



Classic Tale Of Seduction At Lab Theater

Les Liaisons Dangereuses by Christopher Hampton opens at The Laboratory Theater of Florida on Friday, April 15 and plays through Monday, May 7.

Using sex as a weapon, this play is a tale of seduction. Set among aristocrats before the French Revolution, the classic drama (adapted from the 18th-century novel by Pierre Choderlos de Laclos) explores decadent sexuality, morals and manipulation as the ultimate game played – with tragic results. This play is sensual, with a biting wit and a healthy dose of lust, intrigue and sexual gamesmanship that will keep you on your toes until the final scene.

Director Paul Graffy said, “What is most interesting to me about *Les Liaisons Dangereuses* is not what these characters do, but why they do it in the first place, and what the end results are. Madame Rosemonde so prophetically states near the end of Act One, ‘The only



A scene from *Les Liaisons Dangereuses*

photo provided

thing that might surprise one is how little the world changes.’ That line resonates very deeply with me. Cruelty to others as sport is not unique to this story or historical period. It is as prevalent today as it was dramatized over two centuries ago. Think cyberbullying, anonymous

blogging, social media, etc. With the benefit of hindsight, it is easy to see that, as many societies evolve, the polarities between the haves and have-nots widen, and political revolutions arise. How many major revolutions have we witnessed in just the past few years or are happening

now? This production presents the artifice that defined late 18th-century France as we strive to expose what lies beneath that artifice. We also look to explore the timelessness of these abhorrent behaviors in an effort to recognize, albeit sadly, ‘how little the world changes.’”

The cast features Sonya McCarter (Merteuil), Steven Coe (Valmont), Chloe Elliot-Chan (Tourvel), Cameron Rogers (Danceny), Daniel Sabiston (Azolon), Adrial McCloud (Cecile), Gerrie Benzing (Volanges), Amanda Collins (Emilie), Tracy Weaver (Rosemonde), Emarie Wakefield Spiller (ladies maid) and Mark King (Major Domo). Costume design is by Ariana Davis.

Les Liaisons Dangereuses is sponsored by Ella Naylor and Jeffrey Cull. Due to mature themes and nudity, no one younger than age 18 will be admitted.

Tickets are \$30 each or \$10 for students with valid student IDs. There are two half-price previews on Wednesday, April 13 and Thursday, April 14.

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



Guests at a gardening workshop at Edison and Ford Winter Estates

photo provided

Annual Plant Sale And Workshops

Edison and Ford Winter Estates is hosting its annual Grow Fort Myers plant sale and gardening workshops event on Saturday, April 9 at 9 a.m.

Plants will be available for sale in the Garden Shoppe, as well as from select vendors. The event focuses on teaching residents sustainable gardening practices. In the workshops, participants will learn how to care for orchids and

bromeliads, garden with containers and create a habitat for butterflies and birds. Representatives from the Florida Gulf Coast University Food Forest, Florida Native Plant Society and Lee County Master Gardeners will have information tables and be available to answer questions.

Tickets to attend all four workshops are \$25 for non-members or \$20 for Edison Ford members. The workshop schedule includes Orchids 101 from 9:30 to 10:30 a.m.; Container Gardening from 10:45 to

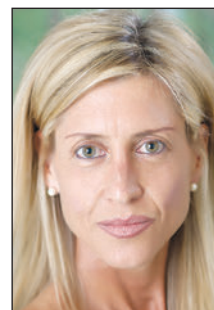
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Former News Anchor Guest For Author Series

Former WINK-TV anchorwoman Jane Lorenzini returns to the Sidney & Berne Davis Art Center as part of the Famous Author Lecture Series on Monday, April 11 from noon to 2 p.m.

The series brings national and international bestselling authors to Fort Myers, enriching the community with high-quality literary experiences. These two-hour events invite guests to a lunch prepared by Frisco's and a lecture from the guest author, offering insights into their background, process and inspiration.

Lorenzini spent 13 years as a television news anchor and reporter, with nearly seven of those at local WINK-TV. She went on to co-write four *New York Times* bestselling books with her dear friend and *Today* co-anchor Hoda Kotb, who was incidentally a co-worker with Lorenzini at WINK during the 1990s. Their books include: *Hoda: How I Survived War Zones, Bad Hair, Cancer, and Kathie Lee*; *Ten Years Later: Six People Who Faced Adversity and Transformed Their*



Jane Lorenzini

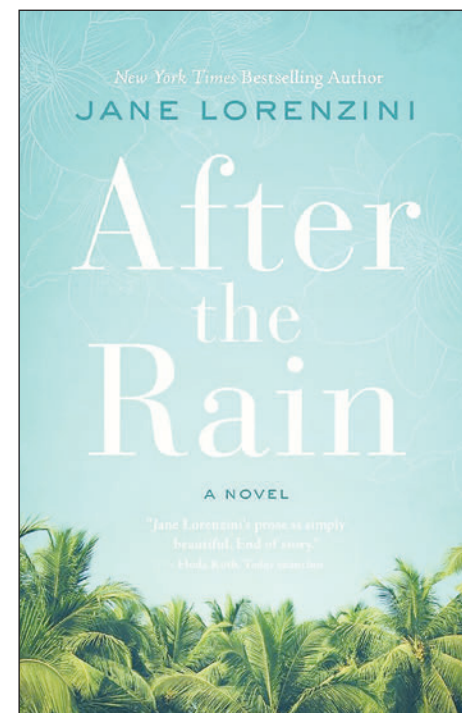


image provided

Lives; I Really Needed This Today, a book featuring 365 inspirational quotes; and *This Just Speaks to Me*. Kotb and Lorenzini also co-authored a fifth book, *Where We Belong: Journeys That Show Us the Way*.

Lorenzini's debut solo novel and first fiction work, *After the Rain*, is set in 1888 next door to Thomas Edison's winter estate and laboratory. Decades ago,

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Historic Downtown Fort Myers, Then And Now:

Second County Jail On Second



by Gerri Reaves, PhD

Pictured in this undated photo is the Lee County Jail on Second Street, which was located on the northwest corner at Monroe.

The modern jail opened in September 1953, replacing the one at Courthouse Square that had been used since 1892. That outmoded jail concrete building with barred windows also faced Second Street, but was located across Monroe and “behind” the Lee County Courthouse that faces Main.

It is now impossible to stand where the photographer did to take the historic photo, for in the intervening years, the massive Lee County Criminal Justice Center has gobbled up several

blocks. In fact, Second Street west of Monroe no longer exists.

When the new jail opened in September 1953, the \$390,000 facility was described in *The News-Press* as one of the state’s “most beautiful and functionally efficient public buildings.”

On September 8, Sheriff “Snag” Thompson held an open house for visitors, with a formal dedication ceremony with state prison officials planned in the near future.

One of the jail’s advantages was its resemblance to a modern office building, not to a traditional jail like the one being vacated. Note the lack of bars on the windows. Glass blocks surrounding the entrance and tile work on the façade were attractive stylistic features.

Major health and safety features and modern kitchen facilities were notable improvements, as well as state-of-the-art security measures. It even had a “crime lab” that contained fingerprint files, a microscope and an identification and records bureau.

The jail front section was two-story, but the rear was three-story. The jail was designed to accommodate a fourth floor, which could eventually increase prisoner capacity to 138.

If you want a glimpse of the jail interior, watch the motion picture *Just Cause*.



The modern Lee County Jail opened in September 1953 on Second Street just west of Monroe photo courtesy Joanne Iwinski



The jail was demolished in 1983 after inmates were transferred to the new Criminal Justice Complex, whose footprint now occupies the old jail site photo by Gerri Reaves

Parts of that 1995 film starring Sean Connery and Laurence Fishburne were filmed in downtown Fort Myers in 1994, and one shot captures an office setting.

But the day came when even this new jail was outdated.

In October 1983, prisoners were transferred from the now “old jail” to the new jail, which was part of the Criminal Justice Complex that cost approximately \$12 million. The jail was part of the first phase of the planned \$33 million justice complex.

Huge advantages of the new jail were accommodations for both women and men and air-conditioning. Temperatures had sometimes exceeded 100 degrees in the building pictured here.

After the move, the old jail on Second was demolished.

Walk down to Monroe and Second and envision the old jails that once served the justice system in Lee County.

Then visit the following two research centers to learn more about the many structures replaced by the Justice Center’s enormous footprint.

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, *The Lee County Courthouse Through the Years* by Gordon “Booch” DiMarchi and *The News-Press*.✱

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Ed Fox and Ellie Fox photos provided

Grande Dames Tea Raises Funds For Pace Center

The 2022 Grande Dames Tea has raised \$67,000 in support of programs for Pace Center for Girls, Lee. The sold-out celebration was held March 17 at Broadway Palm and honored three local women – Ellie Fox, Susan Kyle and Linda Taylor – for their significant impact on the community.

“Ellie, Susan and Linda are three



From left, Keith Kyle, Susan Kyle and Dr. Beth Ann Kyle

incredible role models for our community, and it was inspiring to see the community come together to recognize their many years of generous service and impact,” said Jennifer Cellitti, executive director of Pace Center for Girls, Lee. “We are incredibly grateful for all who joined us in celebrating the wisdom of time while raising critical funds to help the future generation of women to live a life defined by responsibility, dignity, serenity and grace.”

Pace’s annual Grande Dames Tea

honors women who exemplify the organization’s guiding principles and have made an impact through their roles in business, community and philanthropy. A highlight of the inspirational program was when Fox, Kyle and Taylor shared their wisdom during a question-and-answer session led by the young women of Pace. A special performance by the Pace girls was also showcased during the event.

Proceeds from the event will support Pace Lee in providing girls and young women an opportunity for a better future



Bob Taylor and Linda Taylor

through education, counseling, training and advocacy. Programs are based on the belief that all girls and young women, regardless of race, ethnicity or socioeconomic status, should be uniquely cared for, supported and encouraged to become the best versions of themselves through a path of healing and recovery.

The Grande Dames Tea was co-chaired by Mark Blust and Kelly Fayer with honorary co-chair Gail Markham. To learn more about Pace, Lee and its programs, visit www.pacecenter.org/locations/lee or call 425-2366.*



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Fort Myers Art:

Award-Winning Musical About NYC Community



by Tom Hall

In the Heights opens at Broadway Palm Dinner Theatre on Friday, April 8. With music and lyrics written by Lin-Manuel Miranda, the groundbreaking Tony Award-winning musical

tells the story of a vibrant community in New York’s Washington Heights where the coffee from the corner bodega is light and sweet, the windows are always open and the breeze carries the rhythm of three generations of music. It’s a community on the brink of change, full of hopes, dreams and pressures, and where the biggest struggles involve deciding which traditions you take with you and which ones you leave behind. When a winning lottery ticket, a power outage and romantic tension all hit the neighborhood, the longtime friends and neighbors make discoveries about each other, themselves and the place they all call home.

Of course, Miranda’s name is and will always be synonymous with Hamilton. *In the Heights* predates that project. It



started as an 80-minute, one-act play at Wesleyan University, then evolved into an Off Broadway production, and eventually became a Broadway hit that earned 13 nominations and four Tony Awards, including Best Musical.

Miranda and Quiara Alegría Hudes adapted the play into a full-length feature film directed by Jon M. Chu. After a year’s COVID-related delay, the film made its world premiere at the Los Angeles Latino International Film Festival on June 4, 2021.

But whether it’s presented on screen or on stage, everyone agrees that the true stars of *In the Heights* are Miranda’s high-energy Latin rhythms, which combine hip hop, salsa, merengue and soul music to weave a spellbinding story that poses the central question – when community is everything, will love of the barrio keep Usnavi, Nina and their friends and neighbors grounded or will it hold them back by dissuading them from pursuing greater opportunity elsewhere?

photo courtesy www.broadwaypalm.com

In the Heights plays at Broadway Palm Dinner Theatre, 1380 Colonial Boulevard in Fort Myers, through May 14. For more information and tickets, call 278-4422 or visit www.broadwaypalm.com/shows/in-the-heights.

Jukebox Musical At Theater

The jukebox musical *Head Over Heels* opens at New Phoenix Theatre on Thursday, April 7. Featuring the songs of The Go-Gos and a storyline adapted from Philip Sidney’s 16th century romance *The Countess of Pembroke’s Arcadia*, *Head Over Heels* preaches unconditional love and acceptance of yourself and everyone you know, no matter their gender or sexual identity.

The setting is the royal court of Arcadia, a peaceful and prosperous land whose people’s lives are governed by a divine power known as the “Beat” (*We Got the Beat*). But suddenly, the mystical Oracle of Delphi issues four prophecies.

If they are fulfilled, the Beat will be lost and the kingdom will fall into a state of permanent distemperature. In an effort to thwart the prophecies and avert the Oracles’s dire prediction, King Basilius embarks upon a journey into the woods for purposes of finding and killing the man who has been prophesized to succeed him as king, and through artifice and deception, he drags along the members of his family and the royal court. Hilarity ensues.

With a plot promising a usurped kingship, unlikely lovers and gender-fluid disguises, *Head Over Heels* uses some of the greatest pop rock hits of the late 20th century to create a hilarious, exuberant celebration of love.

Scott Carpenter directs, with musical direction and choreography provided by Julie Bearden Carver and Robin Dawn. Ryan Craig and Cassie Sampson star as King Basilius and Queen Gynecia, with Nikki Hagel and Isabella Marshall playing their daughters, the princesses Pamela and Philoclea.

New Phoenix Theatre is located at 13211 McGregor Boulevard in Fort Myers. For more information and tickets, call 285-5214 or visit www.newphoenixtheatrefortmyers.org.

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



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From page 1

Plant Sale

11:45 a.m.; Bromeliads 101 from 12:30 to 1:30 p.m.; and Butterfly Gardening from 1:45 to 2:45 p.m.

“Conservation and collection of rain water is a key component of sustainable gardening practices,” said Debbie Hughes, horticulture director at Edison and Ford Winter Estates. “We’ll have rain barrels available for sale and Marie Dyer, a local artist, will demonstrate how to paint a rain barrel during the event.”

At 9 a.m., before the workshops start, researchers from the University of Florida and American Orchid Society will present some rare native orchid species to the estates. These orchids were once growing wild in the area and will be established at the estates so that visitors and future

generations can view and learn about them.

There is no charge to visit the Garden Shoppe or plant vendors. Edibles, such as fruit trees, herbs and vegetables, will also be available for sale. For anyone wishing to start a butterfly garden, a large assortment of both host and nectar plants will be available. Organic soil amendments, such as worm castings, will be available for purchase as well. Several vendors will be on site with plants for sale.

Food and beverage vendors will have refreshments available for purchase, and there will be live music. Guests are encouraged to bring their own garden cart, as a limited number will be available.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. To purchase tickets, visit www.edisonford.org.*



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Stories Of April Fools And Tall Tales

submitted by
Mary Lou Williams



What is a tall tale? Come and find out as Storytellers of the Round Table and The Elephant Showcase Storytellers will try to fool you with stories as tall as the sky and as wide as the ocean. The third and last performance of the season in the storytelling series at the Alliance for the Arts will be held on Saturday, April 16 from 7 to 9 pm.

Tall tales are humorous stories of exaggeration that are not consistent with the truth. Come and see if we can fool you into believing our improbable truths and implausible lies. See if you can tell which is which.

The storytellers, in order of appearance, will be Dr. Joel Ying, Lisa Leonhardt, Mary Lou Williams and

Pamela Minton. Dr. Ying will tell two tall tales disguised as personal stories, *Billy the Best Friend* and *The Bear*. Leonhardt will tell two personal stories, *The New School Mascot* and *The Enchanted Cottage*, which she swears are true, and she never lies (well hardly ever). Williams will tell *Wimpy*, *the Cat With Low Self-Esteem*, which is a cross between a tall tale and a fable. Her second story is *Being in the News*, which could be a personal story or a tall tale. See if you can tell which. Minton will tell two personal stories, *Squeezing Out the Good Stuff* and *The Last Tango*, which she also swears are true, and she never lies either and hardly ever swears. This is a rare exception.

Experience the power of the spoken word – captivating, spellbinding and entertaining. The stories will be followed by a talk back, which is a question-and-answer session with the audience. Meet the storytellers. Discover the stories behind the stories. The talk back has proved to be a popular innovation at the February and March events.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. Tickets are \$18 for members and \$20 for non-members. To purchase tickets, visit www.artinlee.org or call 939-2787.*

Lee County Spring Teacher Recruitment Fair

The School District of Lee County 2022 Spring Teacher Recruitment Fair will be held at the Lee County Public Education Center on Saturday, April 30. During this event, principals and assistant principals will be conducting interviews and hiring for 2022-23 vacant teaching positions.

All candidates must pre-register by visiting the Careers Job Portal and apply for the position titled "Spring Teacher Recruitment Fair." Registration will close on Friday, April 15. Once registration is submitted, candidates will be screened and invitations will be emailed by Monday, April 18. Offers

of employment will be extended at this event, so candidates must meet one of the following requirements to be eligible for an invitation:

Hold a valid standard teaching certificate (Florida or out-of-state); or

Expected to graduate from a college of education by August 2022; or

Hold a bachelor's degree in an area where certification can be obtained or any degree major and a passing score on a subject area exam.

To see if a bachelor's degree can lead towards certification, visit www.fl DOE.org/teaching/certification/general-cert-requirements/subject-area-knowledge.stml. If a degree major does not equate to a certification area, register to take a subject area exam at www.fl.nesinc.com.

For further questions, email careers@leeschool.net and a team member will respond to provide guidance.*

Boys And Girls Club Summer Youth Programs

Registration is now open for the Boys and Girls Club of Lee County's 2022 Summer Enrichment Programs available to kids ages 6 to 18 in Lee County.

Activities include sports clinics, martial arts, STEM and reading programs, visual and performance arts, nutrition classes, fieldtrips, guest speakers and more. Programs vary by location.

"Our goal during the school year, as well as summer programs, is to enable all young people to reach their full potential," said Boys and Girls Club

of Lee County's CEO Denise Gergley. "We have an exciting, fun-filled summer planned, with unique, innovative activities kids will love. For those parents stressing about how to keep their children engaged, involved, stimulated and happy for the eight weeks while school is out, this is the program for them."

The Summer Enrichment Program begins on Monday, June 6 and runs through Friday, July 29. Program hours are Monday through Friday from 7:30 a.m. to 6 p.m. There are seven locations across Lee County, including two new locations in Fort Myers and Cape Coral. Daily lunch and a snack will be provided.

Sibling discounts and scholarship assistance is available upon request. To register, visit www.bgclee.org or call 334-1886.*



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Apply For Early Childhood Learning Classes

Early Childhood Learning is currently accepting applications for Head Start and Early Head Start classes that will begin in August. Students must meet the income requirements to be eligible. They also must turn age 3 or 4 by September 1 for the Head Start program and age 3 or younger by September 1 for the Early Head Start program.

Pre-applications can be submitted online at https://eclc.leschools.net/our_school/application_information. Once the pre-application is submitted, a family advocate will make contact to schedule an in-person interview. In-person interviews are required for acceptance. The student's original birth certificate and proof of family income will need to be provided.

Early Childhood Learning is also accepting applications in person at 3650 Michigan Avenue, Suite #4, in Fort Myers. The center is open from 9:30 a.m. to 1:30 p.m. Monday through Friday and by appointment from 3:30 to 6 p.m. on Tuesday and Thursday.

Once the application is complete, parents will need to obtain a voluntary prekindergarten education program (VPK) voucher (4 years old on or before September 1 of the current school



Young students at one of the programs photo provided

year to be eligible) through the Early Learning Coalition. Acceptance into the Head Start program is not guaranteed. Transportation is provided to students who live more than two miles from their school site.

Head Start/Early Head Start is a free program for children of families with low incomes, providing comprehensive early learning in center-based settings. This successful program helps ensure children's readiness for school and increases parental knowledge in children's growth and development.*

Children's Hospital Partners Raise Funds

Thanks to overwhelming community support, Golisano Children's Hospital raised \$773,000 through Children's Miracle Network Hospitals (CMN) partners in 2021. Many of the campaigns raised one dollar at a time to help young patients and their families.

Hospital officials would like to thank its participating CMN partners: Ace Hardware, Coca-Cola, Costco, Dairy Queen, IHOP, Kirkland Signature, Love's Travel Stops, Marriott International, Marriott Vacations Worldwide, Panda Express, Phi Mu fraternity, Publix, RE/MAX, Walmart, Sam's Club and WaWa. New 2022 partners include Anthropologie, JOANN Fabric and Crafts and Tijuana Flats Tex-Mex.

"We are grateful to have such generous partners and a community that goes above and beyond to support Golisano Children's Hospital," said Chris Simoneau, Lee Health's chief development, marketing and communications officer. "This has been an extremely challenging time due to the coronavirus pandemic and to see how everyone in our region has stepped up to support our patients and families has been really humbling."

Each donation helps provide state-of-the-art care for children and families

in Southwest Florida so they can stay close to home at Golisano Children's Hospital.

For more information about how you support Golisano Children's Hospital, visit www.leehealthfoundation.org/golisano-childrens-hospital.*

Touch-A-Truck Easter Event

Dr. Tim Verwest, DMD, of Pediatric Dentistry of Florida will be hosting the sixth annual family-friendly Touch-a-Truck Fort Myers on Saturday, April 16 from 10 a.m. to 1 p.m. This special Easter edition will have 10,000 Easter eggs to hunt along with pictures with the Easter Bunny.

Touch-a-Truck Fort Myers is a hands-on experience where children can learn about their favorite trucks and vehicles, plus interact with those who drive them. Children can act as if they were the true professional behind the wheel. Featured vehicles will include emergency service, law enforcement, military, public service and local commercial businesses.

There will be a meet-and-greet session with the Easter Bunny following the conclusion of the egg hunt. There will also be trackless train rides, face painting and food trucks. Admission is \$8 per child and free for adults.

Pediatric Dentistry of Florida is located at 8016 Summerlin Lakes Drive in Fort Myers. For more information, visit www.drverwest.com.*

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.allfaithsuu.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](http://www.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.**



Native myrtleleaf St. John's-wort is a low-maintenance, wildlife-friendly wildflower

photo by Gerri Reaves

Plant Smart

Myrtleleaf St. John's-Wort

by Gerri Reaves

Myrtleleaf St. John's-wort (*Hypericum myrtifolium*) is a member of the mangosteen family and native to five states in the southeastern U.S. It is one of several St. John's-worts native to Florida.

It is found throughout much of the state, where its native habitat is moist flatwoods and prairies, bogs, pond edges and ditches.

This erect woody shrub grows up to three feet tall. The base is usually single-stemmed but loosely branched above.

Bark on older stems can be corky.

Pairs of leaves are generally oval or triangular with rounded tips and stalkless.

The striking five-petaled golden yellow flowers are a half inch to an inch across and have up to 200 stamens. They bloom mostly in spring and summer.

Five sepals are leaf-like and curved into a saucer shape. They persist after

the flowers are gone, leaving a star-like structure that resembles a green flower.

Prior to opening, the closed tight flower perches in the center of the sepals.

Give this wildflower full sun to partial shade and moist sandy soil. It is not tolerant of salt water, inundation, wind, or spray. The tiny seeds are found in a brown pyramidal or ovoid capsule.

Both the seeds and foliage provide food for birds and mammals, and the flowers attract pollinators, particularly bees. Propagate it with the seeds. It sometimes spread via root suckers.

St. John's-wort species are named for St. John the Baptist. They have many uses in herbal medicine, particularly for depression or mood disorders.

However, take caution because they are well known for side effects due to interactions with other drugs.

Sources: *The Field Identification Guide to Plants Used in the Wetland Assessment Procedure* by the Southwest Florida Water Management District, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, <http://floranorthamerica.org>, www.fnps.org, and www.webmd.com.

Plant Smart explores the diverse flora of South Florida.*

Free Interactive Demonstrations At Safe Kids Day

Golisano Children's Hospital of Southwest Florida is hosting its annual Safe Kids Day on Saturday, April 16 from 11 a.m. to 2 p.m.

Safe Kids Day provides a fun atmosphere for families to learn how to keep children safe in their homes and communities. Families will be able to participate in interactive demonstrations and games to learn about the following subjects:

- Bicycle safety and pedestrian safety (free bike helmets while supplies last);
- Car and bus safety;
- Gun safety;
- Internet safety and child identification;
- Keeping medications secure;
- Safe sleep;
- Water safety;
- Youth sports; and
- Drug and alcohol prevention.

"Preventable injuries are the leading cause of death among children in the United States, and Safe Kids Day is designed to provide parents with the tools and information they need to keep their children as safe as possible," said Julie Noble, Safe Kids Day coordinator for Golisano Children's Hospital. "We've created a fun environment for kids to spend the day learning how to stay safe while they ride their bikes, swim in a

pool or at the beach, and play with their friends."

Children will also be able to have their faces painted, inspect fire trucks and the K9 police unit and check out books from a mobile branch of the Lee County Library System.

There will also be four Easter egg hunts at the following times:

- Noon – Children with disabilities;
- 12:30 p.m. – Children up to age 3;
- 1 p.m. – Children ages 4 to 6; and
- 1:30 p.m. – Children ages 7 and older

During Safe Kids Day, local Harley-Davidson owners and enthusiasts will participate in the annual Easter Bunny Toy Run. Dozens of motorcyclists, led by the Easter Bunny, will ride to Golisano Children's Hospital to deliver toys to sick and injured children. The toy run ensures that children in the hospital are still able to enjoy a visit from the Easter Bunny.

Golisano Children's Hospital will also have food trucks and a disc jockey.

Safe Kids Day was made possible with the support of community partners, including Safe Kids Southwest Florida, Lee County School District, Lee County Emergency Medical Services, Lee County Sheriff's Office and Harley-Davidson's Rockstar Owners Group.

Golisano Children's Hospital of Southwest Florida is located at 9981 South HealthPark Drive in Fort Myers. For more information, visit www.leehealth.org/find-a-location/golisano-children-s-hospital-of-southwest-florida.*

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Time Of Day Or Tide?



by Capt. Matt Mitchell

One of the questions we are often asked by clients is: "What's the best time of day to fish?" The answer to this question is not as simple as you would think as there are

lots of variables. Water temperature, time of year, wind and tide are just a few.

Over the past few months of high season, we do both morning and afternoon charters. Reading and reacting to the day's conditions allows us to be in the places that set up best for success. No matter how good a certain place was on the previous day, when the wind and tide are different it's time to move on. Conditions are how and why we choose to fish a certain place and, knowing which locations set up best on, the day's wind and tide are the major factors.

While our water temperature is in the mid-70s currently, the tide is the most important factor. Morning low water has been the best trout bite along with snook in and around the passes. For sheer numbers of fish, the afternoon high water snook bite has been the better call and the high water has been most productive for redfish. Like always, the



Mike from Illinois with a afternoon snook caught while fishing with Capt. Matt Mitchell this week photo provided

wind speed and direction plays a major factor in how high or low the days tide will be.

During winter months while water temperatures are cold, afternoons are when the water is warmest and often produce the day's best snook bite. Summer is just the opposite with morning cooler water being when the fish are most active. During our spring

and fall months while our water is in that perfect temperature zone, it's just not as important, and the tide movement is the most important variable.

Another big part of the puzzle is weather. Like I often talk about, approaching weather can really fire off the bite. Low pressure is a good thing while high pressure is generally not.

Fishing the back side of a front during a high pressure can get tough. Something, as simple as an afternoon sea breeze kicking up from the west opens up other set of places to fish.

As a guide being on the water almost daily, you learn how to get the most out of what the day's conditions give you. Staying home and waiting on that perfect day to go fishing is not an option. Working out these patterns only comes with time served. The more time you spend on the water – just like anything else – the more success you will have.

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.

Archaeology Lecture At The Mound House

Dr. Michelle LeFebvre will present In Support of Sustainability: The Archaeology of Vertebrate Biodiversity & Native American Harvest Practices in The Florida Keys at the Mound House on Tuesday, April 12. There will be a wine and refreshments reception at 5:30 p.m., and the adult-only program will be held from 6 to 7 p.m.

Dr. LeFebvre is the assistant curator of South Florida Archaeology & Ethnography collections. Due to limited seating, advance registrations are necessary at 765-0865. Cost is \$7 for Mound House members and \$12 for non-members. All unvaccinated guests are encouraged to wear masks.

The Mound House is open Tuesdays through Saturdays from 9 a.m. to 4 p.m. Weekly programming includes shell mound tours, Calusa tools demonstrations, garden tours, kayak tours, island history stories and Latino history tours,

The Mound House is located at 451 Connecticut Street with overflow parking at 216 Connecticut Street. For information, reservations and a monthly programs schedule, call 765-0865 or visit www.moundhouse.org.

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CROW Case Of The Week:

Pied-Billed Grebe



by Bob Petcher

The pied-billed grebe (*Podilymbus podiceps*) is known to be an expert diver, often termed part-submarine. Possibly due to its nearly full-time aquatic nature, this water bird is referred

to as a poor flyer and an awkward walker. However, its thick, chunky bill is effective in tearing into crustaceans for food.

At CROW, an adult pied-billed grebe was admitted from Cape Coral after being found upside down on the road and not moving. Upon further examination, CROW staff noticed the grebe was thin, severely dehydrated and suffered some head abrasions. X-rays revealed the grebe had a fractured coracoid in the left wing.

"Surgery used to be how fractured coracoids were treated, but recent studies demonstrated that conservative management without surgery was less invasive for the patient and had a great recovery rate," said Dr. Laura Kellow, CROW veterinary intern. "We find this to be the case in our patients, too."

Since the patient is a water bird, a body wrap was not practical and ruled out.

"With grebes, we try to have the patients in the water as much as possible to mimic their natural feeding behaviors, which means it is difficult to keep any type of wrap on the patient," said Dr. Kellow. "Instead, we restrict the patient's activity by limiting space and providing medications to help with stress and anxiety to prevent flapping."

The patient will continue to be monitored under supportive care and strict cage rest as it recovers.

"We usually strictly rest the patient for four to five weeks," said Dr. Kellow.



Patient #22-1102 rests its injured wing during down time at the clinic

photo by Adriana Ferello

"Most coracoid fractures take roughly six weeks to heal, depending on the severity of the injury... this includes healing of the fractured bone itself as well as the physical therapy/rehab time to build strength back up in their flight muscles."

"The cause of trauma in this bird is unknown, but it was likely blunt force, making injuries to the shoulder girdle – including the coracoid – common in this type of injury."

This patient could have been injured by a vehicle strike while making its way back to its northern breeding grounds. According to the National Audubon Society, while they can make their full-time homes in the southern part of the continent, some pied-billed grebes do have migratory habits. Northern birds may fly down to winter with the year-round populations during September and October, then depart back north in March or April.

Nevertheless, this pied-billed grebe will be grounded for a while before spending time outdoors for flight training.

"Since this bird will have been

cage-rested for several weeks while the bone heals, it will need time in a larger outdoor enclosure to build back its muscle strength – by swimming and taking short flights, as its muscles may have atrophied or weakened temporarily due to weeks of rest. (It is) similar to when people go back to the gym after a long period of lack of exercise," said Dr. Kellow. "It's important for birds to have endurance to maintain flight capabilities, and in this particular bird, diving abilities, in order to survive."

The pied-billed grebe will need time to heal, particularly since its injury is related

to wing movement and the coracoid serves to stabilize the shoulder joint.

"This type of injury usually has a good recovery rate, but we won't know the outcome for sure until the bird is further along in the healing process," said Dr. Kellow. "We have our fingers crossed for a successful recovery and eventual release for this patient."

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.

Pet Shelter Kennel Event

Lee County Domestic Animal Services (LCDAS) will host its eighth annual Flip This Kennel event on Saturday, April 23. The adoption center is open 10:30 a.m. to 3:30 p.m.

Visitors to the shelter on event day can vote for their favorite flip. People also can vote on www.facebook.com/leecountydomesticanimalservices by liking the picture of a favorite kennel or cattery all day Saturday and Sunday. Winners will be posted on the Facebook page Monday, April 25.

LCDAS is located at 5600 Banner Drive in Fort Myers. Available pets can be viewed online at www.leelostpets.com.

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Red Sox players and officials at the golf classic

Boston Red Sox Celebrity Golf Classic Fundraiser

The Boston Red Sox, who have held spring training in Fort Myers since 1993, helped to raise nearly \$400,000 to benefit the new neurosurgery program at Golisano Children’s Hospital through the Boston Red Sox Celebrity Golf Classic event series. The annual event series includes a golf tournament and Boston “Tee” Party held at The Forest Country Club, and Dinner on the Diamond

at JetBlue Park. Over 29 years, the event series has raised more than \$14 million for Golisano Children’s Hospital programs. “The Red Sox have consistently partnered with Golisano Children’s Hospital since the team first moved its spring training to Fort Myers,” said Chris Simoneau, Lee Health’s chief development, marketing and communication officer. “We are so grateful for this partnership, as well as the longstanding partnership with The Forest Country Club, the many event sponsors, and the generous donors who have made this event series a success year after year. They have made an incredible impact for

the families of Southwest Florida.” Preparations are already underway for the 30th anniversary Red Sox Celebrity Golf Classic in spring 2023. Funds raised at the events will support neurosurgical services being developed at Golisano Children’s Hospital. The hospital plans to recruit world-class neurosurgeons to the region in collaboration with Johns Hopkins All Children’s Hospital as well as equip a state-of-the-art pediatric neurosurgical suite. While this year’s Dinner on the Diamond event was canceled due to the player lockout, supporters can still make a donation to the pediatric neurosurgery

photo provided

fund at Golisano Children’s Hospital at www.leehealthfoundation.org/redsox. Thanks to a \$1 million matching grant by The Wasie Foundation, these donations will have double the impact.✱

Republican Women To Meet

Jenna Persons-Mulicka, Florida House District 78 representative, will provide a wrap-up of the 2022 Florida legislative session at the luncheon meeting of the Fort Myers Republican Women’s Club at the Helm Club within The Landings Yacht, Golf & Tennis Club on Tuesday, April 19. A social hour begins at 11:15 a.m. The noon lunch will be followed by Persons-Mulicka’s presentation then a question-and-answer session. Persons-Mulicka is a founding partner in the Strayhorn & Persons law firm. She is a member of several legal organizations and has been recognized as a Florida Super Lawyers Rising Star and was recently featured in *Gulfshore Life* magazine as one of Southwest Florida’s young professional impact players. The public is invited to attend the luncheon and the program. Cost is \$20. Reservations are required by Thursday, April 14, and may be made by contacting Diane Kinser at social.lady79@gmail.com or Tina Laurie at 489-4701. The Landings Yacht, Golf & Tennis Club is located at 4425 South Landings Drive in Fort Myers. For more information, contact Laurie at 489-4701.✱

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Lee Clerk of Court Kevin Karnes (back right) and Chief Financial Control Officer Terry Mallow (back left) with the general accounting team that produces the Annual Comprehensive Financial Report photo provided

Lee Clerk Report Wins 36th Straight National Award

The Lee Clerk's office was honored with its 36th consecutive award from the Government Finance Officers Association (GFOA) for excellence in financial reporting. The Annual Comprehensive Financial Report was awarded a Certificate of Excellence, which is the highest form of recognition in government accounting and fiscal

reporting.

The 200-plus page financial document is produced by the clerk's office at the end of each fiscal year and details Lee County government's revenue and spending. It contains financial information, including statements of net assets, the balances of county funds and debt information.

"Our team of highly skilled finance professionals produce this report each year to ensure citizens understand how their taxes are collected and spent," said Lee County Clerk of Court Kevin Karnes. "This award-winning report is just one

example of how the clerk and county commissioners ensure transparency of taxpayer dollars."

The clerk is independent of county government and has the constitutional duty of serving as the county's chief financial officer and treasurer.

The GFOA Certificate of Excellence in Financial Reporting was established in 1945 to encourage state and local governments to increase financial transparency. The reports are judged by accountants and financial experts throughout the country.

The GFOA represents more than

20,000 members as a premiere association of public sector finance professionals, providing support to state and local governments.

To download the full report, view any of the clerk's financial reports or to learn more about county finances, visit www.leeclerk.org.✱

Honor Society Inducts New Members

Six local students attending Nova Southeastern University were recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective collegiate honor society for all academic disciplines. They are Misty Sweden of Cape Coral, Anne Blayee of Fort Myers, Martika Foskey of Fort Myers, Winnie Huang of Fort Myers, Amber Luboff of Fort Myers and Emily Somohano Valdes of Fort Myers.

Approximately 25,000 students, faculty, professional staff and alumni are initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.✱

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Book Review

Her Hidden Genius



by Di Saggau

Marie Benedict has written several novels about women who have achieved greatness and not always received the recognition they should. Her latest, *Her Hidden Genius*

focuses on a woman who sacrificed her life to discover the nature of our very DNA. Her world-changing contributions were hidden by the men around her. Dr. Rosalind Franklin's pivotal role in the discovery of DNA gets the recognition she deserves in this new novel.

The story begins in 1947 with Franklin's time in a Paris Lab. After being unwelcomed in London's scientific community, the 26-year-old chemist is thrilled to fit right in with her fellow researchers. She has expertise in X-ray crystallography, a technique for documenting molecular structures. In 1951, an obsession with her womanizing boss, Jacques Mering, sends her back to London and a fellowship at King's College. Here she deploys crystallography to map DNA molecules.

Dr. Franklin crosses paths with other

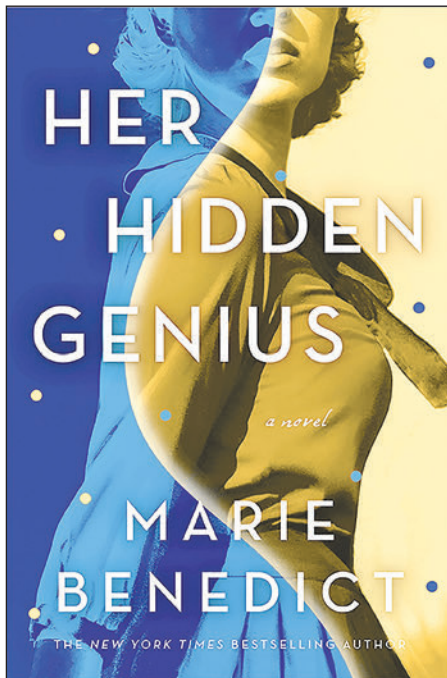


image provided

DNA experts, including two men who later claim all the glory and the Nobel Prize after stealing years of her work. Dr. Franklin verifies the structure of DNA and its helix shape, but the men undermine her at every turn. Rosalind knows if she just takes one more X-ray picture, one more after thousands, she can unlock the building blocks of life. Her work paves the way for antiviral vaccines, but Franklin could never have predicted what would unfold next.

The cancer that killed her in 1958 is thought to be due to long-term exposure to X-rays. *Her Hidden Genius* gives warmth and in-depth science to a novel

about Rosalind Franklin, who changed the world with her discovery. The book is available at MacIntosh Books and Paper, 2340 Periwinkle Way, on Sanibel.✧

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley,

This article is to make you aware of how important a vision screening is for all children and especially younger children. Seeing the

chalkboard, or if learning at home, the computer screen, is one of the most basic functions in education. Research has shown, repeatedly, that if a child can't see, they're going to have an awfully hard time in school. And yet too often this simple procedure is overlooked.

Very recently – and not surprisingly research showed that children with a vision problem during the pre-school years perform significantly worse on tests of early literacy, and that poor performance early on affects their reading scores when they reach the third grade, says Kira Baldonado, director of the National Center for Children's Vision and Eye Health. She also says that most educators and parents know it's important to identify vision problems for children, but there just hasn't been a national consensus and unification around the approach for screening.

Here are some guidelines about vision screening from the National Center for Children's Vision and Eye Health. For preschool and kindergarten children, vision screening at ages 3, 4 and 5 is recommended. The primary purpose of screening this age group is to detect amblyopia and uncorrected amblyopia risk factors, including hyperopia, myopia, astigmatism and anisometropia. Vision screening begins with a review of signs and symptoms – or “red flags” – indicating a child may have a vision or eye health disorder that requires attention from a primary care provider or eye care professional.

Between ages 6 and 17, a vision screening at ages 8, 10, 12 and 15 is recommended. The purpose of screening the vision of school-aged children shifts from a primary focus on prevention of amblyopia and detection of amblyopia risk factors to detection of uncorrected refractive errors and other eye conditions that could potentially impact the students' ability to learn or to affect their academic performance. Periodic vision screening during the school years is important for school-aged children because refractive errors, such as myopia, and other visual disorders may emerge for the first time throughout these years.

There are only 15 states that require vision screening for preschool-aged children in the developmental time period that experts say is critical for identifying vision problems that can

cause permanent blindness or vision impairments for life. “Knowing you've seen a child too late is very frustrating,” said Millicent Peterseim, a pediatric ophthalmologist and the chair of the vision screening committee for the American Association of Pediatric Ophthalmology and Strabismus.

It's important to note that screening early doesn't mean states and schools should stop screening later. “We like to make sure that every child has their vision checked every year,” said Peterseim. “Children's eyes change as they grow. If a student received glasses in first grade, they may have a completely different prescription in third grade.”

“Schools play an important part in making sure vision screenings happen. For families that don't seek regular medical care, or are unsure of the medical system, schools can be a place they trust, where people already know their child,” said Baldonado. Schools can also make sure kids are connected to care by providing information on where to receive a full eye exam or on organizations that provide free glasses. This is a critical function for schools because some children fall through the cracks. They are picked up at the school screening, but for whatever reason, there is no follow through, and some kids never get the necessary complete vision exam. So, schools are instrumental in making sure screening data gets into a child's health record, and that outside partnerships with nonprofits and health organizations exist.

Minimum vision screening regulations for Florida schools are not required for preschool, but are required for kindergarten, first, third and sixth grade, transfer students and kindergarten through fifth-grade students being considered for special education.

Shelley Greggs 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.✧

From page 1

Author Series

during her years at WINK, she fell in love with the property after interviewing a horticulturist who tended the acres of exotic gardens. She currently lives in Nashville.

Tickets are \$45 and a table of eight is \$360. The series is sponsored by Fine Mark National Bank and Trust.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the downtown Fort Myers. For more information, visit www.sbdac.com/jane-lorenzini-2022 or call 333-1933.✧

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“More than a meticulously researched chronicle of the disasters that shaped Fort Myers, this book details the historical moment of each blaze, creating a rich portrait of a community forged and tempered by fire. A must-read for anyone interested in area history, with riches for newcomers and experts alike.” - Amy Bennett Williams

Climate Summit To Feature Experts

The Coastal & Heartland National Estuary Partnership (CHNEP) is excited to hold the 2022 Southwest Florida Climate Summit both virtual and in-person participation at Collaboratory on Thursday and Friday, April 7 and 8, from 9 a.m. to 4:30 p.m.

The summit will feature experts with interactive audience question and answer sessions, to exchange ideas on expanding the region's capacity to respond to climate challenges and to build climate resilience in the communities. It will cover topics including the regional climate changes, water, wetland, land and wildlife impacts and efforts to build their resiliency, climate impacts to communities including food, health and culture, and building more resilient communities including Florida communities leading the way and local resiliency initiatives.

Presenters will be from U.S. Environmental Protection Agency, U.S. Geological Survey, U.S. Fish and Wildlife Service, U.S. Centers for Disease Control and Prevention, Florida Department of Environmental Protection, Florida Department of Agriculture and Consumer Services, South Florida Water Management District, Seminole Tribe of Florida, Archbold Biological Station, as well as experts from academic institutions such as Florida International University, Florida Atlantic University, West Virginia University and Florida Gulf Coast Water School.

Additionally, there will be addresses from climate leaders such as Senator Marco Rubio, U.S. Department of Interior Assistant Secretary for Fish and Wildlife and Parks Shannon Estenoz, Florida Department of Agricultural and Consumer Services Nikki Fried and Florida's Chief Resiliency Officer Dr. Wesley Brooks.

"With continued sea level rise, severity and frequency of severe storms and wildfires, and other climatic changes occurring here in Southwest Florida, it is imperative that we accelerate our efforts to build more resilient communities," said Jennifer Hecker, executive director of the Coastal & Heartland National

Estuary Partnership. "The climate summit is intended to convene climate professionals and the public to advance collective climate work in our region."

The event is sponsored by WGPU Public Media. Online registration is required in advance, free for virtual attendees and \$25 for both days to attend in-person (free for students).

Collaboratory is located at 2031 Jackson Street in Fort Myers. For more information and to register, visit www.chnep.org/2022-climate-summit.✱

Seminar On Cyber Crime

The Above Board Chamber of Florida will hold a luncheon seminar featuring experts sharing tips on ways to keep businesses from becoming victim of Internet crimes at the Crowne Plaza Bell Tower on Friday, April 15 from 11:30 a.m. to 1 p.m.

The panel will include James Bryan Caudill-Ritter, founder and CEO at Pulse Technology Solutions; Patrick Neale, an attorney, civil mediator and arbitrator at Patrick Neale & Associates; Kelly Hickok, an investigator with the economic crimes unit for the State Attorney's Office of the Twentieth Judicial Circuit; and John Schlager, CEO and co-founder of Inceptus. The emcee will be Dave Elias, chief political correspondent for NBC 2 News.

Tickets are \$40 for members and \$45 for nonmembers, and must be purchased by Monday, April 11. Sponsors include Caudill-Ritter and Brett Turner, owner of Leapin' Lawns. The featured nonprofit is Trish Fancher, executive director of Keep Lee County Beautiful.

Cyber crime is a lightning fast weapon that takes down governments and businesses around the world. Internet criminals target businesses and private citizens, bringing threats like identity fraud, ransomware and even devastating viruses. Despite the constant threat, there are ways that businesses and individuals can protect themselves.

Crowne Plaza Bell Tower is located at 13950 Bell Tower Drive in Fort Myers. To register, call Above Board Chamber at 910-7426 or visit www.aboveboardchamber.com.✱

Nonprofit Earns Platinum Seal Of Transparency

Earn to Learn FL (ETLFL), a 501(c)3 nonprofit that envisions a world without barriers to higher education, has received Candid's (formerly GuideStar) coveted Platinum Seal of Transparency.

With Candid as the world's largest source of nonprofit data, this designation demonstrates that ETLFL is an organization focused on measuring progress and results in order to provide current and potential funders accurate and detailed information. The designation is only awarded to charities illustrating the highest level of responsible fiscal management and commitment to accountability and transparency.

"We are so proud to earn this recognition from Candid," said Brenda Tate, CEO of ETLFL. "Our team works tirelessly to maintain a transparent and efficient organization while ensuring the highest possible portion of our budget goes to empowering income-challenged



Brenda Tate

students in Florida to earn college degrees and professional certifications with little or no debt. We do this through matched savings scholarships, personal finance training and peer coaching. It's a formula for student success that works."

For more information, visit earntolearnfl.org or email Tate at brenda@earntolearnfl.org.✱

Residential Loan Officer Promotion At Local Bank

Sanibel Captiva Community Bank has promoted Puja Romero to residential loan officer. Romero has over 15 years of banking experience and has been with Sanibel Captiva Community Bank since 2012.



Puja Romero

Romero worked on the retail side of the bank until five years ago when she transitioned to the residential lending division as a loan processor.

Romero is located at the downtown branch at 1533 Hendry Street in Fort Myers.✱

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Will Power

Your Family's Story



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

Howard Gardner, professor of education and psychology at Harvard University, writes many books on leadership and creativity. One book, *Leading Minds*, demonstrates how a leader can develop a mindset to pass on values to loved ones.

Gardner argues that what makes a leader is the ability to tell a kind of story – one that explains ourselves to ourselves and gives power and resonance to a collective vision. Churchill told the story of Britain's indomitable courage in the fight for freedom. Kennedy inspired America's innovative culture in its quest to send a man to the moon. Gandhi spoke about Indian dignity and

non-violent protest. And Martin Luther King Jr. told of how a great nation is racially equal.

Stories give a group a shared identity and sense of purpose.

Philosopher Alasdair MacIntyre also emphasized the importance of narrative to the moral life. "Man," he writes, "is, in his actions and practice as well as in his fictions, essentially a story-telling animal." It is through narratives that we learn who we are and how we are called to behave. Take the Bible, for instance.

In *Deuteronomy*, Moses, when instructing the Israelites of their duties and responsibilities before entering the Promised Land, warns the people no less than 14 times not to forget. If they forget the past, they will lose their identity and sense of direction, and disaster will follow. Not only are the people commanded to remember, but they are also commanded to hand that memory on to their children.

You may find it interesting to note that there is no biblical Hebrew word for history. The closest equivalent is *divrei hayamim*, "chronicles." *Deuteronomy* uses the root *zachor*, meaning memory.

History refers to others who acted before us. Memory invokes our own involvement in the story. Biblical Hebrew, therefore, asserts that believers collectively participated in the story. Jewish families who read the Passover *Haggadah* are familiar with this concept through one of the passages. In the passage, a wicked son does not consider himself part of the story and is admonished accordingly. "God brought us forth from Egypt," he is told.

The greatest of leaders therefore create a collective memory so that the entire group feels like a part of the historical narrative. You can still see the power of this biblical idea today. If you visit the Washington, DC presidential memorials, you will see that each one carries an inscription taken from their words: Jefferson's "We hold these

truths to be self-evident..." Roosevelt's "The only thing we have to fear is fear itself." Lincoln's Gettysburg address "With malice toward none; with charity for all..." Each memorial tells a story.

In contrast, many London monuments have no narrative, no inscription, simply a name – like Churchill. England does not have the same kind of sweeping national narrative because it is largely based not on a covenant but on hierarchy and tradition.

So how do we apply these lessons to your family and loved ones? What made you into the you you are now? What are your family's covenants, the principals and attributes that you believe most important? How can we fashion a system to pass these values down to future generation?

So many of my clients, when discussing their estate plans, voice a common concern: "I don't want my wealth to somehow weaken my children's drive and ambition."

This concern has merit. The old saying, "shirt-sleeves to shirt-sleeves in three generations" is found in many different cultures. In Japan, the expression goes, "rice paddies to rice paddies in three generations." The Scottish say, "The father buys, the son builds, the grandchild sells, and his son begs."

Family wealth can only survive through a family narrative, passed down from generation to generation. Each generation needs to feel like a part of the original narrative and have an obligation to continue its journey. I believe that we can amend our estate plans to tell our stories and build our narrative for all our loved ones.

Here, I intentionally broaden the definition of wealth. One need not be monetarily wealthy to have those things most important in life, including dignity, respect, honesty, friendship and loyalty.

Why not include, on the opening pages of a will or trust then, how your family's wealth was acquired? Describe the trials and tribulations it took to accumulate and distribute this inheritance, and what you hope subsequent generations will not only understand but build upon. Enunciate your family's core covenants. Build your legacy.

It's always best to discuss these important topics with your loved ones during life. Memorializing your family legacy, however, can certainly be accomplished in your estate planning documents. I'm working on a way to systemize this process in the coming months as part of our unique process, The Family Estate & Legacy Program.

In the meantime, my suggestion for those of you who this speaks to, is to take the time to write down your thoughts. You probably recall important lessons that your parents and grandparents taught you, probably using a story. Don't let those valuable insights die with you!

A true leader tells the family story to pass on a shared sense of value and purpose. The families that prosper tend to be the ones that, from generation to generation, become part of a shared narrative. How are you going to create that narrative for your family?

©2022 Craig R. Hersch – The Sheppard Law Firm. Learn more at www.floridaestateplanning.com.✴

Content Strategist Joins Local Firm

CONRIC PR & Marketing has hired experienced marketing professional and content creator Annie Greenwood to the team as a content marketing strategist. In her role, she will be working to expand the reach of clients through social media, blog writing and branding. While working closely with clients and the digital marketing team to develop sustainable marketing strategies, she will be creating content that informs, entertains and impacts an audience, while staying on top of new trends.



Annie Greenwood

Greenwood, a Southwest Florida native, will also serve the role of account manager for select clients to create engaging cross-platform social media posts, blogs and newsletters.

Greenwood realized her passion for branding while marketing her family business, Buffalo Chips Restaurant, which she co-owns with her parents in Bonita Springs. She has a bachelor's degree in business, majoring in marketing at Florida Atlantic University. After graduation, she

worked remotely for a national marketing firm, writing compelling keyword-rich blogs and social media content for businesses across many industries.✴

Bank Hires Credit Analyst

Sanibel Captiva Community Bank has hired Taylor VanLandschoot as a credit analyst at the Bridge Branch, located at 9311 College Parkway. As the bank's lending division continues to grow, she will provide support by conducting credit analysis, annual loan reviews and loan presentations.

VanLandschoot has a background in the hospitality industry, as well as experience in insurance brokerage and risk management services. She is an active community volunteer, lending her time to Christian Life Fellowship Church and Cape Coral Caring Center. She graduated from Emmanuel College in Boston with a major in sociology and minor in business.✴



Taylor VanLandschoot

New Platform For United Way

Local volunteerism is the power behind long-lasting change, and by introducing a new, dynamic online volunteer platform to the community, United Way of Lee, Hendry, and Glades is the driving force for volunteer engagement, donations and impacting change within the community.

Since 2008, United Way has been promoting local nonprofit and partner agencies' volunteer opportunities, special events and corporate engagement activities with the hopes of increasing the ability for community members to get involved. This new mobile-friendly and web-based system, administrated by the United Way Volunteer Center team, is free to use for both volunteers and non-profits.

The goal for this website is twofold: to provide our community with an easier way to volunteer, and to give our programs a chance to share the platform's benefits of volunteer management, tracking and reporting. It is designed to engage volunteers, give users an enjoyable experience and make good things happen in communities of all sizes.

United Way Volunteer Center's new platform will do more than just create matches among the service community and private citizens; it will also help to build lasting relationships. Volunteers can

build a custom profile to track their hours for school or work and add interests and alerts for future events.

Opportunities currently listed online include one-time projects and ongoing positions for mentoring and reading to youth, pet therapy, feeding the hungry and more. Visit www.unitedwaylee.org/volunteer to respond to these needs.

"Our United Way Volunteer Center team has worked diligently to launch this new portal, and we are grateful for our community partners LCEC (Lee County Electric Cooperative) and Uhler and Vertich Financial Planners' support and sponsorship which helps make it possible," said Volunteer Center Vice President Patrice Cunningham.

"Responding to needs is easy and can change a life. LCEC has a long history of supporting United Way agencies, and we know volunteerism is a huge part of the equation. Making it easier for our employees to be involved can only increase our engagement more," said Karen Ryan, LCEC director of public relations.

Tom Uhler of Uhler and Vertich Financial Planners stated, "Uhler and Vertich is pleased to support this dynamic tool. Individuals, not-for-profits and the entire community will benefit from tracking the hours volunteered by caring residents. The impact of volunteerism is difficult to measure and this will provide a tool to measure that impact."✴

Superior Interiors

Brighten Your Living Room Design



by Linda Coin

Whether you've just moved into a new home or want to fix up your current space, brightening up your design is a great way to upgrade your living room. A dark living room can

be gloomy and cause your space to look smaller and less welcoming than it should be. But where do you start?

The key to brightening your living room design is to focus on one decor idea at a time. There are multiple ways to lighten up the space, and we're excited to share them with you.

Swap heavy drapery for lighter, colorful fabrics if you have natural light sources, such as large windows, in your living room. Use them to your advantage. Swap your heavy or dark drapery that absorbs light with translucent materials. Consider a bright, colorful drapery that can bring color into your space instantly. If privacy is an issue, make sure your drapery is properly lined.

Your living room's light sources don't have to just be functional, they can also add fun decor elements, too. Look at overhead lighting, like chandeliers and hanging lights, that can add fun personality to your space without adding clutter or taking up too much room. If you have side tables, consider a brightly colored lamp in warm tones that can mimic sunlight.

Area rugs can add softness and warmth to your living room instantly. Choose an area rug in colorful prints and/or fun textures to bring your space to life without any hassle. If your design preferences skew to neutral tones, choose an area rug that's a bright white or light color. This will allow the rug to reflect your living room's light sources, instead of absorbing them.

No matter what color your walls are, adding art pieces can add pops of color to a dark space. This will help to personalize your interior design instantly, since you can choose wall art that lets your personality shine through. For extra cohesiveness, match other decor pieces to your art or vice versa.

If you've already fallen in love with dark-colored furniture (like a dark leather sofa), there's no need to fret. Simply accessorize these main pieces with bright, colorful pillows, blankets or armchairs. White and pastel colors can easily match almost any color scheme while also solving your dark living room problem.

Mirrors act as a double solution: they reflect light back into your living room and create the illusion that it's bigger than it is. By placing mirrors on the walls of your living room, you can decorate without adding clutter.

Light doesn't have to come from one ceiling light or standing lamp. Take a look at other atmospheric light options that will

incorporate a soft glow into your living room. This can include decorative candles (real or fake), string lights and/or orb lights. These lights can create luminosity without detracting from your natural style. They also add charm to make your space feel more intimate.

From white to neutral tones, updating your wall color can instantly spruce up your space to look bright, even without a natural light source. Lighter colors reflect light to brighten your living room without making any structural changes. Even if you already have a light-colored living room wall, it may be worth it to apply a fresh coat of paint to really seal the deal.

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

Grants For Animal Care Trust Fund

Lee Commissioners accepted two grants awarded to the Animal Care Trust Fund, which provides funds for domestic animals who have medical needs beyond basic care. The awarded grants total about \$59,000.

Lee County Domestic Animal Services (LCDAS) was awarded a Rachael Ray Save Them All grant from Best Friends Animal Society in the amount of \$40,000. The grant will be used to provide lifesaving initiatives for the stray animals of Lee County when they need additional medical care beyond the capacity of LCDAS.

A grant of \$19,166.45 was awarded by the Dr. Harvey & Nora Krieger Endowment Fund – a fund of the Collaboratory – to be used toward general operation of the services provided by the Animal Care Trust Fund.

The Lee County Animal Care Trust Fund was established in 2002 to provide specialized care and services to stray domestic animals of Lee County. The Animal Care Trust Fund and the care that LCDAS has been able to provide has allowed for more than 300 animals to be reunited with their owners or allow for them to be adopted.

For more information about the Animal Care Trust Fund, visit www.leegov.com/animalservices/trustfund.

Donations of any amount to the fund are welcome. All donations are tax-deductible. All funds are reserved by the trust exclusively for the needs of the animals in the community. For more information, call 533-9202 or email kfordiani@leegov.com.✱

Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, April 22 from 9 a.m. to 2 p.m.

The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. To schedule a screening, call 343-6838.✱

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Frankly Speaking



by Howard Prager

Opening day for baseball starts this week. We'll see how players are effected by a shorter spring training as the season opens with some new rules. Designited hitter in both leagues so

pitchers won't have to hit unless you're the MVP from last season, Shohei Ohtani. No shortened double headers, no ghost runners starting on second in extra innings. At this time, both the Twins and Red Sox are not expected to challenge for their division titles but may indeed be in the hunt for a wild card. The White Sox (Twins archrival) lost one of their starting pitchers for at least six weeks and the Yankees (Red Sox antagonists) did not do much to improve in the off-season. All six division winners (three from each league) will earn playoff berths. The top two in each league earn a bye in the first round. The third division winner in each league and three wild cards meet in best-of-three wild-card series. So expanded playoffs are here.

Speaking of playoffs, March Madness and especially the championship was truly exciting this year. The Final Four started with Kansas blowing out Villanova. But no fairytale ending for Coach K and Duke,

as North Carolina took it to them as they did during Coach K's last home game. Coach K can hold his head high, as they made it deep into the playoffs, one game away from the finals. Kansas was favored to win the national championship, being the only No. 1 team still left. They met North Carolina once before in the championship in 1957 with center Wilt Chamberlain, and lost by one in triple OT. No OT needed this year. North Carolina, which already beat a No. 1 (Baylor) and No. 2 (Duke), had other thoughts, taking the largest halftime lead (15 points) in the history of the championship. But Kansas came roaring back in the second half and tied it with 10 minutes to go then the lead seesawed back and forth. Kansas completed the biggest comeback ever in a championship game and took the championship for the fourth time... its first since 2008. Kansan Ochai Agbaji was named MVP of the Men's Final Four.

On the women's side, ESPN put it well: "One year after a heartbreaking loss in the Final Four to Stanford, No. 1 South Carolina found redemption, earning the program's second national championship with a 64-49 victory over 2-seed and perennial winner UConn. The Gamecocks went 14-0 against teams ranked in the Associated Press Top 25 this season, became the eighth program to win multiple national titles in NCAA women's basketball history. South Carolina is the 12th team to go wire to wire as No. 1 in the AP poll and win it all. 'Our path was divinely ordered,' South Carolina coach Dawn Staley told Gamecocks

fans. Junior forward Aliyah Boston, the national player of the year, recorded her 30th double-double of the season with 11 points and 16 rebounds and was named the Final Four's Most Outstanding Player. Staley is also now 2-0 in NCAA national championship games after leading her squad past Mississippi State for the 2017 title. With a piece of the net from that title – the same one from which she had previously sent segments to other Black women's coaches across the sport – in her pocket, she became the first Black coach to win multiple Division I basketball national championships."

Speaking of great efforts, my daughter Hillary ran another Ironman last weekend. Results vary so much on weather. For the cycling portion of this race, she was riding at 23 mph going, but coming back she rode straight into the wind, so her pace was 13 mpg. She's also doing some marathons this year, including the Chicago Marathon. I asked her the difference. She said "it's all in the training. In an Ironman, I'm doing the best I can while knowing I need to leave some reserves for the next activity. In doing just running, I need to prepare my body to just be the best runner I can be." As we watch elite athletes in sports, it's interesting to keep in mind the training they need to perform at the highest of levels. That's in part why we have, in basketball for example, defensive specialists, rebounders, three-point shooters, etc. They can do it all, but they have a specialty they focus on building.

This isn't necessarily a good news

story, but March Mania may make you smile, and even hum along to your favorite march. With 32 marches over four weeks, March Mania started March 1 and ended with the champion march named on April 1. "Sousa's March Mania is an annual competition in which students and fans around the globe rally behind their favorite marches as they advance through a series of matchups onto a championship game. Each day, two marches compete head-to-head, while votes for the favorite march determines which one advances to the next round. Which marches will make it through the Sousa's Sixteen, Enlisted Eight, and Fidelis Four to the final round? It's all up to the fans, who are encouraged to fill out a bracket before the competition begins and try to predict the champion. Anyone predicting the final champion prior to the first match will be crowned an honorary 'March King'," according to the Marine Band website. The winner after four nail-biting, reed-splitting rounds? The Wildcat March, written by a Northwestern Alum and U.S. Marine Band Clarinetist Staff Sergeant Parker Gaims. Finally, my alma mater Northwestern is a winner in March, only it's March Mania, not March Madness. And to the Marines out there, past and present, Semper Fi, one of the best marches ever.

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.

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Bridge Contract For Replacement And Expansion

As part of continued efforts to prepare for a Lee County population of one million, the Lee Board of County Commissioners awarded a contract for the design of the replacement of the westbound span of the Cape Coral Bridge and widening of the eastbound span.

The contract with Kisinger Campo & Associates Corp., selected through the competitive negotiation request for proposal process, also includes a project development and environmental study.

The replacement of the Cape Coral Bridge westbound span and widening of the eastbound span is a top-tier transportation project for commissioners. The board has discussed the project at workshops, planning sessions and board meetings.

The westbound span of the Cape Coral Bridge opened to traffic in 1964, when it served traffic in both directions as the only bridge to Cape Coral. In 1989, the eastbound span was added just south of the original bridge, creating a four-lane roadway.

Motorists made nearly 50,000 annual average daily trips over the bridge in 2021.

Construction on the span is planned to begin in 2026. Total project costs are estimated at \$185 million.

SPORTS QUIZ

1. What college football team has the longest home winning streak entering the 2022 season?
2. In what combat sport do Vasily "Dumpling" Khamotiskiy, Koa "Da Crazy Hawaiian" Viernes and Dawid "Zales" Zalewski compete?
3. How many consecutive free throws did the Minnesota Timberwolves' Micheal Williams make in regular-season games from March to November 1993?
4. What horse racing track, located in Queens, New York, is the site of the Gotham Stakes?
5. The CBS sitcom "How We Roll" was inspired by the life and career of what PBA Tour bowler?
6. Trackhouse Racing Team, which made its NASCAR debut in 2021, is owned by former racecar driver Justin Marks and what pop-music superstar?
7. What former heavyweight boxing champion was elected mayor of Kyiv, Ukraine, in 2014?

ANSWERS

1. The Clemson Tigers, with 34.
2. Slap fighting.
3. 97, an NBA record.
4. Aqueduct Racetrack.
5. Tom Smallwood.
6. Pitbull.
7. Vitali Klitschko.

Doctor and Dietician

The Silent Tragedy
Unfolding In Our
Homes Today

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

We recently read an article published by Dr. Ovid, a pediatric neurologist, who warned of a “silent tragedy that is unfolding in our homes today.” The tragedy is mental illness. He provided these statistics in his article: one in five children have mental health issues; 43 percent increase in ADHD; 37 percent

increase in teenage depression; and 200 percent increase in the suicide rate among children age 10 to 14.

We have discussed the cause of this in many of our prior articles. The face-down, device-addicted lifestyle of the youth (and adults) is killing them. Couple this with the current American family lifestyle, and we have a generation of young people spiraling out of control.

Dr. Ovid states that kids of today are over-stimulated and over-given material objects but are deprived of the foundations of a healthy childhood, such as emotionally available parents; clearly defined boundaries; responsibilities; balanced nutrition and adequate sleep; movement, in general, but especially outdoors; healthy social interaction; and spaces for downtime.

He goes on to say that the last few years have shown us “digitally distracted parents,” who pamper and let children be the ones who make the rules; a sense of law, to earn everything without earning it or being responsible for getting it; inappropriate sleep and unbalanced nutrition; a sedentary lifestyle; endless stimulation; technological teddy bears; instant gratification; and absence of boring moments. That may sound harsh, but we see it every day with our patients

and our patients’ children.

It is time to act and not let this phenomenon run out of control. We cannot sit back and just assume something is going to change. We cannot stress the answer to these issues more than we can today. Set boundaries and become the captain of the ship. You and the kids need to adopt healthy lifestyles – permanently. Dump the junk, dramatically reduce sugar, cook at home, eat your veggies; regularly sit down to meals together; and disconnect so you can connect.

As we have said many times over – movement is life. Get outside. Ride your bikes, go fishing, walk the beach, take up bird watching, swim in the gulf/pool, go camping/hiking, rent some kayaks and paddle the seas – the options are endless, especially here in Southwest Florida.

At home, we cannot recommend more highly to shut off the television. We do not have television in our home – and certainly not in our living room. You may think that is radical. Remember, you are what you put into your body and mind. Watching most TV is not good for your mental and physical health and that of your children. Instead of watching TV, play games or do a puzzle together, cook something

together, read – stimulate your brains. Dramatically reducing television and other device use has been shown to significantly improve mental health. Don’t use devices to cure boredom and keep kids (or yourselves) entertained. It may actually be time to go to bed. Make sure to get seven to nine hours of restful sleep. Use everyday life experiences to teach kids how to overcome life’s challenges, develop patience, work hard, think critically and take responsibility. When teaching children these things, we must also embrace them.

Train children to stop thinking only of themselves. The biggest cure for most things is giving to others. Teach them basic manners – say please and thank you, open doors for others, apologize when wrong and give hugs. Connect with your kids and put down your phones.

The future is in our hands. Let’s make a difference for good.

*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

Estrogen Is
Essential To Live
Headache Free

by Suzy
Cohen, RPh

Dear Readers: Few things matter if you have chronic headaches, and women are mainly affected.

Teasing out the estrogen scenario is difficult because it fluctuates minute to minute, and month to month. It changes if you take estrogen-containing drugs such as hormone replacement, or if you drink from plastic water bottles a lot.

Estrogen is a moving target. But we do know that too much, or too little, will create chronic, disabling headaches for women in the prime of their life.

It’s very clear that estrogen levels matter tremendously because the highest incidence of migraines is among women between the ages of 20 and 40. Animal studies concluded estrogen excess, specifically “estradiol” causes nerve sensitization, which means your nerves are more reactive and touchy. The researchers go so far as to say that estrogen elevations lead to chronic inflammation via cytokine storms, thus enhancing your pain perception. You may be inclined to do a blood test to determine levels, but that doesn’t always work because it’s a snapshot in time while they’re drawing your blood. For this reason, I recommend

doing a urine strip test such as Dutch Complete to reveal precisely how your body metabolizes its own hormones, or those you take. These at-home tests are available at physician offices, or directly for purchase at my vitamin shop.

Another study (done in mice) concludes that estrogen deficiency is implicated. I wish I could lock up these researchers in a room and say, “C’mon people, make up your mind, you’re not getting outta here until you decide if it’s high or low estrogen!”

Estrogen levels matter, but one problem I see time and time again is that physicians don’t always prescribe it along with progesterone, and I feel strongly that these two hormones should be taken together. Progesterone hormone tempers the estrogen you make, or take. I’ve written a book titled *Headache Free* that is available on Amazon if you need more help with headache pain.

As for other triggers of headaches and migraines (I call them “migranades”) there are many. Perfume is a big one. Another migranade is magnesium deficiency, which raises risk of migraines, headaches, tension headaches and nighttime leg cramps. There is a lot of research about this. Restoring magnesium can be the No. 1 thing you do to restore levels if you are deficient, and this would help some people to reduce the intensity of headaches, as well as the frequency. Some things you can do include an ice pack, or an over-the-counter analgesic. I find that if my hair is in a tight ponytail, I get a headache. Vision is something that should be checked because if you need glasses, but don’t wear any now, you’ll have more headaches. And finally, chronic sinusitis and hay fever will make you more prone to headaches. I have so

much more valuable information about headaches, if you’d like to read a longer version of this article, sign up for my free newsletter at www.suzycohen.com, and I’ll email it to you.

This information is not intended to

*treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.SuzyCohen.com.**

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

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

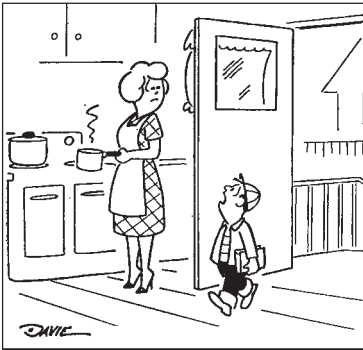
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American Legion Post #38 239-332-1853
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Animal Refuge Center 731-3535
American Business Women Association 357-6755
Audubon of SWFL <https://www.audubonswfl.org/>
Caloosahatchee Chapter DAR 482-1366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

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

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PUZZLES

Answers on page 23



"Well, our class had its first drop-out—the _____."

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!

Common PEACH
Roller TRACES
Brawl LAWNGER
Delight TASTER

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Differences: 1. Hat is different. 2. Bush is missing. 3. Arm is missing. 4. Shirt is different. 5. Valentine is missing. 6. Poster is missing.

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

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.

ACROSS					
1 Hero-worship	57 — -bah (big wheel: Var.)	98 Possible reply to "Are you sure?"	12 — McAn (big name in footwear)	41 Neck and neck, scorewise	80 On the move
8 Not — (fair to middling)	58 Reach as far as	99 "That's the guy!"	13 Format of AP Radio Network	42 Fix at the vet's	81 Many minors
13 Gave a prize to	59 "On the Beach" novelist	100 Calendar spans: Abbr.	14 "Alas!"	43 Eva, Magda and Zsa Zsa	83 Hot dog, informally
20 Big name in cassette tapes, once	60 Jimmy Dorsey hit	101 Tehran native	15 Lemmon/Wilder comedy	49 Objects	84 Rural assent to a woman
21 Bad booze	62 More furtive	104 Candle parts	16 Take hold again, as a plant	50 Middle name of Emerson	88 Feline in competitions
22 "Wouldn't It Be —" ("My Fair Lady" song)	63 "Uncle Moses" novelist	106 Dominion	17 Three, in Munich	51 Rhino's pair	89 Ailment with red spots
23 Start of a riddle	66 Riddle, part 4	109 Riddle's answer	18 Yale alumni	53 Canon camera series	90 Confess about
26 Came after that	69 Gen — (millennials)	115 Barbuda's partner island	19 Bit of force	54 Under oath legally	92 Submit, as homework
27 Violin master	70 Rental for relocation	116 — two (a few)	21 Try, as a case	56 Roman 106	93 Emergency room sorting
28 Library no-no	72 Flip out	117 Books filled with maps	24 Turkish VIPs of old	57 Odists, e.g.	94 Waikiki wear
29 Aflame	73 Feudal toilers	118 Most sharp	25 Wash gently against, as the shore	58 Swiss canton or its capital	95 "Alas!"
32 "Every day — new day"	75 Novelty	119 Spacek of "3 Women"	29 Novelist	60 Reject rudely	96 Bites lightly
33 ETs' craft	77 Miniver's title	120 Pedicure target	30 Calvino	61 Lay new turf on	101 "Out of Africa" writer
34 Brief tussle	78 Riddle, part 5	DOWN	31 Dice toss	63 Her niece is Dorothy Gale	102 Bit of Viking writing
36 Riddle, part 2	82 Moon of Neptune	1 Pal, to Pierre	33 Infantry division	64 Shepherd once of "The View"	103 Poker post
44 Not wholly	83 Be the victor	2 Dict. lookup	35 1990s fitness fad	65 Sounding like a crow	105 Corp. money handlers
45 "Cool" moola amount	84 Sci-fi sage	3 Thurman of "Kill Bill"	37 Tom Cruise's role in "Mission: Impossible"	67 Bad blood	106 "Climb — Mountain"
46 Bottom	85 Lasso part	4 Ear feature	38 Get — start (not begin on time)	68 Prefix with cuspid	107 Make mad
47 Pro-school gp.	86 Suffix with east	5 Make — for it (take off)	39 "Sure, put me down for it"	71 Zodiac feline	108 Israeli statesman
48 "Hi, Don Ho!"	87 "Oh, really?"	6 Tautness	40 Not in the country	74 Italian handbag brand	Abba
49 Tease in fun	89 Country singer Tillis	7 Alibi, e.g.		76 Pouty states	110 Frat letters
51 Store window info: Abbr.	90 Charge to run a promo	8 Like many horse hooves		78 Shed feathers	111 Calendar spans: Abbr.
52 Smear all over	91 End of the riddle	9 Reaction to a punch		79 Composer Carmichael	112 Onetime foe of the USSR
55 Riddle, part 3	97 Firebug's crime	10 Optimistic			113 Waikiki wear
		11 Leopardlike animal			114 Immigrants' class, in bribe

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						

ACROSS

1 Bar legally
6 Decorator's theme
11 Floodgate
12 Apple music service
14 Maidens of myth
15 Nap
16 Doctrine
17 Varieties
19 Up to
20 Casual tops
22 — Paulo
23 Optimum
24 Passover repast
26 Heller and Conrad
28 Chips go-with
30 Small barrel
31 High-ranking angels
35 Nintendo princess
39 Neural transmitter
40 Snitch
42 Eye drop
43 Spasm
44 Croc's kin
46 GI's address
47 Runs off to wed
49 Transforms (into)
51 Safe and sound

DOWN

1 Parisian palace
2 Tallied
3 Bit of advice
4 Folksinger Phil
5 Mexican money
6 Identified incorrectly
7 Elevator name
8 Calendar abbr.
9 Foot part
10 Fixation
11 Tizzies
13 Mariners
18 British rule of India
21 Auto style
23 Sire
25 Shred
27 "— who?"
29 Sentence parts
31 Fills up
32 Driven out
33 Highly ornate
34 Perched
36 Figure skater, at times
37 Author du Maurier
38 Got up
41 Actress Marisa
44 Richard of "Chicago"
45 Crucifix
48 Young dog
50 HDTV brand

1040EZ	1098	5500	Schedule B
1040NR	1099	Form 1040	Schedule C
1065	1120	Form W-2	Schedule D
1095	5498	Schedule A	



Watermelon and Mozzarella Salad



Watermelon and Mozzarella Salad

- 2 cups watermelon, cubed
- 2 cups fresh mozzarella pearls
- 1 cup fresh basil, chopped

photo courtesy Fresh From Florida

- 1-2 tablespoons scallions, trimmed and chopped
- 1/3 cup extra virgin olive oil
- 2 cups mixed greens
- Balsamic vinegar, to taste
- Salt and pepper, to taste
- Toss together the watermelon, mozzarella, basil, scallions and oil. Season with salt and pepper. Serve over a bed of greens. Drizzle with balsamic vinegar if desired.✧

PETS OF THE WEEK



Fenway ID# A911176 photos provided Lee County Domestic Animal Services

Fenway And Mopsy

Hello, my name is Fenway. I am a black 7-year-old male pit bull who is a curious fellow that loves to chase balls. I am aptly named as I would love to be taken out to the ballgame. And now is the perfect time with Bark in the Park beginning at the CenturyLink Stadium soon. I love to watch the action and what better way to spend an evening than with your new best friend. My adoption fee is \$20.

Hi, I'm Mopsy. I am a tortie 1-year-old male shorthaired rabbit. Hop on over to Animal Services and see me and the pocket pets that are currently available for adoption. I am one of just a few, but



Mopsy ID# A912747

I am definitely one of the best looking. My uniquely patterned fur and one ear up, one ear flopped gives me my special, one-of-a-kind look. My adoption fee is \$5.

Leading up to the eighth annual Flip This Kennel event, Animal Services is kicking off the month with reduced adoption fees. All adult dogs are \$20 and cats \$10 with an approved application.

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 APRIL 4, 2022

- Aries** (March 21 to April 19) Avoid having someone else take credit for the project you started by finishing it yourself. Then it will be you lovely Lambs who will be wearing those well-deserved laurels.
- Taurus** (April 20 to May 20) The facts about a new opportunity are still emerging. Wait until they're all out in the open, and then use your keen business sense to help make the right decision.
- Gemini** (May 21 to June 20) You might feel confused, even hurt by a friend who suddenly puts distance between you. If she or he won't discuss it, don't push it. An explanation should come in time.
- Cancer** (June 21 to July 22) Your willingness to be part of the team opens doors that had been shut to you. Keep them open by keeping your promises even when your commitment seems to be wavering.
- Leo** (July 23 to August 22) Congratulations. You're really getting things done to purr-fection. And don't forget to take a catnap now and again

- to keep those energy levels up and bristling for action.
- Virgo** (August 23 to September 22) Your "plain-talking" honesty is admirable. But sometimes sharp words can leave painful scars. Be careful that what you say doesn't come back to hurt you.
- Libra** (September 23 to October 22) A stress-filled period takes a positive turn as you deal with the underlying problem. Act now to avoid a recurrence by changing some basic rules in your relationship.
- Scorpio** (October 23 to November 21) Your rising energy levels make it easier for you to achieve some important objectives. This could lead to a big boost in how you're perceived, both at home and on the job.
- Sagittarius** (November 22 to December 21) A changing picture begins to emerge as you learn more about an offer that seemed so right but could be so wrong. Look to a trusted adviser for guidance.
- Capricorn** (December 22 to January 19) Spiritual aspects are strong. Take time to reflect on the path you're on and where you hope it will lead you. It's also a good time to reach

- out to loved ones.
- Aquarius** (January 20 to February 18) You could be assuming far too many responsibilities, whether it's at work or in personal matters. Be careful that you're not weighed down by them.
- Pisces** (February 19 to March 20) You're getting closer to your goals. And since nothing succeeds like success (or the promise thereof), don't be surprised to find new supporters swimming alongside you.
- Born This Week:** You are always the first to try new ventures and confront new challenges. You inspire others with your courage to follow your bold example.

MOMENTS IN TIME

- On April 17, 1882, several copies of Sheriff Pat Garrett's wildly inauthentic, fictionalized biography, *An Authentic Life of Billy the Kid*, arrive at the Library of Congress. The first full, realistic biography of William Bonney (the Kid's principal alias) was not published until 1989.
- On April 16, 1897, Frederick William Winterbotham, one of Britain's top code breakers, is born. Winterbotham would play a decisive

- role in the World War II Ultra code-breaking project, enabling MI-6 to intercept top secret messages transmitted to and between German armed forces.
- On April 14, 1912, just before midnight in the North Atlantic, the RMS Titanic fails to divert its course from an iceberg, ruptures its hull, and begins to sink. The Titanic's hull was divided into 16 presumed watertight compartments, and the ocean liner was considered unsinkable.
- On April 11, 1921, KDKA in Pittsburgh broadcasts the first live sporting event on the radio, a boxing match. Radio had been used primarily for two-way communication, but KDKA became the first licensed radio station in 1920. Months later the first Major League Baseball game was broadcast.
- On April 12, 1945, President Franklin Roosevelt dies of a cerebral hemorrhage at his home in Warm Springs, Georgia. The only man to be elected to four terms as president, Roosevelt is remembered for his New Deal social policies.
- On April 15, 1967, a massive parade to protest Vietnam War policy is

continued on page 23



FRIDAY
Mostly Cloudy
High: 82 Low: 75



SATURDAY
Sunny
High: 80 Low: 76



SUNDAY
Mostly Sunny
High: 77 Low: 70



MONDAY
Sunny
High: 78 Low: 72



TUESDAY
Sunny
High: 81 Low: 74



WEDNESDAY
Sunny
High: 80 Low: 75



THURSDAY
Sunny
High: 78 Low: 71

Redfish Pass Tides

Day	High	Low	High	Low
Fri	5:20 pm	1:12 am	None	None
Sat	6:36 pm	2:30 am	None	None
Sun	8:24 pm	3:39 am	None	None
Mon	12:35 pm	4:32 am	9:59 pm	4:05 pm
Tue	12:38 pm	5:14 am	11:08 pm	5:04 pm
Wed	12:44 pm	5:49 am	None	5:49 pm
Thu	12:05 am	6:19 am	12:53 pm	6:30 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	4:25 pm	1:14 am	None	None
Sat	5:41 pm	2:32 am	None	None
Sun	7:29 pm	3:41 am	None	None
Mon	11:40 am	4:34 am	9:04 pm	4:07 pm
Tue	11:43 am	5:16 am	10:13 pm	5:06 pm
Wed	11:49 am	5:51 am	11:10 pm	5:51 pm
Thu	11:58 am	6:21 am	None	6:32 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	7:37 am	1:08 am	5:00 pm	10:04 am
Sat	6:05 pm	2:38 am	None	None
Sun	8:45 pm	3:41 am	None	None
Mon	11:45 am	4:32 am	10:03 pm	4:08 pm
Tue	11:57 am	5:16 am	11:10 pm	5:10 pm
Wed	12:20 pm	5:55 am	None	6:01 pm
Thu	12:03 am	6:29 am	12:42 pm	6:46 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	7:30 pm	4:28 am	None	None
Sat	8:46 pm	5:46 am	None	None
Sun	10:34 pm	6:55 am	None	None
Mon	2:45 pm	7:48 am	None	7:21 pm
Tue	12:09 am	8:30 am	2:48 pm	8:20 pm
Wed	1:18 am	9:05 am	2:54 pm	9:05 pm
Thu	2:15 am	9:35 am	3:03 pm	9:46 pm

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Thank you for your generosity!

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Call (239) 334-7007 or donate online at:
harrychapinfoodbank.org

FROM THE BEACHES TO DOWNTOWN FORT MYERS

Harry Chapin Food Bank
OF SOUTHWEST FLORIDA

Blood Donations Needed

Lee Health is seeking blood donations to help replenish supply levels. Current blood supplies are critically low, and Lee Health's blood centers are in urgent need of donors.

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

All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida.

For more information on how and where to donate, visit www.leehealth.org/our-services/blood-centers.

From page 20

Moments In Time

held in New York. Police estimated that 100,000 to 125,000 people listened to speeches by Martin Luther King, Jr. and Dr. Benjamin Spock. Prior to the march, youth burned nearly 200 draft cards in Central Park.

On April 13, 1978, opening day at Yankee Stadium, the New York Yankees give away thousands of Reggie! candy bars to fans, who toss them onto the field after star outfielder Reggie Jackson homers in his first at-bat.

NOW HERE'S A TIP

- When you make a meringue, be sure to spread it all the way to the crust on all sides. If you do, it will not shrink.
- After your dishwasher has run its course, open up the door and let the dishes air dry. On cold days, there's the added bonus of humidifying the house with the steam that escapes.
- Research says that the best time of day to exercise is in the morning, but the truth is that the best time for YOU to exercise is when you will go through with it. So, try out different times of the day, and when you find one that fits, schedule it in your daily planner and block the time out at least three times per week.
- Making your own flavored yogurt is cheap and much better for you. You can avoid a lot of added sugar. Start with plain, unflavored yogurt and add: pureed fruits, toasted oats, honey, vanilla or almond extract, or plumped-up raisins (add enough hot water to cover a tablespoon of raisins and let sit for a minute or two). Yummy.
- If you stick the end of your celery

stalks in a cup of water and rocks (or in some very damp dirt), they will begin to regrow. This is a great way to have a never-ending supply of celery. You also can regrow scallions from the root end." – YLJ in Missouri

Metal shower hooks can be used in the sewing basket to hold safety pins. They can be used in a jewelry box to corral costume rings as well.

STRANGE BUT TRUE

- Maurice Sendak's beloved kids' classic *Where the Wild Things Are* was originally titled *Where the Wild Horses Are*. Why the change in title? Sendak realized he was unable to draw horses.
- Rapper Lil' Wayne originally went by the moniker "Shrimp Daddy."
- Not ones to marry in haste and repent at leisure, a Paraguayan couple set up housekeeping in 1933. After 80 years, eight children and 50 grandchildren, the 103-year-old groom finally said a formal "I do" to his 99-year-old bride.
- The prize money for winning the Monopoly World Championship is \$20,580 – the same amount of money there is in the game's bank.
- Modern students who complain about the amount of homework they're issued might well wish they'd lived in the late 1800s and early 1900s, when doctors crusaded against it because

they believed it was causing children to become wan, weak and nervous. In 1901, California even banned homework for anyone under the age of 15.

- Over a 24-year career, Roman charioteer Gaius Appuleius Diocles amassed an astonishing fortune worth 35,863,120 sesterces (an ancient Roman coin), or roughly \$15 billion in today's dollars, making him the highest-paid athlete of all time.
- In January 2021, the first commercial 3D-printed house in the U.S. went on sale for \$299,000.
- The term "rum bubble," which originated in the 16th century, referred to a thief who specialized in stealing silver tankards from inns and pubs.
- An actual "chill pill," which could even be made at home, was used in the late 1800s to remedy chills associated with a high fever.

THOUGHT FOR THE DAY

"We should live, act, and say nothing to the injury of anyone. It is not only best as a matter of principle, but it is the path to peace and honor."

– Robert E. Lee

TRIVIA TEST

- Language:** What is a demonym?
- Medical:** What's the common name of a condition called otitis externa?
- Geography:** Which large body of

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6/5 * 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

HELP WANTED

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

GARAGE SALE

GARAGE SALE
1653 Bunting Lane, Gumbo Limbo, Sanibel
April 9, 8 a.m. to 2 p.m.
Household Of Great Furniture To Sell: Sleep Sofa/ Sofa/ Leather Arm Chair And Ottaman/Glass Round Dining Table And 4 Chairs/ 2 Chest Of Drawers /Plates Glasses
4/1 * 4/8

Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB

Shore Fishing:



Don't Harm The Fish
by Capt. Matt Mitchell

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

Hold the fish in the water while you unhook it if you're going to release it.

The less you can touch a fish before release the better for the fish.

If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

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

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

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

- water lies to the south of Ukraine?
4. **Food & Drink:** Which nut is used to make marzipan?
 5. **Literature:** Who is the author of the poem "The Gift Outright," which was read at President John Kennedy's inauguration in 1961?
 6. **Measurements:** What is an octant?
 7. **Geology:** Which mineral is the softest on the Mohs Scale?
 8. **Animal Kingdom:** What is the name of a porcupine's baby?
 9. **General Knowledge:** What is the name of Barbie's younger sister, introduced in 1964?
 10. **History:** In which country did the Easter Rising take place in 1916?

TRIVIA ANSWERS

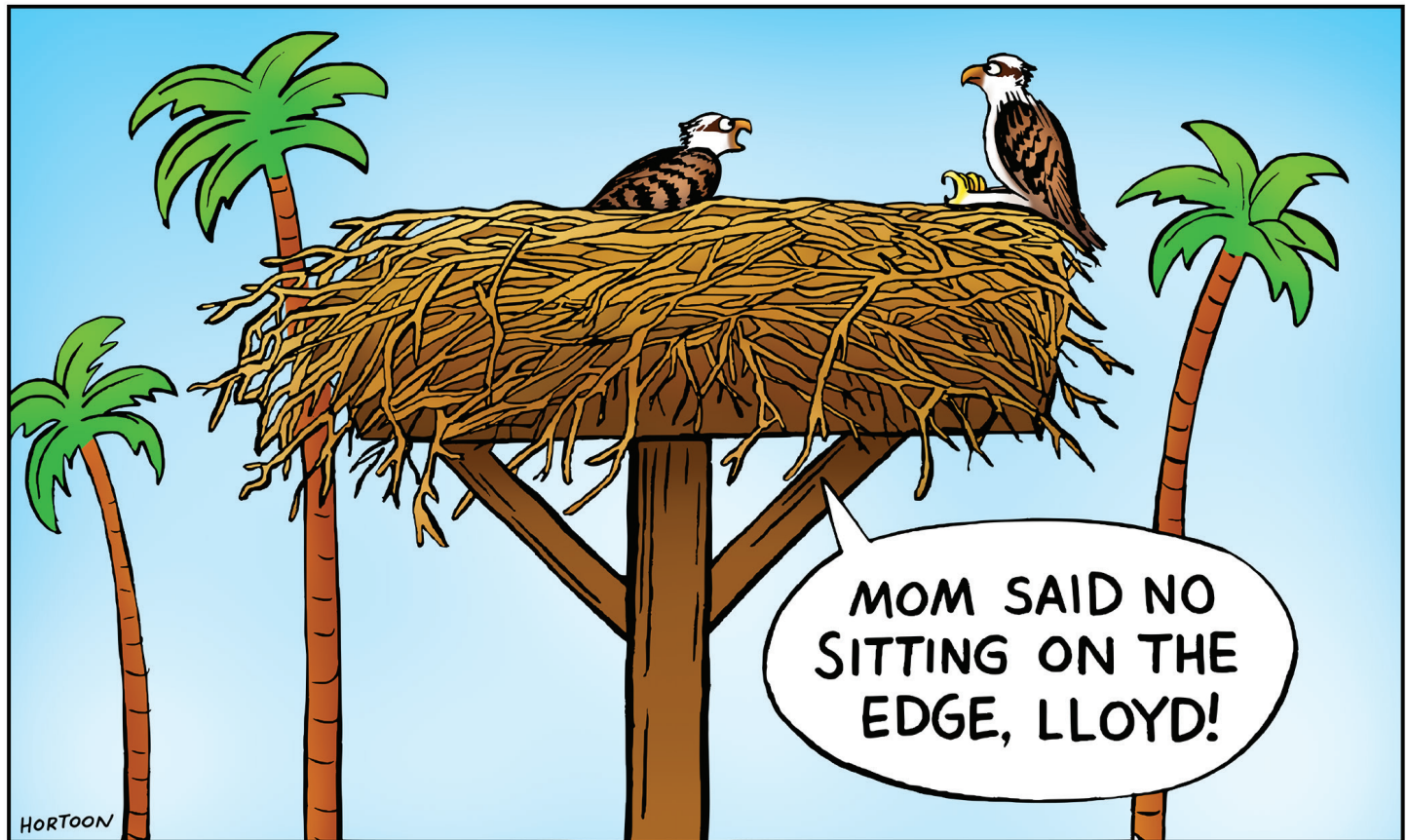
1. A term used to describe the natives or residents of a country, state or city
2. Swimmer's ear
3. Black Sea
4. Almonds
5. Robert Frost
6. One-eighth of a circle, or 45 degrees
7. Talc
8. Porcupette
9. Skipper
10. Ireland

SCRAMBLERS ANSWER

1. Cheap 2. Caster
3. Wrangle; 4. Treats

Today's Word
TEACHER

HORTOONS



PUZZLE ANSWERS

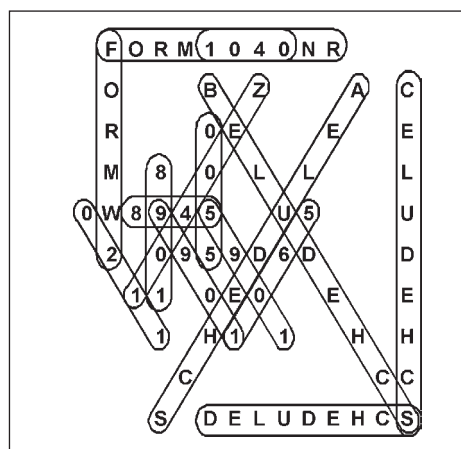
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Marina Pointe	Bonita Springs	2005	6,773	\$5,600,000	\$5,600,000	0
Richardsons O L Subd	Sanibel	2008	5,852	\$5,699,000	\$5,500,000	108
Woodlake At Bonita Bay	Bonita Springs	2022	4,373	\$3,895,000	\$3,895,000	0
Sanibel Estates	Sanibel	1987	3,538	\$3,595,000	\$3,750,000	2
Bay Woods	Bonita Springs	2017	4,343	\$3,690,000	\$3,700,000	89
Captiva Beach	Captiva	1991	3,631	\$3,395,000	\$3,395,000	14
Trevi	Miromar Lakes	2020	3,222	\$3,100,000	\$3,100,000	0
Creeside	Bonita Springs	1992	3,449	\$2,500,000	\$2,750,000	0
Buttonwood Harbor	North Fort Myers	1999	6,557	\$2,960,000	\$2,700,000	185
Riverwalk	Bonita Springs	1990	3,657	\$1,950,000	\$2,360,000	0

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