cape Coral canal home. Beautifully upgraded w/high end finishings. Generous master suite & 2 spacious guest rooms. Large screened lanai w/pool. MLS#219004723 \$399,000



2BD + Den/2BA Cathedral ceilings, new AC, electric storm shutters, Lanai's front & back, updated appl. & solid surface counters in kit. & baths. One car detached garage. MLS#218023223 \$225,000

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Along The River

Pace Center for Girls, Lee County will kick off its 11th annual Love That Dress! collection series with a celebration of fashion and giving at Fort Myers Infiniti on Thursday, April 11 from 5:30 to 7:30 p.m.

Love That Dress! is an annual campaign soliciting donations of new and gently loved dresses, handbags, shoes and accessories.

The kick-off event will feature a full cash bar, appetizers and a special performance from the girls and young women of Pace. There is no cost to attend, but guests who bring a donation will be entered into a prize drawing and have an opportunity to purchase discounted tickets for this fall's Love That Dress! event. Additional raffle baskets are available, and Pace girls will be selling pieces from their exclusive collection of artwork.

Guests at the kickoff also can be among the first to purchase tickets for a chance to win a 24-month lease on a new 2019 Infiniti QX50 SUV. Only 150 tickets will be sold, and the winner will be drawn at Love That Dress! on August 21.

Fort Myers INFINITI is located at 14990 South Tamiami Trail in Fort Myers. For more information, visit www.pacecenter.org/locations/lee or call 425-2366.

The 2019 **Fort Myers Film Festival**, which runs from April 10 to 14, will continue to show indie movie viewings at select venues.

Fly Like A Girl, a film about young girls and women relentlessly pursuing their



More than 450 fashionistas shopped at last year's Love That Dress!

photo provided

passion for aviation by Katie McEntire Wiatt, will be viewed at the **IMAG History and Science Center**, 2000 Cranford Avenue in Fort Myers, this Friday, April 12 at 6 p.m. There will be a meet and greet and a question-and-answer session afterward. Tickets are \$10 each.

The festival will culminate at the Champagne and Desserts Award Gala at **Broadway Palm Dinner Theatre**, 1380 Colonial Boulevard in Fort Myers, on Sunday, April 14 at 7 p.m. The gala will honor the winners with a showing of one award-winning film and the first-ever

Fort Myers Film Festival Edison Award for distinct innovation and invention in film. Tickets are \$15 each.

For more information and the entire listing of films, visit www. fortmyersfilmfestival.com or join www. facebook.com/fortmyersfilmfestival for updates and events.

Keep Lee County Beautiful (KLCB) will host this year's **Global Youth Service Day** (GYSD) at **Lover's Key State Park** on Saturday, April 13 from 9 a.m. to 1 p.m.

KLCB is looking for youth volunteers,

ages 12 to 18, to work in small groups to accomplish a variety of projects such as painting, assembling recycle bins, trail trimming, beach cleanup and other fun and worthwhile tasks. Immediately following the event, all volunteers will enjoy a free lunch celebration and admission to Lovers Key State Park for the day.

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

Lover's Key State Park is located at 8700 Estero Boulevard on Fort Myers Beach. Visit www.klcb.org/global-youth-service-day.html for more information and to register.

Cape Bike Night will be held in downtown Cape Coral outside Dixie Roadhouse on Saturday, April 13 from 5 to 10 p.m. Several blocks of SE 47th Terrace will be closed off to all traffic except motorcycles.

Sponsored by Cape Coral Parks and Recreation, the bike night will feature live bands, food, vendors and fun.

The live music lineup includes Relentless Fire from 5:30 to 6:30 p.m., Signal 3 from 7 to 8 p.m. and headliner Completely Unchained, a Van Halen tribute band, from 8:30 to 10 p.m. The staging area for vendor placement is located at SE 8th Court and SE 47th Terrace.

For more information, visit www. ccbikenight.com. $\mbox{$\frac{1}{2}$}$

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Concert Band To Perform Sunday

The Southwest Florida Concert Band will perform a concert Traveling Through Music at South Fort Myers High School on Sunday April 14 at 2 p.m.

The 50-member community band will open the concert with an upbeat arrangement by Robert Sheldon based on the theme of The Arkansas Traveler. The band will play a grooving Latin number called Carnival in Sao Paulo that will be hard to sit still for, and then feature, one of our trumpet players in a solo number. There will be a stirring march from Italy called Florentiner, and the band will perform What A Wonderful World with a saxophone solo. The band will play a Jamaican Folk Suite of three movements that is certain to give you the laid back feel of the Caribbean Islands. Our associate conductor has chosen an extremely impressive overture called Metroplex. The music will take visitors on a journey through the Wonderful World of Disney. The program will also include some music from Greece and a dynamic and memorable arrangement of Curtain Call. The Brass Quintet will show up to play a couple of numbers to round out the program with The Stars and Stripes Forever by John Phillip to end it.

The band will also be awarding its annual scholarships at this concert.

All concerts are free with donations

South Fort Myers High School is

located at 14020 Plantation Road in Fort Myers. For more information, visit www. swflconcertband.org.☆

From page 7

Equity

LCEC's electrical system in the form of substations, poles, lines, transformers and other facilities. The amount of equity allocated to each member each year is calculated based on the amount of electricity used by the member in the period. Equity equates to financial strength for LCEC members. It allows for improvements in the delivery of power and service through capital projects without incurring costly loans, which helps keep rates low.

"LCEĆ is proud of the financial strength that has allowed us to return equity to our customers for many years," stated Chief Financial Officer Denise Vidal. Equity ownership is one of the benefits of belonging to a financially stable electric cooperative. Many electric cooperatives in the United States are able

Vidal said, "Mortgage clauses from LCEC lenders require financial ratios to remain at minimum levels. Depending on operating costs and capital requirements, it is not always possible to return equity, and this year we are." The LCEC Board of Trustees reviews the LCEC financial position each year to make a determination regarding equity management.

United Way Campaign Raises Record Amount

The United Way of Lee, Hendry, Glades, and Okeechobee has reportedly exceeded the 2018-19 campaign goal of \$10,301,386. This is the 26th consecutive year that the goal has been met or exceeded.

Campaign Chairs Linda Doggett and Robert Shearman made the announcement that local residents and companies contributed a record amount of \$10,438,361 to the campaign, a 4 percent increase. The theme of the 2018-19 United Way Campaign was the The Power of U! "The generous people of Southwest Florida took The Power of U! theme to their hearts and put the campaign over the top," said Doggett.

Shearman said, "Not only did we top the goal, we exceeded it by over \$100,000. That means more local people can be helped by our 96 United Way Partner Agencies. We live in an extraordinarily generous community, and to all of you who gave, we thank you from the bottom of our hearts."

"Making the goal means our agencies will receive their full share of funding for the coming year, including agencies and programs that are new to the network such as the Cape Coral Caring Center, Midwest Food Bank, Cancer Alliance, and Gulf Coast Humane Society," said Doggett. "Long standing United Way partners like Abuse Counseling and Treatment,



Campaign chairs Robert Shearman and Linda Doggett

photo provided

Children's Advocacy Center, The Salvation Army, and Bonita Springs Assistance will be able to continue their vital programs because our United Way surpassed goal. Because of your generosity, hungry families will receive food, veterans will find support through Mission United, abused children will find safety and shelter, older persons can find assistance to remain in their own homes, and thousands of lower income families can get their taxes done free through Volunteer Income Tax Assistance (VITA). You gave so others could have a better life"

could have a better life."

Shearman added, "All funds raised by our United Way stay here in our

community, and our United Way keeps administrative and fundraising cost extremely low, investing 92 percent of the money raised into local agencies and programs. Our United Way has been named a four-star charity, the top rating on Charity Navigator for the past seven years, and we are one of very few charities in the nation to receive a perfect overall score of 100 percent. Charity Navigator

is one of the most utilized evaluators of charities used to guide intelligent giving."

The top local contributing companies and the top communities are as follows:

One Million Dollar + Circle of Excellence

- Publix, Bonita Bay Community

Five Hundred Thousand + Circle of

Five Hundred Thousand+ Circle of Excellence – Bonita Bay Group, Islands of Sanibel & Captiva

Two Hundred Thousand+ Circle of Excellence – Pelican Landing, Chico's FAS, FineMark National Bank & Trust, Enterprise Holdings, LCEC One Hundred Thousand+ Circle of

One Hundred Thousand+ Circle of Excellence – Mediterra, Lee Health, Fiddlesticks, Grandezza, Lee County School District, Lee Board of County Commissioners, Shadow Wood, McGriff Insurance Services, Gulf Harbour, Shell Point

Break-Out Campaign Award – Alta Resources

Many United Way Partner
Agencies were represented at the goal
announcement, and executive directors of
the agencies talked about how important
United Way is to their success and ability
to assist their clients.

to assist their clients.

The United Way of Lee, Hendry,
Glades, and Okeechobee has raised
and distributed over \$177 million since
it was established in 1957. For more
information, call United Way at 433-2000
or visit www.unitedwaylee.org.

First Responder Hazardous Waste Certification Class

The Ostego Bay Oil Spill Co-op will present the mandatory OSHA CFR 1910/120 training at the Ostego Bay Marine Science Center on Monday, April 22, Tuesday, April 23 and Thursday, April 25

"This training is invaluable for both first responders and volunteers," said Ostego Bay Oil Spill Co-Op President Joanne Semmer. The program begins with classroom instruction at the center on April 22 and April 23 from 9 a.m. to 5 p.m. The water drill day and annual refresher will be held on April 25 at Salty Sam's Marina, 2500 Main Street on San Carlos Island

Cost to members of the Ostego Bay Oil Spill Co-Op is \$300 per person or \$350 for non-members. Those that require just the eight-hour yearly recertification meet on April 25 at Salty Sam's Marina. The re-certification class is \$100 for members or \$150 for non-members. Registration and payment must be made in advance by contacting Joanne Semmer at 470-4993.

In 1991, the state of Florida began requiring local marinas to either maintain first-response capabilities themselves or contract with outside experts to provide those first response services. The Ostego Bay Environmental Response Co-op was created in 1992 to meet those state requirements and meet the needs of the local maritime community.

Should boaters encounter an oil or fuel

spill, they should contact the U.S. Coast Guard National Response Center at 800-424-8802, which is not a response agency but serves as an emergency call center that fields initial reports for pollution and forwards that information to appropriate federal/state agencies for response

The Ostego Bay Marine Science Center is located at 718 Fisherman's Wharf on San Carlos Island.

LCDAS To Host Foster Information Session Saturday

ee County Domestic Animal Services (LCDAS) is looking for volunteers to provide foster homes for pets. A foster information session will be held at LCDAS on Saturday, April 13 from 1 to 3 p.m.

Dr. Nicole Ferguson, Lee County veterinarian, will be on hand to discuss the do's and don'ts of fostering. The session will be helpful for anyone interested in fostering kittens, puppies or possibly an injured animal while it heals.

Foster home providers with LCDAS will be given the supplies needed to begin the steps to become a pet parent. If unable to attend Saturday's session, visit www. leelostpets.com and complete the foster application. Applicants will be contacted after the submission has been processed.

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Easter Egg Hunts Begin Saturday

our Lee County Parks & Recreation ■ sites will offer opportunities for children to put their egg-hunting skills to the test in advance of Easter, which is April 21.

The annual Easter Egg Hunt at Wa-Ke Hatchee Recreation Center will be held on Saturday, April 13 from 10 a.m. to noon. Children up to age 12, their families and friends are invited to the hunt with a visit from the Easter Bunny. Refreshments will be provided. Cost is \$5 per child (cash only); adults can attend for

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

The North Fort Myers Community Park's Annual Easter Egg Hunt will be held on Saturday, April 13 from 9 to 11 a.m. The event will feature an egg hunt for ages 10 and under, refreshments, prizes and a photo opportunity with the Easter Bunny. Cost is \$5 per child and pre-registration is encouraged.

The North Fort Myers Community Park is located at 2000 North Recreation Park Way in North Fort Myers. For more information, call 533-7200 or visit www. leeparks.org.

Estero EGGStravaganza will be held at Estero Recreation Center on Saturday, April 20 at 8 a.m. by calling the recreation center at 239-533-1470 or online at www.leeparks.org. The event for children age 12 and younger will include the egg hunt, crafts, refreshments and the opportunity to meet the Easter Bunny. Cost is \$5 per child. A new EGGStraspecial category has been added this year for individuals with special needs. Children will be arranged in four groups: ages 3 and under; ages 4 to 7, ages 8 to 12 and EGGStraspecial. Each age group has the chance to find a prize egg, which wins them an Easter basket full of goodies. This is an outdoor event, weather permitting.

Estero Recreation Center is located at 9200 Corkscrew Palms Boulevard in Estero. Preregistration is required. For more information, call 533-1470.

Veterans Park Annual Colored Coconut Hunt will be held on Saturday, April 20 from 10 a.m. to 1 p.m. Colored coconuts and candy-filled eggs will be hidden in designated areas of the recreation center park grounds. Activities include the egg hunt, games and face painting. The hunt will be broken in to four different age groups with colored coconuts and eggs in each patch. Age groups are: 2 and younger; 3 to 5; 6 to 8; and 9 to 11. Prizes will be given for special eggs and different colored coconuts. The Easter Bunny will visit. Cost is \$5 per child.

Veterans Park Recreation Center is located at 55 Homestead Road South in Lehigh Acres. Participants can register at www.leeparks.org, or by calling 369-1521. Advance registration is required.

All information is available at www. leeparks.org.☆

Lee County Food-Rescue Campaign Begins

ee County Solid Waste's second annual Donated not Wasted food rescue campaign, which encourages seasonal residents and visitors to donate unopened pantry items before returning north, is accepting unopened canned or dry goods at any Lee County Library System location or Lee County Recreation Center before April 22.

We were delighted with the participation during our inaugural campaign in 2018," said Pam Keyes, Lee County Public Utilities director. "Last year, 3,771 pounds of food was collected over the two weeks - enough to provide 3,143 meals to those in need."

About 70,000 tons, or 13 percent, of the waste stream in Lee County is food, according to a 2016 waste audit. Nationwide, Americans throw out about 30 percent of the available food supply.

Lee County Solid Waste is asking the public to join the effort along with partners Harry Chapin Food Bank, Waste Pro, FOX4, the Lee County Library System and Lee County Parks & Recreation to help route food that might otherwise end up in the waste stream to the county's population of people in need.

Drop off locations include: Estero

Recreation Center, 9200 Corkscrew Palms Blvd., Estero; North Fort Myers Recreation Center, 2000 North Recreation Park Way, North Fort Myers; Veterans Park Recreation Center, 55 Homestead Road South, Lehigh Acres; Wa-Ke Hatchee Recreation Center, 16760 Bass Road, Fort Myers; Bonita Springs Public Library, 26876 Pine Avenue, Bonita Springs, Cape Coral-Lee County Public Library, 921 SW 39th Terrace, Cape Coral; Captiva Memorial Library, 11560 Chapin Lane, Captiva; Dunbar Jupiter Hammon Public Library, 3095 Blount Street, Fort Myers; East County Regional Library, 881 Gunnery Road, Lehigh Acres; Fort Myers Regional Library, 2450 First Street, Fort Myers; Johann Fust Community Library, 1040 West 10th Street, Boca Grande; Lakes Regional Library, 15290 Bass Road, Fort Myers; North Fort Myers Public Library, 50 Pine Island Road, North Fort Myers; Northwest Regional Library, 519 Chiquita Boulevard North, Cape Coral; Pine Island Public Library, 10701 Russell Road, Bokeelia; Riverdale Branch Library, 2421 Buckingham Road, Fort Myers; South County Regional Library, 21100 Three Oaks Parkway, Estero; Six Mile Cypress Slough Preserve, 7751 Penzance Boulevard, Fort Myers; and Topaz Court Solid Waste Annex, 6441 Topaz Court. Fort Myers.

For more information, visit www. leegov.com/solidwaste or call 533-8000.⇔

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, 2756 McGregor Boulevard, 226-0900. ALL SAINTS BYZANTINE RITE CATHOLIC Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023

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

BAT YAM-TEMPLE OF THE ISLANDS Friday Shabbat at 7 p.m. 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. simplysimpleworship.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, 5620 Winkler Road, 433-7708.

CHAPEL OF CYPRESS COVE Sunday 10 a.m., www.revtedalthouse@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, 1619 Llewellyn Drive, 334-4978.

COVENANT PRESBYTERIAN

Sunday 10 a.m. 2439 McGregor Boulevard,

CYPRESS LAKE BAPTIST

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

CYPRESS LAKE PRESBYTERIAN
Sunday 8, 9, 10 and 11 a.m. 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.christianscience fortmyers.net, www.christianscience.com. 2390 West First Street, 334-6801

FIRST CHURCH OF THE NAZARENE Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511. FIRST UNITED METHODIST CHURCH Sunday 9:30 a.m. and 5:30 p.m. www. fumcftmyers.org, 2466 First Street, 332-1152. FORT MYERS CHRISTIAN Sunday 10:30 a.m., 5916 Winkler Road,

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

Sunday 10 a.m., 8210 College Parkway,

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

11 a.m. Sunday, www.fpcfortmyers.org, 2438 Second Street, 239-334-2261 IONA-HOPE EPISCOPAL CONGREGATION

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

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

KINGDOM LIFE

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

LAMB OF GOD

Sunday 7:45 and 10 a.m., www. lambofgod church net, 19691 Cypress View Drive,

NEW BEGINNINGS CENTER

Friday 6:30 and 7 p.m. nbcministry@ embarqmail.com, facebook.com/nbcministry, 8505 Jenny Cae Lane, 656-0416.

NEW COVENANT EYES

Monthly 9 a.m., 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.newhope fortmyers.org, 10051 Plantation Road,

PEACE COMMUNITY

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

PEACE LUTHERAN

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

Sunday 8:15 and 10:15 a.m. 3950 Winkler

Ext., 274-0143

RIVER OF LIFE ASSEMBLY OF GOD 8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.

SAMUDRABADRA BUDDHIST CENTER Meditation classes. www.MeditationInFort Myers.org, 567-9739

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

ST. FRANCIS XAVIER CATHOLIC Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 2157 Cleveland

Avenue, 334-2161. SAINT JOHN THE APOSTLE **METROPOLITAN**

Sunday 10 a.m., 3049 McGregor Boulevard,

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY Sunday 9:30 a.m., www.saintnicholasmonast

ery.org, 111 Evergreen Road, 997-2847.

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

SOUTHWEST BAPTIST

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

TEMPLE BETHEL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)
Friday 6:30 p.m. and Saturday 9 a.m., www. tjswfl.org, 14486 A&W Bulb Road, 433-0201. THE NEW CHURCH

Sunday 11 a.m., www.newchurchflorida.com, 10811 Sunset Plaza Circle #401, 481-5535.

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

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

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

WORD OF LIFE

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

ZION LUTHERAN

Sunday 8, 9:30 and 10:45 a.m., www.zionfm. org, 7401 Winkler Road, 481-4040.☼

CROW Case Of The Week:

Mottled Ducklings



by Bob Petcher

mottled duck (A. fulvigula **L**fulvigula) is similar in size to a mallard and possesses a sturdy body, short neck, short tail and a good-sized bill. In fact, the Florida mottled duck is

often referred to as the Florida duck or the Florida mallard.

The mottled duck is one of a few nonmigratory ducks in North America. These stay-at-home dabbling ducks mainly feed at the surface and are known to only dive when being pursued by a predator.

Mottled ducks form pair bonds earlier in life than most other ducks. In fact, unlike most waterfowl, mottled ducks are almost never seen in large flocks and travel in pairs or small groups.

A major threat to the survival of the mottled duck is the release of numerous mallards in the southeast. These feral birds interbreed with mottled ducks, diluting their wild population.

Young mottled ducks are said to leave the nest shortly after hatching. Their mothers will lead them to feeding sites in water roughly 24 to 48 hours after hatching, and the young are forced to feed themselves. These juveniles are able to make short flights to escape danger at about 50 days old. They are also capable of sustained flight between 60 to 70 days.

At CROW, a group of 11 mottled ducklings was admitted from Fort Myers. A female mottled duck apparently laid her eggs in a courtyard of an apartment building that contained a pool, but no other suitable water source was around.

When the ducklings hatched, they were unable to escape the courtyard because it was surrounded on all four sides by an apartment building. Residents corralled the ducklings and brought them to CROW. The ducklings were all given vet checks and appeared to be in good health.

An attempt to reunite the ducklings with their mother, who evidently flew out of the courtyard, was unsuccessful. As with many other orphaned/abducted wildlife this time of year, the ducklings will be raised at the wildlife hospital until they are old enough to survive on their own in the wild.

'The ducklings were less than one week old when they came to us," said Dr. Kyle Abbott, CROW veterinary intern. "Ducklings are usually able to fend for themselves at around two to three months of age.

Until the ducklings are old enough, they will remain at CROW to be cared

"The ducklings are fed a duck chow diet that is designed for growing ducklings. It has the right balance of nutrients for their development," said Dr. Abbott. "As they grow, the diet is transitioned to an adult duck diet. They are fed their duck chow, as well as



Patients #19-0927 through #19-0937 go about their daily business while being cared for at **CROW** photo by Brian Bohlman

greens, in water so that they know how to feed themselves when returned to the

After a couple of months of care and feeding, the patients should be able to return to the wild.

"The ducklings will be released as close to where they were found as possible, with the location being chosen based on where there is adequate food supply and minimal human interaction," said Dr. Abbott. "Once the ducklings

have their full adult plumage and can fly and avoid predators, they will be released.

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.☆



Time To Think Tarpon



Matt Mitchell

s we approach the middle of April, several times a week I'm seeing tarpon during my travels through the sound and hearing more and more reports

of them being caught in random places. Booking April tarpon trips can be good or bad depending on if we get a late cold front, which causes all the fish to simply disappear. Most years I wait until May 1 before I schedule tarpon charters. This year, with so many fish here so early, I'm planning on starting at the end of April.

If you have never spent any time tarpon fishing, you won't get it. Simply put, it is addictive as we sit for hours some days chasing that crazy adrenaline rush that only a tarpon hook-up can give the angler. There is not another fish that swims our waters that arrival brings such anticipation. Words that come to mind when trying to describe a tarpon to someone who has never tarpon fished are "crazy strong, hard fighting, thrilling yet majestic." Such a adrenaline rush leaves the lucky angler

shaking and often exhausted.

Water conditions in the sound for the annual tarpon migration are better than we have seen in years. The sound is not only clean and clear but loaded with bait that will keep these fish around. Schools of ladyfish and Spanish mackerel have been popping up all over the sound and, whereever you find this setup, the tarpon are not far behind.

This week my second boat with Capt. Jason hooked our first tarpon of the season while shark fishing in the northern sound. Though I am carrying tarpon gear on every charter, it's not quite time for me to make the switch yet. If I run across these fish while doing something else though, I'm ready to do battle.

Our prep work for tarpon has already started with new rods and reels put together, re-spooling new line along with getting the tackle together. along with reconnecting with my crab and mullet people. Phone calls among our close circle of fellow guides have already started. The more eyes that are out there during tarpon time, the better. This will be my 20th tarpon season as a fishing guide and, even after doing it for so many years, the anticipation still gets me fired up.

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.



John Stockdale from Tampa with a 32-inch snook caught while fishing with Capt. Matt Mitchell this week

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Florida Gulf Coast University Provost Jim Llorens, center, and Mote Marine Laboratory President & CEO Michael Crosby, right, add their signatures to a Memorandum of

University Partners With Laboratory For Research

Plorida Gulf Coast University (FGCU) and Mote Marine Laboratory & Aquarium have entered into a Memorandum of Understanding (MOU) to kick off a partnership that addresses the impacts of harmful algal blooms (HAB) to Florida's environment, economy and

This MOU, signed by Mote President and CEO Michael P. Crosby and FGCU President Michael V. Martin, sets the framework for future collaboration between the two organizations.

Working in partnership, Mote and FGCU will use science to develop innovative technologies to decrease the impacts of red tide and other harmful algal blooms," said Crosby. "This MOU will facilitate collaboration through productive basic and applied scientific research, innovative engineering and technology development, and education related to harmful algal blooms. Our joint goal is to not just gain a greater understanding about the ecological forcing functions of red tide and other harmful algal blooms, but to actually do something to decrease the devastating impact of HABs to our environment, our economy and our quality of life.

Mote and The Water School at FGCU will be pursuing productive scientific research, innovative technology development, and

undergraduate and graduate education with a focus on harmful algal blooms. The MOU was signed Thursday, April

"FGCU is very pleased to formalize an ongoing partnership with Mote Marine Laboratory," said Martin. "Most assuredly working together, and with other colleagues across the state and nation, we can bring science to bear on the challenges of maintaining Florida's critical water resources. This is a great day for FGCU and the citizens we serve, current and future.'

Several opportunities for partnership between the two organizations are outlined in the MOU, with a term of five years and the option to renew. Mote and FGCU will collaborate on:

Improved understanding of dynamics and forecasting of harmful algal blooms;

Developing effective and ecologicallysound mitigation technologies to decrease the adverse effects of harmful algal blooms; and

Joint appointments of instructional and research faculty for undergraduate and graduate courses, procurement of funding for research, and implementation of cooperative research

"We're very excited about this partnership with Mote Marine Laboratory," said Greg Tolley, who is leading The Water School at FGCU. "We have been working with Mote scientists off and on since we opened, but this new collaboration will bring together the best talent in Southwest Florida to address one of our most

From page 1

Chamber Players

Sarasota Opera Orchestra and the Artosphere Festival Orchestra. Brachle has performed with the Naples Philharmonic Orchestra, New World Symphony, Boca Sinfonia, Symphony of the Americas and the Ars Flores Symphony Orchestra. Lan conducts master classes in the United States, Singapore and Thailand, and serves on the faculty of Broward College and Palm

Beach Atlantic University. A co-founder and artistic director of Beaux Arts Chamber Music Series in Naples, Lan also performs with Steinway Artist Tao Lin as Duo Beaux Arts.

As part of the program, guests will be offered fellowship and a dessert reception with the performers following the concert.

The Woodlands at Shell Point is located at 14441 Woodsong Lane in Fort Myers. For more information and tickets, visit www.shellpoint.org/concerts or call 454-2067.☆

Clay Shooting Tournament

ee Association for Remarkable Citizens (LARC) will host the inaugural Aiming for Ability Clay Shooting Tournament at Sarasota Trap Skeet & Clays on Friday, May 17. Registration begins at 8:45 a.m., a mandatory safety meeting is at 9:30 a.m., and shooters will head out at 10 a.m. to take their best shot in support of people with disabilities. Lunch and awards will immediately follow.

All proceeds will benefit LARC's newest program - LAB: Learn, Achieve, Become.

Entry fee is \$500 per foursome or \$125 per person and includes breakfast and lunch, ear protection, 50 targets, two boxes of ammunition and golf cart. Participants must be age 18 or older. Shotgun rentals are available for an additional fee. Trophies will be awarded

to first through third place teams.

"We are encouraging shooters of all skill levels to join us for this fun morning benefiting LARC's newest program, LAB," said Angela Katz, LARC development director. "LAB will offer an experiential learning environment for individuals with intellectual and developmental disabilities. LAB transforms traditional program areas into spaces for innovation, vocation, demonstration and learning. Five Labs will focus on skills that maximize independence and employment success.'

The event is sponsored by Mark Loren Designs and Miloff Aubuchon

Realty Group.

Sarasota Trap Skeet & Clays is located at 3445 Rustic Road in Nokomis. To register or learn more about sponsorship opportunities, visit www.larcleecounty.org or contact Katz at 334-6285, Ext. 229 or angelakatz@ larcleecounty.org.☆

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Native twinevine is a host and nectar source for monarch, queen and soldier butterflies photo by Gerri Reaves

Plant Smart

White Twinevine

by Gerri Reaves

Tative white twinevine (Funastrum clausum) is a long-lived perennial and member of the dogbane or milkweed family, Apocynaceae. It grows in the lower half of the state in shell mounds, coastal hammocks and moist areas such as swamps.

Like its milkweed relatives, it is an excellent choice for a butterfly garden. It is a host and nectar plant for the monarch, queen and soldier butterflies, as well as an important nectar source for bees and wasps. The stems are fleshy, not woody, and grow up to 30 feet long.

The dark-green evergreen leaves are opposite, oblong or linear, and one to three inches long with pointed tips.

The umbrels - think "umbrella" - of white five-petaled flowers are showy, fragrant and finely haired. Each flower stalk arises from a single point and bears only one flower at the top.

Flowers measure about a half-inch

across and have purple color at the base of each lobe to form a circle at the center. Blooms can appear throughout the year absent of cold snaps, for the plant does not tolerate cold well.

The brown fruit bears a tuft of hairs that aids in wind dispersal.

Plant white twinevine in full to partial shade. Because it's an aggressive grower, it will quickly cover a trellis or fence. However, if not pruned, it will spread a tangled mat over nearby plants as well.

Propagate it with seeds or cuttings. Take care when handling it, for it is toxic and, like milkweed, exudes an irritating milky sap when broken.

Remember to avoid the use of pesticides and lawn chemicals so butterflies and other pollinators are not killed by the very plants that attract them.

Sources: Everglades Wildflowers by Roger L. Hammer, Florida Wild Flowers and Roadside Plants by C. Ritchie Bell and Bryan J. Taylor, www.flawildflowers. org, www.fnps.org, and www. hawthornhillwildflowers.blogspot.com.

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

Great American Cleanup This Saturday

ark your calendar for the annual Great American Cleanup Laka Trash Bash on Saturday, April 13 from 8 to 11 a.m. This year will be Keep Lee County Beautiful's 21st anniversary for hosting this county-wide cleanup event. Keep Lee County Beautiful recruits volunteers, site captains, area managers and local sponsors to foster unity and strengthen community bonds through beautification and improvement efforts across Lee County.

Last year, over 900 volunteers participated in the Great American Cleanup at more than 40 simultaneous locations across Lee County. The volunteers collected over 24,000 pounds of trash and debris.

The event is a call to action to create more sustainable communities by focusing volunteer efforts on activities that impact aesthetic community improvements and the environment. Volunteers of all ages are welcome and any individual, family, school, group, place of worship, business or government entity can coordinate or participate.

For more information and to sign up, visit www.klcb.org/great-americancleanup.html. If you have a group and would like to be a site captain of another location, call 334-3488 or email mike@klcb.org.\$

Evening Bird Patrol At Bunche Beach

experience the beautiful birds of Bunche Beach with a bird patrol ■guide on Wednesday, April 17 at 6 p.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 on 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 microinvertebrates. 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.☆

Access Enhanced At Yellow Fever Creek Preserve

aublic access has been enhanced at Yellow Fever Creek Preserve in northeast Cape Coral with the installation of a new paved parking entrance and berm around a three-acre pond, increasing fishing opportunities for visitors.

The 340-acre preserve, acquired in 2001 using funds from Conservation 20/20, features 2.5 miles of marked hiking trails through predominantly pine flatwoods. A Florida freshwater fishing license is required in order to fish.

The preserve also includes portions of the headwaters of Yellow Fever Creek, a narrow channel that accumulates shallow water during the wet season. A hydrologic restoration was completed in 2018 to improve the banks of the pond and allow aquatic plants along its slopes to more easily filter water of excess nutrients. The restoration was supported with funding from the Florida Fish & Wildlife Conservation Commission.

Wildlife sightings are abundant at the preserve. Common sightings include hawks, the Florida sandhill crane and gopher tortoise, a state-listed threatened

The preserve is located near the intersection of Del Prado Boulevard and Kismet Parkway. Parking and entry are both free. The preserve is open daily during daylight hours.

Visit www.conservation2020.org for more information and to download trail maps.☆





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Julie Kuhns and Samira K. Beckwith

Social Worker Of The Year Honored

ope Healthcare President and CEO Samira K. Beckwith was named Social Worker of the Year by the National Association of Social Workers Florida Southwest Unit.

"We recognize Samira's outstanding achievement in social work, palliative care photo provided

and service to her community locally and nationally," said NASW Florida Southwest Unit Acting Chair Julie Kuhns, LCSW.

Hope Healthcare, which includes Hope Hospice and Hope Kids Care programs, 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, call 482-4673 or visit www.hopehcs.org.☆

Bank Adds Senior Manager

reg Blurton has joined Edison National Bank in a newly created senior management position as vice president of commercial lending and business development.

"Greg is well known in the Southwest Florida

Greg Blurton

business community," said Robbie Roepstorff, bank president. "He has extensive experience in managerial,

business development and lending roles with well-established local entities providing banking, financial and investment management services."

Blurton holds a bachelor of science degree in business management from Hodges University, and is a graduate of the ABA Stonier National Graduate School of Banking at the University of Pennsylvania, the preeminent executive management school for the financial services industry. A long-time resident of Lee County, he has an active history of community engagement, serving organizations including Rotary Club of South Fort Myers, Habitat for Humanity of Lee and Hendry Counties, and the Estate Planning Council of Lee County. An honorably discharged U.S. Air Force senior airman, Blurton has volunteered as a coach and mentor for several local schools and youth groups.☆

Chairman Named For School Board

he law firm of Henderson, Franklin, Starnes & Holt, PA Business Litigation Attorney Jarred Duke has been named chairman of the Evangelical Christian School (ECS) Board of Directors. Founded

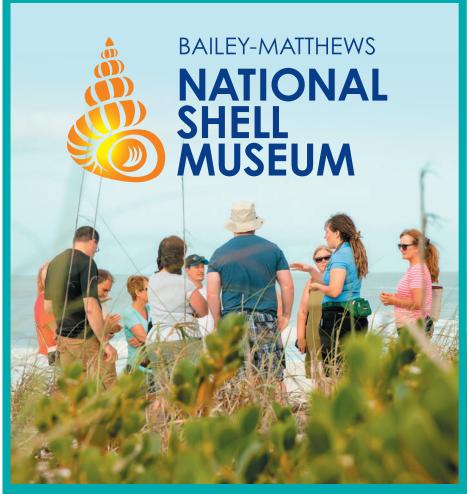


Jarred Duke

in 1973, ECS is a private, college preparatory school that focuses on education from a Biblical worldview.

Duke is the social chair of the Lee County Bar Association's Young Lawyers Division, and is a member of The Florida Bar's Young Lawyers, Business Law, Entertainment, Arts & Sports, Real Property, Probate & Trust and Labor and Employment Law

Duke is a Lee County native and a 2006 graduate of ECS. He received his undergraduate degree from Florida Gulf Coast University in 2010 and his law degree from New York University School of Law in 2014. A



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A Conversation On Illegal Immigration



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

'n the early 1900s, a Jewish family from Kishinev in what is now Moldova, led by a man named Shmuel (anglicized as Samuel) Fogle, made a difficult decision to leave everything and everyone they knew and loved to immigrate to America. Some 35 years before the Holocaust, brutal pogroms flared across eastern Europe. Jews weren't allowed to conduct business or vote. During the Kishinev pogrom of 1903, Russians pillaged the Jewish shtetl, raping dozens and killing

There were so many Jewish families fleeing persecution in eastern Europe that the United States limited the number it would accept. At the time, immigrants who didn't share the majority's religious views weren't viewed as valuable new citizens.

They couldn't speak English. Many hadn't attained university diplomas. The Jewish immigrants displaced lower middle-class citizens because they'd perform manual labor on the cheap. Sound familiar?

The Fogle family could not get visas and were therefore denied entry to the land of liberty, so they made their way across the Atlantic to Canada, who did accept them. Eventually, the family snuck across the Vermont border, hiked across the Berkshires and down the Hudson River Valley to the lower east side of Manhattan in New York City, at the time the most densely populated place on earth, where

It wasn't uncommon for an entire family (husband, wife and four or more children were the norm) to share one 600-square-foot apartment. The streets were dirty and smelly. No one but these grimy immigrants would reside there. Tuberculosis spread rapidly, and if you didn't speak Yiddish, you couldn't easily navigate the neighborhood.

Over the next 100 years, their progeny became doctors, accountants,

businessmen, judges, engineers... and yes, lawyers. Many of whom are now productive, upstanding, taxpaying members of society. In fact, I'm a greatgrandson of Sam Fogle. The illegal immigrant.

Richard Viguerie, a conservative political consultant spoke at a conference I attended last week. Over breakfast, we discussed many topics, one of which was illegal immigration, which he opposes, and President Trump's tough stance on immigration, which he favors. When I expressed my sympathies towards today's immigrants given my family history, he simply stated, "bending to illegal immigration and having wide open borders jeopardizes our sovereignty as a nation so I oppose it. You can't allow outlaws."

Explaining his view on why many don't have a problem voicing opposition to hardline immigration policies, Viguerie quipped, "The left wants open borders because it leads to undocumented Democrats!" Several others, all with differing views, participated in our breakfast conversation. No one expressed anger, and there was, in my opinion, an interesting, valuable and polite exchange of ideas.

I venture away from my normal estate planning topics today, for which I hope you forgive me, because I don't believe, even in today's heated political atmosphere, that we should shy away from political discussions on divisive subjects. I say this with the caveat that everyone show respect for one another, especially to those with differing views. Too often we all live in our own echo chamber, only listening to those with whom we agree. There's value in listening to the other side.

The American system of government anticipates conflicting ideas. It's why our country is so great. It's only when we aren't willing to respect one another, truly listen and look for common ground seeking compromise that our political system breaks down. Our system is imperfect in that no one usually gets everything that he or she wants. In a heterogenous melting pot society, that's actually a preferred

I feel fortunate that my ancestors had the guts to leave horrifying conditions to overcome, or even circumnavigate, political obstacles to reach their intended destination. They sacrificed so that their progeny two, three and even four generations removed could lead fruitful, productive and peaceful lives.

At the end of our conversation, I asked Viguerie whether he believes we're heading towards a civil war of sorts. "I believe we're already in one," he answered.

I certainly hope not.

©2019 Craig R. Hersch. Learn more at www.sbshlaw.com.



Sarah Owen and Angela Katz

LARC Receives **Grant From** Foundation

ee Association for Remarkable Citizens (LARC) received a \$12,150 Community Impact grant from The Southwest Florida Community Foundation to purchase iPads, cases and apps for individuals in LARC's Bonita Springs Adult

Training program.

LARC's Adult Day Training program is designed to enhance abilities and help individuals with intellectual and developmental disabilities live a happier, more productive and independent life. Activities include self-care and daily living skills, as well as a variety of pre-vocational and life skill opportunities. Opportunities

photo provided

are provided to increase fine and gross motor activities, communication skills, academic skills, positive behavioral approaches, independent living skills, social skills and recreation and leisure skills.

We are grateful for the support of The Southwest Florida Community Foundation. The iPads will replace equipment that is outdated and will allow us to download apps and programs that are beneficial to individuals with intellectual and developmental disabilities," said Angela Katz, LARC development director. "They will help develop motor skills, cognitive abilities, language comprehension and speech. For people lacking motor skills, touch screens are more intuitive devices."

To learn more about LARC, contact Katz at 334-6285, ext. 229 or angelakatz@larcleecounty.org or visit www. larcleecounty.org.☆

Bar Association To Provide Free Legal Advice

'ustice shouldn't be reserved only for those who can pay for it. That's why Lee County Bar Association attorneys will give free legal advice to the public at the Edison Mall on Saturday, April 27 from 10 a.m. to 2 p.m. The 25th annual Law in the Mall event is part of the bar's Law Week, a series of events designed to celebrate the role of law in our society and to cultivate a deeper understanding of the legal profession.

The law is second nature to us as attorneys, but to most people, navigating the legal system may seem like an impossible challenge," said attorney Ryan O'Halloran, coordinator for Law in the Mall. "It's a small investment of time for us, but it produces a great return for so many people who may desperately need

help."

Up to 40 bar attorneys will be available

rest for face-to-face consultations inside the mall, between entrances F and G in front of Dillard's. They'll offer answers and direction on situations that fall within their legal practice areas, including divorce, probate, criminal law, bankruptcy, real estate, foreclosure and more. Attorneys who would like to participate should contact O'Halloran at 334-7212 or ryan@ohallorafamilylaw.com.

No pre-qualification or pre-registration is necessary for members of the public who seek help at the event, though attendees should bring any paperwork related to their case.

The bar strives to make the community a better place," said Lisa Poulin, the bar's executive director. "Law in the Mall is



Ryan O'Halloran

photo provided

designed to make a direct impact, bringing help to those who need it most. We're grateful to the Edison Mall for continuing to partner with us on this fundamental initiative for the greater good.

Law Week runs from April 27 to May 3. An awards ceremony will recognize local law enforcement officers of the year, an outstanding law-related educator, and someone who has made a profound impact on the Lee County community. Plus, high school students will get an in-person view of oral arguments before Florida's Second District Court of Appeals. Lee County Bar attorneys will even donate blood to Lee Health during the annual Law Week Blood Drive.

Call Poulin at 334-0047 or email her at lpoulin@leebar.org to learn about the full slate of community outreach programs the bar conducts throughout the year.☆

Book Review

An American Marriage



by Di Saggau

friend told me about AnAmerican Marriage, and I was intrigued so I picked up a copy. It was an Oprah Pick for 2018, and it's well worth reading.

Roy and Celestial have

only been married for about a year, and they are madly in love. She is an artist and he's a businessman. While visiting Roy's parents in a small Louisiana town, their lives are ripped apart when Roy is arrested and sentenced to 12 years in prison for a crime they know he didn't commit.

The majority of the story is told through their private letters while Roy is in prison. While this is not my favorite way of reading, I must say it works for this book. Over the course of several years, their correspondence leaves the reader feeling the intimacy involved between the two and also understanding what happens to their relationship. Hanging onto their marriage is their goal, but as the years go by we witness a dissolving of their union. Jones does an excellent job of changing the readers's perceptions and yet it's hard to take

When Roy is released from prison after serving five years, he writes to Celestial, "I am coming home." But the home he knew is no longer there. For the past three years, Celestial has formed

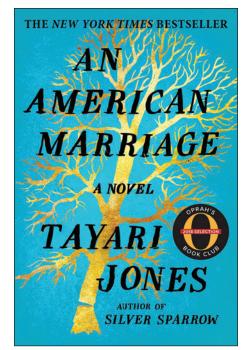


image provided

a close relationship with Andre, their old friend and best man at their wedding. She cares for both men but must make a decision. Conflicts come to a head as the present collides with the past. All three try to find a way to move past the pain and cling to an earlier intimacy including childhood friendship and new emotions.

An American Marriage is a beautifully written love story that gives a profound look into the hearts and minds of three people who are separated by forces beyond their control. Barack Obama called it, "A moving portrayal of the effects of a wrongful conviction on a young African-American couple." People magazine says, "A tense and timely love story. Packed with brave questions about race and class."☆

are not always equally divisible and that there may be something "leftover." As they get older, they will be introduced to the concept of factors and will have a better understanding of them. Afterwards, you can make a bean recipe and ask the kids to help measure the ingredients.

Fruit Roll-Ups – This can be a tasty way to help your child understand and compare fractions. Help your child cut the roll-ups into precise pieces. Then, before eating, have your children practice making fractions with two equal strips. Cut one strip in half and cut the other into fourths. Then ask which piece is bigger – one-half or one-quarter? Start with using the concept of half and when they get that, move on to a fourth and then thirds etc.

Measuring Cups - This is another great way to help your child think about and compare fractions. They can also help your child practice adding fractions. Get two measuring cups. Pour one-third of a cup of milk or juice into one cup and another one-third of a cup into the other. Then combine them to make two-thirds. Now take the empty cup and fill it up halfway. Which cup has more liquid? Which fraction is bigger - one-half or two-thirds?

These are simple but effective activities for your children to enjoy and learn about basic math.

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.☆

County Mining Amendment Landing Page

ee County has created a landing page devoted to providing clear, accurate information about the limerock mining issue and proposed changes to the Lee County Comprehensive Plan.

The landing page provides an overview, an FAQ and a link to join a county mailing list for future updates. There is also a link people can click on to ask staff questions. Visit www.leegov. com/dcd/planning/miningamendments for more information.

The proposed changes to the Lee County Comprehensive Plan do not decrease protection to the public, to water quality, to water supply or to wildlife. The proposed changes do not allow for expansion of the area in which mining can occur. The changes maintain the requirement for public input.

The issue – called Limerock Mining

case (CPA2018-10014) - is scheduled to come before the Lee Board of County Commissioners in Commission Chambers at the Old Courthouse on Wednesday, April 17 at 9:30 a.m.☆

School Smart



by Shelley M. Greggs, NCSP

Shelley, homeschool my two children, ages 5 and 7, and I'd like some ideas for math

Jennifer G, Fort Myers

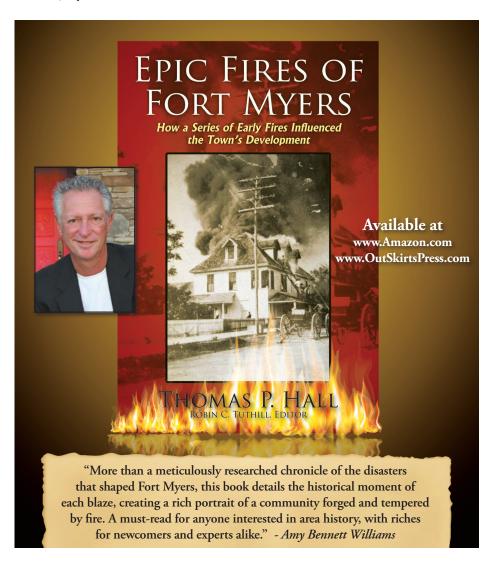
Here are some math learning aids you may already have around the house and ideas to use them as learning tools to help your children work on important math skills

Coins - Working with coins can help your child practice giving the correct value to each coin. More practice can help your child memorize which value goes with which coin. Then have your children play "store" with real coins so they get used to using them and talking about each coin's worth. Make sure that the items in the store are marked within the range of numerical values so that the kids can understand the value. You can also use coins to help your child practice solving

the same math problem in more than one way. How many different combinations of coins can add up to 15 cents?

Crayons - Using small groups of crayons and moving some from one pile to another can help your child create and visualize number bonds. Draw a big square and write "10" inside it. Put 10 crayons inside the square, too. Then draw two spokes coming out from the bottom of the square and put a big circle at the end of each spoke. Put five crayons inside one of the circles. Then ask your child how many crayons need to go inside the other circle to make 10. After your child solves this problem, keep changing the number of crayons in the first circle and asking your child to make changes to the second pile to complete the number bond.

Dried Beans - Dried beans are so interesting with their unique colors and textures. And you can use them with kids to practice a math skill called grouping. This is the term for dividing a quantity into smaller parts. Ask your child to count 10 beans and then split them into two equal groups. What about splitting the 10 beans into three equal groups? Ask your children to try to divide the 10 beans into three equal groups. When your child sees it's not possible for the three groups to have the same number of beans, this helps your child understand that numbers



What Can You Do With Your Tax Refund?



by Jennifer Basey

Te're getting close to the tax-filing deadline. For many of us, this means it's that time of year when we get our biggest financial windfall – a tax refund. If you have recently received a

refund, or are expecting to get one in the next few weeks, what should you do with

Of course, you could just spend the money on something you want, but if you'd like to maximize the financial benefits from your refund, you might want to consider other options, including the

Invest The Money - In 2018, the average tax refund was about \$2,700. For this year, it might be somewhat lower, due to changes in the tax laws and the failure of taxpayers to adjust their withholdings in response. However, if you were to receive in the neighborhood of \$2,700, you'd be almost halfway to the annual IRA contribution limit, which, in 2019, is \$6,000. (If you're age 50 or older, you can put in up to \$7,000). If you have already "maxed out" on your IRA, you could use your refund to fill in gaps you may have in other parts of your investment portfolio.

Pay Insurance Premiums – Let's face it... nobody really likes paying insurance premiums. Yet, if you have anyone depending on you, you will certainly need life insurance, and possibly disability insurance as well. And if you want to help protect your financial resources later in life

from threats such as an extended - and hugely expensive – stay in a nursing home, you also may want to consider long-term care insurance. Your tax refund could help pay for some of these premiums, boosting your cash flow during the months you would normally be making these

Contribute To A College Fund – It's never too soon to begin saving for college, which has grown increasingly expensive over the last several years. So, if you have young children, you may want to think about investing some or all of your refund into a college-savings account, such as a

tax-advantaged 529 plan.
Pay Off Debts – You might be able to use your refund to pay down some debts – or perhaps even pay off some of your smaller ones. The lower your monthly debt load, the more money you will have available to invest for the future. Keep in mind, though, that you might not want to look at all debts in the same way. For example, putting extra money toward your mortgage might help you pay it off faster, but you'll also be funding an asset - namely, your house - that might not provide you with the same liquidity as you can get from investments such as stocks and bonds.

Help Build An Emergency Fund – By building an emergency fund containing six to 12 months' worth of living expenses, you can help yourself avoid dipping into your long-term investments to pay for large, unplanned-for bills, such as a major car repair or an expensive dental procedure. Your tax refund could help build such a fund, with the money ideally being placed in low-risk, liquid vehicles

Clearly, you can help yourself make progress toward a number of your financial goals with your tax refund – so put it to good use.

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.☆

Superior Interiors

Four Areas That You're Forgetting To Decorate



by Jeanie Tinch

o you have a room in your home that feels incomplete even after dedicating time to decorating each space? Perhaps you've spent too much effort focused on

the focal points of the living space and neglected to fill the areas that you don't frequent nearly as much. This is a common occurrence among homeowners – forgetting to decorate those nooks and corners that tend to be out of sight, which often results in becoming out of mind as well

Home design is all about bringing a room together. With the right pieces of decor, color scheme and accessories. you can transform a room from corner to corner. Yes, this includes that spot you've accidentally left in the shadows

Head to the staircase and walk up the stairs. How do you feel about the decor when you reach the top? This is one of the common areas of the home that's neglected, but it's a very simple space to fill. Place artwork along the

wall as well as a bench or chaise lounge for resting. It can also be used as a place to store and retrieve items you grab on the way out, saving space in the entryway.

An often-neglected space is the foot of the bed. This is a great space to place a bench for sitting while putting your shoes on in the morning. It can also be used as a place to put the comforter or extra pillows at night when not in use.

You likely spend a lot of time here, so there's no reason to let the laundry room remain an eyesore. Have fun and be creative so you can start getting excited about a usually mundane chore. Give this space some character by decorating with accessories, colors and patterns. There's no denying that doing laundry is one of the most truly thankless tasks in the universe, which is even more reason to add a little decorative ambiance. Think beyond the basic white machines, add pretty accessories and art, styled floating shelves with all the supplies, prettier lighting or a beautiful patterned floor.

A fireplace can be gorgeous on its own, even when it's out of service. But this is also a great place to get creative. An arrangement of candles, rocks, succulents or other living plants can take this beautiful feature to new heights. Use the rest of the living space to inspire the pieces that will complete the fireplace vignette.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be

Parent Seminars For Alcohol **Awareness**

ee County teenagers age 15 to 17 reported to the 2018 Florida Youth Survey that they have used alcohol at a higher average than the rest of the state. With prom season in April and high school graduation just a month later, the School District of Lee County is planning a new series of parent engagement seminars about alcohol awareness.

'The CDC says underage drinkers, on average, consume more drinks per drinking occasion than adult drinkers," said School District Prevention Specialist Kathy Wynne. "This can lead to school problems, such as higher absence and poor or failing grades, among other consequences, which also includes memory problems, social problems and alcohol-related car crashes. A teen who uses alcohol is much more likely to use tobacco products, marijuana and other illicit drugs.

In the 2018 Florida Youth Survey, 53 percent of high school students reported using alcohol at some point in their lives,

26 percent admitted to drinking in the last 30 days and 10 percent reported an episode of binge drinking in the last 30 days. Students who drink are more likely to be absent from school, see their grades drop and disengage from academics.

The following two seminars will provide parents the opportunity to learn what makes alcohol use so dangerous for teens, the consequences of underage drinking, and what you as a parent can do to help prevent your child from using alcohol:

Tuesday, April 23, 6 to 7 p.m. – South
Fort Many School, 14020 Plantation

Road, Fort Myers

Monday, May 13, 6 to 7 p.m. – Varsity Lakes Middle School, 801 Gunnery Road North, Lehigh Acres

Helpful information for parents can also be found through these resources:

U.S. Department of Health & Human Services - www.hhs.gov/ash/oah/ adolescent-development/substance-use/ alcohol/resources/index.html

National Institute on Alcohol Abuse and Alcoholism – https://pubs.niaaa.nih.gov/ publications/makeadiff_html/makediff.htm

Substance Abuse and Mental Health Services Administration – www.samhsa. gov/underage-drinking/parent-resources.

FutureMakers Coalition 2018 Outcomes Report

he FutureMakers Coalition recently released its 2018 outcomes report. Highlights of the report include:

High school graduation rates have increased to 81.9 percent, which is 5.9 percent higher than 2013.

Rates of FAFSA completion (the gateway to financial aid for postsecondary education) have been consistently on the rise thanks in part to coordinated FutureMakers campaigns and federal process improvements. However, completion rates dropped from 47.04 percent in 2017 to 43.46 percent in 2018. Partners report this may be due in part to challenges in the region resulting from Hurricane Irma.

The percentage of the working age population with a postsecondary credential has remained steady since 2013; as the population has grown, 9,606 more degree and certificate holders were added to the working age population between 2013 and 2016.

Gaps in high school and postsecondary completion for black/African American and Latins persist when compared to their white counterparts.

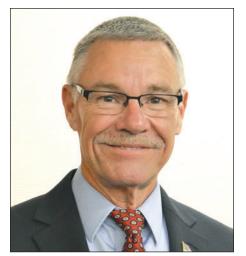
Increases in high school graduation rates, FAFSA completion, and

postsecondary attainment show that the FutureMakers' efforts have helped students advance along the cradleto-career pathway more successfully. Addressing attainment gaps and better responding to external forces such as hurricanes can enhance future efforts.

'FutureMakers partners and other regional stakeholders use the report to measure for continuous improvement and develop projects aimed to increase credential attainment, align with regional workforce needs, apply for grants and contribute toward the coalition's shared goal," said Tessa LeSage, director of social innovation and sustainability for the Southwest Florida Community Foundation, the backbone organization for FutureMakers Coalition.

The report is a powerful tool for understanding the progress the coalition has made since unifying their efforts in 2013. It serves as a point of comparison to their baseline data for measuring collective impact. The report shows that Southwest Florida is growing and progressing in many ways and progress has been made or maintained in most of the FutureMakers' shared outcomes.

For the full report's findings and recommendations, visit www. futuremakerscoalition.com/reports. For more information or to get involved, visit the website, call 274-5900 or email LeSage at tlesage@floridacommunity. com.₩



Kevin Anderson

photos provided

UFF Elects Board Members

Uncommon Friends Foundation (UFF) recently elected two prominent, community business leaders to its board of directors – Ward 4 Councilman for the City of Fort Myers Kevin Anderson and Realtor Melisa Giovannelli.

Anderson is a senior support operations manager at Chico's FAS, Inc., following his retirement from more than 24 years with the Fort Myers Police Department. He has a long history of involvement with the youth of our community and was one of the first officers assigned to the School Resource Officer program. Anderson also served three years in the United States Army and is a graduate of Edison



Melissa Giovannelli

Community College, Florida Gulf Coast University and the Louisville Southern Police Institute.

Melisa Giovannelli is a life-long Lee County resident, a licensed realtor with Riverside Realty Group and a member of the Lee County School Board of Directors for District 2. She, too, has been very engaged with the youth of the community. Giovannelli is a graduate of the Ed Klopher School of Real Estate and the paralegal program at Barry University. She is a member of the Royal Palm Coast Realtor Association and the National Association of Realtors.

For more information, visit www. uncommonfriends.org or contact Executive Director Jennifer Nelson at 337-9503 or at jennifer@uncommonfriends.

Marketing Firm Wins Awards



From left, Melissa Cofta, Teri Hansen, Olivia Orth and Christi Finger

photo provided

riority Marketing has received two international Davey Awards for the Southwest Florida firm's work in print and digital campaigns.

The firm earned a silver award in the Not-for-Profit Design category for its print campaign launching the 2018 Southwest Florida Wine & Food Fest - Cheers to 10 Years. The agency earned a second silver award in the Online Video Series category for We Hire to Inspire, a testimonial video campaign created in partnership with The School District of Lee County. The videos were used in a

digital teacher recruitment campaign.

'Our team carried out both campaigns to perfection, and it's extremely gratifying to know that each delivered strong results for our clients, said Teri Hansen, president and creative director of Priority Marketing. "The 2018 Wine Fest raised \$2.9 million to support pediatric health care and education in Southwest Florida, and the school district was able to hire several dozen additional teachers so that children had a full-time teacher in place once the school year





Mitch Moreland and Brock Holt

Red Sox Pitch In To Raise Funds For Hospital

olisano Children's Hospital of Southwest Florida raised more than \$505,000 at three fundraising events headlined by Boston Red Sox players, coaches and management.

The Red Sox, which have held spring training in Fort Myers since 1993,

photos provided

partnered with the Lee Health Foundation for the 26th annual Boston Red Sox Celebrity Golf Classic, Green Tee Party and Dinner on the Diamond. Each event offered baseball fans the opportunity to meet players from the 2018 World Series Champion Boston Red Sox, including MVP Steve Pearce, Andrew Benintendi, Brock Holt, Mitch Moreland, Blake Swihart, Rick Porcello and manager Alex Cora.

"The Red Sox have consistently partnered with Golisano Children's



Jahmai Webster and Alex Cora

Hospital since the team first moved its spring training to Fort Myers, and we're incredibly grateful to count on their generous support each spring," said Chris Simoneau, Lee Health's chief foundation and development officer. "The millions of dollars we've raised over the years at our Red Sox fundraisers have helped treat thousands of sick and injured children right here in Southwest Florida."

Proceeds from the three events this year will support Kids' Minds Matter, the hospital's pediatric mental and behavioral healthcare fund. Kids' Minds Matter advocates for the more than 46,000 Southwest Florida youth who are struggling with mental and behavioral health disorders like anxiety, depression, eating disorders, psychosis, substance abuse, autism and attention deficit hyperactivity disorder. Funds raised help align community, inpatient and outpatient care, provide proper screening, hire additional mental health professionals, and train physicians, parents, educators and caregivers.

The Red Sox Green Tee Party was held February 18 in the concourse at JetBlue Park and included cocktails, food, entertainment, silent and live auctions, photo opportunities with Wally the Green Monster and the 2018 World Series trophy, and an autograph session with Swihart

The Celebrity Golf Classic on February 20 included golfing and mingling with celebrities, as well as skills challenges. Red Sox greats Luis Tiant, Jason Varitek and

other alumni joined current players and coaches on the course.

Dinner on the Diamond, held March 19 at JetBlue Park, offered appetizers, drinks, dinner and an auction of autographed baseball merchandise, trips and other items. The event's highlight was a private autograph session with Holt, Moreland and Cora, followed by a roundtable discussion moderated by NESN host Jahmai Webster.

"Between all of the practices, games, training sessions and media obligations, two Red Sox pitchers – Chris Sale and Nathan Eovaldi – found time to stop by Golisano Children's Hospital to visit with some of our pediatric patients and sign autographs," said Armando Llechu, the hospital's chief administrative officer. "It is amazing to see how much their presence in the hospital boosts the spirits of children and their families, and it's something they'll certainly remember for years to come."

Phi Kappa Phi Inductees

Three Southwest Florida natives were recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society, at Florida State University.

They are Taylor Counts of Cape Coral, Kristi Repetto of Fort Myers and Taylor Wipf of Fort Myers.

SPORTS QUIZ

- 1. Between 1980 and 1989, a member of the Boston Red Sox led the AL in walks for a season five times. Name either of the two Boston players to do it.
- True or false: Slugger Jose Canseco had more strikeouts than hits during his major-league career.
- 3. When was the last time before 2016-18 that Army's football team went to consecutive bowl games?
- 4. Other than James Harden, who has scored the most points in a single game for the Houston Rockets?
- 5. In the 2018-19 season, Tuukka Rask became the career leader in goaltender victories for the Boston Bruins. Who had been No. 1?
- 6. Who was the last driver to win the pole for the Daytona 500, then capture the race itself?
- 7. Who was the last teenager to win a women's singles title at a Grand Slam tennis tournament?

ANSWERS

I. Dwight Evans (1981, '85, '87) and Wade Boggs ('86, '88). S. True. He had 1,942 strikeouts and 1,877 hits (including 462 home runs). 3. It was 1984-85. 4. Calvin Murphy had 57 points in a game in 1978. 5. Tiny Thompson had 252 victories for Boston (1928-38). 6. Dale Jarrett, in 2000. 7. Maria Sharapova was 19 when she won the 2000 U.S. Open.

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Elsa Marcet

photos provided

Lee County Students Excel At Science Fair

our students from the School ■ District of Lee County won second place category awards at the 64th annual State Science and Engineering Fair of Florida STEM Competition. Three are advancing to this year's Intel International Science and Engineering

Elsa Marcet, a seventh grader at Paul Laurence Dunbar Middle School, placed second in the Junior Cellular/Molecular



Cynthia Sheng

Biology & Biochemistry category. Her experiment is Lunchbox Science: The Effect of a Homemade Organic, Acidic Solution on Organic Fuji Applies.

Cynthia Sheng, a senior at Fort Myers High School, placed second in the Senior Cellular/Molecular Biology and Biochemistry Category. Her experiment is Investigation of the Effects of DNA Concentration on PEI Transfection Success and Efficacy of the SERP-2 Secretion Signal.

Mark Leone, a junior at Estero High School, placed second in the Earth and Environmental Sciences Category. His experiment is Mitigation of Florida Red Tide (Karenia brevis) Blooms through Flocculation with Enhanced Local



Sediments.

Dahlia Dry, a senior at Fort Myers High School, placed second in the Mathematics and Computational Sciences Category. Her experiment is Plotting New Horizons: A Statistical Analysis of Potential Factors Influencing the Probability of Planetary System Formation.

Sheng, Leone and Dry move on to the Intel International Science and Engineering Fair in Phoenix, Arizona from May 12 to 17. They will showcase their independent research and compete against 1,800 high school students from



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Thirty finalists from the 62nd annual Thomas Alva Edison Kiwanis Science and Engineering Fair participated at the state competition, which concluded on March 28 with the awards ceremony in Lakeland. All 30 students had already been granted scholarships to FGCU for their work, and 23 Kiwanis Science Fair finalists from area public and private schools received state-level recognition by winning multiple first, second, third and fourth place, honorable mention, recognition awards and special awards.

From page 1

Beach Art Group

Second Prize Art Excellence Award of \$1,000 college art tuition scholarship and \$125. Anika Mar was awarded the Third Prize Art Excellence Award of \$800 college art tuition scholarship and

Artistic merit awards of \$50 each went to: Calina-Sophie Carstens, Alicia Gomez, Ren Montgomery, Leila Rodrigues, Gabriella Schol and Sean Shackleford.

Lexington Middle School students received 2019 Awards of Artistic

> ISLAND *INSURANCE* SERVICE

Achievement. Razan Makawi was awarded first place, Adrian Al Bahou took second place and Alexandra Logan earned third place.

The annual Student Scholarship Show showcased the work of high school and middle school students and awarded seniors going on to study art at the college or university level. The annual show and awards are supported financially through grants by the yearlong fundraising activities of the members of the FMBAA.

For more information, call 463-3909, visit www.fortmyersbeachart.com or stop by the gallery at 3030 Shell Mound



Craig R. Hersch Florida Bar Board Certified Wills, Trusts & Estates Attorney, CPA "Will Power" Columnist, The Island Sun



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From left, Adele Smith, Steve Cafaro and Jan Fifer



Gina Delano and Theresa Clements



Jessica and Jeremy Walsh

Taste Of Love Raises Funds For Riding Program

pecial Equestrians Taste of Love, an annual food and wine extravaganza held at The Ranch Concert Hall & Saloon, raised \$194,000 for the therapeutic riding program. The popular event featured dishes and beverages from 16 of the area's most successful restaurants and companies, live and silent auctions and entertainment. Local celebrity auctioneer Jay Severson and emcee Gina Birch oversaw the evening's events.

Steven Cafaro, a Special Equestrians participant and member of the organization's drill team, spoke about his experience with Special Equestrians and the positive impact it has made in his life. Guests also raised their bidding paddles for hurricane shutters for the organization's office and caretaker residence.

"We are grateful for the support of these fine local restaurants, our sponsors, auction contributors. volunteers and attendees," said Jan Fifer, the organization's executive



From left, Holly Raddon, Renda Bea and Anna Erickson of Erickson and Jensen Seafood

director. "Special Equestrians therapeutic horseback riding and carriage driving program for children and adults with disabilities would not exist without the support of our community."

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 equine assisted activities. Special Equestrians has been awarded Premier Accredited Center status by PATH Intl. (Professional Association of Therapeutic Horsemanship). Serving Lee, Charlotte, Hendry and Glades



John and Lynn DeFranco

counties, Special Equestrians is a United Way Partner Agency that has been serving southwest Florida for more than 30 years.

For more information about Special Equestrians, visit www. specialequestrians.net, email spequestrians@gmail.com or call 226-1221.‡



From left, Julian Cardona, Kim Yates and John Innarelli of Table & Tap at Babcock Ranch



Mark Loren and Monica DiBella



Terrilynn Dunford and Patty Clark



From left, Dr. Larry Antonucci with Pam and Chris Simoneau

photos provided

Madisen's Match Raises Funds For Cancer Programs

ore than 200 people gathered to raise \$103,000 for pediatric and adult cancer charities at the 11th annual Madisen's Match VIP Gala and Auction at Miromar Lakes Beach & Golf Club on March 16.

To date, Madisen's Match has raised more than \$1 million to benefit national

and Southwest Florida-based charities like the Brain Tumor Navigator Program at Regional Cancer Center, Barbara's Friends – Golisano Children's Hospital Cancer Center Fund, Pediatric Brain Tumor Foundation, and the Tim and Tom Gullikson Foundation.

Attendees had a chance to bid on dozens of items in silent and live auctions, including trips to the U.S. Open in New York City and the BNP Paribas Open in Indian Wells, California, as well as a custom-designed pendant by award-winning jewelry designer Denny Wong.



Madisen Abramson and Cali Trepkowski



Dr. Emad and Alissar Salman



From left, Sandy and Dr. Stuart Levy with John Naumann

Manager Named To Florida Aging Life Care Board

The Florida Chapter of Aging Life Care Association has named Dawn Moore, RN, an Aging Life Care Manager with Lee Health, to its state board of directors for 2019-20.

The board oversees the Florida Chapter of Aging Life Care Association (ALCA), which advances dignified care for aging adults and their families in the United States.

Moore has worked as an Aging Life Care Manager through the Lee Health Senior Care CHOICES Program for the past 25 years. Through this role, she provides guidance and advocacy for families and professionals who are caring for older relatives. With a specialized focus on issues related to aging, she assists with the challenges of aging, such as finding an appropriate placement, inhome care, referrals to medical providers or elder law attorneys, as well as the advocacy and support that provides families peace of mind.

The CHOICES program enables seniors to remain independent and in their home environment and experience the highest quality of life possible while providing peace of mind to adult children who live throughout the country. Managers with the program, through the ALCA, conduct and provide



Dawn Moore

photo provided

comprehensive assessments, design tailored care plans based on initial and ongoing evaluations, coordinate services defined in the care plan and evaluate service of third-party providers. This includes visiting clients in their home, meeting or accompanying them and their family at appointments and providing advocacy, education and crisis intervention.

For more information about the Lee Health Senior Care Choices Program, visit www.leehealth.org/homehealth/hhchoices.asp or call 343-8429.



Natural Remedies For Reflux And Esophagitis

by Suzy Cohen, RPh

ear Readers:
I finally
got reflux and
heartburn after all
these years. I have
newfound respect
for those of you
who deal with it. I
traced my problem
to drinking shots of
yerba mate. I drank

them several times a week for energy. I noticed the heartburn and belching about 20 minutes after drinking one

tiny glass bottle of it.

It happened three times last week and then I made the connection. I did a little research and apparently drinking too much mate, especially hot mate is tied to esophageal cancer. I've stopped drinking yerba mate (cold) shots as a result of my pain as well as these concerns.

I didn't take famotidine (H2 antagonists) or omeprazole (Prilosec, a popular PPI med). I started taking natural remedies and my strategy worked. Just one week later, I have experienced a complete turnaround. I'm 75 percent better. I have a longer version of this article that I can email to you if you sign up for my newsletter at www.suzycohen.com

Here's the short story of my strategy:

1. Discontinue the offender – For me, the yerba mate was the problem. Sometimes it's smoking, spicy foods, alcohol, or hot drinks. Whatever it is, discontinue your trigger.

2. Discontinue spices and hot foods – I've temporarily given up spicy mayo, cayenne and black pepper and even vinegar to give my esophagus a rest. Also, I noticed if I drank hot coffee

or tea, it would hurt. According to the article published in International Journal of Cancer, drinking hot tea dramatically increases your chance for developing esophageal cancer. So drink your beverages lukewarm.

3. Drink marshmallow root water – I put about one tablespoon of dried marshmallow root (per cup of water) in a big glass jar with cold water. In a few hours, you have a water that is somewhat thicker, preserving the mucilaginous properties of the marshmallow, which coats and soothes delicate membranes as you drink it.

4. Mastic Gum – Mastic Gum is a resin that is extracted from a tree. This is sold as a dietary supplement, and it's used as a natural remedy for many intestinal problems including indigestion, acid reflux, inflammatory bowel disease, gastritis and ulcers.

bowel disease, gastritis and ulcers.
5. Zinc Carnosine – This is a dietary supplement that chemically ties together a zinc molecule to a carnosine molecule. The tissue healing effects come from both compounds which allow for tissue repair and a reduction in intestinal inflammation.

Symptoms of esophagitis vary and include some of the following: Swallowing food and then experiencing mild pain in the chest or throat, the sensation that something is stuck in the throat or sternum, early satiety, belching, mouth sores, heartburn, reflux and mild nausea.

Acid blockers do not soothe, coat or directly patch up the mucosal lining. They suppress acid which gives your esophagus a break. It's indirect, but okay if that's what you're doctor recommended. If you're not significantly better within a week of your home treatment (natural or over-the-counter), please go see a specialist to make sure there is no serious underlying cause for your problems.

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.☆

Doctor and Dietician

Ways To Get In Exercise





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

e love to take long bike rides and hikes with our friends, and participate in various running events. But not everyone enjoys these same types of exercise. What are some other ways you can break a sweat? Ask your kids or grandkids about virtual reality or other active video games that could be fun for the whole family. There are some highly entertaining games for dancing, boxing, fencing, tennis, basketball, and more. Create fun memories with the younger generations while working up a serious sweat and improving coordination. You can even increase the challenge by wearing ankle and wrist weights.

What about that ever-growing "to

do" list? It's amazing how much of a workout you can get by cleaning out the garage, prepping and painting a room, scrubbing down the patio furniture or bathrooms, or washing and detailing your car or boat. When cleaning, scrub with more effort and move with more intention to try and get your heart rate up. Spiff up the garden by digging, clipping and weed-eating for a half hour or more. Thirty minutes can pass in a jiffy and accomplish several things: a moderate workout, tasks checked off your list and a boosted mood.

Though sprinting intervals really aren't for everyone, studies show just three 20-second "sprint" intervals, such as running or cycling, can offer a similar benefit as a 50-minute jog. So, it is possible to squeeze a quick, effective run or ride into really busy schedules.

Find activities that bring you joy and purpose. If you prefer group activities, join a sports team or go walking or dancing regularly with friends. These provide the many benefits of being social, while toning and strengthening your muscles, including your heart. Staying active is vital to your long-term health and physical independence.

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@caringmedical.com.

Services Donated For LARC's New Learning Program

A ztec Plumbing and Lowe's Home Improvement have donated plumbing and construction services and materials for Lee Association for Remarkable Citizens' (LARC's) new Lab for Living.

Learn, Achieve, Become (LAB) is an experiential learning environment located on LARC's main campus in Fort Myers that transforms traditional program areas into spaces for innovation, vocation, demonstration and learning. LAB layers five experiential learning labs and embraces a holistic strategy as a framework through which people with intellectual and developmental disabilities maximize independence and employment success. The five labs will focus on skills for work, residency and leisure.

The Lab for Living is the first of the labs and is an apartment-style setting that will provide participants with hands-on training in daily living skills. The lab will include a bedroom area, living and dining areas, a kitchen and laundry facilities. Daily living skills will include cooking, home management, housekeeping, laundry, menu planning, shopping, fire safety, home safety and much more.

Lowe's Home Improvement (Lowe's

Heroes) donated and installed the cabinets and appliances, painted the room and installed the flooring. Four local Lowe's stores adopted LARC for additional projects including interior and exterior renovations and improvements to LARC's Cape Coral and North Fort Myers group homes and Bonita Springs Adult Day Training Program.

Aztec Plumbing and Drains donated

Aztec Plumbing and Drains donated the plumbing materials and employees volunteered their time and labor. "Aztec Plumbing and Drains understands the importance of giving back to the community where we live and work," said Steve Taub, president of Aztec Plumbing and Drains. "Our employees were excited about volunteering their time and using their expertise to support LARC's mission of empowering individuals with disabilities and their families to reach their full potential."

"With more than 3,700 children in Lee County schools with cognitive disabilities, LAB will create opportunities for individuals now and for generations to come," said Kevin Lewis, executive director of LARC. "The contributions of Lowe's Home Improvement and Aztec Plumbing and Drains ensure that LAB will become a reality, and individuals with intellectual and developmental disabilities will have the tools to succeed."

To learn more about LARC and LAB, contact Angela Katz, development director, at 334-6285 ext. 229 or email angelakatz@larcleecounty.org or visit www.larcleecounty.org.*

Southwest Florida Conference On Aging Nears

ope Healthcare is holding the 18th annual Southwest Florida Conference on Aging, a multidisciplinary conference for health care professionals, older adults and family caregivers at Crowne Plaza Fort Myers at Bell Tower Shops on Thursday, May 9 from 8:15 a.m. to 4 p.m. Check-in begins at 7:45 a.m.

The conference features expert presentations on topics including medical cannabis, donating your body for medical research, diversity and culturally sensitive care, alcohol-related dementia, obesity and its impact on aging and intergenerational community engagement.

The Southwest Florida Conference

on Aging is sponsored by Elder Care Attorney Beth A. Prather and hosted by Hope Healthcare, in partnership with Florida Gulf Coast University, Senior Care Choices at Lee Health, Lighthouse of Southwest Florida, and United Way of Lee, Hendry, Glades and Okeechobee counties.

Cost, which includes program materials, buffet lunch and beverages, is \$85 for licensed professionals, \$70 for United Way Partner Agencies, including six continuing education credits, and \$50 for caregivers, students and the public.

Crowne Plaza Fort Myers at Bell Tower Shops is located at 13051 Bell Tower Drive. To register online or to print the registration form, visit www. hopehcs.org/conference.

Hope Healthcare provides care and support to individuals and their loved ones as they fulfill life's journey. For more information, call 482-4673 or visit www.hopehcs.org.

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services
Goliath And Marty



Goliath ID# A745588

ello, my name is Goliath, but I was David for an injured dog last week that needed a transfusion to survive. Thanks to my donation, my friend was able to pull through surgery and is now on the road to recovery. I am a 1-year-old male who is a pit/basset mix (Passet Hound??) and absolutely loves people. I will instantly roll over for a belly rub or two when you meet me. Stop by today to meet this resident livesaver.

My adoption fee is \$30.

Hi, I'm Marty. I am a 1-year-old male domestic shorthair who was a shy guy when I first came to Lee County Domestic Animal Services. I have since come out of my shell and now think I run the place. I am quite playful and a joy to watch interact with the other cats and to discover new things in my surroundings. I am definitely one that would be good to go home with another friend and take advantage of our adopt-one-get-a-feline



Marty ID# A774330

friend at no charge special. My adoption fee is \$30.

April is National Prevention of Cruelty to Animals Month. Lee County Domestic Animal Services along with the Lee County Sheriff's Office (LCSO) works to prevent animal cruelty in Lee County. Many animals end up in shelters in need of homes as a result of neglect. LCSO's newest member, Deputy Chance, is an example of how giving shelter pets a new "leash" on life can be rewarding.

One way the public can get involved is to adopt a shelter pet. From April 1 through April 30, all adoptions will be reduced to \$30 with an approved application. 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.

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.leegov.com/animalservices or call 533-7387.

Haven on Earth Animal League

Joy And Athena



Joy

I, I'm Joy and I am just a joy to have around. I'm a beautiful 2-year-old calico girl. I raised a litter of my own kittens and then nursed two more litters that didn't have a mommy cat. I am looking for someone to love me forever. I am currently staying with a foster mom. I have been fully vetted, will be spayed and brought up to date on all vaccines. My adoption fee is \$100.



Atheno

Hello, I'm Athena. I'm a beautiful girl and I know it. I have a really unique brown and black color coat. I am spayed and current on all vaccinations. I'm only 1-year old and a very sweet girl with a big, fluffy tail. I'm currently staying with a foster mom. My adoption fee is \$100.

We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email havenonearthanimalleague@yahoo.com.☆



FROM THE BEACHES TO DOWNTOWN FORT MYERS Emergency	
Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	
Poison Control	276-7100 10-282-3171
HealthPark Medical Center1-80	
Ft. Myers Chamber of Commerce	
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
Visitor & Convention Bureau	338-3500
ARTS	000 0000
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	279 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	0-653-7940
Fort Myers Symphonic Mastersingers	
Gulf Coast Symphony	489-1800
Naples Philharmonic	401-0039 R9-597-1111
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	000 4050
American Legion Post #38	39-332-1853
Animal Refuge Center	731-3535
American Business Women Association	
Audubon of SWFL	
Audubon Society	472-3156
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus1-85 Cape Coral Stamp Club	5425-3631
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter 23	39-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	
Garden Club of Cape Coral	
Horticulture and Tea Society	472-8334
Lee County Genealogical Society	
Lee Trust for Historic Preservation	
NARFE(National Active & Retired Federal Employees	
Navy Seabees Veterans of America	
Paradise Iowa Club of SWFL	
Sons of Confederate Veterans	
Southwest Florida Music Association	
Kiwanis Fort Myers Beach	
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Iona-McGregor	
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	
	466-4228
Lions Club Estero/South Fort Myers	466-4228 898-1921
Notre Dame Club of Lee County	466-4228 898-1921 . 768-0417
Notre Dame Club of Lee County	466-4228 898-1921 . 768-0417 247-3073
Notre Dame Club of Lee County Organ Transplant Recipients of SW Florida POLO Club of Lee County Rotary Club of Fort Myers	466-4228 898-1921 . 768-0417 247-3073 477-4906 332-8158
Notre Dame Club of Lee County Organ Transplant Recipients of SW Florida. POLO Club of Lee County Rotary Club of Fort Myers Sanibel-Captiva Orchid Society	466-4228 898-1921 . 768-0417 247-3073 477-4906 332-8158 472-6940
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Notre Dame Club of Lee County Organ Transplant Recipients of SW Florida. POLO Club of Lee County Rotary Club of Fort Myers Sanibel-Captiva Orchid Society United Way of Lee County United Way 211 Helpline (24 hour).	466-4228 898-1921 . 768-0417 247-3073 477-4906 332-8158 472-6940 433-2000
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PUZZLES

Super Crossword-**HALF WIT**

ACROSS 63 "- gratia artis" (MGM 1 Busy bugs 5 As a matter motto) of routine **64** Comic actor 13 Take for Seth granted 65 Melodic, 20 Snoozefest musically 21 Mogadishu **67** — -Caps native (candv) 22 Replaced the inner laver of

68 Won gold or silver 23 Lego bit, **73** New e.g. 25 Witty adage England soup

76 Crimson or **26** — -Saxon 27 Coral reef ruby 77 Gas station 29 — acids 30 Singlefill-up named male amount model 79 Water, to

35 Totally tidy Yvette 80 Little chore 38 Lamb servina 82 Mink relative 44 Russian 83 — gestae

autocrat (deeds) 45 Lentil, e.g. 84 With 120-46 Free speech Down, like Siamese org. **47** Tiny neighbor of Sinatra

France

59 — Bubba

brand)

cheers

60 Stadium

132

51 Son of

85 Nasty 49 — as it is whales 89 Like a scary Poseidon ride in a 53 Totally evil vehicle

93 Moe. (bubble gum for one 94 Tesla CEO

Musk 95 African plain

99 Cajun cooking pod 100 Delighted

104 Lustful god 106 Not-quiteidentifiable cafeteria food

108 Quality of 2% milk, say 111 Agitate 70 Jacuzzi sites 112 Athenian

marketplace 113 Air traveler 116 Singer Cleo 121 Dodge SUV 124 Apt occasion for this puzzle's theme

129 Touched up. as text 130 Home of St. Louis

131 Give up, as territory 132 Give a new look to 133 Essential

cats or Frank 134 Word that can follow the ends of 23-, 35-, 38-, 53-, 73-, 89-, 106- and 108-Across

> **DOWN** 1 "Waterloo" pop group 2 Gerund, e.g.

> > 133

4 Hawk

5 It follows chi 6 Actor Glass 7 "No way!," in

a text 8 Marvy 9 Cantina pot 10 Major melee

11 Georgia city 12 Kind of sock 13 Lead-in to fix 14 D.C. VIP 15 Inventor

16 They follow rhos 17 Like green bananas 18 Bully

Howe

19 "D.Ó.A." star O'Brien 24 Tip, as a hat 28 Range ropes 31 "- for All

Seasons" 32 Frank holder **33** "— be a real shame if ...'

34 Siouan speaker 36 Drawn tight 37 Brow shape 38 Trellis strip 39 Light beige

40 Insincerely eloquent 41 Desk tray for to-be-sent documents 42 Space balls

43 Pro-gun gp. 91 Direction **48** "A Bell for opposite sud -" (1944 **92** Flee hastily

novel) 93 Cutty -50 Ranch group (clipper ship) **52** Rowing tool 96 Equine 54 Garden tool beast of

55 Where a burden 97 High degree company's leaders meet 98 School org. **56** Eye lustfully 100 Test-

57 Essential marking 58 Winds teacher, e.g. 101 Lentil, e.g. down **60** Bialy, e.g. 102 Holds dear

61 Actor 103 NBAer Kevin Butterfield 105 Hoagie 62 Class whose ingredient 107 Holler students

might cook 109 Sweet treats 66 Post-op site 110 Fasy twopointer 67 Mu - beef 114 Word before

68 Paltry 69 Mesozoic -70 Put in

a hold 71 Maze route 72 "Nay" sayer 74 Wine holders

75 Joanne of "Red River" **78** On the

house 81 Part of n/a 83 Flee hastily

84 Quail flock 86 Pepsi rival 87 Taj Mahal's city

record 126 Canine coat 127 "... Mac -PC?"

while

117 Writer

119 Zip

120 See

115 Go upward

Sholem

118 Notion, to

Pierre

84-Across

122 Styling goo

123 Shelley

125 Ship's

work

88 Pew or sofa 90 Artist Paul 128 Iraq export

134

King Crossword ACROSS \$ dispenser Miserables" 16 Trounce 12 Commonest English word 13 Matterhorn 14 Worn uneven-15 2012 movie 32 bear 16 Savage 18 Midafternoon, in a way 19 Long-legged shorebird 50 20 Pull an all-nighter 55 22 Freudian concept 23 Use a key-52 "Monty 7 Vegan's no-no 32 Sch. org. board Python' Moreover 8 Bobby of 33 Resistance 29 Rodeo outopener hockey 9 Luau side 53 Wanted-36 Practice pugicries poster datum 31 Strong adhedish lism 54 Hi-tech SFX 10 "Born in the

sive 34 Meal for 55 Prepared Oliver Twist 56 Thick-soled 35 Moral princishoes ples Larry's pal 38 Runs from the DOWN fuzz 39 Shooter ammo

Sharpen 45 Tureen accessory Inseparable

48 Marian, in 'The Music Man'

57 Slight amount 21 Long skirts 58 Attempt Storage story 25 "- Finest Hour"

TV, radio, etc. Chemistry classrooms

son "Ulalume" writer 26 Immigrant's study (Abbr.) 28 Big Apple let-

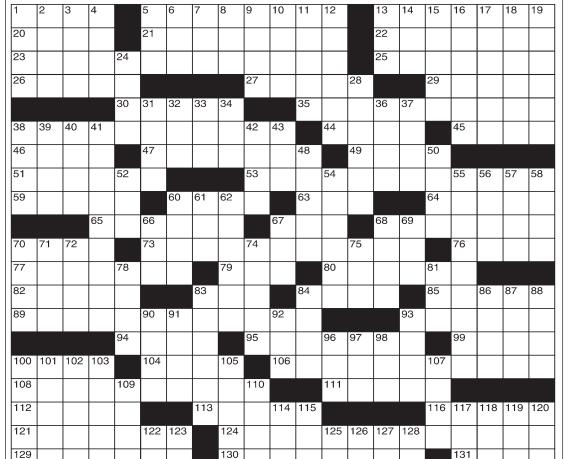
11 Corral

On cloud nine 30 Past Parsley serv- 31 Moray or conaer

Sweet Spanish wine 40 Proclamation 17 Huff and puff 42 Jack 43 Go in 44 Irritable

23 Pitched 24 Second per-45 Glaswegian 46 Novelist Bagnold

Varnish ingre-48 dient 49 Under the weather 50 Life story, for short 51 Tatter



PORT CITIES MAGIC MAZE IN AUSTRALIA UTQOLIGDBYWTRPY

M KF D Y E N D Y S B N W EFADR SQOMKI XTRABOHWBLW В Е SACWENLRLN U ONNAHTARRAKP O O S J D H F A C $\mathbf{B} \mathbf{Y}$ D C AYWMVTE LEEGEP IRNWL E RUBENRUOBLEM H F E C B B F Z Y Y W V

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

Albany Brisbane Burnie Cairns

Dampier Darwin Derby Fremantle

Geelong Hobart Karratha Melbourne Newcastle Whyalla Wollongong

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! Sudden PUBRAT Light LINKED Alone GLEINS Wide
RABOD
TODAY'S WORD

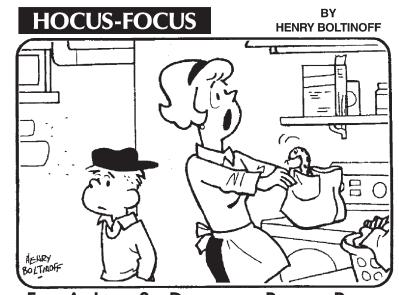
	1				9			5
		6	5			7		
4				2			3	
		1	6				9	
2	7			8		1		
8					2			7
		3		5			6	
	4				1	8		
7			4					2

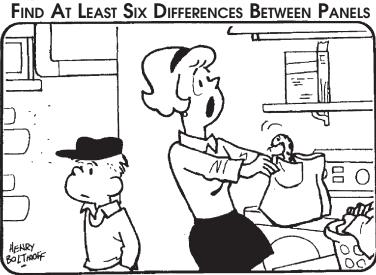
SUDOKU

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





Differences: 1. Apron is missing. 2. Boy's cap is turned forward. 3. Shorts are longer. 4. Items are missing from shelf. 5. There are more wall bricks. 6. Pipe is lower on wall.



Pan-Seared Red Snapper with Cucumber Relish and Spicy Yogurt Sauce

4 (6-ounce) Red Snapper fillets

2 teaspoons olive oil, for cooking

4 tablespoons cornstarch Sea salt and fresh ground black pepper, to taste

Heat a large saute pan over medium-high heat and add oil. Season fillets with salt and pepper then coat with cornstarch. Carefully add fillets to pan and cook for 3 minutes on each side or until cooked through. Remove from pan and serve with relish and yogurt sauce.

Cucumber Relish

2 large cucumbers, diced small

2 large tomatoes, seeded

and diced small

1 lemon, juiced 1/4 cup fresh parsley, chopped fine

2 tablespoons fresh mint, chopped fine

2 tablespoons rice wine vinegar

1 tablespoon olive oil Sea salt and fresh ground black pepper, to taste

In a medium bowl combine all ingredients and mix well. Season with salt and pepper, to taste. Store in refrigerator until ready to serve.

Yogurt Sauce

1 cup Greek yogurt

1 lemon, juiced

1 tablespoon seasoning mix (blackened or seafood spice)

Sea salt and fresh ground black pepper, to taste

In a small bowl combine all ingredients and mix well. Season with salt and pepper, to taste. Store in refrigerator until ready to serve.



Pan-Seared Red Snapper with Cucumber Relish and Spicy Yogurt Sauce

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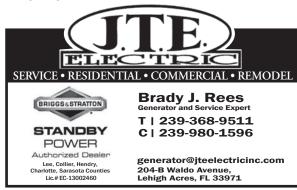
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April 5, 2019

Place Classified









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HOME SERVICES



My Stars $\star\star\star\star$

FOR WEEK OF APRIL 15, 2019

Aries (March 21 to April 19) Professional relationships grow stronger. But you might still need to ease some problems with someone in your personal life. One way could be to try to be less rigid in your views.

Taurus (April 20 to May 20) You might be too close to that perplexing personal situation to even attempt to make a rational decision about it right now. Stepping back could help you gain a wider perspective.

Gemini (May 21 to June 20) Being asked to choose between the positions of two friends is an unfair imposition on you. It's best to reject the "demands" and insist they try harder to work things out on their own.

Cancer (June 21 to July 22) A change of mind about a workplace decision might be called for once you hear more arguments, pro and con. A personal event suddenly takes an unexpected (but pleasant!) turn. **Leo** (July 23 to August 22) Romance once again

looms large for single Leos and Leonas, with Cupid favoring Taurus and Libra to inspire those warm and fuzzy Leonine feelings. Expect another workplace

Virgo (August 23 to September 22) A surprise gift – and, happily, with no strings attached - could come just when you need it to avoid a delay in getting your project done. Expect education to dominate the week.

Libra (September 23 to October 22) Someone close to you might ask for your support as she or he faces a demanding personal challenge. Offer it, by all means. But be careful you don't neglect your own needs at this

Scorpio (October 23 to November 21) An unexpected development could put your relationship with a partner or spouse to an emotionally demanding test. But your determination to get to the truth should save

Sagittarius (November 22 to December 21) A recent agreement appears to be coming apart over the surfacing of unexpected complications. You might need to have expert advice on how to resolve the situation.

Capricorn (December 22 to January 19) Your keen business sense helps you get to the truth about a suspicious business deal. Expect to have many colleagues rally to support your efforts in this important matter.



<u>Day</u>

Fri

Sat

Sun

Thu

FRIDAY Sunny High: 81 Low: 73



SATURDAY Sunny High: 83 Low: 75



SUNDAY Sunny High: 82 Low: 74



MONDAY Sunny High: 76 Low: 68



TUESDAY Mostly Sunny High: 78 Low: 66



WEDNESDAY Partly Cloudy High: 76 Low: 68



THURSDAY Partly Cloudy High: 78 Low: 66

Redfish Pass Tides <u>High</u> Low **High** Low 6:14 pm 1:37 am None None 7:50 pm 2:56 am None None 12:08 pm 4:03 am 9:34 pm 3:23 pm Mon 12:22 pm 4:58 am 10:59 pm 4:45 pm

Point Ybel Tides

<u>Day</u>	<u>High</u>	Low	<u>High</u>	Low
Fri	5:19 pm	1:39 am	None	None
Sat	6:55 pm	2:58 am	None	None
Sun	11:13 am	4:05 am	8:39 pm	3:25 pm
Mon	11:27 am	5:00 am	10:04 pm	4:47 pm
Tue	11:44 am	5:45 am	11:14 pm	5:47 pm
Wed	12:02 pm	6:23 am	None	6:39 pm
Thu	12:14 am	6:55 am	12:21 pm	7:26 pm

Punta Rassa Tides

<u>Day</u>	<u>High</u>	Low	<u>High</u>	Low
Fri	8:26 am	1:42 am	5:48 pm	10:58 am
Sat	9:38 am	3:00 am	8:08 pm	11:50 am
Sun	10:46 am	4:01 am	9:47 pm	3:48 pm
Mon	11:32 am	4:55 am	11:05 pm	4:53 pm
Tue	12:05 pm	5:44 am	None	5:52 pm
Wed	12:07 am	6:28 am	12:34 pm	6:44 pm
Thu	12:56 am	7:07 am	1:01 pm	7:32 pm

Cape Coral Bridge Tides

<u>Day</u>	<u>High</u>	Low	<u>High</u>	Low
Fri	8:24 pm	4:53 am	None	None
Sat	10:00 pm	6:12 am	None	None
Sun	2:18 pm	7:19 am	11:44 pm	6:39 pm
Mon	2:32 pm	8:14 am	None	8:01 pm
Tue	1:09 am	8:59 am	2:49 pm	9:01 pm
Wed	2:19 am	9:37 am	3:07 pm	9:53 pm
Thu	3:19 am	10:09 am	3:26 pm	10:40 pm

PUZZLE ANSWERS

SUPER CROSSWORD

Tue 12:39 pm 5:43 am None 5:45 pm Wed 12:09 am 6:21 am 12:57 pm 6:37 pm

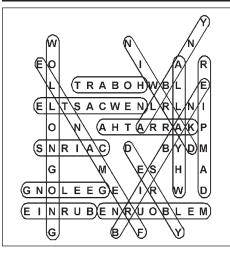
1:09 am 6:53 am 1:16 pm 7:24 pm



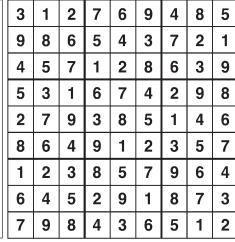
KING CROSSWORD



MAGIC MAZE



SUDOKU



Aquarius (January 20 to February 18) Someone who once moved in and out of your life through the years might now want to come back in on a more permanent basis. Give yourself a lot of time to weigh your decision.

Pisces (February 19 to March 20) Showing frustration over a delayed workplace decision might get someone's attention, but not necessarily make him or her move any sooner. Best advice would be to be patient and wait it out.

Born This Week: You are drawn to excitement and enjoy fast-tempo music. with the more brass, the better.

MOMENTS IN TIME

- On April 15, 1865, President Abraham Lincoln dies from an assassin's bullet. Shot by John Wilkes Booth at Ford's Theater in Washington the night before, Lincoln lived for nine hours before succumbing to the severe head wound he
- On April 19, 1876, a Wichita, Kansas, commission votes not to rehire policeman Wyatt Earp after he beats up a candidate for county sheriff. Earp often worked in law enforcement, but his own allegiance to the rule of law was conditional at best. Wyatt was one of the Earp brothers, who gained fame in the shootout at the O.K. Corral in 1881.
- On April 20, 1926, inventor Lee de Forest demonstrates Phonofilm (music recorded on motion picture film) to movie studios, but they were not interested in "talking pictures," believing sound was a novelty.

- On April 16, 1943, researcher Albert Hofmann, a Swiss chemist, hallucinates after accidentally consuming LSD-25, a synthetic drug he had created. LSD was made illegal in the U.S. in 1965.
- On April 21, 1967, General Motors celebrates the manufacture of its 100 millionth American-made car. At the time, GM was the world's largest automaker.
- On April 17, 1970, Apollo 13, the U.S. lunar spacecraft that suffered a severe malfunction on its journey to the moon, safely returns to Earth. Disaster struck 200.000 miles from Earth when an oxygen tank blew up in the spacecraft, disrupting the supply of electricity, light, oxygen and water. Astronaut John Swigert reported to mission control on Earth, "Houston, we've had a problem here."
- On April 18, 1983, American runner Joan Benoit wins her second Boston Marathon in the women's division with a time of 2:22:43. The following year, she won the first-ever women's marathon at the Summer Games in Los Angeles, becoming the first person to win Boston as well as Olympic gold.

STRANGE BUT TRUE

- It was 20th-century American writer, publisher, artist and philosopher Elbert Hubbard who made the following sage observation: "Genius may have its limitations, but stupidity is not thus handicapped.
- · According to historical reports, in 1877 snakes fell from the sky in Memphis, Tennessee.

- When the bubonic plague, more commonly known as the Black Death, was at its peak in Europe in the 14th century, a wide variety of remedies was prescribed, including smoking tobacco, bringing spiders into the household, inhaling the stench from a latrine, sitting between two large fires, drinking red wine in which new steel had been cooled, and bathing in goat
- Successful inventor and businessman Thomas Alva Edison received only three months of formal education, at a public school in Michigan.
- The first photograph of a United States citizen was taken in 1839. The subject was Samuel F.B. Morse, a painter who also happened to be the inventor of a single-wire telegraph system and developer of the Morse Code.
- You probably are aware of the fact that slugger Babe Ruth held the record for the most home runs; you might not know, though, that he also held the record for the most strike-outs.
- Those who speak English call it a French kiss, but those who speak French call it an English kiss.
- It was once the custom among the Danakil tribe of Ethiopia to mark a man's grave with one stone for each man he had killed during his lifetime.

THOUGHT FOR THE DAY

"If a woman has to choose between catching a fly ball and saving an infant's life, she will choose to save the infant's life without even considering if there are men on base." - Dave Barry

TRIVIA TEST

- 1. **U.S. Presidents**: Who was the first president to be born a U.S. citizen?
- **Geography**: Where is the elite shopping district called Rodeo Drive located?
- 3. Movies: Which 1990s movie featured the line, "Keep the change, ya filthy animal"?
- 4. **History**: In which country did the Mau Mau Uprising take place?
- **Television**: What kind of 5. creature was the animated character Foghorn Leghorn?
- **Science**: What is a tornado at sea called?
- **Literature**: Which poet wrote, 'April is the cruelest month"?
- **Architecture**: Who designed Central Park in New York City?
- **General Knowledge**: What is the traditional birthstone for April?
- 10. U.S. States: In which U.S. state was the first atomic bomb tested?

TRIVIA ANSWERS

9. Diamond 10. New Mexico 8. Frederick Law Olmsted and Calvert Vaux 5. A rooster 6. A waterspout 7. T.S. Eliot 1. Martin Van Buren 2. Beverly Hills, California 3. "Home Alone" 4. Kenya

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ROOMMATE NEEDED

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ANNUAL RENTAL

ANNUAL RENTAL

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To advertise in the Island Sun and The River Weekly News Call 395-1213

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GARAGE SALE

GARAGE SALE

Saturday, April 13, 8 a.m. to 2 p.m. 747 Marthas Lane, Sanibel Hand tools, fishing equipment, boating equipment, kitchen utensils, cookware, cookbooks, dog carrier, crates, baby gates, shooting accessories.

GARAGE SALE WHOLE HOUSE

From furniture to collectables, tools, camping, linens, dishes, much more. 6447 Pine Avenue, Sanibel Sat., April 13, 8 a.m. to 2 p.m.

GARAGE SALE

GARAGE SALE

Saturday, April 13, 9 a.m. to 1 p.m. 1615 Sand Castle Road in The Dunes, Sanibel. Small appliances, books, dishes, kitchen utensils, linens, women's clothes, shoes and handbags, lamps, quality framed art work, decorative items.

MOVING SALE

543 Hideaway Court, Sea Oats, Sanibel Saturday, April 13, 9 a.m. to 1:30 p.m. Furniture, Coastal Decor, Linens, Lamps, Antique furniture, dishes, Beach Buggy, much more.

MULTI-FAMILY GARAGE SALE - SANIBEL BAYOUS

Saturday, April 13th, 9 a.m. to 2 p.m. 5289 Umbrella Pool Road, Sanibel New and vintage furniture, housewares, linens, artwork, household items, clothing, frames and much more.

Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

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

If you want a picture

with the fish, support it as you lift it out of the water - and do it quickly.

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

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

Proper Yard Waste Disposal

pring cleaning isn't just for inside your house. Get ahead of summer's heat and take care of the outside work now, before hurricane season starts on June 1.

The University of Florida's Institute of Food and Agricultural Sciences Extension provides a wellspring of resources to help homeowners deal with the unique characteristics of Sunshine State yards. Lee County Solid Waste encourages residents to consult the Lee County extension office at www.sfyl.ifas.ufl.edu/lee and to place yard waste in paper bags or waste bins instead of plastic bags once the work is done.

'If everyone in Lee County stopped bagging their yard waste in plastic, we could reuse another 10,000 tons of waste each year. It would make a huge difference," Lee County Public Utilities Director Pam Keyes

Lee County Solid Waste and the extension office provide several tips for effective spring yard cleaning:

Remove all tree limbs and branches that touch your house, pool cage, or any other buildings on your property.

Remove old lumber, broken lawn furniture and any other items that could become a projectile in heavy winds.

If you have stakes holding up recently planted trees, make sure they're driven deep into the ground and that the ties are

Thin the foliage on trees and bushes so wind can blow freely through the branches, decreasing the odds they will be uprooted.

If you don't have a compost pile, create one. Composting can be as simple as placing leaves, grass clippings, and small cuttings behind shrubs or in a hidden corner of the yard and letting nature take its course. OrganicLee compost material is available for purchase at the Resource Recovery Facility on 10500 Buckingham

SCRAMBLERS

1. Abrupt; 2. Kindle; 3. Single; 4. Broad

Today's Word **BROKEN**

Road and the Topaz Court Solid Waste Annex on 6441 Topaz Court in Fort

Mulch is available for free at five locations across the county: Imperial River Kayak Launch, 27551 S. Tamiami Trail in Bonita Springs; Lehigh Acres Community Park, 1400 West Fifth Street in Lehigh Acres; North Fort Myers Community Park, 2000 North Recreation Park Way in North Fort Myers; 6090 Masters Landing Drive in St. James City; and Three Oaks Park, 18251 Three Oaks Parkway in San Carlos

"The more residents use paper bags or waste bins instead of plastic for their yard waste, the better the quality of the OrganicLee compost and the mulch,' Keyes said. "A healthier, better-looking yard and proper waste disposal go hand-in-hand.'

Find out more reasons why it's important to keep Lee plastic free at www.

Free Vessel Safety Checks

S. Coast Guard Auxiliary Flotilla 91 offers recreational boaters with free preventative vessel safety checks to be certain their boat follows federal laws and state regulations. Fort Myers Beach area boaters find this free service to be beneficial as it could prevent boat owners from being fined by local law enforcement while operating their boat on the water without the proper equipment.

"We are able to educate boat owners on safe boating practices while checking their boat for potential problems," stated Nick Kaveski, the Flotilla 91 commander. He went on to say, "The auxiliary does not issue citations for violations, but rather provide recommendations and insight on how to stay out of trouble.

Boats that comply receive a VSC sticker to demonstrate their commitment to safe

According to Florida Fish and Wildlife Commission, the 2017 boating statistic report, Florida had 766 boating accidents, 61 of which were deadly. Accidents happen without warning, However, boater education may help reduce your risk.

The goal of the Coast Guard Auxiliary is to help reduce these numbers by providing safe boating classes, vessel safety checks and public outreach programs. Boaters can request a free vessel safety check online at www.aux91fmb.org/vsc.cfm or by calling 690-6780, option 2.

The Coast Guard Auxiliary is the uniformed civilian component of the U.S. Coast Guard and supports the Coast Guard in nearly all mission areas. The auxiliary was created by Congress in 1939. For more information, visit www.cgaux.org.

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Oakbrook	Estero	2003	4,628	\$1,599,000	\$1,487,500	206
Island Shores	Fort Myers Beach	1953	768	\$1,499,000	\$1,330,000	16
Water Shadows Unrecorded Subdivison	Sanibel	1985	1,949	\$1,495,000	\$1,300,000	28
Beachview Country Club Estates	Sanibel	2005	3,656	\$1,299,000	\$1,100,000	337
Sunset Trace	Estero	2007	3,539	\$1,249,000	\$1,185,000	0
Rose Garden	Cape Coral	1999	3,323	\$1,199,900	\$1,180,000	7
Siesta Isles	Fort Myers Beach	2001	3,806	\$1,175,000	\$1,085,000	151
Beachview Country Club Estates	Sanibel	1988	2,428	\$1,095,000	\$1,050,000	52
Edgewater	Fort Myers	1997	2,918	\$969,000	\$900,000	99
Long Acre Lake	Sanibel	1998	2,418	\$965,000	\$925,000	84



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