



Best Documentary winner Sean Boomfield, center, with Fort Myers Film Festival Hosts Eric Raddatz and Melissa DeHaven photo provided

Film Festival Winners Selected At Awards Show

Fort Myers Film Festival (FMff) concluded its 9th annual season with a Champagne and dessert awards ceremony at Broadway Palm Theater on

April 14.

The winners include:

Best Documentary – *Where There is*

Darkness, directed by Sean Bloomfield
Best Short Film – *Peggy*, directed by Justin Miller

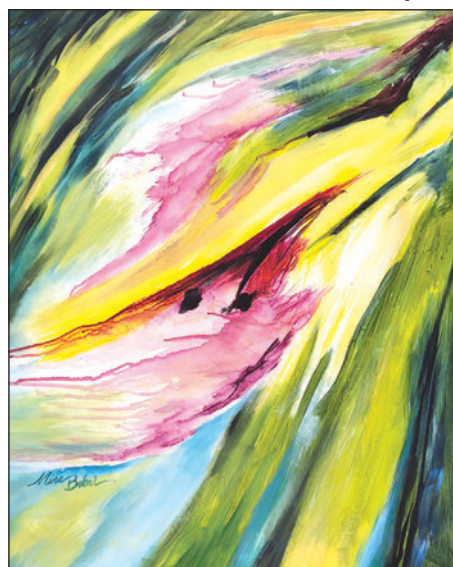
Best Short Short – *Baghdad*

Photographer, directed by Mejd Hameed

Best Student Film – *Swift*, directed by

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Beach Art Group Summer Show



Artwork by Mina Bobel images provided

The Fort Myers Beach Art Association Summer Art Show will be on display at the gallery through October 16. All artwork will be for sale. Artwork on the walls will change as summer progresses.

Summer hours are now in effect and the gallery will be open Wednesdays and Thursdays from 9 a.m. to noon. During the summer, if artists are working at



Artwork by Nancy Fuller Randall

the gallery on days when gallery is not officially open, guests are welcome to knock at the door.

For more information, contact Pam Flaherty at 463-3909 or email fmbeapublicity@gmail.com.

The Fort Myers Beach Art Association is located at 3030 Shell Mound Boulevard on Fort Myers Beach. Visit www.fortmyersbeachart.com for updates.✧



From left, contest judges Andrew West, Laura Harkey and Bill Miller holding winning photos, and contest coordinators Sierra Hoisington and Terry Baldwin photos provided

'Ding' Darling Photography Contest Winners

At a ceremony on March 30, the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) announced winners and finalists in the 6th

annual "Ding" Darling-Theodore Cross High School Photography Contest.

Sponsored by the Theodore Cross Family Charitable Foundation, the competition invited high school students from Lee, Collier, Charlotte, Glades and Hendry counties to compete for prizes that included a Canon digital SLR camera package, chartered class trips to the refuge, Tarpon Bay Explorers excursions



Owl at Sunset by Jackson Mytnik

and copies of *Waterbirds: Portraits and Anecdotes from Birding Adventures* by contest namesake, the late Theodore Cross.

Andrew West, longtime photojournalist at *The News-Press*, judged this year's contest, along with acting refuge manager Bill Miller and Sanibel resident Laura Harkey. They reviewed 122 images taken by students from 16 different schools.

First place went to an image titled *Owl*

at Sunset by Jackson Mytnik from Cape Coral High School. "What's not to love about any owl?" said Harkey. "These guys are just too cute. I tend to favor wildlife over vegetation."

Leaves at the Beach by Nathaniel Pechenino from Island Coast High School earned second place. "I love the composition, I love the light, how the

continued on page 21

Historic Downtown Fort Myers, Then And Now:

Historic Church Endures



by Gerri Reaves, PhD

The First Baptist Church held its first service in the sanctuary pictured here on December 8, 1929.

The Rev. Dr. CT Tew, who had led the congregation for about three years, gave the appropriately titled sermon, “The Mission and Power of the Church.”

Building a new church is never easy, even in the best of financial times, but the achievement must have seemed especially meaningful, given the economic news of the day.

The Wall Street Crash had happened only weeks before on October 29, thus kicking-off the worldwide Great Depression.

Aside from that, the church had temporarily halted construction the previous June and had a special “sacrificial offering” day to boost funds for the steep-roofed stucco building.

During the next few years, the church, like those everywhere, would struggle to make ends meet, with regular pleas to congregants to give just an extra bit more if at all possible.

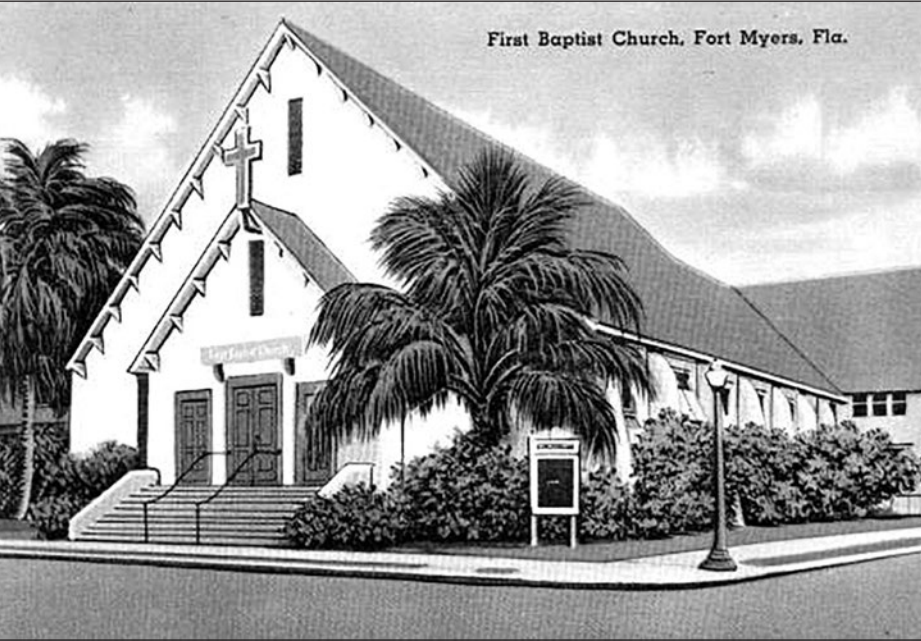
While construction proceeded, church services were held in the Arcade Theatre and church meetings in various downtown locations.

The wood-frame former sanctuary had been moved back from the street to be converted into social and educational facilities, even as the new sanctuary opened.

The church was one of the town’s first, having been founded in 1889 by nine people, among them Mrs. Mary (Major Aaron) Frierson, who donated a Jackson Street lot for the one-room structure they built in 1893.

The First Baptist was the third-oldest white church in Fort Myers and one of six to be organized in the 19th century.

In 1905, it moved a stone’s throw south to the southeast corner of Second and Jackson, where it would remain thereafter.



This stucco sanctuary, pictured in the 1940s, was built by the First Baptist Church in 1929 at Second and Jackson photo courtesy Florida State Archives



This sanctuary replaced the stucco one and is now home to CityGate Ministries photo by Gerri Reaves

A new sanctuary was built, along with a 55-foot bell tower. (The bell would later be blown down in a hurricane.)

In 1913, the church expanded by adding four Sunday school rooms, a new baptistery and two anterooms.

The church continued to grow and was committed to ambitious plans.

In 1953, officials decided to keep the church downtown at the historic location, purchase additional property, build a larger church and devise a long-term plan that included starting several additional churches in the area.

In September 1958, the last service was held in the church shown in the postcard image.

A new 1,000-seat Georgian-Colonial structure was dedicated in 1959.

It still stands on the corner but is now home to CityGate Ministries, a merger between the historic downtown church and Elevation Ministries.

Walk to the corner of Second and Jackson to appreciate a church that was founded by pioneers and kept the faith.

Then visit the following two research centers to learn more about the historic churches that sustained the generations that have made Fort Myers history.

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 information.



The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park.


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


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

Sources: Archives of the Southwest Florida Historical Society, *The Fort Myers Press*, and *Pages from the Past* by Prudy Taylor Board and Esther B. Colcord.✧

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From left, Mike Lancelot, Kelly Stedman, Nathan Shaw, Cecilia St. Arnold and Jim Parker with a check for \$127,000 from the Bobby Nichols Charity Foundation at Fiddlesticks photos provided

Blessings In A Backpack Nets Three Donations

Blessings in a Backpack Southwest Florida recently received three generous donations from area organizations that will go toward feeding Lee County children next school year.

The Bobby Nichols Charity Foundation at Fiddlesticks presented

Blessings Executive Director Cecilia St. Arnold with a check for \$127,000. The money will help feed over 1,200 students at Colonial Elementary School and James Stephens Academy.

The League Club Inc. presented St. Arnold with a check for \$15,000 that will be used to feed 150 children next school year at Golden Gate Elementary School. The donation was part of The League Club's Community Trust Fund, which awarded over \$340,000 to 35 area nonprofits.

The Verandah community presented



Recipients of The League Club's Community Trust Fund check presentation, including Cecilia St. Arnold from Blessings in a Backpack

St. Arnold with a check for nearly \$12,000 raised at its annual garage sale at St. Vincent de Paul Catholic Church in Fort Myers. This money will help Blessings feed more than 100 children.

Blessings in a Backpack steps up where federal aid stops by feeding children on the weekend. Every Friday afternoon, children receive packages filled with nutritious, kid-friendly, ready-to-eat food items. Students return to school every Monday morning with a full stomach and an eager mind. In partnership with Lee and Collier county schools, Blessings in a Backpack Southwest Florida has helped dramatically improve test scores, reading skills, behavior and general health.✱



Cecilia St. Arnold with Charlene Barnett from The League Club

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Rowers work on their skill

photo provided

Club To Offer Free Introduction To Rowing Event

Looking for an excuse to escape the gym and spend time outdoors? Head to the water for the Caloosa Coast Rowing Club's Experience Rowing event at Cape Harbour Marina on Saturday, April 27 from 8:30 to 11:30 a.m. No experience is necessary for the free event that is open to participants over age 13.

The event is being offered as part of The Big Calusa, a week-long celebration and clean-up of local waterways. Visit

www.calusawaterkeeper.org/events/big-calusa to learn more.

Interested participants need to show up between 8:30 and 11:15 a.m. There will be tours of the boatyard, some practice on a rowing machine and then a row out on the water.

Rows will last about 10 minutes and go about a half a mile. Expect to spend about an hour total from when you arrive.

For those who fall in love with the rowing experience, the club will be offering more comprehensive lessons starting May 11.

Cape Harbour is located at 5828 Cape Harbour Drive in Cape Coral. For more information, visit www.rowccrc.org.✱

Lab Theater Presents Festival Of Tens



Festival of Tens playwrights, from left, Melanie Payne, Linda Saether, Nancy Stetson and Louise Wigglesworth Not pictured, Patrick Erhardt and Candice Sanzari.

photo provided

The Laboratory Theater of Florida will hold a festival of 10-minute plays on Friday and Saturday, April 26 and 27 at 8 p.m. and on Sunday, April 28 at 2 p.m.

The Festival of Tens will showcase the work of five adult students who have studied with Lab Theater playwright Louise Wigglesworth for several years. Melanie Payne, Linda Saether, Candice Sanzari, Patrick Erhardt and Nancy Stetson offer a quick-moving evening of plays that will entertain and provoke thought. Some of the plays have had professional productions and staged readings in other cities; some are in the spotlight for the first time.

The 10-minute play form has taken the theater world by storm. In this case, "short" does not mean "easy." Ten minute plays are creative, experimental and complex. They deal with one critical moment in a character's life and, in a few words, cut through exposition to conflict and change. They can be rip-roaringly funny, romantic, touching, or serious, and they are always a surprise. They are like well-written poems that capture vignettes of life and make us say, "Of course! That's what it's like." And they give audiences a chance to hear many different theater voices and experience a range of moods.

"I've been a journalist for most of

my adult life and one of the challenges in writing for a newspaper is 'writing tight.' A 10-inch article is often more difficult to construct than a 30-inch one," said Melanie Payne. "I've found the same thing is true with the 10-minute play. It's a challenge to get all you want to say into so few words."

"Writing a ten-minute play is letting your creativity take flight. An idea becomes an outline that develops wings on paper then lifts off as a script soaring out for all to enjoy," said Patrick Erhardt.

Candice Sanzari said, "Writing a 10-minute play has been creatively challenging, yet ultimately rewarding. There's no better satisfaction than finally getting to the heart of what your characters had in mind for you, as a writer, and expressing that not only concisely, but effectively. Being able to see a play of my own produced is something I'll always cherish and be proud of. I can't wait to see how audiences respond to what each of us has created."

The Festival of Tens is sponsored by Gail Rothenberg and John Levy.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in Fort Myers. For tickets, visit www.brownpapertickets.com or by calling the box office at 218-0481.✱

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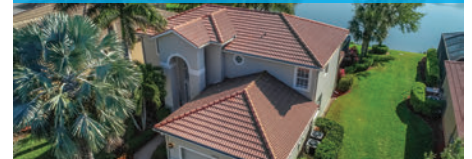
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Fort Myers Art:

Pioneer's Visual Art Exhibition At FSW Gallery



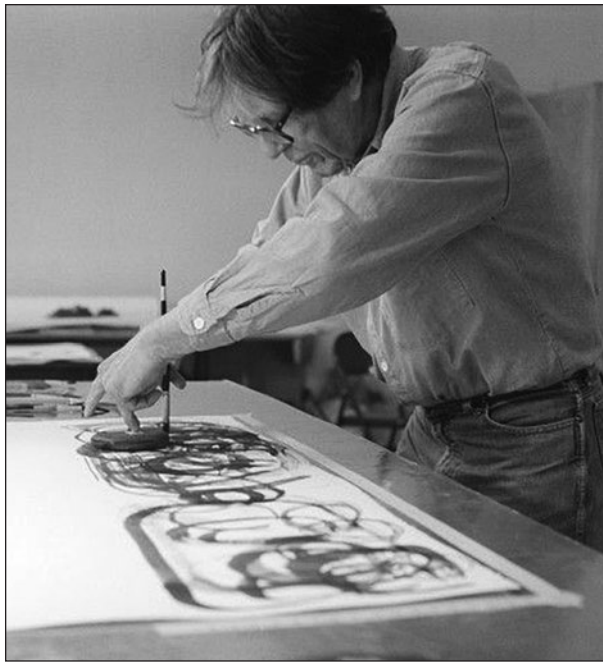
by Tom Hall

Florida SouthWestern State College continues its celebration of the Bob Rauschenberg Gallery's 40th anniversary by presenting John Cage Steps & Other Works from the Mountain Lake Workshop, an exhibition of visual art by the renowned artist-composer that features the world premiere of his recently rediscovered, never previously exhibited and monumentally-scaled masterwork – *New River Rocks & Washes* (2010). The recently opened show will be on display through July 27.

Cage was a renowned composer, music theorist, author and artist revered as a pioneer of indeterminacy in music, electroacoustic music and non-standard use of musical instruments. He was also a leading voice of the post-war avant-garde. Bob Rauschenberg referred to Cage as his “spiritual and philosophical soul-mate.”

One of the most influential American composers of the 20th century, Cage is perhaps best known for his 1952 composition *4'33*, a piece instructing the performer not to play their instrument during three timed movements over four minutes and 33 seconds. Cage proposed the revolutionary concepts that any sound may constitute music and that there is no such thing as silence.

A close collaborator through the 1950s and '60s while working with the Merce Cunningham Dance Company, Rauschenberg later wrote, “John Cage [and] his work in every medium is a reward to all [and] will be for centuries.” The innocence and challenging audacity



John Cage, a renowned composer, music theorist, author and artist, works on his artwork

photo courtesy www.artswfl.com

of his unique attitude, according to Rauschenberg, “created a labyrinth with no exit.”

Often applying chance-based operations to his compositional process in an effort to eliminate aesthetic decisions, Cage's forays into visual art practice – perhaps best represented by his experimentation at the Mountain Lake Workshop – employed many of the same techniques. As collaborator, friend and Mountain Lake Workshop founder Ray Kass reflected, “Cage didn't adhere to accepted aesthetic rules and patterns for the construction of works of art; he deliberately eschewed the idea that art is created solely through personal taste

manipulating elements of visual form.”

Through the very recent “rediscovery” of John Cage's seminal 8.5 x 28 foot *New River Rocks & Washes*, visitors at Bob Rauschenberg Gallery at FSW will be given the extraordinary opportunity to be the first to publicly view this monumental masterwork – which until now was unidentifiably crated and in storage for nearly three decades.

As Dr. Laura Kuhn, executive director of the John Cage Trust at Bard College, succinctly noted, “One cannot overstate the importance of John Cage and his work, and its impact on 20th century music, art, and culture.”

This exhibition is made possible through a partnership with the Longwood Center for Visual Art (LCVA) at Longwood University and presents excerpts from Rural Avant-Garde: The Mountain Lake Experience, an exhibition funded in part by the National Endowment for the Arts. FSW and the Bob Rauschenberg Gallery are deeply grateful to LCVA Director Rachel Ivers and Curator of Exhibitions Alex Grabiec; the staff of the Maryland Institute of College of Art/MICA; as well as to Sean Mooney, chief curator at the Rock Foundation, and the Adelaide de Menil & Edmund Carpenter Collection for essential loans and critical assistance with the preparation and installation of these seminal works. They also extend thanks to Gene Caprioglio at CF Peters Co., Laura Kuhn and Ray Kass for their inspiration, participation and permissions granted.

The Bob Rauschenberg Gallery is located on the Lee campus of Florida SouthWestern State College, 8099 College Parkway in Fort Myers. For more information, visit www.rauschenberggallery.com/2019/03/john-cage-steps-other-works-from-the-mountain-lake-workshop.

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



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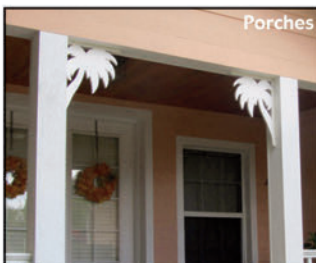
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Theater To Hold Show Auditions

New Phoenix Theatre will be hosting auditions for *Rumors* on Saturday, April 27 from 2:30 to 5:30 p.m. Scott Carpenter will direct the production.

Rumors is a madcap, slamming door farce set in a large home located just outside of New York in the year 1988. The characters are arriving as guests at a 10th anniversary dinner. The first couple to arrive discovers that one of their hosts (Charley) has apparently attempted suicide... unsuccessfully. Charley's wife, Myra, is nowhere to be found and neither are the servants. Through the course of the show, the audience never meets Charley or Myra. As more guests arrive, there are cover-ups, deceptions, mistaken identities and a lot of huge laughs.

The production is in need of five female and five male actors that can play couples in their late 20s to early 50s. All actors must be proficient at learning lines in a short period of time.

Character descriptions include:

Chris Gorman – Chris is an attractive woman. She is nervous and neurotic. She recently quit smoking but quickly falls off the wagon. This part involves some physical comedy.

Ken Gorman – Ken is Chris' husband. He is Charley's attorney and friend. Ken is pompous, serious and a know-it-all.

Claire Ganz – Claire is an unimpressed smart mouth who is

seemingly amused by everything that is going on. This is not surprising considering her husband.

Leonard “Lenny” Ganz – Lenny is Claire's husband and is Charley's accountant. Lenny is by far the most foul-mouthed, outspoken member of the cast. He is also hilarious. This script has a three-page monologue.

Cookie Cusack – Cookie is a host of her own cooking show, in her mid- to late-40s, garish, a bit ditzy. This part involves quite a bit of physical comedy.

Ernie Cusack – Ernie is Cookie's husband and Charley's analyst. He is a somewhat quiet and calming presence in the midst of the storm of confusion.

Glenn Cooper – Glenn is a candidate for the State Senate. He is quite handsome, and the TV cameras love him. He is constantly worried about his image.

Cassie Cooper – Cassie is Glenn's wife, very good looking and totally nuts. She and Glenn hate each other. She doesn't want to be there, she is constantly fighting with Glenn, and she is constantly threatening divorce.

Officer Ben Welch – Ben is a no-nonsense cop. He has a couple of smaller monologues.

Officer Connie Pudney – Connie is Welch's police partner with minimal lines.

Rehearsals begin May 6, with performance dates in June.

New Phoenix Theatre is located at 13211 McGregor Boulevard in Fort Myers. For more information, visit www.newphoenixtheatrefortmyers.org.*



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Along The River

The **downtown Fort Myers River District** will again be the scene for **Music Walk** this Friday, April 19. Restaurants, bars, art galleries and shops will showcase a wide range of music during the evening from 6 to 10 p.m. Expect live jazz and blues to rock, drums and much more. Each month brings new energy to the historic streets of downtown Fort Myers.

Visit www.fortmyersriverdistrictalliance.com to learn more.

Celebrate the start of the weekend at **Food Truck Friday** at **Babcock Ranch** this April 26 from 6 to 9 p.m. Guests can visit Founder's Square, the heart of Babcock Ranch, to taste fare from 16 of the area's most popular food trucks.

Local funk soul band SouliXer will entertain the crowd under the Babcock Ranch bandshell. Guests can bring picnic blankets for lawn seating; tables will also be available.

Visit www.babcockranch.com/event/food-truck-fridays to register. Registered guests in attendance are eligible to win one of three gift cards that can be used at Babcock Ranch's restaurants or Curry Creek Outfitters retail store, which offers recreational rentals.

Founder's Square at Babcock Ranch is located at 42850 Crescent Loop in Punta Gorda. For more information, call 877-709-6620, or visit www.babcockranch.com

The **Cape Coral Cardboard Boat Regatta** will take place at **Seahawk Park** this Saturday, April 20. Judging for boat construction begins at 9 a.m., with the



It is time to participate in egg hunts before the Easter holiday

photo provided

official opening of the event at 11 a.m.

Presented by The Rotary Club of Cape Coral, the boat regatta began in 1994. Boat entry fees range from \$30 for individuals, families, youth and school groups up to grade 12, to \$270 for corporate teams. Admission to this event is free.

The event pits teams or individuals in boats made out of cardboard in an attempt to cross finish line before the lightweight boats tear up.

Seahawk Park is located at 1030 NW 28th Street in Cape Coral. For more information, visit www.capecoralregatta.com.

World-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** this 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 approach to jazz trio performance. The Marcus Roberts Trio is a long-term musical partnership between pianist Marcus Roberts, drummer Jason Marsalis and bassist Rodney Jordan.

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 information on Lighthouse of SWFL, visit www.lighthousewfl.org.

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

Two 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 Sunday, April 21.

Estero EGGStravaganza will be held at **Estero Recreation Center** on Saturday, April 20 at 8 a.m. 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. 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. The Easter Bunny will also 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.

Additional information is available online at www.leeparks.org.✽

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Boat Responsibly In Lee County

Waterways are second only to highways when it comes to accidental deaths. Many factors impact an individual when underway. Sun, wind, noise, vibration from the boat, motion and dehydration all act as stressors to the body when boating. These stressors can negatively impact a person's balance, vision, coordination and judgment.

When alcohol is added to the mix, all the negative impacts can be seriously magnified. Not only is it important for the operator to boat sober, passengers also have an obligation to act responsibly. Erratic behavior or sudden, unexpected movements can result in injury, capsizing or a fall overboard. Alcohol can cause even greater disorientation to a person thrown into the water. So, for captain and crew, boat safe, boat sober.

It is always a smart idea to wear a life jacket that allows unrestricted freedom of movement at all times on board an open boat. Being immersed unexpectedly in the water is a situation of last resort. In the circumstances of being forced to ride out a storm or abandon ship, a life jacket with maximum flotation, turning ability can provide protection. When rescue arrives, you'll be glad for the survival colors, reflective tape, whistle, light, locator beacons and anything else that has kept you alive and visible in open water.

Skydivers wear their parachutes...

Football players wear their helmets...

Drivers wear their seat belts...

Responsible boaters wear their life jackets!

A U.S. Coast Guard-approved life jacket is designed to place an unconscious victim in a face-up position, however, it must fit properly. Too big, and the life jacket will ride up around your face. Too small, it will not be able to keep your body afloat. Life jackets designed for adults will not work for children.

Check the manufacturer's label to ensure that the life jacket is a proper fit for your size and weight and is U.S. Coast Guard approved.

Make sure the jacket is properly fastened with all the straps and buckles in good condition.

Hold your arms straight up over your head. Ask a friend to grasp the tops of the arm openings and gently pull up. Make sure there is no excess room above the openings and that the jacket does not ride up over your chin or face. For the best fit, try the life jacket in shallow water under safe and supervised conditions.

Inflatable type life jackets only count under the law if they are actually being worn and are prohibited for personal water craft operators and water skiers.

It's a good idea to write the name of your vessel or registration number on the life jacket to help with lost life jackets.

Have life jackets within reach on your vessel and explain to passengers where they are and how to use them.

Every person on board under the age of age 13 must wear an approved Type I, II or III while the vessel is underway.

For more information, visit www.cgau.org.✽

County Citizen Of The Year

People in desperate situations all across Lee County are turning to Andrew Banyai for help. The legal assistance that the executive director of the Lee County Legal Aid Society provides for free at the Clerk of Court's Self Help Center is one of many reasons county commissioners on Tuesday presented him with the prestigious Paulette Burton Citizen of the Year Award.

The accolade goes each year to a Lee County citizen who has provided outstanding civic contributions to Lee County government. It was created in 1991 to memorialize Burton, a longtime Sanibel resident and government watchdog who died tragically in an automobile crash.

"It is such an incredible honor to be recognized along with Burton and all the vastly accomplished people who have won this award in the past," Banyai said. "This, really, is about making Lee County a better place and the contributions all of us can make toward that goal."

Banyai spends every Tuesday afternoon answering legal questions of all kinds at the Self Help Center, offering as much insight as he can to help people who can't afford an attorney sort through cases too complex for them to effectively resolve on their own. People emerge with a sense of relief, direction and a fighting chance against potentially devastating outcomes.



Andrew Banyai

photo provided

"A lot of these people are desperate and scared, and all they really need is just some basic guidance," Banyai said. "Not everyone can afford an attorney, but everyone should be able to obtain a basic understanding of their legal circumstances and how to deal with them. That's what we're trying to provide access to here."

Banyai dove head-first into his work when he started in February 2018, a culmination of a life-changing series of events when a freak accident destroyed his right eye and triggered the onset of a latent genetic defect in his left eye. It left the former trial attorney's vision profoundly and permanently compromised, and he could no longer

perform some of the basic functions of his job.

That's when he sought the position he has now, for which his disability is no hindrance. Within months, he'd cut the time it takes Legal Aid to respond to people who reach out for help from between six and 10 weeks to a mere 72 hours. He helped forge a partnership between Legal Aid and the United Way to help struggling clients get basic necessities like food, clothing and shelter. And Legal Aid has begun offering advice and counsel, if not formal representation, to a broader segment of the public.

Banyai recruits other attorneys to

address the vast need for legal assistance in Lee County through his role as co-chair of the Lee County Bar Association's Pro Bono Committee. He's also an active board member with After the Rain, a Lee County organization providing transitional housing for women recovering from addiction, homelessness and domestic violence.

What time Banyai has that isn't dedicated to civic duty, he spends with wife, Cindy, and three young children, ages 9, 6 and 2.

Learn about Banyai's background and his work with the Legal Aid Society at www.leecountylegalaid.org.✱

Actors Sought For Local Children's Auditions

Broadway Palm is holding open children's auditions for the upcoming production of *Beauty and the Beast* on Saturday, April 27 at 10 a.m. Auditions are on a first-come, first-served basis. A sign-up sheet will be available at 9:30 a.m. No appointments will be taken.

The following is the role available: Young male actor to play Chip, the enchanted tea cup/son of Mrs. Potts, who is innocent, playful and bright-eyed. Vocal range: A3 to F5. Must be under 4 feet, 10 inches.

Anyone interested in auditioning should bring a current headshot/picture

and resume. Those auditioning need to be prepared to sing 16 bars in the musical theatre genre that best show off your vocal range. Bring sheet music in the proper key, an accompanist will be provided (no recorded music is accepted.)

Beauty and the Beast plays June 20 to August 10. Productions require a two-week rehearsal process (June 6 to June 19). Performances are Wednesday through Sunday evenings with selected matinees on Wednesday, Thursday, Friday, Saturday or Sunday. The role will be double cast, and children will alternate performances. Performance schedules are available at www.broadwaypalm.com. Anyone interested must be available for the rehearsal process and all alternated, assigned performances.

Broadway Palm is located at 1380 Colonial Boulevard in Fort Myers. For more information, visit www.broadwaypalm.com or call 278-4422.✱



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Benefit Race For Cancer

The 7th annual Race Against Head and Neck Cancer 5K Run/2-Mile Walk will be held at Century Link Sports Complex at Hammond Stadium on Saturday, April 27 at 8 a.m. The race is sponsored by 21st Century CARE, the independent charitable foundation of the nation’s largest integrated cancer provider, 21st Century Oncology.

All of the funds raised will be used locally to provide financial assistance to head and neck cancer patients in need, as well as to conduct head and neck cancer screenings throughout Southwest Florida.

“Every year, there are more than 50,000 new cases of head and neck cancer diagnosed in the U.S. However, given the proper resources, head and neck cancer is preventable and treatable,” said Kathy Tolentino, director of 21st Century CARE. “This is a fun and meaningful event that a lot of people in the community graciously support, and the funds raised really go a long way in protecting and treating a lot of people in southern Florida.”

Registration is \$30 for adults (ages 18 and older) and \$20 for youth (ages 17 and younger). Children under the age of five can participate in the event for free. The first 100 people to register will receive a complimentary race T-shirt and gift bag. Refreshments will be provided. There will be awards and chance drawings after the race.

Hammond Stadium is located at

14100 Six Mile Cypress Parkway in Fort Myers. For more information, to register, or to donate, visit www.21stcenturycare.org/event/7th-annual-5k-run-2-mile-walk-to-support-head-neck-cancer-patients or call 936-3756.✽

Easter Savings At Resale Stores

Easter weekend shoppers at Hope Chest resale stores in Bonita Springs, South Fort Myers and North Fort Myers will receive a 50 percent discount off most items on Friday, April 19 and Saturday, April 20.

Hope Chest stores feature designer-brand clothing and accessories, quality furniture and home décor including lighting, silk flowers and artwork, sporting equipment, antiques and unique collectibles. No coupons are necessary for the sale, and some exceptions may apply.

Proceeds from Hope Chest benefit unfunded programs and services of Hope Healthcare, which provides exceptional care and support to individuals and their loved ones as they fulfill life’s journey.

Hope Chest at the Crossings is located at 28520 Bonita Crossings Boulevard in Bonita Springs. North Fort Myers Hope Chest is located at 13821 North Cleveland Avenue in North Fort Myers. The newest Hope Chest is located at 14540 South Tamiami Trail in Fort Myers.

For store hours, information about volunteer opportunities or donating items to Hope Chest resale stores, call 482-4673 or visit www.hopehcs.org.✽

Seed To Table Fundraiser Friday

Island Coast High School will host a Seed to Table event on Friday, April 19 from 4 to 7 p.m. The event celebrates the Academy of Natural Resources teaching sustainability to hundreds of students for 10 years.

The evening includes a seed to table fish and chips dinner for \$10. Everything served will have been grown on campus. There will be free workshops on using rain barrels and home hydroponics. Barrels and kits will be available for purchase. Guests can also fish for tilapia, pick their own vegetables from the farmer’s market and bid on items in a silent auction. The day will start with a fish filleting competition.

“This event will be showcasing the sustainable lessons that our students have learned through the years,” said Joseph Mallon, the founder of the academy. “All proceeds will go to the Academy of Natural Resources to continue to give our students an enhanced, hands-on education that will benefit them and our community for years to come.”

Lee County’s first natural resources academy program is highlighted by an aquaculture and hydroponic laboratory program that integrates agriscience, aquaculture and general environmental issues as well as alternative energies.

Island Coast High School

is located at 2125 De Navarra Parkway in Cape Coral. To register, visit www.docs.google.com/forms/d/e/1FAIpQLSe5_SaecZkka7J-SkWeak4zzMLKNPpt7awfjNq9cc3GK-Xpg/viewform.✽

Local Girl Scouts Honored

In celebration of National Volunteer Month, Girl Scouts of Gulfcoast Florida is recognizing two Fort Myers residents who received Adult Achievement awards at the council’s annual meeting.

Carla Martinez and Kim Poinsett received the Appreciation Pin. This award is given to an adult for service that is outstanding and above and beyond the expectations of the position held, is delivered to at least one neighborhood or county within the council jurisdiction and contributes to the council’s goals and objectives.

Though issued by the local council, the award is recognized nationally by Girl Scouts of the USA as one of the highest awards available to adults in Girl Scouting.

Girl Scouting builds girls of courage, confidence and character, who make the world a better place. The inclusive, all-female environment of a Girl Scout troop creates a safe space where girls can try new things, develop a range of skills, take on leadership roles and just be themselves. For more information about membership or volunteering, visit www.gsgcf.org or call 800-232-4475.✽

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.revtedalhouse@aol.com 10200 Cypress Cove Circle, 850-3943.

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

CONGREGATIONAL Sunday 10:30 a.m., www.taecc.com, 1619 Llewellyn Drive, 334-4978.

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

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

481-5442. **CYPRESS LAKE PRESBYTERIAN** Sunday 8, 9, 10 and 11 a.m. www.clpc.us, 8260 Cypress Lake Drive, 481-3233.

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

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

FAITH UNITED METHODIST Sunday 8:45 and 10:30 a.m., 15690 McGregor Boulevard, 482-2030.

FIRST CHURCH OF CHRIST, SCIENTIST Wednesday 12 noon Testimony Service, Sunday 10:30 a.m., www.christiansciencefortmyers.net, 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, 437-4330.

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST; Sunday 10 a.m., 8210 College Parkway, 482-3133.

FIRST PRESBYTERIAN CHURCH OF FORT MYERS 11 a.m. Sunday, www.fpcfmyers.org, 2438 Second Street, 239-334-2261

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

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

KINGDOM LIFE

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

LAMB OF GOD Sunday 7:45 and 10 a.m., www.lambofgodchurch.net, 19691 Cypress View Drive, 267-3525.

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.newhopefortmyers.org, 10051 Plantation Road, 274-1230.

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

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

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

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

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

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

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

Avenue, 334-2161. **SAINT JOHN THE APOSTLE METROPOLITAN** Sunday 10 a.m., 3049 McGregor Boulevard, 344-0012.

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

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

Ovenbird

by Bob Petcher



The ovenbird (*Seiurus aurocapilla*) is a small songbird and part of the warbler family. It has a round head, fairly thick bill and a lively tail often cocked upward. It is a colorful little bird

with olive-green feathers, black spots on its chest, a black and orange striped crown, pink legs and a white eye-ring.

Interestingly, the ovenbird gets its name from its covered nest where the dome and side entrance is said to resemble a Dutch oven.

Ovenbirds live in forest areas. They hunt for adult beetles, worms, ants, caterpillars, spiders, flies and other insects in leaf litter. Nesting usually happens in different forest types as long as there is closed canopy cover, large trees and little ground cover.

Male ovenbirds tend to defend established territories by singing from perches in the low canopy. Their chirps, described as a rapid-fire *teacher-teacher-teacher* sound, act as alarm calls for such predators as barred owls and broad-winged hawks. Males also sing to attract females to nesting territory, yet they sing only sporadically during actual courtship.

At CROW, an adult ovenbird was admitted from Fort Myers after it was brought into the finder's home by their pet cat. As a result of being attacked by the cat, the bird sustained a laceration on its left side that was approximately eight millimeters.

The bird was also missing feathers in the area surrounding the wound. According to CROW medical staff, one of the biggest concerns after an animal has been attacked by a pet is the risk for infection caused by bacteria in the pet's mouth.

"Yes, we treated (the infection) with antibiotics," said Dr. Robin Bast, CROW staff veterinarian, confirming an infection did occur. "Bacteria found in cats' mouths can result in potentially fatal infections."

After its initial exam, the patient was started on antibiotics and pain medication. Veterinarians also administered fluids for mild dehydration.

"The wounds were kept clean until they scabbed over and healed. No sutures or bandaging were required in this case," said Dr. Bast. "After completing a course of antibiotics, the wounds were healed, and the patient was flying well enough to be cleared for release."

Dr. Bast said the ovenbird recuperated after only just one week at the clinic.

"The patient was released this past weekend after a successful course of treatment," she said.

This is nesting season for many birds in Southwest Florida, so it is important



Patient #19-1002 suffered a laceration and missing feathers due to an attack by a pet cat, but it was successfully treated and released in a week's time photo by Brian Bohlman

for everyone to know that if your pet brings home a live bird or baby animal, you should contact a local wildlife rehabilitation center immediately so it can receive medical attention.

"If your pet brings home an injured bird or small mammal, put it in a cardboard box and keep it in a quiet, warm area of your house and contact CROW immediately for further instructions. Do not attempt to give food or water until the animal has been evaluated by a veterinarian," said Dr. Bast. "It is important that they receive treatment even if there are no obvious

wounds – if a cat brought in a bird, there may be small punctures too tiny for you to see, but that can still result in severe infection. CROW can provide directions over the phone to a drop off center nearest to your location."

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

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Sizzling Snook Bite



by Capt.
Matt Mitchell

Warm water and summer heat turns the snook bite on, and this proved true this week with our action only getting better and better.

Throw in some south wind and this bite only got better and better. Higher than normal tides brought on by these southerly winds gave anglers the opportunities to fish some shorelines I have not fished in months,

During most snook trips this week, we managed a solid 20 fish that were caught and released with most days bringing chances at a few big ones that we at least hooked if not landed. While fishing with newly retired Lee County bus driver Barry, we caught snook all morning until he tied into a much much bigger fish when fishing the oyster bars. This crazed giant headed around the bar, which was too shallow for it to cross, then turned 180 degrees right down the back side. I started up the boat and gave chase and just about got it to the boat when the hook pulled loose.

While fishing one last shoreline before wrapping up the morning charter, Barry caught a few more mid-20-inch fish before hooking and landing a 31 incher. This was Barry's

biggest ever and took away a little bit of the pain from loosing the larger model at the last stop. Most snook trips this week brought fast-paced action along with landing a couple of them over that 30-inch mark.

This week also brought the best trout fishing I have seen since last June. We targeted areas from Demere Key north, and we caught lots of trout up to 18 inches. We caught these fish lots of different ways including popping corks, jigs and free-lined live shiners. The key thing seemed to be working the sandy potholes in four to six feet of water. If I did not catch a fish within a few minutes, I'd pick up the powerpoles and drift down another 20 yards or so. We caught a variety of species mixed in with these trout, like mackerel, bluefish, jacks and ladyfish. It's been a long time since I caught trout with any regularity, so this felt good.

Windy days have made it a little tough on the early season tarpon anglers. I did see lots of fish one day behind Cayo Costa and another good amount by Bird Key Basin. These fish are very hard to get a pattern on, as they seem to be there one day then gone the next. April is always a windy month and that makes tarpon fishing a little tough. Once we do get a nice slick calm day, we will realize there are tarpon everywhere.

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



Barry from Fort Myers with a 31-inch snook caught while fishing with Capt. Matt Mitchell this week photo provided

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Plant Smart

World Within A Hedge

by Gerri Reaves

The next time you walk by a silver buttonwood (*Conocarpus erectus*) hedge, take a moment to glance at its interior.

However abused it might be from years of hedge trimming – the species wants to be a tree, after all – it might reveal a fascinating little world like the ones in these photos.

The plants clustered around the silver buttonwood branches create a miniature oasis for small birds and other wildlife. Cover, rest and insects can be found amidst other epiphytes.

That funnel-shaped flower with the silky fibers abounds in early spring. Although close-up, it’s stunning, ball moss’s (*Tillandsia recurvata*) small brownish purple flowers can easily go unnoticed, the stems extending among curving silvery leaves.

Those silky strands effectively disperse ball moss seeds on the wind, one strategy that makes it the state’s most common air plant.

In addition, it can survive in precarious places – perched on a utility wire or in a wall crevice, for instance.



Ball moss’s funnel-shaped brownish purple flowers produce windborne seeds
photos by Gerri Reaves

Even one of the busiest and nosiest intersection in Lee County can have its hidden treasures, like the deep red spikes of northern needleleaf (*Tillandsia balbisiana*) emerging from the hedge top.

Like many of Florida’s native bromeliads, it is a listed species, in this case as threatened.

If you want to cultivate or invite air



The red spikes of northern needleleaf peak above a silver buttonwood hedge at a busy intersection

plants to your yard, consider adding silver buttonwood. The rough bark makes it a good platform for lichen, mosses, orchids and bromeliads (pineapple family).

Epiphytes, or air plants, are not parasites. They absorb moisture from rain and nutrients from detritus found on its host plant.

But remember, if you’re choosing a



A bird wanting to see but not be seen might find this a cozy street-side resting spot

hedge, pick one suitable to the desired height.

Other rough-barked host plants are live oak (*Quercus virginiana*), bald cypress (*Taxodium distichum*), cabbage palms (*Sabal palmetto*) – for the crosshatched “boots” on the trunk – and non-native *Tabebuia* species.

Plant Smart explores the diverse flora of South Florida.*

The Big Calusa Week-Long Water Festival

Calusa Waterkeeper, the leading nonprofit clean water advocacy group, will hold The Big Calusa, a family-friendly, recreational, educational and cultural week-long festival and cleanup, during the week of April 22. The festival is being held to reconnect the community in a positive way with all that is loved about local waterways.

“All year long, we at Calusa Waterkeeper find ourselves talking about the catastrophic harm we have suffered due to red tide and blue-green algae: fish and marine life dying by the millions, citizens at higher risk of illness, significant economic damage and on and on,” said John Cassani of Calusa Waterkeeper. “Now it’s time to remind everyone why

our water is so special.”

The Big Calusa begins with the Calusa Kayakers Clean-Up Kick-Off Party at Millennial Brewing Company on Earth Day, Monday, April 22 from 5:30 to 8:30 p.m. A brew specially crafted for the event, called The Big Calusa, will be unveiled and on tap at various venues all week. The party will feature musical entertainment, food trucks and sporting vendors to create a festival launch and to sign up kayak racers and cleanup crews.

The Big Calusa will team up with Keep Lee County Beautiful to initiate Calusa Clean-up, a comprehensive week-long effort to clean local waterways throughout the region, partnering with kayak outfitters, civic associations, home-owners associations, service groups, churches and schools. The person who cleans the most garbage out of waterways and posts photos to social media with the hashtag #calusacleanup will be celebrated as cleanup champion at the Big Calusa

Awards.

Calusa Culture Night will be held at the Sidney & Berne Davis Art Center on Wednesday, April 24. Doors open at 5:30 p.m. and the event starts at 6:30 p.m. There will be storytellers, historians, artists and musicians. Speakers include Woody Hanson, Ralph Woodring, Seminole Tribe member Brian Zepeda, Cindy Bear from the Randell Research Center, Amy Bennett Williams, Bill Hammond and Calusa Waterkeeper John Cassani. As a backdrop for the speakers, there will be a Seminole dugout canoe on display along with water-themed works of art by prominent Naples-based painter Paul Arsenault and noted Sanibel artist Myra Roberts. Music will be provided by electric acoustic duo Roots 2 Vine, who will premiere a song written for the occasion called *The Big Calusa*. Tickets are available by calling 333-1933 or at www.sbdac.com.

Big Calusa Day will involve a full day of recreation at North Shore Park along the Caloosahatchee in North Fort Myers on Saturday, April 27. ACA-sanctioned kayak and paddleboard races start at 8:30 a.m.. From 10 a.m. to 4 p.m., the public is invited for sailboat rides, fossil hunting, mermaid tales and The Little Toot Magic Tugboat for kids, along with fishing and boating safety workshops, and master naturalist ecotours.

The Big Calusa Awards ceremony will be held at the Edison and Ford Winter Estates on Sunday, April 28 from 4:30 to 6:30 p.m. Calusa cleanup champions, race-winners and local clean water heroes will be honored. Newly appointed South Florida Water Management District chairman and Sanibel resident Chauncey Goss will give the remarks at the awards ceremony.

“The Big Calusa was created to remind

our community why it is important to protect and preserve our waterways,” said KC Schulberg, executive director of Calusa Waterkeeper and creator of The Big Calusa. “These precious natural resources, including our palm-lined beaches, exotic mangrove islands, unique ecosystems of marshes, tributaries, rivers and estuaries, not only provide boundless recreational opportunities, they serve as the underpinning of our economy, our livelihood and our enjoyment of Southwest Florida. We need to cherish and preserve these resources for future generations.”

Big Calusa sponsors include Golden Sawfish sponsors: Pinchers Marina at Edison Ford and Severus Foundation; Silver Manatee sponsors: Manatee Eco & River Tours and CONRIC PR & Marketing; Roseate Spoonbill sponsors: Millennial Brewing, Captains for Clean Water, Kayak DIY, Three Fishermen Restaurant, Edison Sailing Center, Pure Florida, Metro Blinds, Keep Lee County Beautiful, Jensen’s Cottages and Marina and Sydney & Berne Davis Art Center; and Blue Heron sponsors: Edison & Ford Winter Estates, GAEA Guides, Charlotte Harbor National Estuary Program, Lee County Parks & Recreation Conservation 20/20, LightHawk Environmental Flights, CCRC. The official hotel sponsor is Best Western Waterfront Hotel. To sponsor, email Schulberg at kc@calusawaterkeeper.org.

Volunteers are welcome to participate throughout the week. For more information or to fill out a volunteer form, visit www.calusawaterkeeper.org/big-calusa, follow Calusa Waterkeeper on Facebook at facebook.com/calusawaterkeeper or contact info@calusawaterkeeper.org.

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Women Of Distinction Finalist

A key figure in the Lee County Tax Collector's Office is getting recognized for making a difference. Lee County Chief Deputy Tax Collector Noelle Branning is a finalist for the 2019 Women of Distinction and Woman of the Year awards given annually by the Republican Women of Cape Coral, Federated. The awards recognize women who exhibit leadership, teamwork, integrity, compassion and dedication to the community.

"I am humbled and blessed to have been selected as a finalist," Branning said. "My goal is to make a positive impact for the citizens of Lee County every day, and it's heartwarming to receive affirmation that I've chosen the right path."

Six Women of Distinction and one Woman of the Year will be named from among the finalists at a ceremony on Friday, April 12 from 6 to 9 p.m. at the Cape Coral Yacht Club.

"Noelle is a tremendous asset to the Tax Collector team, and she's been instrumental in so many of the innovations we've made to improve service for our customers," Lee County Tax Collector Larry Hart said. "Bottom line, she is an achiever. She gets so much done here and in the community."

Branning has tirelessly volunteered her time to more than a dozen community-focused endeavors. Through her work as a board member and former board president of the Children's Advocacy Center of Southwest Florida, she coordinated efforts with court personnel to facilitate the creation of the therapy dog program in the 20th Judicial Circuit. The initiative allows therapy dogs to be present in the courtroom for abused and neglected children facing difficult family and legal situations.

Through the Children's Advocacy Center, Branning and her two children arranged to volunteer in Pine Manor at Thanksgiving, helping young people from vastly different walks of life find common bonds and collaborate to serve beverages



Tax Collector Larry Hart and Chief Deputy Tax Collector Noelle Branning

photo provided

for a community meal. Branning and her children plan to perform the same service again this year.

Professionally, Branning is known for her leadership. She received advanced leadership certification and leadership MBA lite certification, both from the Florida Sterling Council, and she is a Florida Tax Collectors Association Executive Leadership Academy graduate.

Branning has been tapped as a speaker for numerous prestigious engagements, including a Lee Republican Women's Club forum where she spoke about her role on the 2016 Lee County Charter Review Commission. She also spoke as part of the Lee Government Resource and Orientation Workshop Series, better known as LeeGROWS, and the Lee County Association of Legal Professionals.

"Noelle is a major force for what's good and what's right in Southwest Florida," Hart said. "She understands the problems our community faces, and she meets them head on. She is, without a doubt, a woman of profound distinction."

See the customer services Branning helps the Tax Collector's Office provide at www.leetc.com.

Powell Creek Water-Quality Talk And Walk

Lee County officials are inviting residents and visitors to attend a water-quality talk and guided trail walk at Powell Creek Preserve on Friday, April 26. Tour times are 8 to 9:30 a.m., and 10 to 11:30 a.m.

The free event, which is planned to complement the weeklong Big Calusa event, will feature staff expertise from Lee County Natural Resources and Lee County Conservation 20/20. The program will take place on a one-mile walk on the elevated berm around the Powell Creek Preserve. Registration is required due to limited space.

Attendees may observe a variety of natural communities, including flatwoods, mesic hammock and Powell Creek. Vegetation includes old-growth pine, buttonbush and Carolina willow, as well

as dwarf live oak and netted paw-paw. The preserve is home to a variety of birds and animals, including warblers, pileated woodpeckers, rabbits and gopher tortoises.

Acquired by Lee County in 2003, the 77-acre Conservation 20/20 preserve also includes an 18-acre filter marsh managed by Lee County Natural Resources. The marsh is planted with native wetland vegetation and acts as a filtering mechanism that allows sediment to settle out and excess nutrients to be absorbed by the vegetation. This process replicates the natural function of wetlands to clean and purify water.

The parking area and a portion of the trail are ADA accessible and include a companion bench. Attendees should wear closed-toe shoes and bring water, hat, sunscreen and a camera or binoculars.

Powell Creek Preserve is located at 15601 Hart Road in North Fort Myers. To make a reservation or for more information, contact Conservation 20/20 Coordinator Jason Boeckman at 204-1125.

Free LeeTran Bus Rides On Monday For Try Transit Day

Lee County Transit (LeeTran) will be offering free rides on all fixed-route buses for Try Transit Day on Monday, April 22.

Try Transit Day is intended to increase ridership by raising awareness of the environmental benefits of utilizing public transit and offering a greener transportation option. The event is organized in conjunction with the Florida Department of Transportation's commuter services program. The free day of rides, scheduled near Earth Day, is restricted to fixed-route buses in Lee County.

LeeTran is the public transit provider for Lee County, providing more than 3 million rides per year. LeeTran operates 26 bus routes during season, 23 bus routes during off-season, a paratransit

Passport and an employer vanpool program.

To learn more about the services offered by LeeTran, or for schedule and fare information, call 533-8726 or visit www.rideleetrans.com and plan a route using the transit option in Google Maps.

Fort Myers To Washington, DC Nonstop Service

The Lee County Port Authority recently announced that United Airlines will inaugurate new service between Fort Myers and Washington, DC, on October 29. United will operate twice-daily, year-round service between Washington Dulles International Airport (IAD) and Southwest Florida International Airport (RSW).

For more information or to book a flight, visit www.united.com.

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Will Power

Cognitive Decline And Estate Planning



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

According to a recent Texas Tech University study, 50 years of age is the apparent peak for financial decision making. This ability begins to decline at age 60 and is significantly impacted by age 80. Even more worrisome is that people's perceptions of their own abilities do not decline.

How should this information affect families when constructing their financial and estate plans?

Anecdotally, many of my retiree clients who are into their 70s and 80s have not shared, nor intend to share, their financial and estate information with their adult children. There are a number of

reasons why they don't share, but in not sharing, family members usually aren't aware of financial dangers arising due to cognitive decline.

A 2015 New Jersey case is enlightening. In *Margaret Lucca v. Wells Fargo Bank, NA*, the bank was sued for failing to report to a state protective services agency a problem when one of the bank customers lost hundreds of thousands of dollars in a wire scam. Scammers from Jamaica called Margaret Lucca, fraudulently convincing her to wire money over several occasions.

Bank personnel noticed the unusual wire transactions, reporting them to the bank's internal fraud department. The internal fraud department never reported the transfers to law enforcement agencies or to the New Jersey state adult protective services agency.

The heirs of Mrs. Lucca sought to hold Wells Fargo responsible for having failed to report these transactions under a New Jersey statute. That law permits financial institutions to report suspicious financial transactions to state agencies.

The New Jersey court held that the statute was enacted to protect financial institutions from claims that it violated a customer's right of financial privacy, but did not mandate the reporting.

Therefore, while Wells Fargo could have reported the transaction, it was not liable for failing to report the transaction. While the holding in this case seems to be a logical if not obvious reading of the statute, the implications of the case and matters discussed in the opinion may have far greater import to the future of estate planning.

Mrs. Lucca's estate plan was less than optimal. Consider if Mrs. Lucca had her estate attorney create a revocable living trust, and transferred the accounts into the trust, naming Wells Fargo as trustee. Wells Fargo would consequently serve in a fiduciary

capacity for Mrs. Lucca, rather than as simply a custodian of the account.

In a fiduciary role, Wells Fargo would have been held to a higher standard. Had it not reported the fraud upon discovery, it's likely that Wells Fargo would have been held liable to Mrs. Lucca for the losses.

More important than being liable, had Wells Fargo been acting as a trustee, it would likely have more closely monitored the suspicious financial transactions. A trustee would notice a wire transfer of such amounts to Jamaica.

Perhaps another step was warranted as well. As clients age, hiring a care manager as an integral part of the planning process may serve to avert potential elder abuse. Hiring a care manager isn't common today, but I believe it will become more common as baby boomers age and retire.

A care manager may have identified the vulnerability of the client and alerted an institutional trustee, family member or others to take action. Care managers, unlike all the other members who comprise a traditional estate planning team for elderly clients, are mandated reporters. They must report suspected abuse. The same statute that absolved Wells Fargo of liability mandates that care managers and certain other categories of persons must report suspected abuse.

Had Mrs. Lucca's team of advisors recommended a care manager, perhaps the elder abuse would not have arisen. There was no oversight or monitoring of the client's financial activities.

Appropriate checks and balances are a key to safeguarding aging clients, but in the past have not been viewed as being within the scope of traditional estate planning. The Margaret Lucca case should not be viewed as merely a limitation on the liability of financial institutions, but rather a call to use more robust and comprehensive protective measures for many clients as they age.

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Law Firm Hires Stockholder

Attorney Scott Atwood has joined the law firm of Henderson, Franklin, Starnes & Holt, PA as a stockholder. From complex labor and employment counseling and litigation to general business matters, Atwood has been representing the interests of entrepreneurs, public entities and businesses of all sizes throughout the United States for nearly 25 years. He is also a Florida Supreme Court certified circuit civil mediator.

As a member of the executive council of the Florida Bar's labor and employment section, Atwood is extremely active in helping formulate and implement legal policy on both the state and local level. He previously served on the Florida Bar's board of governors, including its executive council and disciplinary committee.

Atwood currently serves as president of the Lee County Bar Association Foundation and vice chair of the Sidney & Berne Davis Arts Center Board of Directors. He is also a member of the University of Florida Law Alumni Council and is an alumni of Greater Fort Myers Chamber of Commerce Leadership Class (2017). Atwood is past president of the Lee County Bar Association, former member of the 20th Judicial Circuit Professionalism Committee, former member of the Florida Supreme Court Commission on Professionalism and former member of the Florida Bar's



Scott Atwood

photo provided

inaugural diversity committee. He also served on the allocations committee for Lee County United Way, on the executive committee of the Dartmouth Club of Georgia and was a barrister in the Calusa Inns of Court.

Atwood has been recognized for his extensive experience in labor and employment law by Florida Super Lawyers and Atlanta Super Lawyers. He received a bachelor of arts degree from Dartmouth College with honors in 1990, his law degree from the University of Florida College of Law in 1995 and a master of arts. from the College of William & Mary in 1991.✧

Cybersecurity For Non Profits And Organizations

The Planned Giving Council of Lee County, Inc. will present "Cybersecurity for Non-Profits & Organizations at its luncheon meeting at Blue Coyote Business & Social Club on Thursday, April 25. Networking begins at 11:30 a.m., lunch and program begin at noon.

Carrie Kerskie, a highly sought-after national speaker, trainer, author and consultant on the topics of identity theft, fraud and data privacy, will be the guest speaker. She is president of Griffon Force, LLC and Kerskie Group, LLC, and the author of *Your Public Identity: Because Nothing is Private Anymore*. Kerskie has been quoted in numerous publications and appears regularly on NBC-2, ABC-7, Fox 4, NPR and WINK News.

In 2014 Congressman Diaz-Balart lauded Kerskie with a Congressional Record for her work on identity theft. She was the driving force behind strengthening Florida's identity theft laws in 2015, including making business identity theft a crime in the state. In 2017, the Collier Citizens Council presented Kerskie with the inaugural Murray Hendel Civic Achievement award. The award honors individuals who have made extraordinary contributions to the community.

Many nonprofits and organizations collect and store sensitive personal information that is protected by law as



Carrie Kerskie

photo provided

confidential. When there is a breach of the confidentiality of that data, it poses a risk for the individuals whose data was disclosed, and for the nonprofit that will now potentially be subject to liability for the breach. It makes sense for every nonprofit to assess the risks of a data security breach and protect its data from unauthorized disclosure.

Cost for non-members is \$30 and includes lunch. The event is free to members. Reservation deadline is Monday, April 22 at noon.

Blue Coyote Business & Social Club is located at 9854 Caloosa Yacht and Racquet Club Drive in Fort Myers. For more information or to RSVP, visit www.plannedgivinglee.org.✧

Horizon Council Meeting

The Horizon Council and the Lee County Economic Development Office will host the Horizon Council General Membership Meeting in Building U, Room 102 at Florida SouthWestern State College on Friday, April 26 at 8 a.m. Registration and networking start at 8 a.m. and the meeting begins at 8:30 a.m.

Guest speaker Mike McDonald, senior learning consultant and learning business partner with the Gallup organization, will focus on employee engagement

and retention. With a Lee County unemployment rate of 3.3 percent, employees have more choices and access to more flexible options, higher wages and more attractive soft benefits than ever. Retaining employees is becoming increasingly difficult as well. McDonald will share current research on employee engagement and a few things managers and organizations can do to increase employee engagement, satisfaction and retention.

Florida SouthWestern State College is located at 8099 College Parkway in Fort Myers To register, visit www.leecoedo.eventbrite.com.✧

Book Review

The Silent Patient



by Di Saggau

The *Silent Patient* is the first novel by Alex Michaelides, and it's a winner in many respects: original, smart, sophisticated, shocking and emotionally intense.

I read through it in one day and enjoyed every page. A great deal of the story is told through diary writings of the main character, Alicia Berenson. Surprising everyone, one evening when her husband returns home late from work, Alicia allegedly shoots him in the face five times and then never speaks another word. Six years later, she's in a secure psychiatric facility and still hasn't said a word. She is the silent patient.

Theo Faber, a psychotherapist becomes obsessed with unlocking Alicia's secrets. He manages to get hired at the Grove in North London, where Alicia resides. Captivated by her story, he is determined to get her to talk and find out why she shot her husband. Alicia is an artist, and the price of her art has skyrocketed. One particular painting titled *Alcestis* especially intrigues Theo. Based upon one of Euripides's earliest works, it offers clues to what happened. *Alcestis* was the loyal but doomed wife in Euripides play.

As Theo tries to unravel the mystery of what happened, he is led down an unexpected path and his search for the truth threatens to consume him. This is a book that draws you in. The minute you

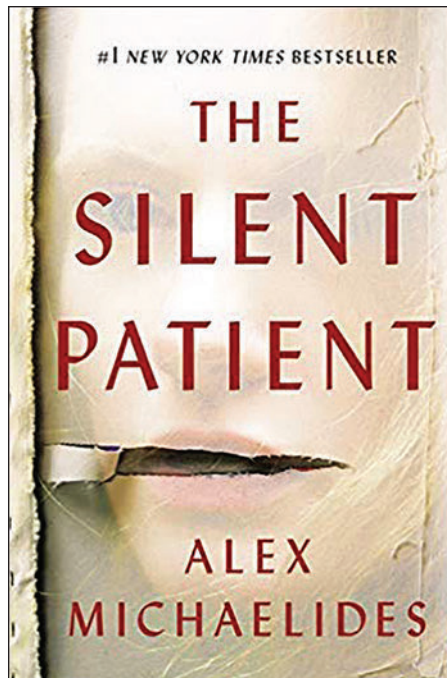


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think you know what's going on, new questions emerge to challenge everything. It's a psychological puzzle and to unlock it, Theo must dig into all those who were close to Alicia. As the book shifts back and forth from Theo's actions to Alicia's diary entries, we finally get to an ending with such a twist that it makes you want to talk to someone else about it.

There was one line in the book that I originally questioned. It read, "Music hath charms to soothe a savage breast." I thought it was a typo but learned that "Music hath charms to soothe the savage beast" is a misquote used by most. *The Silent Patient* deserves all the hype it has received. It's a thought-provoking thriller about violence, obsession and the dark side of passion.*

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, My 11-year-old daughter really struggles with writing. I'm not sure how to help her. Please give me some suggestions.

Isabella M, Fort Myers

Isabella,

Writing is one of the most difficult and complex tasks for kids to learn. Written expression requires many skills. Writing skills operate at three levels: word, sentence and paragraph/whole text. Knowing what these are can help you understand why your child may be struggling and how to help her. Here are very basic, essential skills needed for written expression.

The most important skill for writing is to be a good reader and have strong reading comprehension skills (the ability to read and understand text). In order to write, children must first need to be able to sound out or decode unfamiliar words and immediately recognize many other

words. Then they need to understand the meaning of strings of words, in sentences and in paragraphs.

Having a good vocabulary will help with understanding and most new vocabulary words are learned through reading.

Without these skills, it's difficult for children to even start writing. They will most likely struggle with spelling and with creating text that's meaningful and cohesive. The writing process will not be fluid for them, and their work will lack organization. They may also have trouble revising and editing their work. require re-reading closely to catch and fix mistakes or weak spots.

For some children, assistive technology might help them with decoding and other reading struggles. For instance, if they struggle with decoding words, text-to-speech function on a computer can read aloud the words they've written. Some text-to-speech tools read aloud words as they type them, which can be very helpful when editing.

Transcription is the physical act of producing words. This skill covers handwriting, keyboarding and spelling.

Transcription is another vital skill for writing. Children can struggle with transcription in many ways. Some have messy or illegible handwriting, others write very slowly by hand, while others may be able to write legibly or type quickly and

accurately enough, but they may not be able to spell many words without help. Using a keyboard can often help speed up transcription. But for some kids who struggle with keyboarding, it also gets in the way of the writing process.

Again, assistive technology may be able to help some children who struggle with transcription. Using a keyboard may help kids work around handwriting issues and, for kids who struggle to type or spell, technologies like dictation (speech-to-text) and word prediction can make transcription easier. Spell-check is also a useful tool for any writer.

To write meaningfully, children have to know how to construct sentences that make sense. Many children struggle with understanding and using correct sentence structure. Common difficulties include the placement of verbs or how verb tenses work. They may also use sentences that are too simple or incomplete. Or they may string a lot of ideas together into long run-on sentences.

Using correct punctuation is usually a challenge. Common errors in punctuation includes the use of commas, apostrophes or punctuation marks that end sentences. Knowing when to use capital letters can also be difficult.

One way to help kids who struggle with this skill is by teaching them very basic, practical knowledge. This includes things like the difference between a statement and a question, and the difference between a subject and a verb. Kids will need a lot of practice using this knowledge to write sentences. Here's a link to an excellent website for online grammar games across grade levels: www.education.com/games/

grammar.

Keep encouraging your child to write. Start small with notes, thank you letters and journals. Good writing takes practice.

Shelley Gregg 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.*

Continental Women's Club

The Continental Women's Club will hold a meeting at The Hideaway Country Club on Thursday, May 2 at 11:30 a.m. New officers for 2019-20 will be installed and past presidents will be honored.



The meeting will also include a Hat Day, where participants are asked to wear their spring bonnets and perhaps win a prize. Cost is \$22.

The annual scholarship fundraiser held on March 18 was deemed a huge success. Thanks to the members and the many guests who attended, the club will be able to award scholarships to very deserving high school seniors to help in their further education endeavors.

The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. Call 691-7561 for more information.*

EPIC FIRES OF FORT MYERS

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THOMAS P. HALL
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Financial Focus

Earth Day Offers Valuable Lessons To Investors



by Jennifer Basey

On April 22, millions of people will observe Earth Day by participating in events that support environmental protection. As a citizen, you may want to take part in a local celebration.

And, as an investor, you can learn a few lessons from the themes of Earth Day.

Here are a few of them:

Avoid a toxic investment environment – A recurring topic of Earth Day is the necessity of reducing toxins from our air, water and land. And, while you might not think of it in those terms, your portfolio can also contain some “toxic” elements in the form of investments that may be hindering your progress, or, at the very least, not contributing to it. For instance, you might own some investments that, for one reason or another, have consistently underperformed, or are now too aggressive for your risk tolerance, which can change over the years. In these cases, you might be better off selling the investments and using the proceeds for other, more appropriate ones.

Look for sources of renewable energy – Efforts to protect our environment include a push for more renewable energy sources, such as solar and wind. As an investor, you, too, can look for “renewables” in the form of investments that keep paying you back in one way or another. Of course, the most basic example would be a bond, which pays you regular interest

until the bond matures and you get your principal back, provided the issuer doesn’t default, which is generally unlikely with an investment-grade bond. However, you also may want to consider another type of renewable – dividend-paying stocks. By reinvesting these dividends, you can increase the number of shares you own – and share ownership is a good way to help build your portfolio. Some companies have paid, and even increased, their dividends many years in a row, but keep in mind they’re not obligated to do so.

Plant seeds of opportunity – Some Earth Day events involve planting trees, many of which won’t be fully grown for decades. When you invest, you are planting seeds in the form of investments you hope will grow over the years. Of course, you will likely see some volatility along the way, but over the long term, investments with strong fundamentals may reward you for your patience.

Apart from these ideas, you also can connect the idea of helping protect the environment with investing for your goals. Through socially responsible investing, you can screen out investments in companies whose products you find objectionable, while supporting businesses whose work you believe helps contribute to a better world. And you can find investments, such as mutual funds that emphasize social responsibility, whose returns are competitive, so you don’t have to sacrifice growth potential for your principles.

In the nearly 50 years since Earth Day celebrations began, we have taken steps to improve many aspects of our physical world, although the work continues. And by following some of the same techniques, you can improve your investment environment, too.

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

Finishing Touches For The Kitchen



by Linda Coin

There’s something oh-so satisfying about remodeling your kitchen. New cabinetry, appliances and a fresh coat of paint certainly have a way of

transforming a space and enhancing the atmosphere. But when all is said and done, nothing brings a kitchen together quite like the fine details in design. Wall art, accessories and other decor will complement the space and bring it all together.

To complete your kitchen and exude that sense of comfort, it’s all in the details. If your countertops are generally filled with small appliances, move them to the cabinets and make room for accessories that are both practical and stylish. Bread bins, tea boxes, spice racks, cook books, colorful ceramics, greenery supplied by useful herbs – the options are endless. Think about what you can use in the kitchen and find interesting ways to accessorize these tools.

Choosing a theme ahead of time can help you decide what type of accessories you need. If you’re taking a more modern approach, the items that you put on display should be sleek. Those taking a more traditional route should browse antiques or collectables instead.

Take a look at the space surrounding the cabinets – if your walls are bare to the point of being an eye sore, you

need to get creative. Be inspired by the theme of the kitchen accessories and find wall art to complete it. Distressed wooden shelves can hold some of your rustic or reclaimed accessories, adding yet another stylish touch to the kitchen. A modern clock and mirror can make the space more interesting and add light reflection. You may even consider creating an accent wall, displaying a variety of family photos. There are dozens of ways you can dress the walls in your kitchen to make the space feel both complete and comfortable.

Speaking of comfort, there’s no telling how uneasy it can feel walking past a window that offers little to no privacy. Instead of blinds, choose a beautiful fabric to create a truly customized treatment. This is a simple way to transform a window and make the space feel more complete. Fabric window treatments, such as roman shades or drapery, add warmth and color while offering privacy. Again, take the kitchen’s overall theme to choose the right color and style when making your decision.

Your kitchen floor likely isn’t carpeted, and the bare, wooden, or tiled surface probably doesn’t provide the warmth or cushioned comfort that you might prefer. Perhaps you’ve never considered it, but your bare kitchen flooring could be what’s holding the room back from feeling finished. Placing a few area rugs near the door, sink, under bar stools, or the kitchen table can transform the space. Since it tends to get a little messy in the kitchen, we recommend considering a patterned option, so stains are not as noticeable. There are also many rug options that are appropriate for both indoor and outdoor use, which accommodate accidental spills with easy clean up.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindceden.com.

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Page Field Base Operations Voted Among The Best

Base Operations at Page Field has been ranked in the top 10 percent of fixed-base operators (FBO) in an international survey conducted by *Aviation International News* (AIN). This is the seventh consecutive year Base Operations at Page Field has been named a top fixed-base operator by AIN. Base Operations ranked first in the Fort Myers/Naples area, had the third-best score in the facilities category and landed in the top 20 overall for FBOs in the Americas. The FBO survey is conducted annually and asks pilots, flight attendants and dispatchers to provide feedback on the level of customer care at individual business and general aviation service providers throughout the U.S., Canada, Mexico, South and Central America, and the Caribbean.

AIN conducts the survey year-round online and calculated cumulative averages from 2013 to present for this year’s results. The survey asked qualified subscribers to evaluate FBOs they visited the previous year in five categories: line service, passenger amenities, pilot amenities, facilities and customer service representatives.

AIN is a monthly trade publication focusing on the business aviation market and covers news, features, special reports and survey results. AIN is delivered in print and digital format to more than 38,000 qualified readers around the world. AIN has been conducting surveys and providing industry reports on service since 1981.

The Lee County Port Authority operates Southwest Florida International Airport and Page Field in Fort Myers. Page Field provides services to corporate, commercial and private aviators through their business arm, Base Operations at Page Field. For more information, visit www.baseoperationsfmy.com.

Education Center Names Director

Melanie Holaway has been named GLAD Kids director of early childhood education. GLAD Kids, a part of The Heights Foundation/The Heights Center family, has served children from birth to 5 years as an early learning center for more than 40 years.



Melanie Holaway

Holaway's experience includes leadership roles in the Early Learning Coalition of Southwest Florida, Edison State College (now FSW) Preschool and Lee Health's Child Development Center.

Kelly recently announced plans to build a three-story educational building on The Heights Center property that will house GLAD Kids and The Harlem Heights Community Charter School, a K-5 school. A groundbreaking is planned for fall 2019.

For more information, visit www.gladkids.net, call 481-2100 or email melanie@heightsfoundation.org.

University Names Senior Marketer

Joe Turner has returned to Hodges University as senior marketing and alumni outreach content creator.

In this position, Turner is responsible for overseeing the university's alumni relations initiatives, in addition to creating and writing marketing content that supports the university's overall brand presence.

He brings nearly 20 years of marketing, public relations and alumni



Joe Turner

relations expertise. Prior to rejoining Hodges University, he was the director of institutional promotions and development at Florida SouthWestern State College. Previously at Hodges University, he was the director of public relations and alumni affairs.

Turner earned a bachelor of arts degree in media arts and communications from Wayne State University in Detroit, Michigan.

Forum Benefits Manufacturers

Successful manufacturers are committed to organization, efficiency and improvement. The Southwest Regional Manufacturers Association (SRMA) invites business leaders to learn how to maximize those virtues through ISO 9001 certification at its next roundtable discussion at CareerSource on Wednesday, April 17 from 8 to 9:30 a.m.

SRMA Executive Director Neil Kagan will serve as the keynote speaker for Getting the Real Benefits of ISO 9001, explaining ISO certification, the path businesses can take to get there and how to get the most out of it.



Neil Kagan

Kagan said: "You are committed to providing a first-rate product, but do your clients understand just how committed you are? Does everyone in your supply chain? What about the public? This discussion will show you how you can become globally recognizable as a top-tier manufacturer."

ISO 9001 is the international standard that specifies requirements for a quality management system. Organizations, regardless of size or industry, use the standard to demonstrate their ability to provide products and services that meet customer and regulatory requirements.

More than one million organizations from more than 160 countries have applied the ISO 9001 standard, and many of them have realized significant cost savings through greater efficiency.

Cost to attend the SRMA discussion is \$10 for members and \$20 for non-members.

CareerSource is located at 4150 Ford Street Extension in Fort Myers. Visit www.sрма.net and click on the events tab to register, view member benefits and upcoming events.

Leadership Honor Society

Fort Myers native Blake O'Neill was one of 24 students inducted into the Elmira College Circle of Omicron Delta Kappa, the National Leadership Honor Society.

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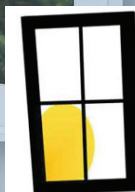
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From left, James Langton, Charles Ciulla, Nicholas Ursitti and Victor Medico photo provided

Police Foursome Captures Charity Golf Tournament

Detectives with the Fort Myers Police Department had the right combination of skills and teamwork to win first place in the AFCAAM Charity Golf Classis held at the Forest Country Club recently. Detectives James Langton, Charles Ciulla and Nicholas Ursitti along with Lieutenant Victor Medico took top honors in a scramble style format with a

net score of 46.9. This was the 15th annual golf event for AFCAAM, the African Caribbean American Catholic Center of Catholic Charities. Proceeds go to support afterschool education programs, youth mentoring groups, GED preparation, tutoring, computers and food donations. AFCAAM recruits K-5 students from the Dunbar and Harlem Heights communities who would benefit from additional reading and mentoring services in a safe and drug free environment. The winning team was sponsored by City of Fort Myers manager Saeed Kazemi.*

SPORTS QUIZ

- 1. When was the last time before 2018 (Boston) that a major-league team won 105 or more games in a season?
- 2. In 2017, Minnesota’s Paul Molitor became the second Hall of Fame player to win a Manager of the Year award. Who was the first?
- 3. In 2017, the Jacksonville Jaguars became the third NFL team to record 10 or more sacks in a game twice in a season. Name either of the first two teams to do it.
- 4. Name either of the two men’s basketball players who were named Big Ten freshman of the year and Big Ten defensive player of the year in the same season.
- 5. Patrick Kane set the mark for the Chicago Blackhawks in the 2018-19 season for most consecutive games with an assist (17). Who had held the record?
- 6. Josef Martinez set a Major League Soccer record in 2018 for most career hat tricks (six). Who had he been tied with?
- 7. Who was the last undisputed boxing champion of the cruiserweight division before Oleksandr Usyk in 2018?

ANSWERS

- 1. The St. Louis Cardinals won 105 games in 2004. 2. Baltimore’s Frank Robinson, in 1989. 3. The 1967 Oakland Raiders and the 1984 Chicago Bears. 4. Jaren Jackson of Michigan State. 5. Stan Milika, who did it for 14 consecutive games in 1967. 6. Stern John and Diego Serna. 7. O’Neil Bell, in 2006.

Golf Partners Sought For Charity Event

Attorneys, judges and golf enthusiasts are coming together for a good cause at the annual Lee County Bar Association Foundation Charity Golf Tournament at The Forest Country Club’s famed Bear Course on Saturday, May 4. The fundraiser will feature 18 holes plus contests, prizes, breakfast, lunch, refreshments and live and silent auctions to benefit several Southwest Florida charities that receive aid from the foundation.

Last year’s tournament raised \$22,000, and foundation proceeds benefited more than a dozen local organizations dedicated to aiding children, like the Guardian ad Litem Foundation, feeding the hungry, like the Harry Chapin Food Bank, healing the sick, like Partners for Breast Cancer, and more.

Check-in begins at 7 a.m., and the four-player scramble starts at 8:30 a.m. with a shotgun start. Putting, long drive and closest-to-the-pin contests will take place within the round, as will several other opportunities to win prizes.

A light breakfast and coffee will precede tee time, with players welcome to visit attorney Brian Cheffer’s Build Your Own Bloody Mary table or the CopyLady’s famous mimosa stand. A catered luncheon in The Forest’s new clubhouse will follow golf, along with the auctions. A trip to Key West, golf vacations, autographed sports memorabilia and more were among the items up for bid in last year’s auctions.

“It’s so much fun, and it makes so much of a difference for people right here in our community,” attorney and event co-chair Shannon Puopolo said. “A lot of the giving the foundation was able to do last year, and much of what we’ll give out



Attorneys Tony Rodriguez, Peter Knize, Andrew Woods and Travis Hayes at the 2018 Lee County Bar Association Foundation Charity Golf Tournament photo provided

this year, is a direct result of the money that we raise at the golf tournament.”

Sponsorships are available, and auction items are still being accepted. Player registration ends on April 26, with early bird rates of \$125 per player and \$450 per foursome valid through April 5. After that date, the costs are \$150 per player and \$550 per foursome.

“This is just one more way the bar and the bar foundation are working to create positive change in Lee County,” said Lisa Poulin, the bar’s executive director. “We encourage everyone to come out, have fun, and join our attorneys and judges in making a real impact.”

The Forest Country Club is located at 6100 Partridge Club Road in Fort Myers. Register to play at www.leebar.org/golf. Call Poulin at 334-0047 or email her at lpoulin@leebar.org to learn about sponsorships, auction donations and other ways to support the foundation.*

From page 1

Film Festival

Byeo Ri Kim, Have Deun Woo and Ye Bin Awn

Best Local Film – *Eliades Ochoa From Cuba to the World*, directed by Ruben Gomez

Best Feature Film – *Surviving Lunch*, directed by KT Curran

Audience Favorite – *#SLUT*, directed

by Jenna Kanell

Edison Award of Innovation – *Fly Like a Girl*, directed by Katie Wiatt

Toasts were made, celebrations commenced and afterparties kept the buzz going late into the evening. Some 89 films and five days in eight locations later, officials remind you to #BeYou at the #FMFF

For more information, visit www.fortmyersfilmfestival.com.*

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School District Website Includes Sales Tax Data

The School District of Lee County has unveiled a new version of the Change for Change webpage at www.leeschools.net. The updated site makes information about the revenue raised from the half-cent sales tax, and how it is being spent, easily accessible.

"One of the first initiatives I discussed when I joined the board was to make sure we kept everyone informed of how our tax money is being spent," Board Chair Gwyn Gittens said.

In early April, the state distributed \$6.3 million in sales tax revenue to the district, the first of monthly scheduled distributions.

The updated website has two main pages. One for the district, displaying the amount of revenue from the sales tax, any interest earned and what has been spent. There are four categories for the projects the voters approved: construction, maintenance, safety and technology. A fifth category, reserves, has been added to account for money being saved for future projects.

"The website associated with the transparency of the sales tax is easy to maneuver," said Joe Mazurkiewicz, chairman of the Independent Sales Surtax Oversight Committee. "I have been through it. It can drill down from the top all the way to the bottom, and I can find any answer I need."

The second section features pull down menus for every school to find the projects underway or planned, and the amount spent or budgeted. An information section on each school page allows for updates and project

pictures so parents and the community stay informed.

"We promised the community we would be open and transparent with the sales tax revenue if they trusted us enough to approve it," said Superintendent Dr. Greg Adkins. "This new website is just one of the ways we are following through on that promise. Every penny that comes in and every penny that gets spent can be tracked on a district-wide or school-by-school basis."

The data on the sites now represents revenue and planned spending for just January 1 through June 30. Money spent on sales tax projects before the start of the year is not included. When the next fiscal year starts July 1, a new set of revenue and planned spending will be available with the previous year being archived for easy retrieval.

The district developed the software internally to design the site and post updates, so the relaunch comes with no additional cost. Revenue distributions will update monthly and expenditures daily. School sites will have updates posted in their information boxes frequently as the projects proceed.

To track your tax dollars at work, visit www.leeschools.net/salestaxdashboard.✱

Honor Society Of Phi Kappa Phi

Fort Myers native David Mahan was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society, at University of Florida. Mahan is pursuing a degree in biology.✱

From page 1

Contest Winners

photographer used the light," said West. "It has a good vibe, it feels good. It makes me want to dive into that water."

Inversion by Ethan Epperly of Port Charlotte High School took third place. "I like the fact that the colors are not what you'd expect; they're not blue, but purple," Miller said. "The light pulls me in. I'm on a journey. There's a lot to find and discover in the image."

"It always amazes me, the quality of photos we get from these young adults," said Sierra Hoisington, who coordinates the contest. "We marvel at the unique perspectives and angles."

"Theodore Cross' family made this contest possible, and it has become a solid success story," said Birgie Miller, DDWS executive director. "We couldn't be more thrilled that the family wants its donations used in this way – to reach an age group that often falls through the cracks of conservation education. Kudos to development officer Sierra Hoisington, volunteer Terry Baldwin and our staff for a fabulous job of running the contest."

"We are so happy to be supporting a contest in my father's name, a contest that will get our youth involved with nature by looking at it – as my father so loved doing – through a camera lens," said Amanda Cross.

Students were able to submit up to two photographs. Winning and honorable mention images are on display at the "Ding" Darling Education & Visitor Center. To view online and for more information on the 2020 photo contest, visit www.dingdarlingsociety.org/articles/photo-contests.

The following students earned honorable mentions: Asai Aviles, Cape Coral High; Samantha Colon, Island Coast High; Hailey Gervais, Cape Coral High; Brigitte Grover, Port Charlotte High; Hannah Hendry, Gulf Coast High; Kaylie Morgen, Ida S. Baker High; Kynlee Price, Ida S. Baker High; Hailey Rozanski, South Fort Myers High; Sedona Scott, Cape Coral High; Yalexis Sensat, Ida S. Baker High;

Finalists included Bella Bastedo, Port Charlotte High; Adara Bonilla, Cape Coral High; Meegan DeYoung, Port Charlotte High; Eric Feichthaler, Oasis High; Julian Gonzalez, Cypress Lake High; Ilyssa Harrison, Cape Coral High; Hannah Hendry, Gulf Coast High; Luis Hernandez-Trejo, Labelle High; Leah Herold, Ida S. Baker High; Paige Moyer, Port Charlotte High; Nathaniel Pechenino, Island Coast High; Gabriella Schol, Cypress Lake High; Sedona Scott, Cape Coral High; Hannah Simon, Cape Coral High; Kailyn Uria, Island Coast High; Lauren VanDyke, Cape Coral High; and Christina Walch, Cape Coral High.✱



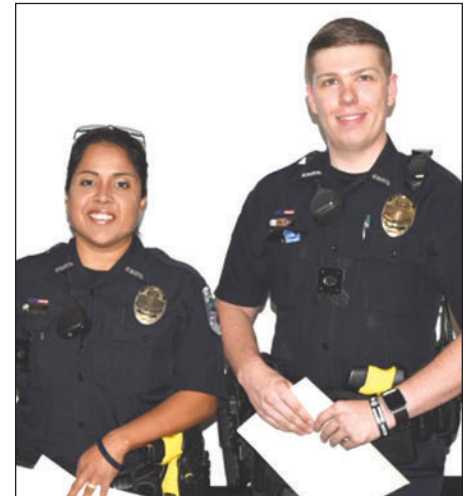
From left, Officer Zach Ross, Chief Derrick Diggs and Officer Miguel Hernandez
photos provided

FMPD Officers Of The Month

Four officers were recognized for their exemplary service to the City of Fort Myers at the recent Fort Myers Police Department Citi-Stat meeting.

The Mission BBQ Officer of the Month award was presented to officers Emelia Lock and Andrew Kaiser. The officers were saluted for actions resulting in the arrest of an armed suspect who fled the scene of a traffic stop.

FMPD Officer of the Month awards were presented to Officers Zach Ross and Miguel Hernandez for conducting a traffic stop that resulted in the confiscation of illegal firearms.✱



Officers Emelia Lock and Andrew Kaiser

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The 2019 Grande Dames with Grande Dames of the past photos provided

Grande Dames Tea Honors Female Spirit

Pace Center for Girls, Lee County raised \$54,000 at its 11th annual Grande Dames Tea, which celebrated the unique perspectives and powerful insight that women gain throughout their life journeys.

With a theme of The Wisdom of Time – Honoring the Female Spirit, the Grande Dames Tea recently honored three Southwest Florida women for their roles in business, community and philanthropy – Linda Brown, Doris Colgate and Mary Fischer – at Broadway Palm Dinner Theatre.

“We are so thankful for the support shown by the 400 people who attended the Grande Dames Tea, as well as the 41 generous sponsors who helped make this event a success,” said Meg



The silent auction

M. Geltner, executive director at Pace Center for Girls, Lee County. “Beyond just helping our organization raise money, our three newest Grande Dames gave some fabulous advice and life lessons to the Pace girls, who I’m certain will benefit from the candid discussion.”

Pace provides at-promise girls and young women with opportunities for a better future through education, counseling, training and advocacy. Through ticket sales and sponsorships, the Grande Dames Tea provides funds

that support the organization’s strength-based, gender-specific programs that guide Pace girls in finding their voice and achieving their potential.

Also at the Grande Dames Tea, 24 generous individuals became members of the Believing in Girls Society (BIGS), which allows supporters to participate in an annual giving program.

For further information about opportunities to support Pace Center for Girls, visit www.pacecenter.org/locations/lee or call 425-2366.*



From left, Anna “Boots” Tolles, Sally Jackson and Susan Bennett



From left, Grande Dames Tea 12 - Betty Jo Ferguson, Farrah Hussey, Noneen Rafferty and Brandie Fennell Duncan



Pace Center girls hold a question-and-answer session with the Grande Dames



Pace Girls perform for the Grand Damesance

Festivities Close At Cypress Cove 20th Anniversary

Cypress Cove at HealthPark Florida concluded a recent week-long 20th anniversary celebration with a sparkling dinner and dance event.

Anniversary activities at the 48-acre Life Plan community, located in the shadow of HealthPark Medical Center, began April 1 with festivities focused around the event theme Remembering Yesterdays, Appreciating Today, and Creating Tomorrows.

Cypress Cove Executive Director Michele Wasserlauf reminded the crowd of nearly 300 that "20 years ago today (April 5), our first residents moved into their new on-campus homes. Hundreds have since followed. Celebrate today and join with us in creating your tomorrows."

Nina Klaudt, one of seven first day residents at Cypress Cove in 1999, applauded the moment of celebration. Speaking Tuesday at an event that recognized the community's 21 first-year pioneer residents still living at Cypress Cove, she said, "who would have dare guessed that now... for the first time in my life, I've been asked to cut the first piece of a celebrative cake."

"But at Cypress Cove," she continued, "new things happen every day... that's why (the community's theme) Love Where You Live rings true and brings excitement to each month."

Simultaneous to Friday evening's



Cypress Cove members celebrate 20 years

dinner and dance festivities, featuring the famous Z Street Band from Orlando, anniversary celebration activities were being held at Cypress Cove's assisted living facility, its memory care assisted living households and the campus skilled nursing and rehabilitation center.

Week-long activities included an unveiling of a 26-poster historical exhibit featuring photos of various construction and renovation phases during the past 20 years and displaying historical sequences featuring the community's various organizations and clubs, and past

celebrations and events. Also, Cypress Cove 400 employee were feted at four separate celebrations.

"Lots has changed since we first opened in April of 1999," Wasserlauf said. Most recently, expansion of the campus villa neighborhood was completed. Over the past five years, the community has added its multi-household, national award-winning memory care facility (The Cottage), a state-of-the-art high-tech rehabilitation center (The Mead Therapy Center), and a multi-purpose Resident Park complex.*

photo provided

Lee Health National Speaker Series

As part of the National Speakers' Series, Lee Health will present David Katz, MD, MH, FACP, FACPM, FACLM, who will present The Truth About Food – Why Pandas eat bamboo and people get bamboozled! at the First Christian Church on Tuesday, May 7 at 6 p.m.



Dr. David Katz

Dr. Katz is the founding director of Yale University's Yale-Griffin Prevention Research Center; past-president of the American College of Lifestyle Medicine, and founder/president of the True Health Initiative. He is globally recognized for his expertise in nutrition, weight management and the prevention of chronic disease. Dr. Katz has served as one of the expert judges for the annual rankings of diets by *U.S. News & World Report* for much of the past decade. He reaches a social media following of nearly 1 million.

First Christian Church is located at 2061 McGregor Boulevard in Fort Myers. To register or for more information, call 424-3234.*

Eggstravaganza Health Day On Saturday

Get ready for egg hunts and Harley Davidsons as Golisano Children's Hospital of Southwest Florida hosts its "EGGstravaganza" Health Day on Saturday, April 20.

The fun, entertaining and educational event features:

5K family walk/run

Egg hunt for children of all ages (candy-less for children age 3 or younger)

The Easter Bunny

Free EKG testing for middle and high school athletes

Valuable information on child safety

Fire trucks, ambulances and the Lee Health Blood Mobile

More than 400 motorcycles and their riders from the Harley Davidson Owners Club deliver toys for hospital patients

"We're thrilled to host this fun, safety-focused event for children and their families," said Armando Llechu, chief administrative officer for Golisano Children's Services. "Our goal is to inspire Southwest Florida to have a safe, healthy spring and showcase the resources available across the community."

The EGGstravaganza builds on the success of the annual Easter Bunny

Toy Run in which hundreds of Harley-Davidson motorcycle owners descend upon the children's hospital, bringing toys, arts and crafts supplies and lots of cheer to hospitalized children.

Golisano Children's Hospital of Southwest Florida is located at 9981 South HealthPark Drive in Fort Myers. For more information, visit www.golianochildrensswfl.org.*

Chronic Disease Workshops

Lee Health's Lee Health Solutions, in partnership with many local community agencies and supported in part initially by a grant from the Southwest Florida Community Foundation, is offering It's All About You, a research based chronic disease self-management program originally developed at Stanford University Patient Education Research Center.

The program is designed for people 18 years of age or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions.

The free workshop is 2.5 hours once a week for six weeks and will be offered on Fridays beginning April 26 from 1 to 3:30 p.m. at Arden Courts, located at 15950 McGregor Boulevard in Fort Myers. For more information or to register, call 343-9264.*

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dearRPharmacist

Don't Get Pinned With Diseases You Don't Have



by Suzy Cohen, RPh

Dear Readers: When you purchase over-the-counter medications or receive a prescription, you take the pills with sincere hope that you'll feel better. For sure, the pills may do the trick,

for example, stopping reflux, or relieving arthritis, but I also wonder if you know that the medications can suppress and deplete nutrients. You can fix this situation immediately if you know what nutrients are getting mugged out of your body.

In the process of carrying out their intended effect, drugs can slowly deprive your body of the nutrients it needs to feel well and stay healthy. I call this nutrient depletion effect "drug mugging."

As an example, acid blockers can suppress absorption and act as drug muggers by reducing your levels of many nutrients, including calcium, folate, iron, vitamin D and B12. This impacts your energy levels, bones, mood, teeth and immunity. Another example is with statins that reduce CoQ10, vitamin D and selenium. This diminishes your mood, sexual abilities, immune function and thyroid levels. It can impact heart rhythm.

As you take medications and therefore become deficient in vital nutrients, you begin to feel sick in different ways, or feel something is amiss with you. You can't put your finger on it. Doctors don't think in terms of drug mugging, they think in terms of symptoms and diseases, so inevitably you get pinned with more diseases. For example, some drugs induce diabetes, by increasing your blood glucose, while others cause depression by stealing magnesium. This situation is preventable.

Another example is with medications used for menopause, oral contraception or hormone replacement. These estrogen or

progestin-based drugs appear to suppress many nutrients including the B vitamins, in particular B6, riboflavin and folate, along with the mineral magnesium. This can cause a woman to sink into depression, or develop nerve pain or hypothyroidism. I'm not suggesting you stop anything, but it's common sense to restore what is being depleted from your body. If you have to be on a medicine, then for pennies a day, you can "insure" your health and well-being.

It's not just medication, it's also food and lifestyle habits. For example, coffee drinkers lose a lot of minerals. This impacts your bones and teeth, as well as your energy levels. If you love these beverages like I do, you can offset the loss of the nutrients by eating a lot of healthy green vegetables, especially leafy ones. You can also supplement. Staying indoors and not getting enough sunshine can suppress vitamin D.

The drug-mugging effect is very real, and it happens with every medication. It is a well-documented phenomenon that's been known for decades. In an effort to protect you, I wrote a book on this topic that is available on Amazon, and in German, Korean, Greek and Hebrew languages. It's called *Drug Muggers, Which Medications are Robbing Your Body of Essential Nutrients and Natural Ways to Restore Them*. You can look up your medications and know which nutrients to restore.

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.

Overeaters Anonymous

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

For more meeting information, visit www.southwestfla.org.

Sanibel Community Church is located at 1740 Periwinkle Way.*

One of the ways to look at sacrifice is to give up something you love for something you love more. Another is to give up something in order to accomplish something greater and for the overall beautiful life you are striving for. And then there is the just plain giving all you have for those you love so that they thrive and become all that they can be. You see, there are just so many ways to look at sacrifice.

I took the time to ask individuals what the word sacrifice means to them and what first comes to mind with this word and, with no surprise, here are the answers;

Moms – I sacrifice the time for myself, my quality sleep, my career focus and overall self-care to give my all to my children.

Dads – I sacrifice my time with family because of my career. I sacrificed choosing a job that I love versus a job that supports my family and lifestyle.

Doctor and Dietician

The 80 Percent Practice



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

Many Americans regularly attempt to drop excess weight and often become frustrating trying to count calories. Halfway around the world, in Okinawa, is a practice that may be key to successful weight loss without strict calorie counting. Okinawans practice a teaching called *hara hachi bu*, a foundational principle instructing you to stop eating when your belly is 80 percent full. They have maintained this principle for almost a thousand years. The people of Okinawa actually became a subject of interest in Western medical science due to their remarkable number of centenarians. Americans suffer from varied diseases and conditions associated with overeating and obesity, whereas Okinawans experience only a fraction of these diseases, including cardiovascular disease, breast cancer, prostate cancer and dementia. *Hara hachi bu* is one of many dietary and lifestyle customs that researchers attribute to the Okinawans' famously long and healthy lives.

Remembering to stop eating when your stomach is 80 percent full is a way to eat more mindfully. The Okinawans' self-imposed calorie restriction of *hara hachi bu*, allows Okinawans to regularly consume approximately 1,800 to 1,900 calories a day, which is a few hundred calories less than the average American.

In addition to their style of eating,

Okinawans are known for what foods they eat. Their diet is high in fresh fruits and vegetables and includes a good amount of whole grains, legumes and fish. Their traditional diet is naturally high in essential nutrients and steers clear of processed foods.

How can you put these traditions into practice for your own improved health? Focus on enjoying a variety of fresh foods as well as eating more slowly than you normally would. This discipline allows the "I'm full" signal to get from the stomach to the brain and naturally helps you eat smaller portions.

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.

Diabetes Prevention Program

Lee Health will hold a free program designed to help one make modest lifestyle changes and cut risk of Type 2 Diabetes by more than half at the Healthy Life Center in Estero on Monday, April 29 from 6 to 7 p.m. Registration is required.

This year-long program, featuring weekly meetings for the first six months, then once or twice a month for the second six months, is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

Information presented in the workshop can help one become empowered to prevent Type 2 Diabetes. Learn about the benefits of physical activity, manage symptoms of stress, make smarter decisions related to healthy eating and tips to stay motivated. Participants will receive a guide to use as an ongoing reference tool once the classes are completed.

Healthy Life Center in Estero is located at 23450 Via Coconut Point in Estero. Call 424-3127 for more information.*

Beautifulife:

Sacrifice



by Kay Casperson

This is a word that means something unique and different to most everyone. When I was deciding what to write about this week, this word kept coming to mind for many

reasons. First and foremost, since we are about to begin Holy Week, I think about the ultimate sacrifice that was made for us on the cross. Jesus Christ gave his life so that we would have a path to righteousness, be forgiven, see the light and know the truth.

I sacrifice sports or hobbies due to responsibilities.

Teachers – I sacrifice a better paying job because of a love for children, people and education. I sacrifice countless hours learning how I can teach others to become better and to grow.

Volunteers – I sacrifice my time so that I can give to a cause that I believe in. I also sacrifice my resources to help others heal, grow and to fulfill a need.

Entrepreneurs – I sacrifice money, time and energy for an idea, a vision and a dream in hopes that my hard work will continue to make it a reality that becomes bigger and better every day.

So, my question is... what does sacrifice mean to you? What are some of the things that you have sacrificed over the years and what was the positive outcome for that sacrifice? I encourage you to take some time this next week to

dig a little deeper to see and appreciate the sacrifices you have made in your life and for the lives of others. I also want you to recognize the sacrifices that others have made for you. We all have those individuals in our lives that gave more than we can even imagine so that we could thrive, dream, imagine, grow, believe and be free.

My affirmation for you this week is: "I am thankful and appreciate the sacrifices that were made for me and continue to embrace the sacrifices I make every day to move towards having my most balanced and beautiful life."

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

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Lex And Brittany



Lex ID# A773372

Hello, my name is Lex. I am a 9-month-old male labrador retriever mix who is the perfect pup for any growing family. I have that puppy energy and spunk that could benefit from a home with children or other dogs. This pint-sized cutie is only 30 pounds making me that perfect combination of a big dog personality in a medium dog body. I love to play fetch and am currently working on learning my commands with the volunteer staff. They report that I am a quick study and may be a child prodigy.

My adoption fee is \$30.

The Easter Bunny isn't the only game in town this April. Lee County Domestic Animal Services has bunnies available for adoption. Hop on over and adopt one today. Hi, my name is Brittany. I am a 6-month-old female bunny who is not only a love bug, but I also get along well with the kittens. I like to play with them in our free-roam room. The kittens are definitely amused when I come in to play. My adoption fee is \$5.



Brittany ID# A774710

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

Hi, 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.

Hello, I'm Athena. I'm a beautiful girl and I know



Athena

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 haveneearthanimalleague@yahoo.com.**



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

ARTS

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

CLUBS & ORGANIZATIONS

American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Coral Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE(National Active & Retired Federal Employees	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900

AREA ATTRACTIONS

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

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

PUZZLES

Answers on page 29

Super Crossword

- ACROSS**

1 Of Christian ritual immersion

10 Fish also called a "jack"

17 Ship for ETs

20 Work partner

21 Everlasting

22 Edge

23 Start of a riddle

25 Log cutter

26 Reply to "Shall we?"

27 Bruins legend Bobby

28 A dieter may try to lose it

29 Obstruction

30 Riddle, part 2

37 Decline to vote

41 Earsplitting

42 Alleviates

43 Riddle, part 3

49 Cat sound

50 Make fun of

51 Seemly

52 Zig's reverse

55 Archie's sitcom wife

57 Name on an elevator

60 Minor error

61 Bicycled, e.g.

62 Rock singer Snider

63 Epitome of easiness

66 3/15 or 4/13, day-wise

68 315 or 413, phone-wise

70 Riddle, part 4

73 Roget's references

76 "Taken" star Neeson

77 China's Lao- —

78 "Blue Bloods" ailer

81 Cat sound

82 Tide type

84 Scissor cut

86 For only the case at hand

88 Rest house

89 Player getting a goal

91 Hourglass fill

94 Plus

95 Riddle, part 5

99 Part of Iberia

102 Crab part

103 Plush

104 End of the riddle

110 Go offstage

111 Geologic span

112 Lennon's lady

113 Cuisine with tom yum

117 Jar coverer

118 Riddle's answer

125 Flying geese formation

126 Stud farm owner, e.g.

127 Waterproof sheet

128 Suffix with govern

129 More lathery

130 Got testy with

DOWN

1 Cry out loud

2 Tennis champ Arthur

3 Exam taken by many jrs.

4 Little tykes

5 Here, to Hugo

6 Auntie, to Mom

7 Wrestlers' pad

8 Pal of Porthos and Aramis

9 Looks of lust

10 Architect I.M. —

11 See 12-Down

12 With 11-Down, New York Giants legend

13 Pasta sauce brand

14 Actress — Aimée

15 U.S.-Can.-Mex. treaty

16 Schnozz suffix

17 Planet with 27 moons

18 Focus one's gaze

19 Final Greek letters

24 Vocal quaver

29 Really rise

30 Slugger Ripken

31 Raise

32 From scratch

33 British runner Sebastian

34 Jostle

35 Scents

36 Heady brew

37 Really longed

38 Wedding party?

39 "Wake Up Little —" (1957 hit)

40 Trial balloon

44 "O Sole —" (Italian song)

45 High storage room

46 "Memento" director

47 Soul

48 Conical homes

52 Wildlife park

53 Stir in, e.g.

54 "You don't say!"

56 "Funny joke!"

58 Joss or tiki

59 Hauling trucks

61 Panasonic alternative

64 Like pogo sticks

65 Mailer's "via"

67 Arch across

69 Far off the shore

70 ENE's reverse

71 One-named singer with the 2005 hit "Oh"

72 Simple-living sect

73 "I didn't need that level of detail," in texts

74 Cackling bird

75 Geologic span

78 Sevigny of "Kids"

79 Officer over deckhands

80 Actor Wolf

83 Lake fish

85 Golf number

87 "The BFG" author Roald

89 Reasonable

90 Depend

92 Twelve p.m.

93 Bamboozle

95 Droop

96 British rule in old India

97 — more (greater than one)

98 Bloke

99 Postpone

100 Fairies

101 Stage actors' whispers

105 India's first prime minister

106 Gluttony, e.g.

107 Records on a cassette

108 Army outfits

109 Like Livy

113 "That's right"

114 Embraced

115 Korea locale

116 "— that right?"

118 "American Dad!" ailer

119 Meanie Amin

120 Singer David — Roth

121 Hound sound

122 Madrid Mrs.

123 Antonym: Abbr.

124 Disparity

1	2	3	4	5	6	7	8	9		10	11	12	13	14	15	16		17	18	19
20										21									22	
23										24									25	
26								27						28				29		
					30	31	32				33	34	35				36			
37	38	39	40							41							42			
43								44	45					46	47	48				
49					50							51						52	53	54
55					56			57		58	59		60					61		
62					63	64	65		66			67		68			69			
					70				71				72							
73	74	75								76					77				78	79
81						82			83		84			85			86	87		
88					89					90			91		92	93		94		
					95						96	97					98			
99	100	101							102						103					
104						105	106	107					108	109						
110						111												113	114	115
117						118					119	120	121				122	123	124	
125						126								127						
128						129								130						

LITERATURE FIEND

King Crossword

- ACROSS**

1 Recipe meas.

4 Lapidary's supply

8 Help a hood

12 Weeding tool

13 Laugh-a-minute

14 Pianist Peter

15 "— Town"

16 Taj Mahal city

17 Right on the map?

18 Including the latest info

21 Household member

22 Welcome sight?

23 Certain card

26 Chaps

27 Praise in verse

30 Author Wister

31 Prickly plant part

32 Old woman's home?

33 Longing

34 Predicament

35 Grandfather, for one

36 "Oh yeah? — who?"

37 Prompt

38 Suspensefully timed out

45 Medicinal plant

46 Rembrandt works

47 Canine

48 New Balance competitor

49 Entanglement

50 Trail behind

51 Busy one

52 Cruising

53 Type measures

7 Speak halt-ingly

8 Concerning

9 Suitor

10 Formerly, formerly

11 Pledge-drive gift

19 Admitting clients

20 Author Fleming

23 Bliss

24 Have bills

25 Barbie's friend

26 Silent

27 Discoverer's cry

28 Dopey pal?

29 "A mouse!"

31 Rocket launcher

32 Passel

34 Lustrous black

35 Hill that's steep on one side

36 Villainous look

37 Actress

38 "Phooey!"

39 Hodgepodge

40 Heard reveille

41 Supermarket stack

42 Between jobs

43 Wander

44 Early birds?
- DOWN**

1 Grand

2 First course, often

3 Saucy

4 Tool used on cheese

5 Two cubed

6 Extra

MAGIC MAZE • CHINESE ZODIAC

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

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

- Astrology Attributes Cycle The Dog

The Dragon The Goat The Horse The Monkey

The Ox The Pig The Rabbit The Rat

The Snake The Tiger Year of



"Hey, sis, your ' _____ ' date is here."
answer on page 31

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Lilac _____

ROSEIT _____

Rosy _____

DURDY _____

Lean _____

GAGHARD _____

Curve _____

TEELEY _____

TODAY'S WORD

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

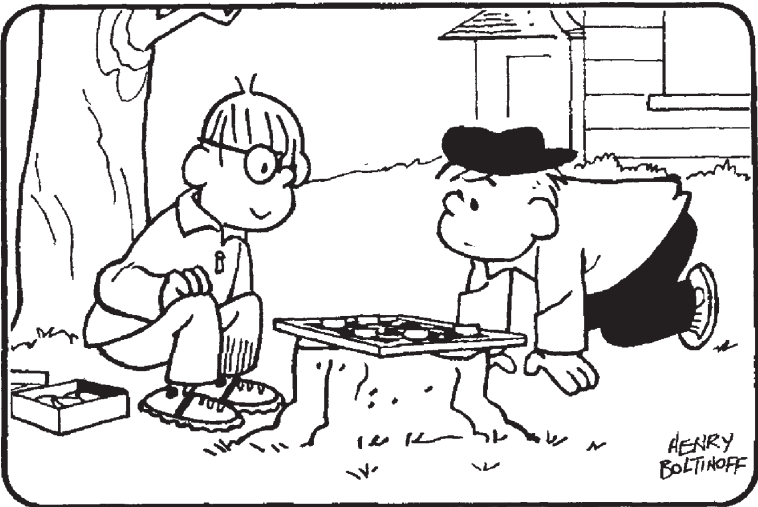
SUDOKU

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.

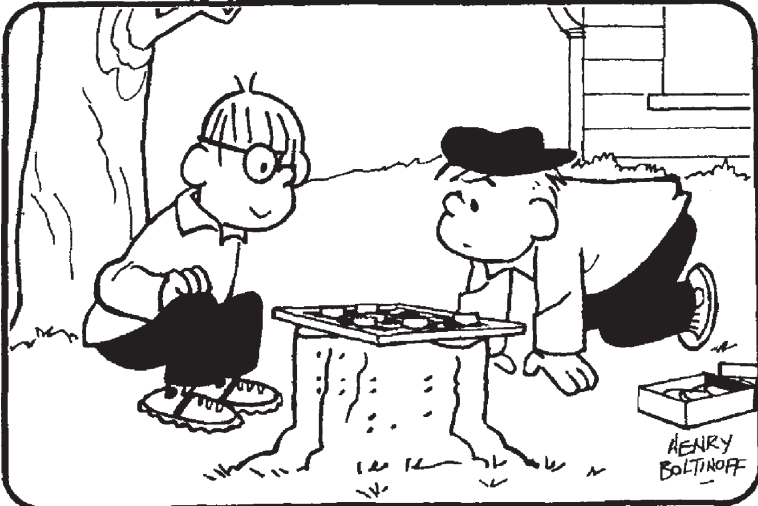
answer on page 29

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Boy's pants are black. 2. Box has been moved. 3. Garage is gone. 4. Shirt zipper is missing. 5. Tree stump is taller. 6. Boy's left arm can't be seen.



Honey Orange Glazed Grouper
3/4 pound grouper fillets
1 tablespoon orange juice
1 tablespoon honey
1 tablespoon orange marmalade
3/4 teaspoon Dijon mustard
1/2 teaspoon light soy sauce
1/8 teaspoon ground white pepper
Preheat broiler. Combine all ingredients except grouper, mixing well. Place fillets on an oiled broiler pan and brush fillets with honey glaze to cover. Broil 5 to 6 inches from heat for 4 to 5 minutes until browned. Turn fillets, brush with honey glaze and broil additional 5 minutes or until fish flakes easily.*



Honey Orange Glazed Grouper

photo courtesy Fresh From Florida

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April 12, 2019

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My Stars ★★★★★

FOR WEEK OF APRIL 22, 2019

Aries (March 21 to April 19) You're doing better on the flexibility issue, but you still need to loosen up a bit to show you can be less judgmental and more understanding about certain sensitive matters.

Taurus (April 20 to May 20) Your personal aspect continues to dominate this week. But try to make time to deal with important career-linked matters as well. A change of plans might occur by the weekend.

Gemini (May 21 to June 20) Excuses are not really needed for much of the confusion occurring this week. However, explanations from all parties could help in working things out to everyone's satisfaction.

Cancer (June 21 to July 22) That surprising (but pleasant) recent turn of events continues to develop positive aspects. But be prepared for a bit of a jolt on another issue that needs attention.

Leo (July 23 to August 22) Creating a fuss might bring you that attention you want. But are you prepared for all the explaining you'd have to do? Better to use more subtle ways to make your bid.

Virgo (August 23 to September 22) With education continuing to be a strong factor this week, this could be the time to start learning some new skills that can later be applied to a bid for a potential career move.

Libra (September 23 to October 22) You might do well to reconsider some of your current time priorities before you get so deeply involved in one project that you neglect meeting a deadline on another.

Scorpio (October 23 to November 21) With an important decision looming, you need to be careful about the information you're getting. Half-truths are essentially useless. Get the full story before you act.

Sagittarius (November 22 to December 21) Find out what everyone's role is expected to be before accepting that workplace proposal. Getting all the facts now could prevent serious problems later on.

Capricorn (December 22 to January 19) A flexible position on a workplace matter could be the best course to follow during the next several days. A personal issue also benefits from an open-minded approach.

Aquarius (January 20 to February 18) Involving

1. Warthog 2. The pineal gland near the center of the brain 3. Sher-e Khan 4. William Shakespeare 5. Pan-American Highway, stretching across the North and South American continents 6. Roasted green wheat 7. America Online 8. Carl Sagan 9. Lara Croft 10. C major

Trees And Power Lines Don't Mix

Earth Day is right around the corner. Many people celebrate this important day by planting a tree. Although planting a tree is great for the environment, it can mean trouble for you and your neighbors depending on the type of tree planted and the location. Keep the following information in mind to maintain electric reliability for you and your neighbors while keeping your yard looking great.

Right tree:

The trees you select should depend on a number of characteristics: growth rate, leaf persistence, shape and salt tolerance (if you live near saltwater).

Visit the Vegetation Management section at www.lcec.net for information on recommended trees in our area.

Right place:

Remember that trees need space to grow. Vegetation that could potentially interfere with power lines at its mature height should not be planted below power lines or near electric utilities. Some trees may appear to be a safe distance from power lines. However, that may not be the case during a storm or when the lines

are carrying a heavy demand.

LCEC asks that customers leave an eight-foot space in front of the door side of the transformer so utility employees can work quickly and safely. We also ask that you maintain a three-foot cleared area around the electric meter and a three-foot-wide approach to the meter.

Tree planting and power lines:

Shrubs up to 6 feet high at maturity should be planted 5 feet away from the pole.

Shrubs up to 10 feet high should be planted 10 feet from the pole.

Small trees and large shrubs up to 20 feet high should be planted 15 feet from

the pole.

Medium trees up to 40 feet high should be planted 30 feet from the pole.

Large trees over 40 feet high should be planted 45 feet from the pole.

The distances given above are the minimum distance the plant should be placed away from the pole.

Transmission lines require a wider right-of-way area, but landscaping can be done if careful attention is paid to the mature height of shrubs and trees.

For more information on planting the right tree in the right place, visit www.lcec.net. For more information on Earth Day 2019, visit www.earthday.org.✪

CLASSIFIED

REAL ESTATE	COMMERCIAL RENTAL	ANNUAL RENTAL	SERVICES OFFERED	HELP WANTED
AFFORDABLE SANIBEL OASIS \$128,950. Freshly renovated, landscaped, open-concept 1-br home in Periwinkle Park. New a/c, water heater, doors, windows and more! No dogs. Call 516-526-9379. 3/22 ✪ 4/19	SANIBEL PROFESSIONAL CENTER Furnished professional office in Sanibel Professional Center. Large office, waiting room, file room, bathroom. \$1,500 per month plus electric. Victoria 472-6877 4/19 ✪ TFN	ANNUAL RENTAL SANIBEL Waterfront – 3/2+ den, dock, Direct access. \$2,950/mo. Gorgeous, Custom home. 472-6747 Serving The Islands Rental Needs Since 1975 Gulf Beach Properties, Inc. 11/30 ✪ TFN	EnviroMow Complete Landscaping Services & Weekly Lawn Service New Client Special 10% OFF your Mulch Installation, Landscaping Project, or Tree Trimming Project. 239-896-6789 4/13 ✪ TFN	SUNDAY NURSERY ATTENDANT Sanibel Congregational United Church of Christ seeks paid part-time every-other-week Sunday Nursery Attendant for 0-4 year olds. Background check and references required. 2-3 years teaching experience preferred. We are a theologically diverse congregation. For more info contact 472-0497. 4/19 ✪ 4/26
COMMERCIAL RENTAL	VACATION RENTAL	GULF HARBOUR YACHT & COUNTY CLUB TOWNHOUSE	ROGER NODRUFF ELECTRIC	VEHICLE FOR SALE
COMMERCIAL UNIT FOR RENT East End of Sanibel in Punta Ybel Plaza. Perfect for Office or Small Retail. Call Dee at 472-0121, leave a message. 7/13 ✪ TFN	 Cottages To Castles Unique Vacation Rentals 2427 Periwinkle Way Sanibel, FL 33957 Local: (239) 472-6385 Toll Free: (800) 472-5385 Fax: (239) 472-5858 www.cottages-to-castles.com 1/26 ✪ TFN	3 Bed, 3½ Bath + Den/Office, Unfurn. 2 Car on 16th Green. Golf, Tennis/Spa Avail. \$2,500 a month. 239-233-2930. 4/5 ✪ 4/26	Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc. Call or text Roger 239-707-7203 State License #13002788 4/20 ✪ TFN	GREAT ISLAND VEHICLE RARE 1989 Dodge Dakota CONVERTIBLE PICKUP. 118,000 Miles, Solid Truck, New Tires, New Fuel Pump and Battery. Great For The ISLAND \$2,800 OBO 239-472-6628 4/19 ✪ 4/26
OFFICE SPACE IN DESIRABLE TREE TOPS CENTER 1101 Periwinkle Way. Conveniently located very close to causeway! Approx. 700 sq. ft. w/reception area and 1/2 bath. Call Mike at 970-476-9204 or email pazzos@vail.net 11/30 ✪ TFN	Island Vacations Of Sanibel & Captiva <i>Million \$ Views Await You!</i> • Cottages • Condos • Homes • Miles of Beaches & Bike Paths 239-472-7277 1-888-451-7277 1/4 ✪ TFN	SANIBEL ISLAND ANNUAL RENTALS 2/1 on Main Street \$1,800 2/2 on Sandpebble \$2,000 Dogs okay. Call or text Bridgit @ 239.728.1920 11/9 ✪ TFN	ALTERATIONS BY HAZELLA Reliable and Experienced Reasonable Prices Pick Up & Delivery Available 239-472-8655 12/28 ✪ TFN	FOR SALE
WONDERFUL RENTAL IN POPULAR LOCATION ON SANIBEL  2 Rooms, Bathroom, Approx. 1,000 sq. feet. This was Molnar Electric's old office. Call Judy at 239-851-4073. 8/5 ✪ TFN	ROOMMATE WANTED ROOMMATE NEEDED Roommate needed, June 1, on Sanibel. Master with bath. \$1,000 plus. W/D, pool, yard, dogs ok. Please email ASAP for details Mreul618@gmail.com 4/5 ✪ 4/26	ANNUAL RENTAL WANTED Wanted Annual Rental of 2 Bedroom, 2 Bath Condo. Furnished or unfurnished 2 seniors \$1,800 - \$2,000 Per Month Range 216-780-0307 4/19 ✪ 4/26	SCARNATO LAWN SERVICE Lawn Service, Shrubs and Tree Trimming Weeding, Installation of Plants, Trees and Mulch (one month free service available) Joe Scarnato (239) 849-6163 scarnatolawn@aol.com 1/25 ✪ TFN	PASSOVER MACAROONS All kosher ingredients, no wheat or dairy. Four varieties. Sanibel resident. BEST MACAROONS EVER. www.macarooned.com or 239-674-6556. 4/19 ✪ 4/19
		WANTED SANIBEL ANNUAL RENTAL 3+/3+. 2 adults 2 children (17&13). Dog Friendly. \$3,500 per month 239-699-1561 3/29 ✪ 5/17	ALTERATIONS BY HAZELLA Reliable and Experienced Reasonable Prices Pick Up & Delivery Available 239-472-8655 12/28 ✪ TFN	FICTITIOUS NAME
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A United Way Day Of Caring

Some 120 Publix associates from several local stores volunteered at LARC, Bonita Springs YMCA and Habitat for Humanity on Publix Serves Day. Sixty Publix associates at LARC's five-acre campus in Fort Myers performed major maintenance and landscape tasks as a United Way Day of Caring in conjunction with Publix Serves Day. The United Way Volunteer Center worked with LARC to organize the volunteer event.

Publix Serves Day is a company-wide effort that involves their associates in a variety of volunteer work. While Publix associates give back individually throughout the year, associates look forward to helping their communities and team building with fellow associates within their respective districts to help to change lives.

LARC, Inc. is a United Way Partner Agency with the mission to empower and support individuals with disabilities and their families to reach their full potential.

Publix associates painted the inside and outside of the LARC woodshop, washed the windows of the administrative building, laid landscape fabric to prevent weeds, and put down lava rock to minimize future maintenance.

Publix Serves Day honors Publix founder George Jenkins who fervently believed in giving back to the community, and Publix employees are still carrying on the tradition. Brian West, Publix spokesperson, said, "We have the greatest associates. Every day, they give back to their communities in so many great ways. Publix Serves Day is an opportunity for them to do something together, and meet the needs of organizations in a big way."

"Publix and their associates live their founder's belief of giving back to the community," said Cliff Smith, president of the United Way of Lee, Hendry, Glades,

and Okeechobee. "Publix volunteers make a difference in the lives of thousands of people in our community by volunteering for projects like these and others at our United Way Partner Agencies. Thank you Publix for giving back to our community through Publix Serves Day and United Way Days of Caring."*

Pioneer Club

The Pioneer Club of Lee County will celebrate the 70th anniversary of its founding at the Lee Civic Center-Tinsley Pavilion on Saturday, April 27. Registration and visiting begin at 10 a.m. Lunch will be served at noon, followed by presentations and a raffle at 1 p.m.

The Pioneer Club of Lee County was founded in 1949 by RA Henderson, Jr. It was formed to honor those living persons who had been residents of old Lee County

for 50 or more years. The initial meeting was held in 1950 at the Lions Park on Cleveland Avenue in Fort Myers.

The classes of 1969 from Alva High School, Bishop Verot High School, Cypress Lake High School, Dunbar High School, Fort Myers High School and North Fort Myers High School will be recognized at the picnic as celebrating their 50th class reunions. Also recognized at the picnic will be the eldest pioneer man and woman born in Lee County, the couple married the longest (both spouses need to be in attendance), pioneer who traveled the longest distance to the picnic and the eldest person in attendance.

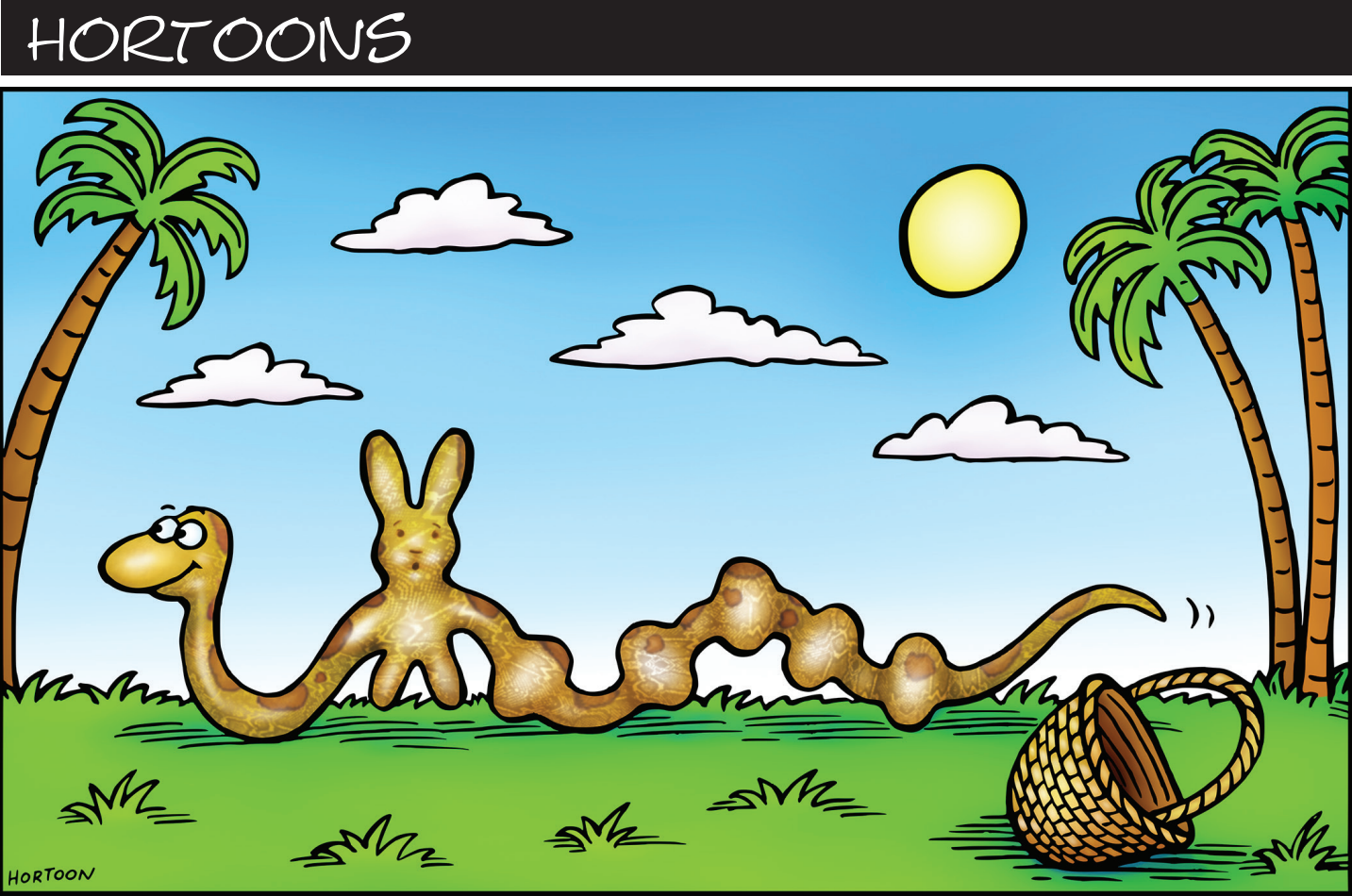
Approximately 1,200 invitations are mailed out for the picnic of which two-thirds are sent to local residents and the remainder to those people who live out of the area. There are usually 600 to 700 people in attendance. Barbecued chicken or pork, baked beans, coleslaw,

rolls, chocolate chip cookies and iced tea or lemonade will be available to the attendees for \$10 per plate.

The eligibility requirement for membership is that the person was a resident of Lee County prior to 1969. Email pioneerleecounty@gmail.com to receive registration information or you may register the day of the picnic. There are no membership dues.

Through the generosity of the City of Fort Myers, free admission on that weekend is given to the members of the Pioneer Club by presenting their membership card to the Edison and Ford Winter Estates on Thursday, April 25, Friday, April 26, and Saturday, April 27; and the Burroughs Home and Garden Tour on Thursday, April 25 at 11 a.m. To RSVP for the Burroughs Home tour, call 337-9505.

Lee Civic Center-Tinsley Pavilion is located at 11831 Bayshore Road in North Fort Myers.*



SCRAMBLERS

1. Violet; 2. Ruddy;
3. Haggard; 4. Eyelet

Today's Word
HEAVY

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Buttonwood Harbor	North Fort Myers	2006	8,072	\$2,790,000	\$2,620,000	86
Colony Beach Estates	Sanibel	1988	3,240	\$2,750,000	\$2,500,000	13
Lake Forest At Shadow Wood	Estero	2003	7,585	\$1,950,000	\$1,745,000	162
Cape Coral	Cape Coral	2006	3,414	\$1,399,000	\$1,250,000	13
Palmetto Point	Fort Myers	1975	2,817	\$1,399,000	\$1,335,000	0
Sanibel Estates	Sanibel	1974	2,307	\$1,185,000	\$970,000	85
Kreamers Subd	Bokeelia	1962	3,472	\$1,099,900	\$850,000	293
Cape Coral	Cape Coral	2015	3,202	\$1,099,900	\$950,000	53
Siena	Miromar Lakes	2004	3,366	\$1,099,000	\$962,500	130
Town And River	Fort Myers	1971	2,012	\$999,000	\$955,000	15

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1 Dessert to Share
(limited selection)



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(limited selection)

Purchase of Two Entrées Required

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