



Frankie Orion
photos by Jesi Cason Photography

Micro Fest Returns Next Saturday

Love Your Rebellion (LYR) and Frankie Orion are combining forces for the fundraiser Rock for Equality at Ollie's Records and Pub on Saturday, April 2. This dueling stage micro fest invites audiences to experience rock and hip hop music plus food and vendors from 8 p.m. to midnight.

After a two-year hiatus, Rock for



Ronin Earthclad

Equality returns with a lineup of original music and artisan vendors. This year's performers include hip hop acts like Ronin Earthclad, Just Bee, Ivan the Hipster, Jay Deru and XNVIX as well as rock performances by thrash punk band Except You and grunge rock band Cam. In addition, there will be a solo performance by Orion of the band Cobress.

Rock for Equality 2022 supports Love Your Rebellion's programming and the

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A Night In Italy Southwest Florida Tour



Alessio Borraggine



Robyn Marie Lamp



Corey Crider



Krista Laskowski

Gulfshore Opera is offering four all-Italian evenings with a program of opera arias, ensembles, Canzone Napoletana and popular songs performed by leading artists of the cast of *Tosca*, including Italian tenor Alessio Borraggine. The Southwest Florida tour, entitled A Night In Italy, begins Thursday, March 31 and runs through Tuesday, April 5.

The show lineup is as follows:

Rose History Auditorium – Marco Island, March 31 at 7 p.m.; \$60 premium ticket (includes meet the artist reception), \$45 standard ticket;

St. Leo the Great Catholic Church – Bonita Springs, April 2 at 7 p.m.; \$60 premium ticket (includes wine reception), \$45 standard ticket;

Carmelo's Italian Ristorante – Punta Gorda, April 3 at 6 p.m.; \$100 ticket (includes dinner); and

Sanibel Congregational United Church of Christ – Sanibel Island, April 5 at 7 p.m.; \$50 premium ticket, \$40 standard ticket.

A Night In Italy features a dynamic and versatile quartet of nationally renowned artists performing music of Puccini, Donizetti, Tosti, Ennio Morricone and others.

Roman native Borraggine is one of today's up and coming Italian lirico-pieno tenors. He is consistently praised for the beauty of his tone, his musicality and the physical embodiment of his roles.

Robyn Marie Lamp, a powerful Florida-

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Madalaine Weymouth and Dianne Fussaro

photo provided

A Powerful And Meaningful Play

by Di Saggau

The *Cake*, now playing at Theatre Conspiracy, is billed as a comedy about Della (Dianne Fussaro), a North Carolina baker who is asked to make a cake for her goddaughter's wedding. When she finds out that Jen

(Madalaine Weymouth) is marrying Macy (Chantel Rhodes), a black journalist from Brooklyn, her religious objection to same sex marriage finds her telling Jen that she's all booked up.

There are many layers to this emotional and deliciously funny play. It was created by Bekah Brunstetter, writer and producer of NBC's popular *This is Us*. The result is an entertaining and compassionate exploration of four people

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Big Laughs At Off Broadway Palm

The laugh-a-minute comedy *Greater Tuna* is playing now through April 30 at Off Broadway Palm Theatre. *The New York Post* wrote, "The audience all but exploded the theatre with laughter." *The Washington Post* summed it up as, "Hilarious, a tribute to the art of acting."

Greater Tuna is a comic satire that launches into side-splitting amusement when the residents of the fictional south Texas town of Tuna come hysterically to life. Just two actors portray 20 men and women (and a dog) in a tour de farce of quick-change artistry. The audience is taken through all the quirks, foibles and downright insanities of the citizens of Tuna.

Greater Tuna began as a simple party skit based on a cartoon in Austin, Texas and, by 1985, it became the most produced play in the United States, finding an instant

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Michael Santora and Michael Weaver

photo provided

Historic Downtown Fort Myers, Then And Now:

Parking Aspires To Art



by Gerri Reaves, PhD

Dozen years ago, the opening of the Lee County’s Justice Center Parking Garage transformed a functional structure into an eye-popping piece of public art with gigantic splashes of color.

The five-story parking garage on Dr. Martin Luther King, Jr. Boulevard between Monroe and Cottage streets had become the canvas for New York artist Marilyn Dintenfass’ Parallel Park.

The parking garage is county property, and Parallel Park is in the Lee County public art collection. However, the art was created in partnership with the City of Fort Myers Public Art Committee, which paid the artist.

Twenty-three color images on Kelvar-fiberglass fabric panels wrap the garage on all sides. With the installation of the 23-by-33-foot panels in June 2010, the neighborhood visually sprang to life, with over 30,000 square feet of colorful circles and swirls. The automobile- and driving-themed abstract artwork suggests the movement of wheels and automobiles in general.

According to the artist’s statement on the plaque located at the front of the structure, the panels are “a visual frieze or ‘book’ of color, shape, pattern and scale to inspire the viewers’ imagination, intellectual consideration and visceral response.”

The land on which the garage was constructed had already been in use for parking. But, in one fell swoop, the large striking structure obscured much of the neighborhood’s history as a mostly residential area.

The parking garage and surrounding parking lots lie in the Monroe Heights, Carl



Today, Parallel Park’s faded panels barely recall the original dynamic automotive movement of a dozen years ago



This northward view on Monroe in January 2011 shows the richly colorful new public art panels on the Lee County Justice Center Parking Garage photos by Gerri Reaves

F. Roberts and West End subdivisions, developments that took off in the early 20th century.

Cottage Street is aptly named, for until near the end of the last century, both it and Monroe were full of modest one- and two-story private homes, as well as rental properties.

Walk through those old neighborhoods today, and you’ll still see bungalows from that period, as well as large trees that suggest the comfortable homes they once shaded.

Now much of the area surrounding the garage is used for parking, but the city’s midtown redevelopment plan might re-envision and reinvigorate the historic subdivisions.

As for the art-draped garage, the panels’ vividness has faded to only a faint suggestion of the vibrancy and automotive activity originally intended. But they still spark the imagination.

Walk to MLK Boulevard and Cottage Street and imagine when this vast part of downtown was largely residential.

Then visit the following two research centers to learn more about the subdivisions that persistently expanded the city through the decades.

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

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

Also stop by the IMAG History & Science Center at 2000 Cranford Avenue or at www.theimag.org.

Sources: Archives of the Southwest Florida Historical Society and *The News-Press*.✱

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Film Festival Hosted By Zonta Open To Public

submitted by Kathleen Skubikowski

With another successful "Peek" fundraising event completed, members of the Zonta Club of Sanibel-Captiva have turned their attention to their 5th annual LUNAFEST film festival on Monday, April 4.

This year, eight short films ranging from animation to documentary to fictional drama will be shown, both in person and online. This new hybrid format allows attendees the flexibility either to join fellow film lovers at The Community House from 7 to 9 p.m. on Monday, April 4, or to stream the films for private viewing any time or place over 48 hours from 7 p.m. on April 4.

Begun in 2000 by the founder of LUNA nutritional bars, Kit Crawford, LUNAFEST is a traveling film festival dedicated to highlighting new female filmmakers, raising awareness about women's issues and bringing women together. Carol Gestwicki, co-chair of Zonta's service and advocacy committee, said, "LUNAFEST is one more way for Zonta to bring community members together to provide food for thought on both women's issues and innovative filmmaking."

This year's film selection is



Film still from *Proof of Loss* by Katherine Fisher

particularly exciting and includes:

How to Be At Home, an animated poem about coping with isolation during the COVID-19 pandemic;

Close Ties to Home Country by Akankshaa Cruczynski, telling the story of an immigrant dog walker who finds connection in the hearts of the wealthy pets she cares for;

Generation Impact: The Coder by Samantha Knowles in which a 13-year-old girl designs and builds a mobile app to help kids stay connected to their incarcerated parents by sending photos and letters;

Proof of Loss by Katherine Fisher – When a fire takes their home, a father and daughter must find a way to salvage

what remains: each other;

When You Clean a Stranger's Home in which a first-generation high school student describes what she and her mom learn about people when cleaning their homes;

Between the Lines: Liz at Large by Abi Cole tells the story of the first black woman cartoonist published in *The New Yorker* magazine in its near-century run;

Wearable Tracy by Emily McAllister chronicles how a Bronx woman's accidental social experiment connects her with fellow New Yorkers who might otherwise forever remain strangers;

To the Future, With Love by Shaleece Haas and Hunter "Pixel"

photo provided

Jimenez, an animated self-portrait of a nonbinary trans teen caught between the expectations of his Guatemalan immigrant family and his dreams of living happily ever after with his long-distance boyfriend.

Tickets for LUNAFEST, in either format, are \$20 and sales will benefit the Zonta Foundation of Southwest Florida which distributes grants to local organizations that assist women in need. To learn more about this year's films, to view trailers and to purchase tickets, visit www.zontasancap.org and click on LUNAFEST.

The Zonta Club of Sanibel-Captiva empowers women through service, advocacy and funding.*

Continental Women To Meet

The Continental Women's Club will hold its monthly luncheon meeting at The Hideaway Country Club on Thursday, April 7 at 11:30 a.m.

The program this month will feature Jennifer Schiff, author of the Sanibel Island Mystery series. She describes herself as a recovering business journalist, long-suffering Mets fan and easily annoyed. Cost to attend the luncheon is \$24.

The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. Call Liz Paul at 691-7561 for more information or to make a reservation.*

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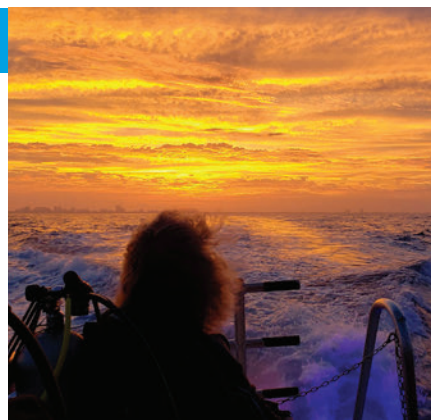
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Photo by Andrew West/The News-Press

LECTURES

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

Apr. 6: News-Press visual journalist ANDREW WEST



CLASSES

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

Mar. 17: Biodiversity and Taxonomy of Mollusks

Mar. 31: Drawing & Illustrating Shells

Apr. 13: Shell Morphology: Understanding Shell Descriptions



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The annual Pan-Florida Challenge Cancer Ride raises money to fight cancer

photo provided

Major Sponsor Secured For Cancer Ride

iFit, a global leader in interactive software, equipment and content, has been named a silver sponsor for the 2022 Pan-Florida Challenge Cancer Ride, to be held in Fort Myers and Tampa on Saturday and Sunday, March 26 and 27. This sponsorship will further allow participants of the Pan-Florida Challenge the opportunity to ride while raising money for cancer prevention.

iFit is a leading health and fitness platform that creates unique, immersive health and fitness experiences. "We are thrilled to have iFit on board as a silver sponsor of this year's Pan-Florida Challenge Cancer Ride," said Jeri Goetz, executive director at Pan-Florida Challenge. "The company is known worldwide as one of the top fitness organizations, and their mission certainly aligns with what we are trying

to do to knock out cancer."

On Sunday, celebrity iFIT trainer Heather Jenson will cycle the 10-mile route in Tampa while making a video for later broadcast to iFIT subscribers. She has completed 18 marathons and 7 Ironman races.

All funds raised by Pan-Florida Challenge riders will go directly to supporting cancer prevention research and providing underprivileged children with nutritious cancer-fighting meals. Malnutrition has been shown to increase the risk of developing cancer later in life, and Pan-Florida Challenge is working to provide children with the food needed to set up the foundation for a healthy future. In addition, Pan-Florida Challenge partners with organizations, such as Moffitt Cancer Center, to fund cancer prevention research and support for cancer patients of all ages and their families.

Riders can register with the promotion code IFIT to receive \$25 off of the registration fee. To learn more about start times and registration fees, visit www.panfloridachallenge.org/the-ride.

Deadline For Young Musician Awards Event

Area young musicians and music teachers are being alerted that Friday, April 8 is the deadline for applications for the Jillian Prescott Music Awards Competition which takes place at The Bower School of Music at Florida Gulf Coast University (FGCU) on Saturday, April 16.

The event offers cash awards in five music categories: keyboard (piano), string instruments (violin, cello, etc.), woodwinds/brass, percussion and vocals. Almost \$8,000 in cash prizes will be awarded in two age groups: 12 to 17 and 18 to 22.

Musicians must prepare an audition

piece or selections of up to 10 minutes. They perform live for a panel of highly credentialed musical experts. There are \$600 awards in each of the five categories, in each age group. An overall top performer receives a \$1,800 cash award.

Memorization of the selections to be performed is required, and each performer must provide his/her own accompanist when necessary. Auditions will be scheduled from 9 a.m. to 4:30 p.m., and each applicant will be notified of a specific time prior to the date of the competition.

The competition is sponsored by the Southwest Florida Symphony Society and funded by the Jillian Prescott Memorial Music Fund. For more information and applications, visit www.swflso.org/symphony-society-scholarships-competitions or email symphonysociety@swflso.org.

Symphony Exceeds Fundraising Goal

The Southwest Florida Symphony recently held its annual Chair Affair Gala at its Artistic & Operations Center at the Bell Tower and raised \$148,100 with orchestra and sponsorship commitments continuing to come in post-event. The fundraising goal for this annual event is historically \$100,000. Of the 70 musicians on the orchestra's roster, 27 are now sponsored. Additionally, the orchestra's executive director, Amy Ginsburg, is sponsored by *Florida Weekly*.

The Southwest Florida Symphony's Chair Affair is an annual event, ordinarily held in conjunction with a full orchestra rehearsal preceding a Masterworks concert. Patrons who are interested in sponsoring specific musicians in the orchestra are treated to a catered dinner and wine, then invited to sit inside the orchestra, very often with the musician or musicians they sponsor, to experience a live working rehearsal where the orchestra prepares for an upcoming performance. During rehearsal break, musicians and sponsors gather for coffee and dessert where relationships are forged and deepened. This year, the pandemic precluded the ability to hold the chair affair in conjunction with a full orchestra rehearsal, so sponsors were invited to a private TinyConcert



The Southwest Florida Symphony string quartet and guest pianist Andrew Armstrong during a private TinyConcert photo provided

featuring a Southwest Florida Symphony string quartet and guest pianist Andrew Armstrong.

In addition to several new chair sponsors contributing to this initiative, many chair sponsors increased their gifts to the orchestra's Sustaining Partnership level this season, which was also a factor in the orchestra exceeding its goal. Sustaining Partnership benefits the orchestra through a minimum annual gift of \$7,500, but also benefits the donor through affording them the opportunity to see their gifts at work in

every facet of the institution. A Sustaining Partner level gift provides funding for the following initiatives: sponsors a section core musician with the orchestra; provides access to Conductor's Circle Club receptions, which are held in the President's Club at Barbara B. Mann in conjunction with all of the orchestra's performances there; underwrites 10 tickets for Discovery Club members, which is comprised of K-12 students and their families; underwrites 10 tickets for Music for Life members, which are comprised of special populations groups

that care for individuals with Down Syndrome, severe autism and other life challenges; provides funding for a Majors for Minors program in a school of the donor's choosing, which is an educational outreach initiative where a small ensemble (a string quartet, brass or wind quintet) visits an elementary school along with a narrator and curriculum enhancement to deliver a program to elementary school students; includes a Symphony Society membership for two, which is the orchestra's fundraising and social auxiliary; and provides access to multiple other VIP events held throughout the concert season.

"Our annual Chair Affair is such a great event and always a heartwarming experience," said Ginsburg. "This year it was even more touching to garner the support we did, considering how uncertain everything has been as a result of the pandemic. Exceeding our goal was a true testament to how much this community loves us and values the presence of a fully professional orchestra in Lee County."

Tom Uhler, the Southwest Florida the symphony's board president said, "Supporting an individual professional musician in our orchestra is one of the best things we do. We not only get the pleasure of seeing "our" musician perform, but we also know that we're supporting the entire orchestra. As a bonus, we can connect on a one-on-one basis with our performer and learn more about his or her professional and personal lives."✱

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Fort Myers Art:

Still Life Paintings All About Color And Shadow



by Tom Hall

Bookended by flowers from Berlin and New Jersey, Elise Gold Sewall enjoyed the opening of her first solo show at the Alliance for the Arts on March 4. Transparency

and Reflection consists of a collection of still life oils on linen so colorful and luminous that it instantaneously brightens your spirit and calms your frayed nerves.

Still life painting marks a relatively new adventure for Sewall, who once traveled widely as a high-end jewelry designer. Where she once bounced between New York, Rome and Hong Kong creating pieces for the likes of Harry Winston and Zales, nowadays she's ensconced in scripted scenes featuring ordinary objects from her kitchen, dining room and the Alliance GreenMarket, like cake plates, turquoise bowls, flowers and a wide assortment of fresh fruit ranging from cherries (black and red) to lemons and mouth-watering



Still life by Elise Gold Sewall

orange slices. In fact, her treatment of color and texture is so adroit that you'd swear you can smell the fragrance of

photo courtesy www.artswfl.com

citrus the moment you enter the cozy confines of the Foulds Theatre gallery.

"It's all about color and shadow, and the colors you find in the shadows and reflection," Sewall effused when asked about the paintings amid the din of the opening night crowd. "Once you start looking at it, you see it more and more."

It's not unusual for Sewall to come back to a composition the ensuing day only to find that there's even more color and hue lurking in those shadows and reflections than she saw the day before. It's a journey of discovery unlike any she's previously encountered – and a radical departure from her prior work in jewelry design, landscape painting and portraiture.

"I love doing portraits, but with portraits, it's either right or it's wrong," Sewall explains. "There's absolutely no middle ground. If you haven't caught the person, it's wrong. At the end of every day, you're either a rock star or you're horrible depending on how the day went."

Even when a portrait seemed to be going well, there was always the chance that it could go sideways in a heartbeat.

"It would be going well and then you'd lose it," she said, "and it would take three days to get back on track."

That just about never happens with a still life.

While still life painting may not present the highs and lows she experienced with portraiture, it nonetheless affords Sewall with a different kind of satisfaction. She selects the subject matter and how

the objects in each composition relate to one another. She chooses the lighting (which can be either organic or artificial) that will bring those objects to life. And she decides on the allegorical message about her world view that the composition, her brushstrokes and the way she applies pigment to the linen subliminally convey to those lucky enough to encounter and connect with the finished product.

Come to the Alliance and revel in the ambiance that Sewall has created. You'll see exactly what I mean. Transparency and Reflection is on display at the Alliance for the Arts now through Saturday, March 26.

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

From page 1

Powerful Play

on opposing sides of what to believe concerning the marriage.

The show opens with the peppy, bubbly Della, proprietor of a small town bakery, informing everyone how to create irresistibly tasty cakes. She attributes her chance to be a contestant on TV's *Great American Baking Show* to her habit of always following directions. Fussaro is without a doubt the play's star and main character, however, the other players are also fully developed and convincingly portrayed.

While Della struggles with whether or not to fulfill Jen's request, she is also facing the reality that her marriage to Tim (Scott Thomson) has grown hopelessly boring. In a moment of desperation, she attempts to spark the marriage by luring him to her bakery where she is nearly nude, covered with cake frosting. It doesn't work but it sure brings a lot of laughs.

Later on, Tim also attempts to rekindle their marriage in hilarious fashion. Let's just say that looking at a plate of mashed potatoes may never be the same. The scene will remain in your mind for a very long time, if not forever.

Eight scenes in the 100-minute play connect the various plot threads smoothly. A lot of emotional ground is covered between the four characters. The cake situation affects Della's marriage and also stirs up problems between Jen and Macy due to their very different backgrounds. When Jen asks Della what her mother would think about the upcoming marriage, Della replies, "She would be heartbroken." This stuns Jen, as well as many in the audience.

Directed by Stephanie Davis, *The Cake* is a play I highly recommend. The audience gave the cast a standing ovation the night I attended. It plays through April 1 at Theatre Conspiracy at Alliance for the Arts, located at 10091 McGregor Boulevard in Fort Myers. For tickets, call 939-2787 or visit www.artinlee.org/theatre.*



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Advice For Wintering In Florida

by Di Saggau

Ludger Heutmann and his wife Monika are from Germany, and they also live in Southwest Florida where they built a house in 2007. They love the people, the country and the weather. When they first moved here, they didn't notice any real differences to life in Germany.

"Every time we came back to Germany, we reported enthusiastically about our experiences," Ludger said. "Finally friends said: That's so interesting, why don't you write a book about it? So it came about that I structured my experiences and supplemented them with official facts. My book is for everyone who is interested in Florida and the USA, whether they want to spend their vacation there or, like us, want to build a retirement home there. The book has now been translated into English, so that non-German speaking Americans can also read how we see their country and their customs."

Ludger said there are many differences from living in Europe and the USA.

"For example, units of measurement are different, starting with the temperatures, the packaging units, refueling, cooking, washing, sewing and all craft work in general," he said. "Property sizes and living space are measured in square feet, speeds in miles, et cetera. It affects all of everyday life and you have to know that in Germany, we have the decimal system and a conversion can be quite difficult."

"The banking system is very different, as is the health system including hospitalization. Some other differences exist in visiting restaurants, handling weapons, diversifying with the many churches, environmental behavior and, of course, shopping with coupons and other discounts."

Ludger said the tax regulations in Germany are quite different, "One difference is VAT, which is 19 percent in Germany. Income tax goes up to 42 percent, property tax is also split differently. Basically, home insurance is not much different. In Germany, you can only register a car if you can

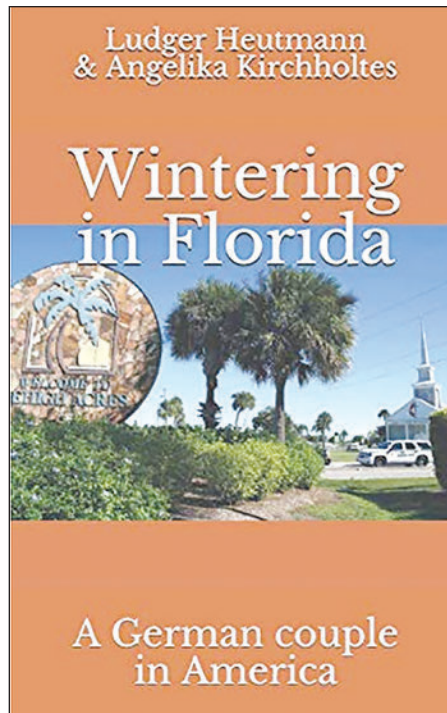


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prove that you have insurance. There is no possibility to set the car insurance to vacation during the absence in Germany."

As to getting an American credit card, he said, "Without a credit history, it is almost impossible to get an American credit card, even if you have been a customer at a bank for 25 years and the account has always shown at least a five-digit amount. It is different with the debit card, which is issued without any problems."

In the book, Ludger describes the individual chapters in detail and supplements them with facts, but also with jokes. He said, "The longer we live here and have contacts with many American friends, the more understandable the American way of life becomes for us."

Wintering in Florida: A German Couple in America is available on Amazon in paperback and as an Ebook.*

Nest Monitors

Volunteers are needed to monitor osprey nest territories in Southwest Florida. Training is provided. Contact tiof@outlook.com.*

Artist Reception At Downtown Gallery

Punta Gorda artist Carolyn Dlouhy Walega will be on hand for a meet-the-artist session during an opening reception of her exhibition at Arts for ACT Gallery on Friday, April 4. This exhibit continues through May 2.

Walega studied at The School of the Boston Museum of Fine Arts, Swain School of Design in New Bedford, Massachusetts and UMass Dartmouth where she was a candidate in the master's program with a major in painting and minor in video after receiving two bachelors of fine arts degrees in painting and art education.

Walega is a painter of leaves, trees and organic forms, a recurring subject matter in paintings like *Banana Ballet*, *Palmwheelata*, *Pinwheelata*, *Pomegranate* and *Regina Palmata*. The artworks accent nature, the abstract and flow of movement. In the subtropical environment of Southwest Florida, she is finding inspiration in banana and palm trees.

Walega has exhibited at Lemon Bay Theater, Charlotte Arts Gallery, Tarpon Art Guild Gallery, Venice Island Gallery and the Olde Englewood Fine and Homemade Arts Fair. During her art career, she served as artist in residence for the Town of Fairhaven, Massachusetts where she designed an open studio,



Artwork by Carolyn Walega

image provided

educational programs, a playground plan and art events for the community. She was a gallery director/art consultant in three Los Angeles galleries as well as a private consultant of cubist, impressionist and modern art. She was a member of the Massachusetts Cultural Council in Mattapoisett, Massachusetts; the Arts Lottery Council of Fairhaven; and currently a member of the Arts and Humanities Council of Port Charlotte.

Arts for ACT Gallery raises funds in support of Abuse Counseling and Treatment, Inc., the domestic violence, sexual assault and human trafficking center serving Lee, Hendry and Glades counties.

Arts for ACT Gallery is located at 2265 First Street in downtown Fort Myers. For more information, visit www.artsforactgallery.com.*

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OBITUARY

STEPHEN CRAIG ERYMAN

Stephen Craig Eryman passed away unexpectedly at Lee Memorial Hospital in Fort Myers, Florida on February 25, 2022 with his beloved husband, Daryl Wilson, by his side.



Steve was born on November 6, 1952 to Mary and Manuk Eryman in Gary, Indiana. He was one of three children. He graduated from Akron High School in 1971 and studied nursing at Ivy Tech in Warsaw, Indiana. He was an EMT in Leesburg, Indiana.

Steve went back and forth from Indiana and Fort Myers, vacationing with his parents down south and spending summers with his grandparents up north. After permanently relocating to Fort Myers, he made regular road trips “cruises” back to Indiana to spend time with his family. His favorite stop along the way was Jasper, Tennessee, where he had hoped to buy a piece of land one day. It was a beautiful spot for camping and hiking.

Steve worked as an EMT at HealthPark in Fort Myers for 12 years. Prior to that, he worked in advertising sales at the *Island Reporter* on Sanibel in the early

1990s and then joined the *Island Sun*, helping kick off the inaugural issue of the newspaper in 1993. He was a valued member of the team.

After retiring from HealthPark, Steve devoted his time to local food banks and never missed a volunteer shift. His concern, even while in the hospital, was to get back to the food bank to help those in need. He was a kind and generous soul who would do anything for his family and friends. He loved country music, gardening, camping, fishing, hiking, tinkering around the house, and paint and wine parties. He had a zest for life and a great sense of humor.

Steve doted on his pet chickens, and his cats were his muse. He couldn’t pass up a cat figurine or collectible when he was out thrifting, or “junkin’.” He collected many things, often discarded items that he would repurpose. He had just finished building his workshop in his backyard and had plans for so many projects. Sadly, those deeds will be left undone.

Steve was predeceased by his grandparents and his father. He is survived by: his mother, Mary Eryman of Fort Myers; husband and partner of 32 years, Daryl Wilson of Fort Myers; children, Carrie (James) Jackson of Claypool, Indiana; Chad (Amy) Eryman of Leesburg, Indiana; Stephanie Eryman of Mentone, Indiana; grandchildren, Anthony, Breanna, Brittany, Chad Jr., Cierra, Cheyenne, Courtney, Morgan and Sophie; great-grandchildren, Benjamin, Camille, Kayson, Laine, Levi, Lucas, Myla and Nova.

Remembrances and interment were

held privately. Per his wishes, some of Steve’s ashes will be disbursed in his backyard, so he will always be close by, and in Jasper.

He will be dearly missed by all who knew and loved him.✽

Toddler Receives Life-Saving Heart Transplant

With the cost of a life-saving transplant often exceeding \$800,000, most transplant families are unable to shoulder that financial burden. The Children’s Organ Transplant Association (COTA) is a national 501(c)3 charity dedicated to organizing and guiding communities in raising funds for transplant-related expenses. In Cape Coral, volunteers are raising funds for COTA in honor of transplant patients like local toddler, Bryson Gardner.

Bryson is the son of Ashly and Brandon Gardner. Born in 2019, Bryson was diagnosed with hypertrophic restrictive cardiomyopathy. The transplant team at UF Health Shands Children’s Hospital in Gainesville performed a life-saving heart transplant on February 15, which was Bryson’s third birthday. Cape Coral volunteers are raising \$60,000 for COTA to assist with transplant-related expenses.

Volunteers are needed for this COTA community campaign. Individuals and

groups interested in more information should contact Community Coordinator Lindsey Gibbs at cotaforbrysonsheart@gmail.com or 222-2578.

Bryson’s family has asked for assistance from COTA, and 100 percent of all funds raised in honor of patients assist with transplant-related expenses.

Contributions may be sent to the Children’s Organ Transplant Association, 2501 West COTA Drive, Bloomington, Indiana, 47403. Checks should be made payable to COTA, with “In Honor of Brysons Heart” written on the memo line. Secure credit card gifts are accepted at www.cotaforbrysonsheart.com.✽

Cleanup To Beautify Area

The Keep America Beautiful Great American Cleanup will be held on Saturday, April 2 from 8 to 11 a.m.

Organized locally by Keep Lee County Beautiful, Inc. (KLCB), the cleanup is a county-wide improvement program to inspire change and build sustainable, vibrant communities to the areas in which we live, work and play. Volunteers will be cleaning and beautifying waterways, shorelines, roadways, parks and any place else that has trash and debris that is not only unpleasant to look at, but it is also harmful to the environment.

To register and for the details, visit www.signupgenius.com/go/805094aaaa2ca4f49-2022 or call 334-3488.✽

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION
Service 10:30 a.m. in house and live on Facebook. Adult Ed Forum 9:15 a.m. in Sanctuary, www.allfaiths-uc.org, 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.

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

BIBLESHARE
10 a.m. Sunday and 7 p.m. Tuesday, www.simplysimpleworship.com, 7050 Winkler Road, Suite 121, 437-8835.

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.

CHAVURAT SHALOM
Friday Shabbat services every week 7:30 p.m. Other programs on vacation. ChavuratShalom@gmail.com.

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

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY
Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. www.

crownoflifelutheran.com. 5820 Daniels Pkwy, 482-2315.

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

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

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

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

FIRST CHURCH OF CHRIST, SCIENTIST
Wednesday 12 noon Testimony Service, Sunday 10:30 a.m., www.christiansciencefortmyers.net, www.christianscience.com. 2390 West First Street, 334-6801.

FIRST CHURCH OF THE NAZARENE
Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511.

FORT MYERS CHRISTIAN CHURCH
Sunday 10:30 a.m., 5916 Winkler Road, 437-4330.

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

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

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

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

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

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.saintnicholasmonast

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

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

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

TEMPLE BETH EL SYNAGOGUE
Friday Shabbat 7:30 p.m.; Torah Saturday 9 a.m.; Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m., www.templebethel.com, 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 FAITH CENTER
Sunday 9 and 10:30 a.m., Thursday 7:15 p.m., 17650 South Tamiami Trail, Suite 212, 278-3638.

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

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

Email changes to press@islandsunnews.com or call 395-1213.✽



A close look at Pennsylvania everlasting reveals whitish woolly hairs on the stems and leaves photo by Gerri Reaves

Plant Smart

Pennsylvania Everlasting

by Gerri Reaves

Pennsylvania everlasting (*Gamochaeta pensylvanica*) is a naturalized member of the aster family found throughout Florida in moist lawns and disturbed sites, particularly in partially shaded exposed soil.

Its native range is tropical and subtropical America, but it is also common in the southern and eastern U.S., as well as California.

As the binomial and common name suggest, it is found in Pennsylvania too, although not native to the state.

Another common name is wandering cudweed.

Sources differ on its native status in

Florida, perhaps because it has long been naturalized. However, the authoritative Atlas of Florida Plants classifies it as nonnative.

Despite that and the fact that it's considered a weed, you could do worse that tolerate it in your lawn, for everlastings, or cudweeds, are visited by butterflies.

The spoon-shaped leaves arise from a rosette anchored by a taproot. They have wavy edges and measure about one to two and a half inches long.

The stems can be erect or spreading and are often thick. White woolly hairs on the leaves and stems give the plant a whitish cast.

Dense heads of bisexual florets are arranged on the stem or at the base of the leaf stalks. Overall, they have a fluffy look.

Plant Smart explores the diverse flora of South Florida.✱

Terrapin Conservation Measures In Effect

As of March 1, all collection and possession of diamondback terrapins is prohibited with the exception of scientific research with a valid permit. This is in accordance to a December 2021 regulation change by the Florida Fish and Wildlife Conservation Commission (FWC) that will help further diamondback terrapin conservation by preventing them from being collected from the wild.

People who currently possess diamondback terrapins as personal pets may legally keep these animals but must obtain a no-cost personal possession permit by May 31.

Individuals or institutions who keep diamondback terrapins for public display, education, outreach or other similar conservation-based programs must obtain a no-cost exhibition and education permit. Permit guidance and application information are available at www.myfwc.com/freshwaterturtles.

In addition to this new rule, the FWC is helping conserve terrapins by requiring all recreational blue crab traps have rigid funnel openings no larger than two inches by six inches at the narrowest point, or two-inch by six-inch bycatch reduction devices installed. This change, which takes effect March 1, 2023, will reduce the number of terrapins accidentally captured in crab traps.

Throughout their range, diamondback terrapin populations are in decline due to habitat loss, unsustainable collection from the wild due to growing popularity in the global pet market, predation and road mortality. Because of overlapping habitat, there is also a potential for terrapins to be accidentally killed in blue crab traps.

Diamondback terrapins are medium-sized turtles that live in brackish water habitats statewide, including salt marshes, barrier islands, mangrove swamps, tidal



Diamondback terrapin photo provided

creeks and rivers. They eat a variety of foods including snails, crabs, clams, mussels, worms, fish and plants. Five of the seven subspecies occur in Florida, three of which can be found nowhere else in the world. For more information on diamondback terrapins, visit www.myfwc.com/terrapin.✱

Kitten Shower

Lee County Domestic Animal Services (LCDAS) will host its Annual Kitten Shower on Saturday, March 26 from 10 a.m. to noon. There is a need for volunteers to provide foster homes for underage kittens and puppies or a nursing mother plus her litter. There will be a seminar for people interested in the pet foster care program. The first three volunteers who take fosters will receive a free foster swag kit. Attendees also can participate in games and win prizes.

Another way to participate is to donate. Items needed include baby blankets, water bowls, kitten nursing bottles, flat dishes, digital thermometers, cat beds, Dawn dish soap, cat nail trimmers and Royal Canin baby cat food. The items may be brought to the shelter the day of the shower or during regular business hours.

The Kitten Shower is held each spring, which is when most cats begin their breeding cycle.

LCDAS is located at 5600 Banner Drive in Fort Myers. For more information visit www.leelostpets.com.✱

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A previous strolling supper at the Mound House

photo provided

Dinner And Auction For The Mound House

Friends of the Mound House is inviting the public to its upcoming live auction and strolling supper fundraiser outside on the grounds of the Mound House on Friday, April 8 from 7 to 9 p.m.

Artful Intersection 3.0 features a buffet-style dinner and a live auction that will include unique items such as material carved out of the Mound House Strangler Fig from the Caloosa Carvers and original artwork. Tickets are \$75 per person and can be purchased online at www.moundhouse.org.

www.moundhouse.org/friends-of-the-mound-house.

Friends of the Mound House is a nonprofit organization that supports educational programs and events at Mound House, the oldest standing structure on Fort Myers Beach dating back to the 1920s. Mound House sits atop a 2,000-year-old Calusa Indian shell mound and opened in 2015 as a museum and cultural experience after undergoing restoration. The grounds include an observation pier over Estero Bay, a kayak launch and historic gardens with a variety of native plants, birds, trees, butterflies and other wildlife.

The Mound House is located at 451 Connecticut Street in Fort Myers Beach. For more information and hours of operation, visit www.moundhouse.org.

Barbecue Event To Benefit Needy Homeowners

Lee BIA Builders Care's popular BBQ, Bands & Brew fundraising event will be held at Centennial Park on Saturday, April 2 from 11 a.m. to 6 p.m. The 11th annual event features Southwest Florida's top pit masters competing for the title of "Best BBQ in Town," as well as live music from local headlining bands, numerous vendors and activities for all ages including a cornhole tournament, a rock-climbing wall and a children's play area with face-painting, games and more.

The event will include performances by Chasing Dallas, Deb & The Dynamics, Rocker and The Collective. Jonesez BBQ, which was named "Best BBQ in Town" at the last BBQ, Bands & Brew event, is returning in 2022 to defend its title.

Proceeds from the event support Builders Care's mission to provide emergency construction services at no cost to needy and deserving elderly and/or disabled homeowners, and their families, who cannot obtain repairs through traditional means. To date, Lee BIA Builders Care has helped more than 475 Lee County households and provided over \$4.8 million in emergency construction services and materials at no cost to families and local homeowners in need. With the exception of 2020-21, when the event was not held due to the pandemic, the event has been held annually since its inception in 2010, raising over \$590,000 in support of Lee BIA Builders Care.

Tickets are \$10 for adults and free for children 12 and younger. Tickets are available for purchase in advance or at the gate.

All Star Equipment Rentals & Sales is returning as presenting sponsor for BBQ, Bands & Brew. Additional sponsorship opportunities range from \$500 to \$6,500 and include a variety of benefits.

Centennial Park is located at 2000 West First Street in Fort Myers. For more information, tickets and sponsorship opportunities, call 938-0056 or visit www.bbqbandsandbrew.com.

available and walk through the process of becoming certified to teach in Florida. Select candidates may also be offered an interview for potential employment. Positions are available across the district with a focus on high-demand positions like English, elementary education, science, math and special education, as well as for non-instructional positions including bus drivers, paraprofessionals and school counselors.

Florida is one of 48 states that offer alternative routes to becoming a certified teacher. Individuals who already earned a bachelor's degree in any field can become eligible for Florida teacher certification by passing a subject area exam in their area of expertise, completing additional coursework or enrolling in a teacher preparation program.

With a growing enrollment of more than 95,000 students and 120 schools, the district is seeking new teachers to receive the support and necessary resources that will enable them to succeed upon entering the field of education. The School District of Lee County offers a competitive and comprehensive compensation plan for its employees with a starting salary of \$47,300. Additional benefits and earning opportunities are also available via advanced degree supplement, summer school, athletic coaching and more. Upon hire, a personal benefits selection process will be made available to eligible employees.

Paul Laurence Dunbar Middle School is located at 4750 Winkler Avenue in Fort Myers. To register by March 29 or learn more about available career opportunities, visit www.leeschools.net/careers.

From page 1

Night In Italy

based soprano, will sing the title role in *Tosca* for Gulfshore Opera. She will also be involved in Mozart's *Requiem* with the Palm Beach Symphony and Master Chorale of South Florida, and Beethoven's *Egmont* with Orchestra Miami.

Baritone Corey Crider joined the roster of The Metropolitan Opera in February 2022. He is an alumnus of Lyric Opera of Chicago's Ryan Opera Center and recently returned to the company as Malatesta in *Don Pasquale*.

Mezzo-soprano Krista Laskowski's repertoire includes both standard and contemporary opera, oratorio and song. Her work on the concert stage includes the works of Bach, Vivaldi, Saint-Saëns, Vaughan Williams and Argento.

Rose History Auditorium is located at 180 South Heathwood Drive in Marco Island. St. Leo the Great Catholic Church is located at 28290 Beaumont Road in Bonita Springs. Carmelo's Italian Ristorante is located at 321 West Retta Esplanade in Punta Gorda. Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way on Sanibel. For tickets, visit www.gulfshoreopera.org.

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School District Information Event

The School District of Lee County is hosting Social Lee: Careers & Conversations, an informational event that will provide insight on teaching and non-instructional positions within the district at Paul Laurence Dunbar Middle School on Thursday, March 31 from 5:30 to 7:30 p.m.

Attendees will have the opportunity to meet district representatives, learn about the variety of career paths



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CONCERTS

Sat. April 2 • 7 p.m.

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them into a magical hour of music they call "This Magic Moment." This seven-piece band with two vocalists will take you on a journey that includes hits by Sam and Dave, Aretha Franklin, Elvis, Earth, Wind & Fire and more. Tickets \$40

Thur. April 14 • 7 p.m.

Michael Klotz and Grigorios Zamparas, Viola and Piano Duo

This wonderful classical concert features violist Michael Klotz and pianist Grigorios Zamparas performing works by Beethoven and Brahms. Tickets \$40



ACADEMY OF LIFELONG LEARNING

Sat. April 9 • 4 p.m.

Classical Crossovers: The Life and Music of George Gershwin with Professor Thomas Cimarusti and Guests

Dr. Cimarusti will discuss how Gershwin fused classical and jazz idioms into a distinct musical genre that remains popular among Broadway, classical and jazz enthusiasts. Tickets \$15



Tue. April 12 • 10 a.m.

The RMS Titanic: The Most Fateful Maiden Voyage in History!

When the RMS Titanic steamed out on her maiden voyage in April 1912, she was considered practically unsinkable — or so it was promoted. Dr. Jerry Franz of FGCU will discuss the very short history of this mammoth and luxurious ship. Tickets \$15



Tue. April 26
10 a.m.

Looking for Loot: How Nazi-Stolen Artworks Are Finding Their Way Home

Art looting has a very long history, but nowhere was it practiced on a greater scale than when Europe was under Nazi domination. FGCU lecturer Carol Jonson will discuss the efforts museums and galleries are making today to look for "loot" in their collections and retribute it to rightful owners and heirs. Tickets \$15

Flowers by German artist, Lovis Corinth-1913



To purchase tickets, contact the Tribby Arts Center Box Office at (239) 415-5667
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Shell Point is located on the Caloosahatchee River in Fort Myers, just minutes from the islands of Sanibel and Captiva.

Trout Indicate Healthy Water



by Capt. Matt Mitchell

After what was one last cold front, we experienced what can be described as a very quick rebound with fishing improving in only a few days.

Now that we have officially entered spring, hopefully that's it for cold weather until next winter. Spring is always one of the most exciting times to be out on our waters with not only tarpon migration kicking off but snook fishing kicking into high gear as they begin their annual spawn.

After the big blow and a few cold mornings, bait returned to the flats and we are right back to shiner fishing again. Over the past few weeks, I have been returning and retargeting places that I have not fished since before our devastating red tide of 2017-18. It's amazing that these places that were void of fish for several years are now right back to holding lots of fish. The one true tell-tale sign of the vast improvement in water quality has been the amount of trout we are catching almost everywhere we fish. From mangrove creeks to passes and of course the flats, trout are all over in big numbers with an average size over the



Gary Biltgen with one of many trout caught while fishing with Capt. Matt Mitchell this week photo provided

15-inch minimum.

For as long as I can remember, trout were always that fall-back species that could be caught almost no matter what. When the snook and redfish would not cooperate or you had kids on the boat looking for fast-paced easy action, trout were the go-to. After the catastrophic red tide event, they were simply gone... we just did not see trout in any kind of numbers for years. Trout are a very delicate fish and took the worst hit from the red tide of any other species.

Now, fast forward basically four years and these fish are back in huge numbers. The flats that I had given up on are now loaded once again. Healthy trout can be found on every glass flat throughout the sound. Clean, clear water and healthy grass flats are the main reason for this vast improvement we have witnessed in this fishery. After so many years of not having these angler friendly fish in the mix, it sure feels good they are back.

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.

From page 1

Off Broadway

audience coast to coast. A successful New York run led to an HBO special produced by Norman Lear.

Directing *Greater Tuna* is Off Broadway Palm Artistic Producer Paul Bernier. Portraying the over 20 roles are Michael Santora and Michael Weaver, who have many quick costume changes, use inventive voice work and pull off some very creative timing.

Off Broadway Palm Theatre is located in the main lobby of Broadway Palm Dinner Theatre. Performances are Tuesday through Sunday evenings with selected matinees. Ticket prices range from \$45 to \$65 with discounts available for groups of 20 or more.

Broadway Palm Dinner Theatre is located at 1380 Colonial Boulevard in Fort Myers. For tickets, call 278-4422, visit www.broadwaypalm.com or stop by the box office.

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Eastern Screech Owl



by Bob Petcher

The eastern screech owl (*Megascops asio*) is a nocturnal, stocky bird with a large head, pointed ear tufts and an uncanny ability to camouflage itself against tree bark. Juveniles are

fluffy and gray and have fine barring throughout their bodies.

At CROW, an eastern screech owl fledging was admitted from Sanibel after being found on the ground alone with no evidence of parents present or a nest. Upon further examination, the patient had a puncture wound on its neck, heavy blood loss resulting in anemia and was severely dehydrated. CROW staff suspect that the patient was attacked by a predator.

"Falling from the nest and attempting to fly are both possibilities that may have left the young owl more susceptible to the suspected predator attack, but we cannot definitively confirm that that occurred," said Dr. Charlotte Cournoyer, CROW veterinary intern. "The puncture wound was cleaned and bandaged. After a couple days of daily bandage changes, the wound scabbed over and is now



Patient #22-913 during its blood transfusion
considered resolved."

The owl was given a direct blood transfusion from Mina, a great horned owl that is one of CROW's animal ambassadors.

"It is impossible to say exactly how much blood the patient lost but it was a significant enough amount to be clinically weak," said Dr. Cournoyer. "The patient received two percent of its body weight in blood during the transfusion. This is the maximum dose per transfusion and will help the owl feel better as its body continues to regenerate more red blood cells on its own."

After the transfusion, the screech owl was placed in an oxygen tank.

photo by Charlotte Cournoyer

"We usually supplement oxygen to the patients who get transfusions," said Dr. Cournoyer. "Red blood cells carry oxygen throughout the body, so when there is a lack of red blood cells, we provide oxygen supplementation to help the patients breathe easier until their blood count is improved."

The owl was observed to be standing a week after admittance and will continue to be monitored under supportive care.

"This young owl is a fighter. Even when he presented to the hospital, he was still acting stronger than one would expect with the severity of his wounds and anemia," said Dr. Cournoyer. "We suspect the transfusion helped the owl

feel much better, and he is continuing to recover well.

The young owl will need to stay at CROW until it is able to fend for itself.

"At this time, the owl is too young to be released and will stay with our rehab team. The patient is being raised with other orphaned eastern screech owls and will remain in care until it is able to fly and hunt on its own," said Dr. Cournoyer. "However, we do not expect any delay in this process as he is now doing well."

This is another example of a CROW ambassador exhibiting heroic qualities.

"Our ambassador animals at CROW are here because they were deemed non-releasable. In addition to being utilized for education programs, sometimes they also are available to donate blood to any hospital patients needing a blood transfusion. Common reasons these patients may need transfusions is blood loss from trauma or rodenticide poisoning," said Dr. Cournoyer. "We are extremely grateful to our ambassador animals for providing this important service. They truly are heroes and, in this case, Mina saved this young owl's life. Go Mina!"

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.✱

Register For Marine Center Summer Camp

The Ostego Bay Marine Science Summer Camp is open for registrations.

The camp is held every year in June and July at the marine science center for children ages 6 through 15. Camps are taught by state-certified teachers who lead the campers on boat and beach excursions as well as inform about seagrass communities, plankton populations, mangrove tangles and bird nesting areas.

Summer education camps have become a tradition in the Fort Myers area. Joanne Semmer, president of the Ostego Bay Foundation stated, "We're finding the parents that participated as children in our summer camps of the past are now bringing their own children to learn about nature. Our camps offer that special reconnection with nature, build friendships and create fond memories."

The Ostego Bay Marine Science Center is located at 718 Fishermans Wharf on San Carlos Island. Register early as camps fill up quickly. For more information or a registration form, visit www.ostegobay.org/marine-science-summer-camp or call the center at 765-8101.✱



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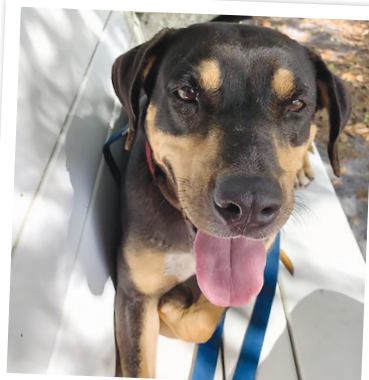
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Dani Mosser's *Fly* won first place

'Ding' Darling Photography Contest Winners

The "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) has named the winners and honorable mentions in the 9th annual "Ding" Darling-Theodore Cross High School Photography Contest at JN "Ding" Darling National Wildlife Refuge. Due to federal government COVID-19 protocols, DDWS will not be holding an award ceremony this year; winners will receive their prizes by mail.

Professional photographer Nick Adams, refuge volunteer Carl Greenbaum and island freelance writer Chelle Koster Walton judged the 2022 contest. They reviewed 270 images taken by students from 12 different schools. Three teachers of students who submitted photos from in-need schools received a digital SLR camera as a result of a donation made to DDWS specifically for that purpose.

The contest required that students submit a paragraph explaining the context of their shot along with their photographs.

First place went to an image titled *Fly* by Dani Mosser from Cape Coral High. "I saw a perfect opportunity to capture a close up of an insect that is not usually appreciated," Mosser wrote. "However, the photo revealed amazing textures and colors."

"A photo of a fly is inherently hard to get, especially with such detail, the compound eyes," said Adams. "You can tell the photographer got very close and so didn't have to enlarge it a lot by the really good quality of the focus."

In second place, Ryan Mitchinson from Cape Coral High portrayed *Frog in Shade*. Mitchinson wrote, "I have fond memories of this day walking with my friends through the garden looking at all

the vast colors and life around me. With this photo, I tried something different with the depth of field, having it being very shallow, when I normally use a more deep depth of field."

"I was drawn by the soft green tones from the shallow depth of field," said Greenbaum. "You get a sense that the frog was hiding in there. Look, you can even see the little pads on its feet."

Third place winner, *Peeking Lizard*, was submitted by Claire Henry of Cape Coral High. "It may seem like a menial point in this lizard's lifetime, but it represents the daily life of the wildlife around us, and how these small creatures take advantage of their surroundings," wrote Henry. "It helps us better understand how animals interact with a manmade environment."

"I love the way the photographer captured the anole mid-position – its kinetic energy, like it is just getting ready to move, showing only part of its body," said Walton. "There's a nice play of textures, shapes, lighting and shadows."

Honorable mentions include Katherine Elizabeth Borowski, Gulf Coast High; Amber Cohen, Riverdale High; Jaidah Estep, Riverdale High; Rheannon Hill, Lehigh Senior High; Harlie Holloway, Lehigh Senior High; Jessica Hornick, Cape Coral High; Natalee Jones, Cape Coral High; Kiersten Lacombe, Cape Coral High; Divinity McBride, Lehigh Senior High; Isis McGhee, Fort Myers High; Jillian Peska, Cape Coral High; and Hanson Tang, Dunbar High.

Judges and contest organizers expressed great difficulty in narrowing down the choices. "Being able to put on this contest with so many passionate and creative young photographers is so exciting," said DDWS Associate Executive Director Sierra Hoisington, who coordinates the contest. "Their different perspectives and ability to find the beauty

photos provided



Frog in the Shade by Ryan Mitchinson took second place



In third place was Claire Henry's *Peeking Lizard*

in anything is so special. Their choice of subject matter may seem unique to us, but I believe their outlook on life is something we could all learn from."

Sponsored by the Theodore Cross Family Charitable Foundation, the competition invites high school students from Lee, Collier, Charlotte, Glades and Hendry counties to compete for prizes that include a Canon digital SLR camera package, chartered class trips to the refuge, Tarpon Bay Explorers excursions, and copies of *Waterbirds: Portraits and Anecdotes from Birding Adventures* by contest namesake, the late Theodore Cross.

Cross, who lived part-time on Sanibel, marched with Dr. Martin Luther King, Jr.; advised the Johnson and Nixon administrations on anti-poverty programs; wrote the influential book *Black Capitalism*, among others; and created Birders United, a birding website that ranked legislators according to their record of bird protection support.

Late in life, Cross decided to indulge his love for birds and photography and traveled the world to collect stunning portraits and stories to chronicle his adventures. He photographed often at "Ding" Darling, and a number of the

images in his book reflect his love for the refuge. Cross published *Waterbirds* in 2009 at age 85; he passed away shortly after that in February 2010. He did a presentation of his book for the "Ding" Darling Lecture Series two weeks before his death.

NPR's *All Things Considered* called Cross' collection of 179 images and countless anecdotes "spectacular." The New York Times described it as "part visual encyclopedia, part memoir."

"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 Sierra 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.

To view winning images online, visit www.dingdarlingsociety.org/articles/photo-contests.✻

Conserve Water In Dry Season

South Florida Water Management District (SFWMD) encourages Lee and Collier county water users to conserve water amid dry conditions.

In South Florida, most of the water comes from underground aquifers, including in Lee and Collier counties. As a direct result of below-average rainfall for the last five months, groundwater levels in aquifers beneath Lee and Collier counties are low. Drier than average conditions in these counties are expected to persist for the remainder of the dry season (end of May).

SFWMD recommends that residents and businesses in Lee and Collier counties practice water conservation measures to protect the region's aquifers and water resources.

The majority of residential water use occurs outdoors with landscape irrigation accounting for approximately 50 percent of home water use. One of the most important things local residents can do to protect the regional water sources is to follow local irrigation ordinances and inspect their irrigation systems. Irrigation systems should be free of leaks and be in good working order.

SFWMD encourages residents to turn off irrigation systems when rainfall is projected.

Residents can do the following things around the house to conserve water:

- Ensure automatic irrigation control rain sensors are operating properly;
- Install aerators in kitchen and bathroom sinks;

- Switch to WaterSense and high-efficiency products including shower heads, bathroom faucets and toilets;

- Implement Florida-Friendly landscaping by following its nine principles, including using native plants;

- Update appliances like dishwashers and washing machines to Energy Star rated products;

- Wash only full loads of laundry;
- Thaw frozen food in the refrigerator;
- Don't rinse your dishes before placing them in the dishwasher. Run only full loads of dishes.

By reducing irrigation demands and conserving water, residents can slow the aquifer's water level decline until the rainy season begins. SFWMD scientists will continue to closely monitor aquifer conditions and may recommend additional actions to protect the region's water resources.✧

Take A Boater Education Class

The Florida Fish and Wildlife Conservation Commission (FWC) recommends boaters to get educated prior to the kick-off of the boating season to make the most of their time on the water. Spring is the perfect time to take a boating safety course before the summer boating

season begins.

In 2021, Florida boating accident statistics indicated that 83 percent of boating deaths occurred on boats where the boat operator had never received boating education instruction. Education is the key to having a safe and enjoyable day on the water.

While not currently required, owners of human-powered watercraft, such as paddleboards and kayaks, are encouraged to take a boating education class as well so they are aware of critical boating knowledge that anyone who plans to get out on the water should have and be better prepared for the risks they might face while boating.

"In Florida, boaters who were born on or after January 1, 1988, are required to complete and pass a boater safety education course. But everyone interested in boating should take a course," said Maj. Rob Beaton, FWC's boating and waterways section leader.

Boaters have many ways to get educated, from classroom courses offered by the Coast Guard Auxiliary and United States Power Squadrons to online offerings available any time, day or night. For more information about boater safety education, visit www.myfwc.com/boating and click on Boating Safety and Education.✧

Tips To Co-Exist With Alligators

During warmer temperatures, alligators are more active and visible. The Florida Fish and Wildlife Conservation Commission (FWC) recommends taking precautions when in and around the water and has expanded its safety materials to include a video and infographic in Spanish.

While serious injuries caused by alligators are rare in Florida, the FWC offers the following tips about how to safely co-exist with them:

- Keep a safe distance if you see an alligator and never feed one. When fed, alligators can lose their natural wariness and instead learn to associate people with the availability of food.

- Swim only in designated swimming areas during daylight hours. Alligators are most active between dusk and dawn.

- Keep pets on a leash and away from the water's edge and never let them swim in fresh or brackish water. Pets often resemble alligators' natural prey.

Call the FWC's Nuisance Alligator Hotline at 866-392-4286 if you believe an alligator poses a threat to people, pets or property. The FWC will dispatch a contracted nuisance alligator trapper to resolve the situation, placing the highest priority on public safety and administering a Statewide Nuisance Alligator Program (SNAP) to proactively address alligator threats in developed areas, while conserving alligators in areas where they naturally occur.

Find more resources about living with alligators and Spanish translation information tools at www.myfwc.com/alligator.✧



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Health First

Health Benefits Of Massage Therapy



by Julie Rosenberg, MD

Given the demands of my work and personal life, coupled with the significant societal stressors that we collectively face, I recently added massage therapy into my weekly schedule. Massage therapy involves the systematic manual manipulation of soft tissue to enhance health and wellbeing. Anyone who has received a massage will generally attest that it can be a relaxing and calming experience. However, massage therapy is associated with a variety of health benefits which should not be underestimated. In this article, I review five important health benefits of massage therapy.

1. Detoxification – Toxins in the body can result from many factors, including internal physiological processes. Cellular metabolism leads to the formation of acid, which is ultimately eliminated by the body's naturally occurring detoxification systems. Bacteria in the body can also produce toxins. Exotoxins and endotoxins are released by or through the destruction of bacteria. Toxins can become harmful

to your health if they aren't removed efficiently.

The primary mechanism that supports toxin release is the circulation of blood and lymph. The physical stimulation of massage treatments helps to eliminate toxin buildup in the tissues. Eliminating these impurities in your system can help to increase energy, aid in weight loss, and reduce inflammation.

2. Reduced stress – When you experience significant stress, your sympathetic nervous system is activated and you enter a "fight or flight" response, also known as sympathetic overdrive. Massage therapy leads to stress reduction by increasing the activity of the parasympathetic nervous system, which acts automatically to calm the body and brain during periods of stress. Functional brain imaging studies undertaken during massage therapy sessions have shown changes in areas of the brain involved in regulating emotions and the stress response, including the amygdala and the hypothalamus.

3. Improved Sleep – Adequate sleep is key for physical and mental wellbeing. However, according to a study conducted by the Centers for Disease Control and Prevention, more than one third of Americans do not get sufficient sleep (defined as at least seven hours of sleep per night for adults ages 18 to 60 years). Many individuals have a difficult time falling asleep at night because that feel stressed or anxious. Massage therapy may help to improve sleep by decreasing tension in the body and by helping to

alleviate other signs and symptoms of stress. Massage therapy including an essential oil treatment with lavender, peppermint or roman chamomile has also been shown to help alleviate sleep problems.

4. Enhanced immune function – Regular massage therapy can help boost immune system strength by increasing the body's natural killer cells and natural killer cell activity. Natural killer cells help the body to fight viral and bacterial infections. They also help to ward-off cancer cells. Massage therapy has also been shown to attenuate the production of inflammatory cytokines, supporting decreased inflammation and enhanced immunity. Moderate pressure massage increases vagal nerve activity, which reduces cortisol levels and thereby helps to preserve immune cells (cortisol kills immune cells).

5. Pain management – Scientific studies have shown that massage therapy can result in reduced pain in many chronic pain conditions including lower back pain, migraine headaches, fibromyalgia, carpal tunnel syndrome and rheumatoid arthritis. Most studies report on the benefit of moderate pressure massage focused on the painful area. In addition, massage therapy has been shown to be

effective for both acute pain and mood in cancer patients. One theory as to the pain-reduction effect of massage therapy is that massage increases serotonin levels. Serotonin is a natural "anti-pain" neurotransmitter. Serotonin is also known as the "feel good" neurotransmitter; increased serotonin levels are associated with improved mood and reduced depression.

In summary, there are many health-related benefits of massage therapy. However, massage can be costly and is not without risk, especially for those with underlying medical conditions such as bleeding disorders and osteoporosis. Therefore, massage should be performed by a trained and licensed professional. I've found a personal benefit of regular massage therapy in terms of stress reduction and control of chronic migraine headaches. Give it a try – I hope you find massage to be a valuable addition to your overall health and wellness routine.

Julie Rosenberg, MD, is a global healthcare leader, medical consultant and the author of two books, Beyond the Mat and Be True. For more information, visit her website at www.drjulierosenberg.com. For consulting and speaking requests, email inquiries to info@drjulierosenberg.com.✱

County Website Information Tools

Lee County has launched a new resource website to provide a wide range of information tools to residents and visitors in a single, easily assessable location.

The site – www.leegov.com/ – is part of the Lee Board of County Commissioners' commitment to their strategic priorities, which include community engagement. The board is committed to build communications strategies on multiple platforms and develop interactive tools to allow easy access to information for quality of life and for board policies.

The resources available at the site include:

Resident Information Tool – The website allows easy, one-stop information regarding Lee County properties previously available across more than a dozen websites. For example, a homeowner can enter their address and learn about utility providers, public safety agencies, evacuation zones, school zones, property information and much more. To watch a video about the Resident Information Tool, visit <https://youtu.be/TMn0CxmPLI4>

Explore Lee – Designed for government transparency, this is a resource guide to Lee County government with quick access to department operations, directors, budgets, maps and more. Learn how parks and recreation, public safety, libraries and the rest work together to make Lee County a wonderful place to live, work and play.

Capital Improvement Projects – This tool allows visitors to the site to select Lee County capital improvement projects from the list or map to view details. The

projects can also be searched from the map by address, street or neighborhood.

Year in Review – The site outlines the Lee Board of County Commissioners 2021 Strategic Planning Goals, with achievements and progress.

The website will be featured on Lee County social media channels and through the electronic newsletter.

As Lee County continues to grow and approach one million residents, clear and open communication is essential so that everyone has the information they need and the opportunity to play a role in building an even stronger community. For more, visit www.leegov.com.✱

Marketing Firm Earns Awards

Pushing the Envelope, Inc. (PTE), a strategic marketing communication firm based in Fort Myers, was recently honored with two awards at the 2022 AAF-SWFL American Advertising Awards (ADDYs).

PTE was recognized with a Silver ADDY and Judges' Award for a video produced on behalf of The Dubin Center, a resource center that assists families of individuals suffering from Alzheimer's disease. PTE's efforts shared The Dubin Center's updated branding and was designed to increase awareness of the organization's services.

The ADDYs is conducted annually by the American Advertising Federation (AAF) to recognize and reward the creative spirit of excellence in the art of advertising. The ADDYs is the advertising industry's largest and most representative competition, attracting more than 35,000 entries every year in local AAF competitions. For more information about the AAF and ADDYs, visit www.aaf.org or www.aafswfl.com for the local winners.✱

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School District Of The Year

The School District of Lee County is excited to announce it has been selected as Cambridge International's District of the Year in the Large District category for the 2021-22 school year. This award is based on exams taken during the November 2020 and June 2021 series, one of the most challenging for schools as they navigated the pandemic.

"We are honored to receive this recognition," said Chief Academic Officer Dr. Jeff Spiro. "Three years ago, we developed a strategic initiative to open doors for students and expand opportunities and access to the most rigorous courses. This is a great recognition of our goal. Ultimately, it is our leaders, teachers and students who made this a reality. Kudos Lee County."

All 15 high schools in the district offer Cambridge programs. Students are challenged with college-level courses and can graduate with a Cambridge AICE diploma that is recognized by leading universities around the world. The diploma also qualifies students for the Florida Bright Futures Academic Scholarship, which covers four years of tuition at a Florida college or university.

"Since 2018-19, your district has expanded access to Cambridge International exams, with exam entries up 81 percent," said Mark Cavone, regional director for Cambridge International. "Your district has also continued to provide a breadth of Cambridge course offerings to high schools in your district. Your students continue to achieve high pass rates on Cambridge exams as well, averaging 74 percent in 2020-21, which is a testimony to the hard work of teachers, school and district leaders and administrators, parents and students."

In February, two Lee County seniors won national awards for their performance on the June 2021 Cambridge Advanced International Certificate of Education (AICE) Assessments.

Estero High School student Hayden Germanis earned a "Top in Country" award for Digital Media and Design. "Top in Country" awards are presented to students who earn the highest standard mark in the nation in an individual subject.

Mathew Powell from Lehigh Senior High School is a "Best Across Four" award winner for attaining the highest cumulative total standard marks in the country in four AS level assessments.

Every year, Cambridge International also honors three exceptional districts across the U.S. in large, medium and small district categories. Within each category, they recognize the district that ranks highest based on the following criteria:

- 1) increasing access to rigorous Cambridge curriculum;
- 2) sustaining or improving student performance on exams; and
- 3) committing to equity in education

for all students

Cambridge International will present the School District with a plaque and has offered to host a recognition ceremony on a date to be determined.✱

Tax Increment Rebate Passed

The Fort Myers Community Redevelopment Agency (CRA) recently approved a tax increment rebate and development agreement for 2010 Hanson Street located in the Cleveland Avenue redevelopment area.

The CRA approved a tax increment rebate in the not-to-exceed amount of \$8.2 million for 2010 Hanson Street disbursed at 85 percent of increment revenue generated each year until the \$8.2 million rebate award is satisfied, or until the community redevelopment area sunsets in 2040.

Bloom Ft. Myers is a new multifamily development on just over five acres that will consist of 336 moderately priced apartments, thoughtfully designed with modern fixtures and finishes. The apartments will be priced to accommodate everyday workers in the area, a segment that often gets priced out of more luxury products.

The CRA also authorized the Community Redevelopment Agency chairman to execute a development agreement between Redburn Development Partners, LLC and the Fort Myers Community Redevelopment Agency for the development of the multifamily apartment complex.

The total project cost is estimated at \$71.7 million. When completed, the project will add \$48 million in value to the Fort Myers' tax base. The total economic impact is estimated at \$121,641,824 while providing 1,135 jobs.

Monthly rents are expected to start between \$1,006 to 1,035, substantially below all new apartment rents currently in Southwest Florida.

"Bloom Fort Myers is exactly the kind of project CRA incentives are designed to attract, given the CRA boards' priority to have attainable housing developed in the City of Fort Myers," said Michele Hylton-Terry, executive director of Fort Myers CRA. "We are thrilled to welcome Bloom to Fort Myers."

Bloom's 336 apartments will be a mix of studio, one- and two-bedroom layouts. Amenities will include a pool, gym, game room, playground, dog park, business center and co-working space.

Redburn has developed over one million square feet of workforce housing, mostly in upstate New York in the past five years. Bloom will be the first for the developer in the state of Florida.

The project ownership group consists of Redburn, GSI Equities and Divinity Development Partners.

Plans call for the project to begin construction in April 2022 with completion by December 2024.✱



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Book Review

The Nameless Ones



by Di Saggau

In John Connolly's *The Nameless Ones*, the Charlie Parker series returns with a heart-pounding race to hunt down deadly war criminals. Connolly really has a way with words... one

reason why I enjoy his books so much. He is able to mix thrills with a touch of the supernatural, along with a touch of humor.

For example, early on we meet a woman, who at the age of 12, shot and killed a vagrant who entered their house and attempted to rape her mother. "She knew the Sixth Commandment declared 'Thou shalt not kill' but she had always believed that Moses, in returning from Mount Sinai, had neglected to bring with him a final tablet, the one containing all the fine print, possibly because his arms were already full."

Four people are killed in Amsterdam and their remains are arranged around the crucified form of their patriarch, a fixer, go-between and confidante of the assassin named Louis. The killers are Serbian war criminals who plan to

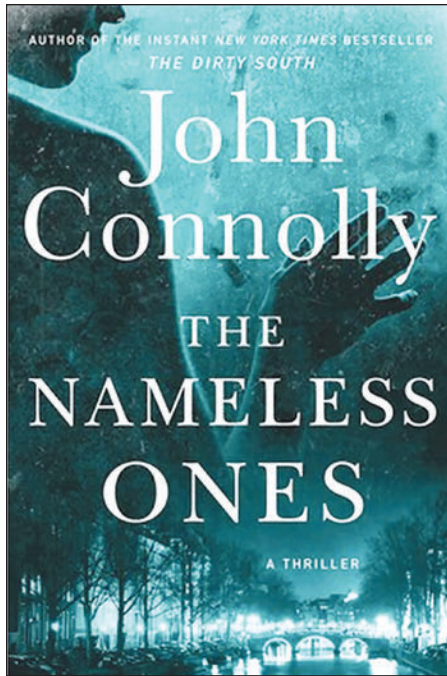


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retreat to their homeland.

In the book, Parker is mostly talked about and plays a small part in the action later on. In the lead are Louis and Angel, his colleagues who intend to hunt down the five killers before they disappear using whatever violence is necessary to avenge a wrong. There is one problem. The sixth killer. Her name is Zorya, one to be reckoned with as she has alleged supernatural powers that make her a deadly killer.

The Serbian war criminals go by the name Vuksans. They need new identities and passports in order to escape. Meanwhile, Louis brings along two assassins from Japan. The novel hops from Paris to Prague in pursuit of the fleeing Vuksans. One by one, Louis and his crew start picking them off.

The novel's climax takes place in a cemetery, just beyond Vienna, the

Cemetery of the Nameless and the anticipated confrontation with the mysterious Zorya. The pacing in the book is tense, and the chess game between the two groups of assassins will keep your heart jumping. I suggest you first read the Author's Note, which gives a brief history on the political climate in the book.*

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley,
My

11-year-old daughter has some visual, motor and sensory processing deficits that slowed the development of her fine and gross

motor skills. Her skills are improving but she still needs to work on them. I would like some suggestions for helping her to improve her skills.

Sarah C, Sanibel

Sarah,

Children develop fine and gross motor skills at different rates. Improvement of these skills is usually targeted to younger children, and it's often assumed that these skills have been ameliorated by the tween and teen years. In fact, many older children do need to work on their fine and gross motor skills. Here are some suggestions from an occupational therapist that are both instructional and will provide an enjoyable experience for you and your daughter.

For fine motor skills:

Cooking – From chopping vegetables to kneading bread or pizza dough, cooking together can be a relaxing way to build fine motor skills. It also gives you some time together and learning how to cook is a valuable life lesson.

Building – If your child enjoys working with her hands, put her to work doing some home repairs. Working with tools like a hammer and a screwdriver allows kids to make use of the small muscles in their hands. It also improves hand-eye coordination.

Playing a musical instrument – Playing an instrument can help build fine motor skills, especially piano, woodwind instruments and guitar. Even if your child had trouble playing an instrument as a younger kid, it's worth trying again if she expresses an interest.

Practicing beauty routines – Putting on makeup and creating complex hairstyles require a surprising amount of fine motor skill. Assuming the use of makeup works with your house rules, this could be a lot of fun for your daughter.

3D puzzles – 3D puzzles have foam-like pieces that fit together to create models of everything from the Millennium Falcon to the Eiffel Tower. Until your child's fine motor skills improve, it may be hard to place the

pieces. Start with simpler puzzles and work up to the more complicated ones.

For gross motor skills:

Trampolines – Jumping on a trampoline is a great activity to improve balance. Going to an indoor trampoline park can turn practice into a social event with friends as well. You can also buy a mini-trampoline to use at home but if you do, make sure to set safety rules, like having a jump bar.

Bowling – Aiming for targets and rolling a bowling ball is another way to work on gross motor skills. If you don't have a bowling alley nearby, you can always set up water bottle bowling at home, using empty plastic water bottles and a soccer ball.

Walking or hiking – Walking or climbing over unstable surfaces can help kids work on strengthening their trunk muscles. Taking a hike with your child would also be beneficial for both of you.

Swimming – Swimming is a whole-body activity in which your child's body must work against the resistance of the water. It not only builds gross motor skills, it also helps develop proprioceptive awareness (knowing where your body is in space).

Playground activities – Using "unstable" playground equipment also helps develop your child's trunk muscles. Kids can try out things like rope ladders and wobble bridges. It gives tweens, especially, an excuse to return to the playground.

Riding a bike or a scooter – Some kids who struggle with gross motor skills may learn to ride a bike later than their peers do. A scooter is a little easier to master and can be a step on the way to bike riding. Once kids do get the hang of it, though, bike riding can help older kids learn to maintain balance. Plus, it gives them a way to get around independently and an activity where they can interact with their peers.

Dancing – Whether it's a dance class, a dance at school or just dancing to music at home, dancing has many benefits. Dancing helps kids develop balance, coordination and motor sequencing skills. It can also be a great way for kids to socialize.

*Shelley Gregg is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. To contact her, email smgreggs@gmail.com or visit www.schoolconsultationservices.com.**

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Donna Clarke



Therese Everly



Diane Champion



Chris Hansen

Lee Health Elects Officers For 2022

Lee Health recently elected officers to its board of directors for 2022. Clarke has been elected as board chair for 2022. She has previously served as board vice chair and board treasurer. She is a former Florida state representative and has served as an adjunct professor with State College of Florida. Clarke earned a master's degree in industrial management from Georgia Institute of Technology, and has previously owned and operated an environmental consulting firm. She is past president of the Fort Myers Kiwanis Club and has served as vice-chair of the STARS Advisory Board. She has also volunteered as a math tutor at the Pace Center for Girls of Lee County.

Everly has been re-elected as vice chair. She is the executive director of the Lee County Homeless Coalition. Everly has over 35 years of experience in the healthcare and real estate industries. She is a registered respiratory therapist accompanied by a degree in health care administration with both clinical and management experience. She is also a licensed realtor with experience in sales and property management. Everly currently serves on the board of the Alzheimer's Association Florida Gulf Coast Chapter and is a member of the Florida 20th Judicial Circuit Elderly Abuse Fatality Review Team.

Champion has been re-elected as secretary. She is an 11-year board liaison to the Lee Health volunteers. She was a business owner/manager

for 40 years, and has been a resident of Lehigh Acres for over 40 years. She has served as the committee chair for children's activities of the American Cancer Society's Relay for Life event, and is an elected member of the Community Council of Lehigh Acres as well as a volunteer at Southwest Florida International Airport.

Hansen has been elected as treasurer. He is chief executive officer for Child Care of Southwest Florida and a lifelong resident of Lee County. Hansen retired as the deputy director of Lee County Public Safety and chief of Emergency Medical Services (EMS) after nearly 30 years in public service and healthcare. He is a former board member of the National Alliance on Mental Illness (NAMI), Lee, Charlotte and Hendry Counties.

"We appreciate the officers' commitment to serving our community, and we are thankful to have such an accomplished group of board members working to further our dedication to provide the highest quality care," said Dr. Larry Antonucci, Lee Health's president and chief executive officer.

In addition to the officers, other board members include Stephen R. Brown, MD; David Collins; Kathy Bridge-Liles; Nancy McGovern, RN, MSM; and Stephanie Meyer, BSN, RN.

The board of directors, which consists of 10 officials from five districts who are elected by the residents of Lee County, sets the mission and vision of Lee Health. The board holds regularly scheduled public meetings to set goals and objectives and to hear recommendations from the health system's administrative and medical staffs.✱

Golf Tournament Supports Early Learning Center

The eighth annual benefit golf tournament titled Tee It Up FOR The Kids will take place at The Shell Point Golf Club on Friday, April 22. Registration is from 7:30 a.m. until 8:30 a.m. The shotgun start is at 8:30 a.m., with a box lunch and awards following the tournament.

This year's event has been renamed The Craig Scott Memorial Tournament in honor of Scott, a long-time board member and supporter of Heights Early Learning (formerly GLAD Kids). The event's proceeds benefit Heights Early Learning, an organization that supports

85 children from birth through age 4. A part of The Heights Foundation/The Heights Center family, Heights Early Learning's mission is to ensure low-income families have quality, affordable childcare. Children read, learn and play in a safe environment while their parents provide for their families.

The event is sponsored by Entech.

Pre-registration is now available. The registration deadline is Friday, April 15.

Registration is \$125 per golfer or \$500 for a foursome. In addition, sponsorships that include golf packages and recognition are available.

The Shell Point Golf Club is located at 17500 On Par Boulevard in Fort Myers. For more information, visit www.heightsfoundation.org/forthekids, call Jim Sanger at 482-7706 or email jim@heightsfoundation.org.✱

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Will Power

Living Will Particulars



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

I’ve received several questions about living wills. Living wills are not documents that leave assets and property to your loved ones. Those are “Last Will and Testaments,” or “Revocable Living Trusts.”

In Florida, a living will is an end of life directive document that describes the medical procedures that you would want performed as well as those you wouldn’t want performed if you satisfied the statutory precondition.

You may recall, for example, the Terri Schiavo case. Terri Schiavo was a 26-year-old woman who went into an irreversible persistent vegetative state as a result of a 1990 heart attack. She lay unresponsive in a hospital bed for years.

In 1998, her husband petitioned a Florida court to remove her feeding tube. Her parents fought the lawsuit, arguing that Schiavo was responsive and would not have wanted feeding tubes removed.

The feeding tubes were removed after state and federal court appeals processes at the end of March 2005. She died shortly thereafter.

Schiavo did not have a living will. A major controversy during her case was whether food and water tubes should be considered life-prolonging measures that can be discontinued once two physicians certified that she was trapped in a persistent vegetative state with no reasonable medical probability of recovering.

A major component of that question lies in what Schiavo’s intent would have been had she signed a living will. The majority of her case centered on what she would have wanted had she been able to direct.

The living will document, therefore, allows you to direct your medical treatment if you

should be dying, and the artificial means would only prolong death rather than save you from dying. The actual language states that you can direct life-prolonging procedures to be withheld and withdrawn if you are dying and incapacitated and are in a “terminal condition,” and/or “end-stage condition,” and/or “persistent vegetative state.”

The threshold is high. It’s not as if someone has cancer, which is a terminal condition, and will die at some point in the future. Under the living will, the patient is usually incapacitated, so can’t speak for him or herself, and death would occur but for life-prolonging procedures that are only artificially prolonging the process of dying.

If you are a Florida resident, you should have a Florida compliant living will. You do not need a living will in other states where you have residences if Florida is your primary residence. If anything, having other living wills whose language may conflict with the living will of another state could only cause problems.

Because of comity of law between the states, your Florida living will is valid in all of the states, as well as U.S. territories.

In the Florida living will document, you designate someone to carry out the provisions of the declaration. Typically, this is also the person that you designate in your health care surrogate. I’ll review that document in detail in next week’s column. If the health care surrogate disagrees with the two physicians who declare the patient to have met the living will preconditions, then there could be additional determinations.

The major choice you have in Florida’s document is whether you want food and water withheld and withdrawn. This is usually referring to the feeding tubes. The language in Florida’s living will statute states that the patient (you) should always receive medical procedures or medication to provide comfort, care and to alleviate pain.

Some people don’t want to direct that food and water be withheld and withdrawn. For those people, I remind them that food and water tubes kept Schiavo in a hospital bed for over 16 years.

You should discuss your intent with those close to you, as well as with your primary physician. The surrogate you name in the document should have similar end of life attitudes that you do or, in the alternative, provide you comfort that he or she will follow your wishes.

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Proposed Rule Changes For Alligator Harvest

Florida Fish and Wildlife Conservation (FWC) Commissioners have approved proposed rule amendments related to the statewide alligator harvest program. The proposed improvements would allow program participants an additional seven hours a day of hunting opportunity and add airbows with a tethered arrow as a legal method of take. These proposals would provide greater flexibility for hunt participants while continuing the management of Florida’s alligator resource for sustainability.

The additional hunting hours would eliminate concerns about fully landing an alligator before the current 10 a.m. ending time and provide more flexibility when scheduling hunting trips. Currently, hunting hours during the statewide recreational alligator hunting season are 5 p.m. to 10 a.m. Those areas that currently limit alligator hunting hours are likely to continue with those restrictions if this proposal is approved as final rule.

Adding precharged pneumatic airbows to the legal methods of take for the statewide alligator harvest provides a new effective way to initially secure a line to the animal to safely gain control of it. The arrow must be attached to a restraining line that is tethered to the airbow or boat. Airbow use would also benefit hunters with mobility challenges and youth or smaller-framed hunters. Airbows weren’t commercially available when the statewide alligator harvest methods were last updated.

These proposed changes were supported by the Alligator Management Program’s technical assistance group and FWC’s alligator management standing

team. In addition, the FWC is seeking input on proposed changes throughout the rulemaking process. Stakeholders were invited to provide input on the proposals through an in-person workshop, webinars, an online poll for alligator hunters, an online commenting tool, targeted mail-out surveys for lakeside residents and email blasts. Based on the results of this feedback, stakeholders largely support the proposed rule amendments.

Commissioners will consider the proposed rule changes for final adoption at their May 2022 meeting. If approved as final rules in May 2022, they would take effect in time for the upcoming 2022 statewide alligator harvest season. Learn more about these proposed rule changes and provide your input at www.myfwc.com/alligator.✴

More Than One Million Registered Vessels In Florida

The Florida Fish and Wildlife Conservation Commission (FWC) have announced that Florida continues to lead the nation and has passed the mark of one million registered recreational vessels across the state. Florida, with its great year-round weather and plenty of access to fresh and salt water, is the “Boating Capital of the World.” With more people calling Florida home and more vessels on the water, it’s important that residents and visitors practice safe boating.

The top five counties for vessel registration in Florida are Miami-Dade (74,622), Pinellas (53,867), Lee (50,304), Broward (47,741) and Hillsborough (41,495).

“Crossing the million mark just confirms what we always knew – Florida is

the top state for boaters. And with more boats on the water, we want to spread the word about boating safety to both residents and visitors enjoying Florida’s year-round boating season,” said Maj. Rob Beaton, boating and waterways section leader. “A safe day while boating is a great day. Nothing can ruin a fun and memorable experience on the water faster than a boating accident.”

Boaters are encouraged to wear their life jackets, maintain 360-degree awareness and know the dangers (and penalties) for operating a vessel while impaired.

“Life-changing tragedies happen because individuals choose to operate a boat while impaired. Those tragedies are preventable,” said Maj. Beaton. “As law enforcement, it is our job to do all we can to ensure the safety of all boaters.”

If you plan to be on Florida’s waterways, visit www.myfwc.com/boating for boating safety tips or search the Florida Boat Ramp Finder to help find a great place to launch your boat.✴

Hope Hospice Gains National Accreditation

Hope Hospice is among a select number of organizations across the country that has earned accreditation from the National Institute for Jewish Hospice (NIJH).

Hope Hospice is one of 52,000 members of NIJH working together to provide enhanced care to address the diverse needs of Jewish families in a caring, dignified manner.

“At Hope, we make every effort to serve each person, at every stage in their life’s journey, in a culturally sensitive way,” said Samira K. Beckwith, president

and CEO of Hope Healthcare. “We seek programs and accreditations that will elevate the care and support we provide our community. Hope is proud to have this distinct accreditation from NIJH and will continue to strive for excellence in our staff training and the services we offer.”

As an NIJH-certified organization, Hope Hospice has access to resources and training about customs, values, traditions and practices that may arise while caring for Jewish hospice patients and their loved ones.

For more information, visit www.hopehcs.org.✴

Improvements To Sports Complex

The Lee Board of County Commissioners have approved a contract to design, permit and provide construction administration services for improvements to the Player Development Complex in Fort Myers.

Due to the increased demand of outdoor sports facilities and growth of Lee County population, the facility at 4301 Edison Avenue will be refreshed to include additional parking spaces and shade structures to the main stadium and auxiliary field. The existing maintenance road will be paved to provide better access to maintenance equipment.

The facility, which has five ballfields, batting cages and ancillary buildings, hosted 46 baseball tournaments in 2021.

The \$115,000 contract is with Johnson Engineering Inc., and the project will be funded with tourist development taxes collected on short-term lodging.

The design is expected to take about nine months to complete.

To receive Lee County government updates, visit www.leegov.com/resources/newsletters.✴

Marketing Firm Hires Account Executive

Spiro & Associates Marketing, Advertising, Public Relations, and Brand Architecture has hired Savannah Phillips as an account executive. She will manage new business initiatives, collaborate with all departments to enhance clients' marketing value, lead the strategic direction and successful implementation of marketing programs, as well as oversee the day-to-day activities and interaction with clients.



Savannah Phillips

A fifth-generation Floridian, Phillips was born and raised in Ocala. She graduated from Florida Gulf Coast University cum laude with a bachelor's degree in communication concentrating in public relations.

Phillips has worked for the Lee Building Industry Association as communications director as well as events and marketing director.✱

Digital Marketing Assistant Hired

Pushing the Envelope, Inc., a strategic marketing communication firm, has hired Tricia Mullis as a digital marketing assistant.



Tricia Mullis

In her role, Mullis is responsible for assisting in the development of social media strategies, as well as the production of social media content, email marketing efforts and inbound Internet marketing to execute successful digital initiatives.

Mullis holds a bachelor of arts

degree in public relations from Ball State University and recently relocated to Fort Myers. She previously worked as an account executive for three radio stations and as a communications and media relations intern for the Indiana House of Representatives.✱

Bank Promotion To Loan Officer

Sanibel Captiva Community Bank has promoted Dawn Hall to residential loan officer at the Winkler Branch, 7040 Winkler Road in Fort Myers. Previously, Hall was a loan coordinator in the bank's residential lending division at the McGregor Branch, located at 15975 McGregor Boulevard. Hall has more than 15 years of experience in the residential lending, banking and sales industries.✱



Dawn Hall

Teller Hired At Downtown Bank

Eliet Paz has joined Sanibel Captiva Community Bank as a teller at the downtown branch, located at 1533 Hendry Street in Fort Myers. She is responsible for assisting customers with personal and business banking transactions.



Eliet Paz

Paz has a background working in the retail industry as well as experience as a volunteer coordinator and Spanish speaking translator. She has an associate degree from Florida SouthWestern State College in general studies. Currently, she is pursuing a bachelor's degree in psychology with a minor in finance.✱

Save Big On Overdue Traffic Tickets, Court Fees

Driver with a suspended license or overdue traffic tickets may be eligible to get back on the road through the Lee County Clerk's annual Operation Green Light event March 28 through April 8. Anyone with cases in collections will be allowed to pay their court fees and fines without getting charged the 25 percent collection surcharge.

The event will take place from 8:30 a.m. to 5 p.m. weekdays. Special extended hours will be held from 5 p.m. to 6 p.m. Fridays, April 1 and 8. The office will also be open exclusively for Operation Green Light customers 9 a.m. to 2 p.m. Saturday, April 2.

"Last year, we saved customers nearly \$500,000 in fines and fees, and almost 1,000 people became eligible to get their licenses back," said Lee County Clerk of Court Kevin Karnes. "This year, we are partnering with the tax collector's office starting April 2 to allow customers to request license reinstatements right at the courthouse."

To take advantage of the offer, visit the Lee Clerk's office at the downtown Fort Myers Justice Center or call 533-5000. Customers can also save time by scheduling an appointment at www.leeclerk.com/appointment.

"Operation Green Light helps drivers

save money and get back on the road so they can work, run errands and take care of their families," said Noelle Branning, Lee County Tax Collector. "We are proud to partner with the clerk's office to offer our citizens this important opportunity to have their licenses reinstated."

Traffic tickets must be paid in full, but if criminal court fees can't be paid in full, customers can still benefit from savings by signing up for an affordable monthly payment plan.

Customers can pay their court fees and fines to the clerk in cash, cashier's check, money order or credit card. Additional statutory fees to the tax collector are required to reinstate a driver license. Payments by credit card are subject to a transaction fee. The Justice Center is located at 2075 Dr. Martin Luther King Jr. Boulevard.

Learn more about Clerk's Operation Green Light event at www.leeclerk.org/ogl. For questions about driver license reinstatements, visit www.leetc.com.✱

Bird Walks

The Sanibel-Captiva Audubon Society is offering bird walks at 8 a.m. at the following locations:

March 26, Wildlife Drive at JN "Ding" Darling National Wildlife Refuge
April 2, Lighthouse Beach Park
April 9, Lakes Park in Fort Myers
Visit www.san-capaudubon.org for more information, including directions to each site.✱

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Superior Interiors

Identify The Right Focal Point For Every Room



by Jeanie Tinch

Whether you're constantly entertaining guests or your family members are inviting over friends of their own, there's a natural need to create a space that puts

on the right impression. You want to create an atmosphere that's equally cozy and inviting but also extraordinary and unforgettable. With so many eyes on your living space, it's important to give them something to look forward to every time they enter your home.

Bringing a focal point to every high traffic area in your home offers a great opportunity to showcase each individual plot of your living space, making it a memorable experience for all who enter. Interested in bringing a focal point to your high traffic rooms? Here are some of our suggestions:

The living room or family room – This room is a space where families tend to gather for comfort, it's a space to relax after a long day, kick back and watch a binge-worthy TV show and movies together. While the television tends to take center stage in this living space, having a mantel gives you an opportunity to put a lovely piece of artwork on display. If you don't have a mantel, you can still opt for an empty wall to hang a canvas. Always take advantage of the vertical space in the living room

or family room to showcase work that flows with the room design but starts the conversation among guests.

The kitchen or dining area – Is there anything more comforting on a Saturday morning than cooking breakfast for your loved ones and gathering around the table for conversation? To ensure that this seating arrangement is properly illuminated for breakfast, lunch and dinner, a unique chandelier or other hanging lighting fixture can set the tone for the kitchen. Even if the kitchen gets maximum natural lighting, a lovely fixture makes a great conversation starter and can add a fun element to this living space.

The main bathroom – No matter how many bathrooms you have in the house, every household has one that gets used the most. This tends to be on the main floor, but it can vary from one house to the next. Your bathroom should be considered a place for relaxation – it shouldn't be too chaotic in design and decor – but that doesn't mean it doesn't deserve a focal point. A statement piece of artwork can work wonders in this space, but something as simple as a uniquely shaped mirror can act as an eye-opener for guests and family members.

The guest bedroom – Whether you have grown kids who stay with you on the holidays or friends who like to travel to you from out of town, the guest room is a living space that may be frequented more often than you would expect. When treating guests to a night in your home, finding ways to help them escape and feel like they're staying in a hotel can set you apart from the rest of their family and friends. A large, gorgeous headboard can turn a traditional guest room into something more high-end and lavish. You can also add an infinity shag or faux fur area rug to the center of the room for the ultimate comfort when waking up in your home.

With little experience in interior

design, you might find yourself struggling to find the perfect statement pieces and focal points to place throughout your home. While the above recommendations make great options, every homeowner is different and may need a little tailoring to meet design and decor wants and needs.

Beautifulife:

Solid Ground



by Kay Casperson

I believe in building everything on solid ground, with a strong foundation that won't sink or crumble in a storm. This concept is essential for raising your children, making your home and growing your

faith. What does that mean exactly, and why is it important?

I refer to a scripture in the bible that talks about this very thing.

Matthew 7:24-27: "Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. The rain fell, the floods came, and the winds blew and beat on that house, but it did not fall because it had been built on rock. And everyone who hears these words of mine and does not do them will be like the foolish man who built his house on the sand. The rain fell, the floods came, the winds blew and beat against his house, and it fell, and great was the fall of it."

My parents taught me some important basic things that stayed with me throughout my life. Things like having faith, praying, being kind, being wise and trusting your heart. Some of these simple lessons kept me landing on my feet no matter how far I veered off the path or

If you're looking for more suggestions that cater to your specific goals for your home, consider consulting with a design professional.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindceden.com.✪

how many mistakes I made. That solid ground created for me as a child is why I continue to inspire others to reach for their best and most beautiful life.

As a parent, I now find it necessary to lead my children by example more than ever. I want my kids to have a firm foundation so that I am confident that they will land on their feet no matter what direction they take in life or what choices they make. Regardless of what chapter of life we live, we need to continue creating a solid ground for our families, friendships, businesses and beliefs. Always remember that when the foundation is firm, the storms don't matter.

Root your family in firm faith and understanding of the power of prayer. Create friendships with like-minded individuals who will stand with you and inspire you to be better. Make your business bulletproof by creating a need individuals will continue to support. And finally, keep your beliefs at the heart of everything you do to learn and grow in your spirituality.

My affirmation for you this week is: "I will continue to keep the ground solid under all the important aspects of my 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.✪

Lee Health Pact With Clinic Institute

Lee Health has entered an affiliation agreement with Cleveland Clinic and is now an alliance member of Cleveland Clinic's Sydell and Arnold Miller Family Heart, Vascular & Thoracic Institute, uniting Southwest Florida's leading health care provider with the top-ranked cardiac program in the U.S. to elevate patient care in Southwest Florida.

This latest announcement follows the previously established strategic alliance between Cleveland Clinic and Lee Health in November 2020 to enhance and improve care in Southwest Florida by exploring opportunities for service line affiliations and strategic initiatives to improve quality and efficiency of care through clinical and operational enhancements.

The strategic alliance agreement established a framework for how the two health systems work together to assess opportunities to share best practices and enhance existing clinical or operational

projects or establish new ones.

Lee Health has a long history of excellence in cardiac care, with HealthPark Medical Center having been recognized multiple times as one of the Top 50 Cardiovascular Hospitals in the country by IBM Watson. HealthPark Medical Center is the only hospital in Florida to receive this recognition for four consecutive years.

The Ohio-based Cleveland Clinic Miller Family Heart, Vascular & Thoracic Institute is one of the world's largest, most experienced cardiac, thoracic and vascular surgery programs. Cleveland Clinic has been ranked the No. 1 hospital in the country for cardiology and cardiac surgery for 27 years in a row by *U.S. News & World Report*.

The alliance with Cleveland Clinic's Heart, Vascular & Thoracic Institute will allow Lee Health to continue to advance excellence in care for heart patients in the region.

"Lee Health and Cleveland Clinic's Heart, Vascular & Thoracic Institute share a commitment to excellence in patient experience, care and quality outcomes," said Dr. Larry Antonucci, president & chief executive officer of Lee Health. "This alliance allows us to put that mutual

commitment into practice by collaborating on innovations in these areas, as well as treatments and processes. It also supports our vision to be a national leader for the advancement of health and healing."

This alliance through a new affiliation agreement with Cleveland Clinic's Heart, Vascular & Thoracic Institute makes Lee Health the exclusive Cleveland Clinic heart alliance member in Southwest Florida. It allows for the sharing of best practices, enhancing opportunities to provide new treatments and therapies to patients, as well as exploring cutting-edge technologies and techniques in cardiovascular care that will accelerate advances in treatments.

"Management of heart disease is complex, and working together on programs like this helps to advance the treatment of cardiovascular disease to benefit our communities," said Lars Svensson, MD, PhD, chairman of Cleveland Clinic's Heart, Vascular & Thoracic Institute. "Our alliance with Lee Health will allow for sharing of best practices, while working together to ensure the highest quality care to Lee Health's patients."

The Alliance Network includes 13 hospitals across the country, with the

addition of Lee Health. As an alliance member, both Lee Health and Cleveland Clinic remain independent, with no changes in control of physicians or staff.

For more information about Lee Health, visit www.leehealth.org. For more information on Cleveland Clinic's Heart, Vascular & Thoracic Institute, visit www.clevelandclinic.org/heart.✪

From page 1

Micro Fest

McGregor Clinic.

Rock for Equality began as a way for LYR founder Angela Page and Orion to bring people together. Since then, it's grown into an annual micro fest that supports a different organization each year and helps LYR fund its nonprofit arts programming. This year, 50 percent of the proceeds will be donated to the McGregor Clinic.

The micro fest is sponsored by Jesi Cason Photography and Nice Guys Pizza.

Cost is \$5 at the door and you must be 18 or older to attend.

Ollie's Pub and Records is located at 1019 Cape Coral Parkway East in Cape Coral. For more information, visit www.loveyourrebellion.org/rock-for-equality.✪



Green sea turtle

flocks of birds.

As a general rule, it is best to keep at least 300 feet from nesting birds and to avoid walking through flocks of birds or entering posted areas.

Stash the trash – Obstacles on the beach can prevent sea turtles from nesting as they crawl from the water, across the sand, to lay their eggs. Trash and other obstacles can also prevent sea turtle hatchlings from reaching the water once they emerge from their nests. Food scraps attract predators, such as raccoons and crows, that can prey on sea turtle hatchlings, shorebird eggs and chicks. Litter on beaches can entangle sea turtles, birds and other wildlife.

Beachgoers can help native wildlife by properly disposing of all trash, filling in human-made holes in the sand and removing boats, beach toys and furniture from the beach before sunset. Fishing line can be deadly to sea turtles, waterbirds and other wildlife, so be sure to dispose of it properly. To find a monofilament recycling station near you, visit <https://mrrp.myfwc.com>.

Lights out – Any lighting can misdirect and disturb nesting sea turtles and their hatchlings, leading them away from the ocean and toward potential danger, so beachgoers should avoid using flashlights or cellphones on the beach at night. Anyone living along or visiting Florida beaches can do their part by turning out lights or closing curtains after dark to ensure nesting turtles are not disturbed as they come ashore.

This action will also help hatchlings to not become disoriented when they emerge from their nests. If lighting could still be visible from the beach, be sure it is long, low and shielded.

For more information about nesting sea turtles and how you can help, visit www.myfwc.com/seaturtle or see the FWC's *Be a Beach Hero* brochure. Other ways to help sea turtles include reporting those that are sick, injured, entangled or dead to the FWC's Wildlife Alert Hotline at 888-404-3922.

For more information about nesting waterbirds, visit www.myfwc.com/shorebirds and download the *Share the Beach with Beach-Nesting Birds* brochure or visit <https://flshorebirdalliance.org> to learn more about how to participate in shorebird and seabird conservation efforts.*

Nesting shorebirds photos provided

Nesting Season For Sea Turtles And Waterbirds

The Florida Fish and Wildlife Conservation Commission (FWC) reminds beachgoers how to help protect vulnerable nesting sea turtles and waterbirds while visiting Florida's coastal habitats.

Each spring and summer, thousands of sea turtles, shorebirds and seabirds nest on Florida's beaches. Because the state's shorelines are critical for sea turtle and waterbird nesting, beachgoers can make a big difference in helping them.

Biologists note that some of the most important things people can do to help nesting sea turtles and waterbirds are to give them space, minimize disturbances and keep beaches clean and dark.

Sea turtles typically return to nest in March along Florida's southeast Atlantic coast from Brevard County south to Broward County, while nesting begins on Gulf Coast or north Florida beaches in April or May. Around this same time, many shorebird and seabird species nest directly on beaches across the state where their eggs and chicks are well camouflaged in the sand. Colonies of wading birds, such as herons, will typically nest on mangrove islands off the coast.

Keep your distance – Getting too close (50 feet or less) to nesting sea turtles can cause them to leave the beach before they complete nesting. Remember, it is illegal to harm or disturb nesting sea turtles and their nests, eggs and hatchlings.

Not keeping enough space from nesting shorebirds, seabirds and wading birds can cause them to flush from their breeding sites, leaving vulnerable eggs and chicks exposed to the elements and predators.

Egg temperatures can increase to lethal levels after just a few minutes of direct sun exposure. Shorebirds and seabirds nest in shallow scrapes in the sand and their eggs and chicks are well-camouflaged, making them vulnerable to being stepped on unless people look out for them and avoid walking through



Jim Atterholt



Larry Fiesel



Mike Gibson



Gloria Tate

Four Nonvoting Members Added To Tourist Council

Four new members have been added to fill new ex-officio, nonvoting seats on the Lee County Tourist Development Council (TDC), an advisory committee to the Lee Board of County Commissioners (BoCC).

The new members include:

Council member Jim Atterholt, Town of Fort Myers Beach;

Council member Larry Fiesel, Village of Estero;

Council member Mike Gibson, City of Bonita Springs; and

Councilwoman Gloria Tate, City of Cape Coral

The BoCC voted in January to add the four seats to allow each of the municipalities a seat on the TDC. These four additional members will represent the incorporated municipalities not currently

serving on the TDC in one of the two municipal rotating seats. The rotation of voting-member seats will not be affected.

The nine voting seats are composed of three elected officials, three representatives from accommodations collecting the tourist tax and three representatives from tourism-related industries, as directed by Florida Statutes.

The TDC was established as an advisory board to the BoCC in 1983 to increase off-season tourism in Lee County. Each year, the TDC approves funding for the maintenance of Lee County beaches, for beach renourishment projects, and for beach and shoreline capital projects such as piers, boardwalks, parks and re-vegetation. The TDC and Lee County Visitor & Convention Bureau are funded by a five percent tourist tax collected on accommodations rented for six months or less. Tourist tax receipts are estimated at 26.5 annually.

For more information about the TDC, visit www.leevcb.com and www.leegov.com/bocc.*

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Frankly Speaking



by Howard Prager

Cinderella’s name is St. Peters, another new NBA record and all the baseball news that fits. Let’s get started!

Whoever heard of St. Peters?

This year, the St. Peters’ Peacocks from Jersey City are doing it with defense and some New York City toughness, scratching their way by getting stops, winning battles for loose balls and hanging around the glass against bigger opponents. With Loyola-Chicago and their “mascot,” the now 102-year old Sister Jean out of the tournament, St. Peters becomes the darling of the championship. Other surprises are No. 11 Michigan beating conference favorite and No. 3 Tennessee, No. 10 Miami beating No. 2 Auburn and No. 8 North Carolina ousting Baylor, the first No. 1 to go. The other top seeds – Gonzaga, Arizona, and Kansas – faced much tougher battles than they expected in the second round, with Gonzaga down by double digits at one point and Arizona having to fight to win it in overtime. I know this sounds trite, but truly it’s anybody’s game.

Speaking of surprises, the Minnesota Twins have been one of the hottest teams in the market this year. “MLB offseason grades: Dodgers, Blue Jays, Mets, Braves, Twins get high marks.” This is not what Twins fans expect in the headlines. Have you seen Carlos Correa at Hammond Field yet? The top

free agent signed a peculiar contract with the Twins, a three-year deal with options out at each year of his contract. But the Twins have him, along with some other big moves. They received two-time allstar catcher Gary Sánchez and infielder Gio Urshela from the Yankees for Josh Donaldson and several minor leaguers, and got pitcher Sonny Gray and minor-league pitcher Francis Peguero from the Cincinnati Reds for minor league pitcher Chase Petty. Gray, a two-time All-Star, went 7-9 with a 4.19 ERA in 2021. And they signed Byron Buxton to a new seven-year deal. Twin fans, rejoice, you are contenders in the Central Division once again. Time to make up for last year.

Another NBA record falls. Just one day after Minnesota Timberwolves center Karl-Anthony Towns poured in a career-high 60 points, Brooklyn Nets guard Kyrie Irving followed it up with a 60-point performance of his own in a 150-108 road win over the Orlando Magic. This is the first time since 1962 the NBA has seen two 60-point games back to back. Who did it then? Wilt Chamberlain and... Wilt Chamberlain.

Politics, social issues and sports. The aforementioned Kyrie Irving has not played any games at home this season because he is not vaccinated. Novak Djokovic was not allowed into Australia for the same reason, but now French Open organizers said that Djokovic is allowed to defend his title as the tournament prepares to stage what is expected to be the first Grand Slam without any coronavirus-related restrictions since the pandemic began. Russian athletes and teams have been shut out of many games including the Paralympics over Russia’s invasion of Ukraine. Lia Thomas is the biggest

swimmer on the national stage right now because Lia is transgender and has been transitioning to female since 2019. Thomas touched the wall in 4 minutes, 33.24 seconds in the 500-yard freestyle on Thursday night to become the first known transgender athlete to win a Division I national championship in any sport. Despite all the fears of her totally dominating women’s swimming, she also had a last place finish in the final of the 100-yard freestyle at the championships on Saturday.

Thomas, who swam on University of Pennsylvania men’s team before switching to the women’s squad this season, has been shrouded in controversy throughout the year, reports Yahoo Sports, with critics and some fellow swimmers saying she should not have been allowed to compete and has an unfair physiological advantage. Others say she should be allowed to compete freely as a woman. Speaking after her Thursday victory, Thomas said she had tried to calm the controversy. “I try to ignore it as much as I can, I try to focus on my swimming, what I need to do to get ready for my races and try to block out everything else,” Thomas said. Last month, governing body USA Swimming unveiled new guidelines that included a more stringent threshold for testosterone. But the NCAA, the governing body for U.S. college sports, decided those rules would not be applied to the championships, saying to do so would have “unfair and potentially detrimental impacts” on athletes preparing for the meet.

The good news story of the week comes from St. Paul via station KARE. “The St. Paul Capitals pee wee team wants to make a run for the district title this year. There’s no more

important player in the championship push than 13-year-old Owen Nei. ‘I couldn’t imagine this team without Owen,’ teammate Brennan McMahon said. ‘He always makes me want to play my best game.’ Owen has been defying the odds since birth when he was diagnosed with hydrocephalus and Goldenhar syndrome. He persevered through more than a dozen surgeries, playing hockey far longer than anyone could have imagined. But he’s reached the final point in his career. The next age level, bantams, will be much too physical for Owen because it involves checking. So, on a recent Friday night, Owen played his final home game in St. Paul – with a big surprise waiting for him. Owen’s family had no idea that parents and fans had organized a huge celebration for his final home game. Complete with ‘O-Dawg’ signs and a boisterous pre-game introduction, they packed Schulz Arena and created an atmosphere almost unheard of at the pee wee level, giving the feel of a high school or college hockey game. ‘Just the parents, the people that are showing up tonight for his last home game, it’s just an amazing community,’ Owen’s dad and coach, Chris, said. ‘I’ve been choked up all day.’ There were a few other surprises in store, too. Former Minnesota Wild player Wes Walz presented Owen with a gift from the team, and Mayor Melvin Carter’s office proclaimed ‘Owen Nei Day’ in the City of St. Paul. ‘I think it’s all pretty cool’ said Owen.” We do too.

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

High Traffic During Spring Training Games

Lee County’s Traffic Operations Center reminds motorists to be prepared for increased traffic near stadiums now that spring training is happening, especially when the Minnesota Twins and the Boston Red Sox take to their respective fields on the same day at the same time.

The Department of Transportation advises motorists to avoid the Daniels Parkway corridor if possible when there are spring training games. Typically, games start at 1:05 p.m., and the peak traffic congestion is anticipated between the hours of 11:30 a.m. and 1 p.m., and then again between 3:45 and 4:30 p.m.

This year, two dates have games at both spring training facilities with 1:05 p.m. start times They are Sunday, March 20, the Red Sox will host the Orioles and the Twins will host the Tampa Bay Rays, and Wednesday, March 30, the Red Sox will host the Braves and the Twins will host the Pirates. On these days, motorists should be aware that heavier traffic congestion is likely.

DOT has special programming for traffic-signal timing to help keep vehicles moving. The county’s traffic specialists also coordinate with the Lee County Sheriff’s Office and the baseball teams.

The Boston Red Sox train at JetBlue Park, 11500 Fenway South Drive in Fort Myers, and the Minnesota Twins train at the Lee County Sports Complex, 14100 Ben C. Pratt/Six Mile Cypress Parkway in Fort Myers.

For emergency or non-emergency questions about the traffic signal operation, contact the Traffic Operations Center at www.leetraffictoc@leegov.com or 533-5762. For more information, visit the teams’ sites at www.mlb.com/twins or www.mlb.com/redsox.✴

Games Continue At JetBlue Park

Boston Red Sox Spring Training games will be held at JetBlue Park through Tuesday, April 5.

Parking will be by credit card only at \$12 per car. The Red Sox have partnered with ParkHub, which provides similar credit card parking services for many other spring training locations and NFL teams.

New food vendor Maine Shack will

be joining Fenway South fan favorites Del’s Lemonade, Nuts Galore and Tropical Island Kettle Korn.

Other information fans should know:

The Red Sox ticket office, team store and tours will be available seven days a week through April 5 and will be open 10 a.m. to 3 p.m. on non-game days.

VIP pregame tours are also available on game days for \$40 per person

and \$15 for ages 12 and younger. Reservations must be made in advance and require a ticket to that day’s game. To reserve VIP pregame tours, call 226-4783.

Red Sox Spring Training is presented by CVS Health.

JetBlue Park is located at 11500 Fenway South Drive in Fort Myers. For tickets, visit www.redsox.com/tickets.✴

SPORTS QUIZ

1. Which team used the oval “G” logo first: the Georgia Bulldogs, the Grambling State Tigers or the Green Bay Packers?
2. In 1891, James Naismith created “basket ball” using wooden baskets designed to collect what fruit?
3. College football’s LA Bowl began in 2021 with what late-night TV talk-show host serving as title sponsor?
4. Name the ESPN sportscaster and columnist who authored the books *The Last Night of the Yankee Dynasty* and *How Lucky You Can Be: The Story of Coach Don Meyer*.
5. What member of the International Boxing Hall of Fame was known as “The Coal Miner’s Daughter” during her professional career from 1989-2012?
6. In 1994, what Cleveland Indians relief pitcher broke into the umpire’s room at Comiskey Park and stole an allegedly corked bat belonging to Indians outfielder Albert Belle?
7. Jud Heathcote was head coach of what college basketball team from 1976-95?

ANSWERS

1. The Green Bay Packers, in 1961. 2. Peaches. 3. Jimmy Kimmel. 4. Buster Olney. 5. Christy Martin. 6. Jason Grimsley. 7. The Michigan State Spartans.

Doctor and Dietician

Hormones,
Healing And Painby Ross Hauser, MD
and Marion Hauser, MS, RD

Let's talk about hormones. As we age, hormone levels typically decline. Imbalances in hormone levels can cause a myriad of health issues. Hormones help drive the immune system and help repair damaged joints. Symptoms such as thinning hair, low sex drive, decreased muscle tone, dry skin, menstrual cramping, irregular menses, chronic

fatigue, decreased body temperature and a feeling of coldness are typical symptoms of hormone deficiency.

Hormones in the body need to remain in proper balance to keep the body running optimally. High estradiol levels, for example, can decrease the ability of the body to make fibroblasts, the cells needed to make connective tissue. This is a consideration for women who are on birth control pills, as it can hamper healing ability. There are many other reasons to reconsider if you are taking BCPs, but that is another story.

Low hormone levels can also alter your ability to heal, let alone make you feel sluggish and unhealthy. For those who want to optimize health, healing and aging, we typically recommend checking hormone levels such as thyroid, TSH, free T3, DHEA, pregnenolone, estrogen, progesterone, testosterone, melatonin and cortisol.

If a person is suffering from chronic pain, at least one of these levels will likely be low. Certain hormones are anabolic, meaning they help grow connective tissue, whereas others are catabolic and promote breakdown. Thus, hormones need to stay in

balance.

A study in February 2022 study in *The Journal of Arthroplasty* analyzed the potential influence of subclinical hypothyroidism on improvement in patient outcomes following total knee replacements. Researchers found a slower functional recovery in those with low thyroid levels compared to those with normal levels.

Cortisol, our stress hormone, controls when we wake up and go to sleep, thus levels should be high in the morning, and low in the evening. With chronic pain, high cortisol levels put the body in the alert mode and result in insomnia, thus wearing the body down and increasing fatigue. It is why many chronic pain patients have difficulty sleeping.

Estrogen and testosterone levels tend to decline as we age. Numerous studies have looked at these levels related to pain and arthritis. Osteoarthritis incidence increases after menopause and may be related to hormone changes; however, this remains up for discussion. It is not the only factor and should be assessed along with the other sex hormones to maintain proper balance in the body. Testosterone

levels in both men and women should also be monitored, as these hormones help with muscle growth, healing and cartilage growth. A Swedish study published in the *Journal of Bone and Mineral Research* recently focused on the effects of testosterone on chondrocytes that re-grow cartilage and concluded that testosterone promotes growth of cartilage cells and increases collagen production.

In summary, hormone supplementation may help improve joint pain, especially as we age, and act to help the cartilage rebuilding process. As always, we also recommend that our patients consume healthy diets consisting of fresh, organic sources of protein, vegetables and whole grains, eliminating processed foods and excess sugar and alcohol, and adding regular daily exercise. Movement is life. Remember, living healthy is a lifestyle.

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

dearPharmacist

Why Everyone
Is Buying Iodineby Suzy
Cohen, RPH

Dear Readers: After several weeks of news regarding the war in Ukraine due to the Russian invasion, there is now a rush to buy iodine

supplements. Supplement makers cannot keep up because of the high demand, combined with the supply chain problems.

The reason is that iodine is protective. People close to the war are living amid real fears of radiation poisoning. The Centers for Disease Control and Prevention (CDC) is even okay with this one. Iodine dietary supplements are minerals by the way, just like its brothers and sisters (zinc, magnesium, calcium, potassium). Dietary supplements are sold at health food stores nationwide.

Sometimes I see it called a "drug" but iodine is not a drug. Let me clarify, MRI contrasts contain a patented drug form of iodine, but this is much different than the natural iodine your body needs to thrive. Deficiencies are more common than you think and often result in reproductive harm to the prostate, breasts, uterus, endometrium and cervix. But too much iodine can be as harmful as a deficiency. If you are interested in receiving more information about thyroid, iodine or iodine supplementation, sign up for my newsletter at www.suzycohen.com and I

will email you later.

Now, I will speak to the reasons that people are stocking up on iodine supplements, even in the United States. I saw the other day where just 20 pills of a thyroid supplement (whose active ingredient is iodine) garners \$185 when purchased off eBay!

Even here in the United States, far away from Russia and Ukraine, many companies are selling out of thyroid and iodine supplements. It's all happening because people are afraid of radiation poisoning from a nuclear meltdown or weapon.

As it pertains to radiation, the CDC states that potassium iodide is a form of non-radioactive iodine that blocks dangerous radioactive iodine from getting into your thyroid gland, "thus protecting this gland from radiation injury. The thyroid gland is the part of the body that is most sensitive to radioactive iodine." The CDC says "the sooner a person takes KI, the more time the thyroid will have to 'fill up' with stable iodine."

It's a well-known fact that the thyroid gland and reproductive organs suffer from radiation poisoning. What's less known is the individual response of iodine, the dose needed, the length of time required to stay protected and the type of iodine. Potassium iodide is one type of iodine, and there are many dietary supplements containing different forms that ultimately break down into a molecule of iodine.

If you already take medications that provide thyroid hormone, and then take an iodine supplement, you may experience symptoms of hyperthyroidism. That would mean excessive thyroid hormone in the blood. For this reason, I recommend you speak to your practitioner about all additions you want to make to your vitamin regimen to include iodine

supplementation.

*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.**

Donate Blood

Lee Health is seeking blood donations to help replenish supply levels. For more information, visit www.leehealth.org/our-services/blood-centers.*

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FM UDC Chapter 2614 728-3743
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PUZZLES

Answers on page 31



"It wasn't a romance — it was just a
few dinner dates to help with my

_____."

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!

Blink
ORBETS

Asteroid
REMOTE

Plod
GUDTER

Celebration
GETANAP

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Tree is missing. 2. Sign is shorter. 3. Arm is moved. 4. Hockey stick is missing. 5. Log is shorter. 6. Log is shorter.

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

To Play
Sudoku:

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

PUZZLES

Answers on page 31

Super Crossword

HER LEADING FATHER

- ACROSS

1

Passengers

7

It's used for simmering

14

Good for farming

20

Texas wildcat

21

Huffington of HuffPost

22

Hooded snakes

23

Noted WikiLeaks whistleblower [42]

25

Potato, yam and rutabaga

26

Impressionist painter Mary

27

Toaster waffle brand

28

Ancestry

29

Not needing an Rx

30

Unkempt sort

33

Swimmer who won six Olympic gold medals [39]

35

It has triceps

38

Radical type

40

Work units

41

Author of the Edgar-winning novel "New Orleans Mourning" [37]

45

"TRL Top 10" channel

46

Wig makeup

50

Not similar

51

2014 Olympics host city

54

Pooh and Roo's creator

57

Erudite class

59

Actress called "The Queen of Technicolor" [40]

61

The "Y" of YSL

62

UFO pilots, presumably

64

Surveyor's map

65

Caught in a lasso

66

Whom each of this puzzle's featured women have as a namesake

70

Like hot stuff

74

State of mind

75

Always, to Keats

76

Dismounted

80

"Sabrina the Teenage Witch" actress [35]

83

Black or red candy

86

Grow to accept

87

High-stick billiards shot

89

Make sizzling sounds

90

Stag, e.g.

91

Nondairy milk source

93

2006 U.S. figure skating champion [44]

95

— Pet (1980s fad)

97

Petrol unit

99

Astros, on sports tickers

100

She played Dharma on "Dharma & Greg" [43]

105

Deep drink

108

Have life

111

How Earth rotates

112

Born under — sign

114

Nondairy milk source

117

Person "from around here"

118

"The Last O.G." actress [45]

121

Close to a dozen

122

Many an allergy sufferer

123

Make happy

124

Tension

125

Runtly ones

126

Michael who once headed Disney

DOWN

1

"The Famous Teddy Z" actor Alex

2

Old Apple instant-messaging app

3

Reduce in intensity

4

Pipe bends

5

Civil rights figure Parks

6

Leaves in, to an editor

7

On the — (fleeing)

8

"... boy — girl?"

9

Claret, e.g.

10

Plane houser

11

Mystery

12

Irk

13

Dog's jingler

14

Role-playing

15

Boxers' units

16

Nuns' place

17

Period of rest

18

Jumbo-sized

19

Ruhr city

24

Fla.'s ocean

28

Future flies

31

Yes, to Pierre

32

Deli classics, for short

34

Critters' doc

36

Irks

37

Israel's Golda

39

— McAn (shoe brand)

41

7, monthwise

42

Part of UCLA: Abbr.

43

Reggae grew from it

44

Taxi ticker

45

Saharan illusion

46

Longtime Ritz rival

47

"How sad!"

48

As to

49

Enjoy a book

52

Ice — (longtime skating show)

53

Netflix alternative

55

Crooner Murray

56

Heathland

58

"You know who I am"

60

Merman of old musicals

63

Full of tumult

66

Fedora fabric

67

Still having a shot to win

68

Qatar's capital

69

Van Devere of "The Changeling"

70

Hoodwink

71

"There, I did it!"

72

Said aloud

73

Bound along

76

— -Detoo ("Star Wars" droid)

77

Neighbor of a Pole

78

Frozen drink brand

79

Beach bird

81

In a prying way

82

Admin. aide

84

W-2 pro

85

"Yeow!"

88

Hearing pair

92

Clumsy ox

94

Suture

95

Baby whales

96

Mount St. —

97

Add-on cost for a science course

98

Shortly, informally

100

Fonda and Austen

101

Really praise

102

Gunpowder component

103

Dewy-eyed

104

The Pine Tree State

106

"— bin ein Berliner"

107

Totally lose it

109

Charlotte — (rich dessert)

110

Anesthetic of old

113

Flabbergast

115

451, to Nero

116

Keats poems

118

Dosage amt.

119

By birth

120

100 in a cen.

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	
80							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									112				113		114		115	116			
117									118					119	120						
121									122												
124									125												

King Crossword

- ACROSS

1

Soak up the sun

5

Joke

8

Sports figure?

12

Penne — vodka

13

Playwright Levin

14

"Oops!"

15

Picnic spoiler

16

Vacuum's lack

17

Novelist Jaffe

18

Chinese food assortment

20

Some mixologists

22

Docs' org.

23

"Uh-huh"

24

Tousle

27

"Locksley Hall" poet

32

Year in Mexico

33

Sock part

34

Stop — dime

35

Short recital piece

38

Uppity one

39

Spike's warning

40

Three, in Rome

42

JFK's vessel

45

Brother's son

49

Leveling wedge

50

Jurist Fortas

52

"I did it!"

53

Antitoxins

7

Attire

8

"Oklahoma!" carriage

9

Oscar-winning actress Emma

10

Top-of-the-line

11

Compared to sound

21

Objectivist Rand

24

More (Sp.)

25

Popular card game

26

Lark, for one

28

Very long time

29

Fastidious trait

30

Yoko of music

31

Collar

36

Scents

37

La-la lead-in

38

Music for seven

41

Concerning

42

"Hey!"

43

Ellington's "Take — Train"

44

"Toodle-oo!"

46

Aesopian also-ran

47

Tend texts

48

Fade away

51

Clothing protector

DOWN

1

Poet of yore

2

Jai —

3

Slender

4

Sunflower State

5

"Billions"

6

"Exodus" hero

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		

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: Colorado Town : A Male Duck

- Birdseye, IN

Black Hawk, CO

Chicken, AK

Crane, MT
- Ducktown, TN

Eagle, AK

Jay, ME

Little Flock, AR
- Osprey, FL

Peck, ID

Pelican, AK

Plover, WI
- Quail, TX

Swan, IA

White Bird, ID



Charred Sweet Corn Dip



Charred Sweet Corn Dip
4 ears fresh sweet corn, husks removed
1 ½ cups bell peppers (mixed colors), diced small
½ jalapeño, seeds removed and diced fine
¼ cup fresh cilantro, chopped or hand torn
½ cup red onion, diced small
¾ cup mayonnaise, plain yogurt, or sour cream (plus more, if desired)
1 ½ fresh limes, juiced
2 cups Monterey jack cheese or pepper jack cheese, shredded
A few dashes of hot sauce, to taste

photo courtesy Fresh From Florida
2 tablespoons Latin spice blend or taco seasoning
Sea salt and fresh ground pepper, to taste
Preheat a sauté pan over medium-high heat. Carefully add the shucked corn to the preheated pan without oil. Cook the whole corn for five minutes while rotating them occasionally until some light charring is formed on the kernels. Remove the corn from the pan and let cool to room temperature. When the corn is sufficiently cooled, carefully remove the kernels from the cob using a serrated knife. Add all ingredients, including the charred corn, to a medium-sized mixing bowl. Stir ingredients to combine. Taste and adjust seasoning with sea salt, fresh ground pepper, and hot sauce. Keep corn dip cold until serving. Serve corn dip with tortilla chips and fresh veggies for dipping.✧

PETS OF THE WEEK



King ID# A643141 photos provided Lee County Domestic Animal Services

King And Queen

Hello, my name is King. I am a black 6-year-old male pit bull mix. With prom season in the air, we all thought it was fitting to have our very own king and queen. I have rugged good looks, a striking personality and a zest for life that contradicts my age. I have plenty of love and life to give, and I'm waiting for someone to see my great qualities.
My adoption fee is \$25.
Hi, I'm Queen. I am a red and white 1-year-old female pit bull mix. I am pretty as a picture and I know it. I love to pose for a picture to show my best side. Throw a tennis ball and you will quickly become my best friend. I am energetic and like to go for long walks. I



Queen ID# A874174

would do best with an active family. My adoption fee is \$25.
This month, Animal Services is celebrating Deputy Chance, a Lee County Sheriff's Office member and a formerly abused and abandoned dog deputized by Sheriff Carmine Marceno. Deputy Chance is proof of how giving shelter pets a new "leash" on life can be rewarding.
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.✧

My Stars ★★★★★ FOR WEEK OF MARCH 21, 2022

Aries (March 21 to April 19) Put your restlessness to good use by indulging the Arian love of exploring new places and seeking new challenges. There also could be a new romance waiting to be "discovered."
Taurus (April 20 to May 20) A surprise message from someone in your past could lead to a long-awaited reunion with a once-close friend. Also, look for a workplace problem to be resolved in your favor.
Gemini (May 21 to June 20) Your self-confidence is rising, and that should be a significant factor in helping you adjust to a new social situation, as well as adjusting to a series of changes in the workplace.
Cancer (June 21 to July 22) Turnabout could be lots of fun when someone who previously accepted your tender, loving care without question now suggests that he or she wants to start taking care of you.
Leo (July 23 to August 22) Put the lessons you learned from past

disappointments to work in planning your future. The way ahead opens to opportunities "purrfectly" suited to the adventurous Lion.
Virgo (August 23 to September 22) This is a good time to renew contacts with family members and/or old friends who somehow slipped off your personal viewing screen in recent years. Travel also is favored.
Libra (September 23 to October 22) Most problems surrounding that recent personal situation have been resolved, and that means you should move on to other things that are important to you.
Scorpio (October 23 to November 21) Spend this weekend recharging your physical and spiritual energies. When you return to your workaday world, you'll be ready to take on that new project.
Sagittarius (November 22 to December 21) Be careful how you advise a troubled friend. Even your wise counsel could be misunderstood. Better to suggest that he or she seek professional help.
Capricorn (December 22 to January 19) Family problems once again dominate and, once again,

everyone seeks your guidance in these matters. Later, you can indulge in some much-needed relaxation.
Aquarius (January 20 to February 18) Some mixed signals create confusion in the workplace. Best advice: Ask for explanations before you attempt to deal with any of these matters on your own.
Pisces (February 19 to March 20) A patch of roiling water in the workplace could be threatening, but stay the course and you'll soon be clear of it. Then go out and have a great time with loved ones.
Born This Week: Your extraordinary leadership qualities mark you as someone people can turn to for guidance in difficult situations.
MOMENTS IN TIME
• On April 3, 1776, the Continental Congress, lacking sufficient funds to build a strong navy, gives privateers permission to attack all British ships. Any goods captured by the privateer were divided between the ship's owner and the government.
• On March 28, 1814, the funeral of Guillotin, the inventor and namesake

of the infamous execution device, takes place outside of Paris. Guillotin had built the guillotine to show the intellectual and social progress of the Revolution; by killing aristocrats and journeymen in the same way, equality in death was ensured.
• On March 30, 1820, Anna Sewell, author of *Black Beauty*, is born. *Black Beauty*, the first significant children's story in the English language to focus on animal characters, established the precedent for countless other works. The story, narrated by the horse, showed *Black Beauty's* progression through a series of increasingly cruel owners.
• On April 2, 1863, responding to acute food shortages, hundreds of angry women riot in Richmond, Virginia, demanding that the government release emergency supplies, breaking windows and looting stores. Confederate President Jefferson Davis threw his pocket change at them from the top of a wagon.
• On March 29, 1927, Major Henry O'Neil de Hane Segrave becomes the first man to break the 200 mph barrier.
continued on page 30



FRIDAY
Mostly Cloudy
High: 79 Low: 70



SATURDAY
Few Showers
High: 78 Low: 71



SUNDAY
Mostly Sunny
High: 73 Low: 64



MONDAY
Mostly Cloudy
High: 77 Low: 70



TUESDAY
Sunny
High: 76 Low: 68



WEDNESDAY
Sunny
High: 79 Low: 72



THURSDAY
Sunny
High: 78 Low: 70

Redfish Pass Tides

Day	High	Low	High	Low
Fri	6:28 pm	2:23 am	None	None
Sat	8:14 pm	3:50 am	None	None
Sun	1:43 pm	4:56 am	10:04 pm	3:27 pm
Mon	1:29 pm	5:47 am	11:25 pm	5:04 pm
Tue	1:33 pm	6:26 am	None	6:03 pm
Wed	12:26 am	6:57 am	1:42 pm	6:51 pm
Thu	1:19 am	7:22 am	1:51 pm	7:34 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	5:33 pm	2:25 am	None	None
Sat	7:19 pm	3:52 am	None	None
Sun	12:48 pm	4:58 am	9:09 pm	3:29 pm
Mon	12:34 pm	5:49 am	10:30 pm	5:06 pm
Tue	12:38 pm	6:28 am	11:31 pm	6:05 pm
Wed	12:47 pm	6:59 am	None	6:53 pm
Thu	12:24 am	7:24 am	12:56 pm	7:36 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	6:05 pm	2:15 am	None	None
Sat	8:49 pm	3:33 am	None	None
Sun	12:49 pm	4:38 am	10:21 pm	4:18 pm
Mon	12:44 pm	5:34 am	11:33 pm	5:22 pm
Tue	12:55 pm	6:20 am	None	6:17 pm
Wed	12:25 am	6:58 am	1:13 pm	7:05 pm
Thu	1:06 am	7:32 am	1:33 pm	7:48 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	8:38 pm	5:39 am	None	None
Sat	10:24 pm	7:06 am	None	None
Sun	3:53 pm	8:12 am	None	6:43 pm
Mon	12:14 am	9:03 am	3:39 pm	8:20 pm
Tue	1:35 am	9:42 am	3:43 pm	9:19 pm
Wed	2:36 am	10:13 am	3:52 pm	10:07 pm
Thu	3:29 am	10:38 am	4:01 pm	10:50 pm

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FROM THE BEACHES TO DOWNTOWN FORT MYERS

Harry Chapin Food Bank
OF SOUTHWEST FLORIDA

From page 28

Moments In Time

Driving a 1,000 horsepower Mystery Sunbeam, Segrave averaged 203.79 mph on the course at Daytona Beach, Florida.

• On March 31, 1959, the Dalai Lama, fleeing the Chinese suppression of a national uprising in Tibet, crosses into India, where he is granted political asylum. With the beginning of the Cultural Revolution in China, suppression of Tibetan Buddhism escalated, and practice of the religion was banned and thousands of monasteries were destroyed.

• On April 1, 1963, the ABC television network airs the premiere episode of the daytime drama *General Hospital*. The enduring soap opera would become the longest-running serial program produced in Hollywood.

NOW HERE'S A TIP

• Here's a great tip for freezing strawberries: Slip a berry into each section of an ice-cube tray, and then stack trays in the freezer. When frozen, transfer berries to a zipper-top bag and store in the freezer. They won't stick together, and you can just use what you need.

• Vinegar (1/3 cup) works just as well as rinsing agents in your dishwasher.

Simply add it to the wash with your regular dishwasher detergent. It can help with cloudy glassware.”– WC in Washington

• “Another great use for a length of nylon stocking, or a knee-high, as we used to call them: Slip over your pet brush and poke the bristles through. Brush your cat or dog as normal. When you're done, you can pull the knee-high stocking right off and all the hair will be caught inside!” – PK in Pennsylvania

• If you have a pickle- or jelly-jar lid that's stuck on, try using the handle end of a butter knife to tap a few indentations around the edges. This can sometimes loosen the seal, making it easier to remove the lid.

• “When you get to the bottom of a bag of chips or a box of crackers, there usually are a lot of crumbs. I save ours in a baggie, then add them to breadcrumbs to bread fish or chicken. They add a lot of flavor, and it's basically free! It's funny, because I see packages of flavored breadcrumbs at the grocery store, and they are pretty expensive.” – RL in Virginia

• Fresh ginger can be frozen. Simply grate as needed. The flavor remains, and it will stay fresh much longer.

STRANGE BUT TRUE

• In 2006, an Athens court ordered the worship of the 12 gods of ancient

Greece – including Zeus, Hera, Hermes, Athena and others – to be unbanned.

• Vikings fed their wounded soldiers a strong onion soup to help gauge the depth of a stomach wound. After a few minutes, they would smell the wound and if they could smell the onion soup, they knew the wound was too deep and the soldier could not be saved.

• The “artificial strawberry flavor” in a McDonald's milkshake is made up of around 45 chemicals.

• *Jeopardy!* contestants stand on adjustable platforms so that they all appear to be the same height on camera.

• On the last Sunday of November in Lopburi, Thailand, an annual Monkey Buffet Festival is held that provides food and drink to more than 2,000 local monkeys, as a thank you for drawing tourists to the town.

• The role of U.S. first lady isn't reserved solely for the president's wife. Historically, some first ladies have included nieces, sisters or daughters-in-law of the sitting president.

• The word “and” and the ampersand symbol (&) mean different things in movie credits. Two writers' names joined with an ampersand means they collaborated, while “and” means they worked on the script at different times.

• Researchers have discovered that the *Fritillaria delavayi* plant, which

has been used in Chinese traditional medicine for 2,000 years, has evolved camouflage in heavily harvested areas.

• In 1355, a dispute between two students from Oxford University and a local tavern owner over the quality of its wine grew so heated that it resulted in a three-day-long riot, which left 63 students and 30 locals dead.

THOUGHT FOR THE DAY

“Every small positive change we make in ourselves repays us in confidence in the future.” – Alice Walker

TRIVIA TEST

1. **Geography:** Where is the Adriatic Sea located?
2. **Measurements:** How many centimeters are equivalent to 100 inches?
3. **Movies:** Who was the famous person portrayed in the movie *The Aviator*?
4. **Food & Drink:** When did the first self-serve grocery store open?
5. **Famous Quotes:** Which 19th century author once wrote, “It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade”?
6. **Television:** Frank Costanza was the dad in which 1990s television

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3/11 ★ 4/1

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Island Style Gallerie

3/18 ★ 3/25

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CAREGIVER

We are seeking a caregiver for an elderly woman with experience, for two 24 hour shifts every other week and PRN (as needed). Must be caring and compassionate, and able to complete personal care tasks like bathing, dressing, eating, grooming and daily med intake. Also assist with physical transit.

Contact Lisa 239-395-0153.

1/21 ★ TFN

LOST & FOUND

LOST BLACK ZIPPERED
BRUSH CASE

I am a full-time artist on the island and I lost my brush case full of watercolor brushes, pens and pencils etc. over a week ago, somewhere along Middle Gulf Drive. It's a black zippered case. I offer a \$100 reward if you find it. These brushes are of high sentimental value to me. Please contact me at shadjebi@gmail.com

3/25 ★ TFN

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3/11 ★ 4/1

Cycling Safety
Notes


Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB

1. Between the Italian and Balkan peninsulas
2. 254 centimeters
3. Howard Hughes (by actor Leonardo DiCaprio)
4. 1916, Piggy Wigly store in Memphis, Tennessee
5. Charles Dickens
6. *Seinfeld*
7. Scotland
8. Marble
9. Dos Equis beer
10. Taste

1. Strobe 2. Meteor
3. Trudge; 4. Pageant

Today's Word
BUDGET

THAT'S ONE SMALL STEP FOR MANATEE; ONE GIANT LEAP FOR MANATEEKIND.

HORTON

PUZZLE ANSWERS

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

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

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Captiva	1969	4,900	\$7,495,000	\$7,100,000	3
Indian Bayou Subdiv	Fort Myers Beach	2005	4,721	\$3,350,000	\$3,150,000	149
Gulf Heights	Fort Myers Beach	1949	1,443	\$2,948,000	\$2,900,000	90
Carleton Estates	Fort Myers	2018	3,161	\$2,450,000	\$2,375,000	102
Volterra	Miromar Lakes	2008	3,434	\$2,100,000	\$2,200,000	2
Ponza	Estero	2016	3,131	\$1,995,000	\$1,995,000	0
Butterknife	Sanibel	2001	2,672	\$2,395,000	\$1,800,000	3
Wildblue	Fort Myers	2021	2,966	\$1,925,000	\$1,750,000	15
Palm Acres	Fort Myers	1985	2,334	\$1,599,000	\$1,605,000	4
Cape Coral	Cape Coral	2002	3,019	\$1,650,000	\$1,600,000	8



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