



Virtual Baby Shower Supports Wildlife Hospital

Baby season in Southwest Florida is in full swing. Each spring, the longer days and warming temperatures trigger many native animals to begin breeding and nesting. This increase in activity results in a surge in admissions to the Conservancy of Southwest Florida's von Arx Wildlife Hospital as animal admissions double during spring and summer months.

The wildlife hospital, which treats injured, sick and orphaned animals, is hosting a virtual Wildlife Hospital Baby Shower on Saturday, June 4 to help raise awareness and support for its youngest patients.

Baby shower contributors are encouraged to visit www.conservancy.org to learn about the hospital and efforts to care for over 4,300 patients per year. Donations of food, vitamins, husbandry items and household supplies, as well as monetary donations are being requested. Gifts can be donated online through the



A baby raccoon during feeding time
photo provided

Conservancy's Amazon Wish List.

"Young wild animals face many dangers that threaten their survival. While baby animals require extensive time and focus, there is nothing more rewarding

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District Honors School Nurse Of The Year

Chelsey Ralph has been named the 2022 School Nurse of the Year for the School District of Lee County. Ralph was nominated by her assistant principal at Colonial Elementary School.

"I'm completely surprised. I had no idea it was me," Ralph said. "Being a school nurse is not what I thought it would be, but it's so much more. Everything you can do for the kids is very rewarding. I love it. It's my favorite job."

As the school nurse, Ralph is committed to making sure her students' basic needs are met, and she is often their main source of healthcare. She provides daily check-ins for their health and mental wellbeing, and helps families access community resources for continued services they need or request. She even delivers a special treat to students on their birthday.

For the staff at Colonial, Ralph's impact is felt around the school. She is actively involved with the mental health



Chelsey Ralph photo provided
team, 504 team and MTSS teams. She is the "go to" person for many students' behavior plans to provide support and safety for continued learning. Her expertise and commitment prove effective on the outcome of her students and staff

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Natalie Brouwer and Matt Michael in *Broadway and Beyond*

photo provided

Red Hot Entertainment At Players Circle

Popular pianist Brian Gurl will be the featured performer in two shows at Players Circle Theatre. The shows are part of the cabaret-style entertainment being offered by the theater during the summer hiatus.

First up is *Red Hot Cabaret*, featuring music from Gershwin to Puccini to Celtic rock. Gurl will be joined by vocalist Michelle Pruyne and violinist Carlan Evans. The show runs Friday to Sunday,

May 27 to 29.

Broadway & Beyond features theater favorites Natalie Brouwer and Matt Michael, along with Gurl. This program provides a musical smorgasbord of Broadway now and then – as well as patriotic songs. The show is scheduled for Friday to Sunday, July 1 to 3.

Tickets are \$25 and \$35. Box office hours are Monday through Saturday from 10 a.m. to 2 p.m. All other times, leave a message.

Players Circle Theatre is located within The Shell Factory at 16554 North Cleveland Avenue in North Fort Myers. For tickets, visit www.playerscircletheater.com or call 800-3292.*

Rare Orchids Donated To Estates



Edison and Ford Winter Estates CEO Mike Flanders receiving orchids from Robert Riefer of University of Florida, Institute of Food and Agricultural Sciences photo provided

At the recent Grow Fort Myers event, Robert Riefer with University of Florida, Institute of Food and Agricultural Sciences presented several rare Florida native orchids to Mike Flanders, Edison and Ford Winter Estates CEO. The orchids donated include the *Trichocentrum undulatum* (Spotted Mule Ear), *Vanilla dilloniana* (Leafless Orchid) and *Oncidium ensatum* (Dancing Lady). These orchids are now part of the estates' collection in conjunction with the

Million Orchid Project (MOP) and will be propagated to conserve the endangered species.

The MOP is the nation's largest educational outreach program dedicated to orchid conservation. The project's goal is to eventually reestablish one million native orchids. This conservation program is necessary because orchids were among Florida's first natural resources to be exploited. In the late 1880s, orchids were

continued on page 4

Historic Downtown Fort Myers, Then And Now:

Second And Royal Palm, 1914



by Gerri Reaves, PhD

In 1914, a photographer stood in front of Austin E. and Elizabeth Butler’s Second Street home and snapped this photo of the Royal Palm intersection. Visible is Hill & Co. Garage (far left under palm frond). Continuing to the right are the new red-brick Gwynne High School and the First Presbyterian Church on the corners. Hill & Co. was one of the town’s first modern gas stations and garages and was constructed in 1910 of sculptured hollow concrete blocks. The gasoline pump consisted of a hand-powered turn-crank pump. That building is the only one in the historic photo that still stands.

The new school had opened in 1914 to accommodate the overflow at the nearby Gwynne Institute, which had opened in 1911. However, the new school wasn’t a high school for long, because a new one was constructed at Royal Palm and Thompson (on the site of today’s Lee County Constitutional Complex) in 1921. Then, the red-brick school was converted into a junior high and later a middle school. In 1950, it was sold and became the Crescent Building, housing businesses and offices. It was also painted light green, to the distress of some locals. It was demolished in 1975 and became a parking lot, as it remains today. New plans are underway for the site, but not much will change if plans are fulfilled. It will become yet another parking lot – but this time for a six-story, 100-guest-room hotel to be built across Second Street.

As for the Presbyterian church, the historic photo depicts its first permanent building, which was dedicated March 24, 1912. The church had been formally organized 11 years earlier, when the congregation was using the Baptist Church. In those days, few church sanctuaries existed and spaces were often shared. They didn’t buy the building shown in the photo until 1911, becoming its third



This 1914 photo shows Second Street and Royal Palm Avenue. Pictured are the Hill & Co. Garage (far left), the new brick Gwynne High School and the First Presbyterian Church (right). photo courtesy Florida State Archives



Only the former Hill & Co. Garage remains from 1914 (far left obscured by trees). The school site has long been a parking lot and redevelopment plans continue that fate. The church survives as an institution but in newer buildings. photo by Gerri Reaves

owner. The sanctuary had been built circa 1882 by the First Methodist Church and was purchased by a Holiness Band of worshippers in 1904 after the Methodists decided to build a new sanctuary at First and Royal Palm. The Holiness group disassembled it then reassembled it near the site shown in the historic photo. When that group disbanded in 1910, the Presbyterians began to use the church, courtesy of owner Robert A. Henderson. Serious fundraising and plans ensued to secure the Presbyterians’ future. The following year, Carl F. Roberts, who owned the church site, was developing and opening Royal Palm Avenue. The Presbyterians bought the old Methodist/Holiness Church with the agreement that Roberts would also move the building a short distance to the corner pictured here. By the time the historic photo was taken, the church had been extensively remodeled and refurbished. While the church survives as an institution and on the same site, new buildings are now there. Walk to Second and Royal Palm and compare today’s scene to that of 1914, when a new brick high school was the pride of the town. Then visit the following two research centers to learn more about the evolution of the intersection at Second and Royal Palm. 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 Fort Myers Press, and The Story of Fort Myers by Karl H. Grismer.✧

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Cyclists celebrate after the end of their race

photo provided

Cancer Ride Sees Record-Breaking Number Of Riders

The Pan-Florida Challenge, which is on a mission to prevent and fight cancer, starting in childhood, recently hosted the 2022 Pan-Florida Challenge Cancer Ride. The event drew 200 participants from across the U.S. and Canada, an increase of 47 percent. Proceeds from the annual ride and associated fundraising go directly to supporting Pan-Florida Challenge's

mission to fund cancer prevention research and education programs while providing cancer-fighting food to undernourished children across the state of Florida. "We are so grateful to our riders, board members, sponsors and everyone who has helped support our mission by donating, volunteering or riding to make this possible," said Jeri Goetz, executive director at Pan-Florida Challenge. "What a wonderful day spent riding in the beautiful Florida surroundings with people who share our mission of cancer prevention." New riders made up 75 percent of

participants supporting the mission. The race featured 30-mile, 62-mile, 100-mile and 200-mile cyclists that were treated to an arrival meal, entertainment and a finishers medal. Planning for the 2023 event has begun. The ride offers cyclists of all skill levels an exciting opportunity to support cancer research and prevention. All funds raised by riders will go directly to supporting cancer prevention research and providing underprivileged children with nutritious cancer-fighting food. Malnutrition has been shown to increase

the risk of developing cancer later in life, and Pan-Florida Challenge is working to provide children with the food needed to set up the foundation for a healthy future. In addition, Pan-Florida Challenge partners with organizations, such as Moffitt Cancer Center, to fund cancer prevention research and support for cancer patients of all ages and their families. To learn more about Pan-Florida Challenge's upcoming events, including the 2023 Cancer Ride, visit www.panfloridachallenge.org.

Free Admission At History And Science Center

Due to its participation in the National Blue Star Museums Program, the IMAG History & Science Center will provide free admission for the nation's active-duty military personnel and their families this summer from Armed Forces Day, May 21, through Labor Day, September 5. Free admission includes those currently serving in the Army, Navy, Air Force, Marine Corps and Coast Guard as well as members of the Reserves, National Guard, U.S. Public Health Commissioned Corps and NOAA Commissioned Corps. Accompanying active-duty military, admission is also free for up to five family members.

"Our museum and staff are pleased to be part of Blue Star Museums and its national appreciation program as a way of thanking our nation's active-duty military personnel for their service," said Matt Johnson, executive director of the IMAG History & Science Center. "We are honored to have them and their families as our guests this summer." Blue Star Museums is a collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense and participating museums across America. This year's Blue Star participants include fine art, science, history and children's museums as well as zoos, aquariums and gardens. For a complete list of participating museums, visit www.arts.gov/bluestarmuseums. The IMAG History & Science Center is located at 2000 Cranford Avenue in Fort Myers. For more information, visit theimag.org or call 243-0043.



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Fort Myers Art:

Encore Showing Of Koreshans Documentary



by Tom Hall
The Fort Myers Film Festival (FMff) screened *The Koreshans: Legends and Legacies of Estero's Urban Pioneers* outside on the lawn at the Edison Ford Winter

Estates on April 22. Now, by popular demand, FMff will show the Ilene Safron/Main Sail Video Productions documentary a second time at 5:30 p.m. on Sunday, May 22 as part of the closing awards ceremony in the Sidney & Berne Davis Art Center.

Viewers will learn a lot about the Koreshans in this expertly crafted documentary, which presents a series of re-enactments, 3D animations, breathtaking drone-made aerials and interviews with contemporary scholars. Over the course of the 20-minute film, viewers will learn how the Koreshans brought culture and industry to Southwest Florida in the late 19th century. Not only did the Koreshans organize one of the first symphony

orchestras in the state, they operated nearly 30 businesses, including a machine shop, general store, bakery, post office and school. But they were perhaps better known for treating women as equals and extending voting rights to them long before passage of the 19th Amendment to the U.S. Constitution. The film also explains the connection between the Edisons, Fords and the Koreshan settlement.

"The recent population explosion in Estero adds merit to a revival of curiosity in the settlers who arrived before them," said director/photographer Ilene Safron. "Anyone who takes the time to discover the beauty and history of the land that is

now Koreshan State Park is in for a real treat. It's been 15 years since the last time a documentary was produced about the Koreshans, and there's lots of new twists and turns, with a 21st century perspective to the story, to report. Fortunately, many scenes found around Estero Bay and Koreshan State Park remain the same way the Koreshans first found them."

The documentary is the latest film created by Safron, a videographer and photographer. In case the name is new to you, she is president and owner of Main Sail Video Productions, Inc. Many Southwest Florida residents and visitors know Safron as the creative force behind *Fort Myers, City of*

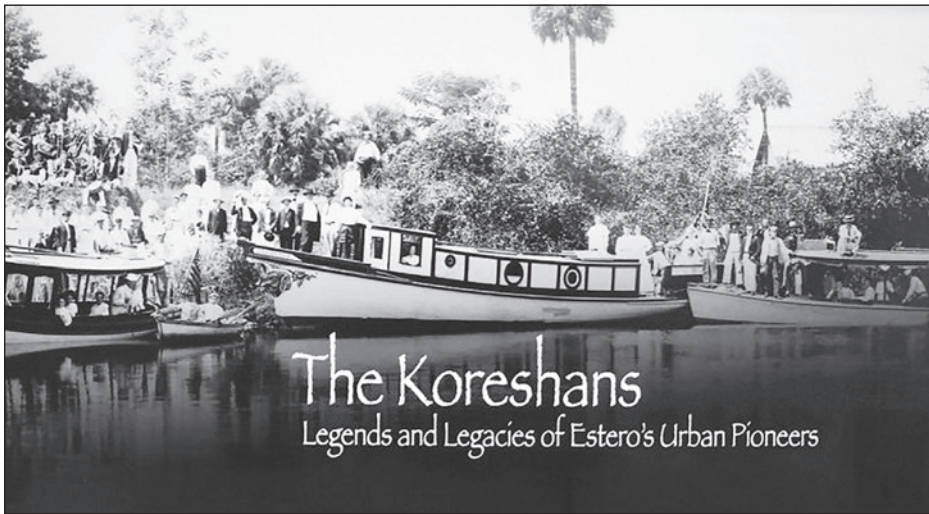


image courtesy www.artswfl.com

Palms – A Contemporary Portrait, a beautifully lensed coffee table book that features her images coupled with lyrical commentary by Amy Bennett Williams.

Mayor Randy Henderson got the idea of doing a coffee table book promoting Fort Myers while attending the United States Conference of Mayors. That's where he also met representatives of publisher HPN Books. Because they are based in San Antonio, Texas, they asked the mayor to recommend someone locally who could assist with site selection and set up shoots. One name came immediately to mind. When HPN discovered Safron's credentials, they engaged her to do the photography for them. And the rest, as the saying goes, is history.

Since completing the book, Safron has written and directed two other documentaries. The first is *A Tale of Two Halrims*, which debuted at the 9th annual Fort Myers Film Festival. The second is *Preservation Forever*, a 10-minute film that looks back at the history of preserving the Edison & Ford Winter Estates through the eyes of Sam Galloway, Jr., which made its debut during the 11th annual Fort Myers Film Festival.

*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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Taste Of The Beach Awards

The Fort Myers Beach Chamber of Commerce's 26th annual Taste of the Beach featured food truck-style restaurant fare, gift and promotional vendors, a beer garden, a server competition and live music. Local restaurants served samples of their best signature dishes for purchase and competed for the coveted Taste of the Beach awards. The food festival was sponsored by Henderson, Franklin, Starnes & Holt, PA.

Parrot Key Caribbean Grill captured the People's Choice award and also won for the Best Decorated Booth. Sunset Beach Tropical Grill took top Best Appetizer honors for Crab Cakes and Best Meat Dish for Surf and Turf. The Rude Shrimp Company won Best Chicken Dish with Garlic Shcichimi Chicken and Best Seafood Dish for Shrimp Tacos. Pirate's Stove secured Best Vegetarian Dish with Corn on a Stick, while Yucatan Beach Stand's Key Lime Pie came in first place for Best Dessert.

The server competition, sponsored by Your CBD Store, pitted server teams from local restaurants for the coveted Best Server Team award. This year's winner was Parrot Key Caribbean Grill with Shrimp Dock and Doc Ford's taking second and third place, respectively.

Thanks go to this year's hosts:

Shrimp Dock Bar & Grill at Salty Sam's Marina for providing the event venue. Other sponsors were Henderson, Franklin, Starnes & Holt, PA; Your CBD Store; Sung Harbor Restaurant; The Salty Crab; Bella Inc.; Fred's Award World; The Financial Wellness Club for Busy Moms; Team Swanbeck of Keller Williams Realty; Gavin's ACE Hardware; Island Carts; and Waste Management.

For more information, call 454-7500, email events@fmbchamber.com or visit www.tasteoffmb.com*

From page 1

Rare Orchids

removed from the wild and sold as potted plants throughout northern flower shops. Today, the native orchids exist in such small numbers that many are endangered.

The estates are home to hundreds of orchids, some of which have been growing on the property since Mina and Thomas Edison called the place home. The orchid was Mina Edison's favorite flower; she attached the plants to trees so that they could grow as they did in the wild. Today, horticulturists continue to attach orchids to trees throughout the site. Tours are offered daily and specialty garden tours are available by appointment through the horticulture department.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, visit www.edisonford.org.

STEM-Based Summer Camps



Student bubbleers

photo provided

STEMLab at Miromar Outlets in Estero is offering Camp IMAG Summer Camps where students learn and have fun with a variety of topics ranging from science, technology, engineering and math. Camps are designed for rising third through fifth grade students beginning the week of June 6 through the week of August 8.

Camp IMAG Summer Camps at the STEMLab offer campers inspiring weekly themed sessions that include Rocket Scientists, Wizard School, Critter Keepers, Build-a-Bot, Mini Makers, Jedi Academy and Backyard Scientists. In addition to hands-on activities, games, arts and crafts, each camp offers the IMAG experience weekly with museum explorations at the IMAG History & Science Center of Fort Myers to include science shows, live animal encounters and touch-tank experiences to inspire the imagination and encourage a lifelong love of learning with campers.

Inspired by the IMAG center, STEMLab is a new, vibrant and imaginative space designed for the whole family and especially for summer

campers to enrich their experiences and understanding of STEM education. Early registration is suggested since space is limited.

In addition to the sessions offered at STEMLab in Estero, Camp IMAG is also available at the IMAG center and select elementary schools in the area.

STEMLab is located within Miromar Outlets at 10801 Corkscrew Road Suite 192 in Estero. For a complete list of Camp IMAG camps, locations and registration, visit www.theimag.org or call 243-0043.✱

Kiwanis Coupon Book Available

The Fort Myers Metro-McGregor Kiwanis has recruited 40 local restaurants in Lee County to offer dining discounts in its Delicious Dining Discount coupon book for \$25. Most discounts are valid now through November 15.

Now in its 14th year, the coupon book is the club's largest fundraiser with all profits going back to help local children and the local community. Typically, the coupon is "buy one entrée, get one of equal or lesser value, with the purchase of two beverages," but some restrictions may be applied depending on the restaurant. Each coupon can only be redeemed one time.

"There has never been a better time to support our local restaurants," said Kiwanis Treasurer and Dining Book Chair Todd Adams.

For a listing of the restaurants featured in the coupon book, visit <https://k10014.site.kiwanis.org/dining-books>.

To purchase a coupon book, visit one of the following locations:
Bennett Chiropractic, 7130 Estero Boulevard Suite #1, Fort Myers Beach;
Cape Coral Chamber of Commerce, 2051 Cape Coral Parkway East, Cape Coral;

Cozette Salon, 16731 McGregor Boulevard, Suite #113, Fort Myers;

Fort Myers Beach Chamber of Commerce, 2450 Estero Boulevard, Fort Myers Beach;

Gavin's Ace Hardware, 16025 San Carlos Boulevard, Fort Myers;

Gavin's Ace Hardware, 290 Nicholas Parkway NW, Cape Coral;

Kiwanis Fort Myers Beach Thrift Store, 11050 Summerlin Square Drive, Fort Myers Beach;

My Pack & Ship, 15271 McGregor Boulevard, Suite #160, Fort Myers; and

The UPS Store, 16970 San Carlos Boulevard, Suite #160, Fort Myers;

The book can be purchased online through the Fort Myers Beach Chamber of Commerce website for \$29 at <https://www.fortmyersbeach.org/product/bogo> or by mail by making \$25 checks payable to Fort Myers Metro-McGregor Kiwanis, P.O. Box 61104, Fort Myers, FL 33906-1104. This cost includes mailing.

For more information, email discountdining@metro-mcgregor.com or visit <https://k10014.site.kiwanis.org/dining-books>.✱

Elks Lodge To Honor Veterans

Fort Myers Elks Lodge #1288 will be hosting some 50 veterans and their spouses for dinner on Saturday, May 21. In addition to dinner, there will be an honor guard and guest speakers. All proceeds will benefit Hearts and Homes for Veterans.

Hearts and Homes for Veterans, a non-profit corporation created to support veterans and their families who find themselves without the necessities

of everyday life, will search and screen the area for deserving invitees.

Fort Myers Elks Lodge #1288 is located in the Riverview Place Building at 2180 West First Street, Suite 320, in Fort Myers. For more information, call 278-1355.✱

Gulf Coast Writers To Meet

The Gulf Coast Writers Association will hold a meeting at Word of Life Church on Saturday, May 21 from 10 a.m. to noon.

The guest speaker will be author and world traveler DJ Kristoff, who will take participants on an adventure through her writing. First time guests are always free.

Word of Life Church is located at 6111 South Pointe Boulevard in Fort Myers. For more information, visit www.gulfwriters.org or call 1-770-906-7885.✱

College Graduate

Shikha Parekh of Fort Myers recently graduated from University of the Cumberlands in Williamsburg, Kentucky. Parekh received a master of science in information systems security.✱



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From left, Men's Team Flight Winners Bill Perrie, Scott Hinds and Dick Dyson
photos provided

Funds Raised For Heights Center

The Craig Scott Memorial Tournament at The Shell Point Golf Club benefitted The Heights Center Early Learning Program and raised \$50,000. The organization supports 85 children from birth through age 4.

The 8th annual tournament was renamed this year in honor of Scott, a long-time board member and supporter of



From left, Women's Team Flight Winners Shirley Levine, Molly Barbee and Jane Majeski

Heights Early Learning (formerly GLAD Kids). A part of The Heights Foundation/The Heights Center family, Heights Early Learning's mission is to ensure low-income families have quality, affordable childcare.

Presenting sponsors were The Masiello Family Foundation, Healing Heart Giving Fund and Entech. Additional sponsors included TEOC Energy, ADVENTURE, FineMark National Bank & Trust, First Horizon Foundation, Golisano Children's Hospital of Southwest Florida, Charles and Nancy Roach and The Sanibel Captiva

Trust Company.

The men's team flight winners were Adam Hinds, Scott Hinds, Bill Perrie and Dick Dyson. The ladies team flight winners were Jane Majeski, Shirley Levine, Sheridan Snell and Molly Barbee. The coed team flight winners were Christopher Lopez, Jason Wilhite, Ross Metzger and Leah Valenti.

Heights Early Learning is located at 15570 Hagie Drive in Fort Myers 33908. For more information, call 482-7706 or visit www.heightsfoundation.org.

U.S. Coast Guard Auxiliary Breakfast

Get to know the missions of the U.S. Coast Guard Auxiliary and the U.S. Coast Guard Auxiliary during a breakfast gathering at Bonita Bill's Waterfront Café on Monday, May 23 from 7:30 to 9 a.m. The event is a part of National Safe Boating Week.

Representatives from the two units will be available to answer questions about search and rescue, missions, facilities, training and capabilities. Free admission to the first 25 people to register. Afterwards, there will be a \$10 donation to cover the cost of the food. Space is limited. Register online at www.aux91fmb.org/breakfast

The Safe Boating Campaign is a worldwide effort focused on responsible boating led by the National Safe Boating Council with support from boating safety advocates around the world.

Bonita Bill's Waterfront Café is located

at 702 Fisherman's Wharf on San Carlos Island. For more information, visit www.cgaux.org.

Boating Safety Class Offered

U.S. Coast Guard Auxiliary is offering the one-day Boat America class at the Pine Ridge Community Center on Saturday, May 21 from 9 a.m. to 4 p.m.

This beginner boating class will provide the novice recreational boater with the knowledge needed to obtain the FWC safety certification. Many boat insurance companies will offer discounts on boating insurance to boaters who successfully complete the Boat America class.

The class presenters are trained professionals of the U.S. Coast Guard Auxiliary who facilitate the sharing of experiences and relate courseware to the local area. Participants learn the importance of life jackets, reducing risks, being prepared and exercising good judgment.

Unlike online classes, this program offers student interaction, shared perspectives and local area knowledge. Cost is \$45 per person and includes study material. Advance registration is required, by phone at 690-6780 option 1 or online at www.aux91fmb.org/safeboatin.

The Pine Ridge Community Center is located at 15660 Pine Ridge Road in Fort Myers. For more information, visit www.cgaux.org.

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.

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

REDEEMER CHURCH

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

CYPRESS LAKE PRESBYTERIAN

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

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

FAITH UNITED METHODIST

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511.

FORT MYERS CHRISTIAN CHURCH

Sunday 10:30 a.m., 5916 Winkler Road, 437-4330.

FORT MYERS CONGREGATIONAL

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

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

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

LAMB OF GOD

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

NEW HOPE PRESBYTERIAN

Sunday 8, 9:30 and 11 a.m., www.newhopefortmyers.org, 10051 Plantation Road, 274-1230.

PEACE COMMUNITY

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

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.

SAMUDRABADRA BUDDHIST CENTER

Meditation classes. www.MeditationInFortMyers.org, 567-9739.

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 2157 Cleveland Avenue, 334-2161.

SAINT JOHN THE APOSTLE

METROPOLITAN
Sunday 10 a.m., 3049 McGregor Boulevard, 344-0012.

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., www.saintnicholasmonast

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

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETH EL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

Friday 6:30 p.m. and Saturday 9 a.m., www.tjswfl.org, 14486 A&W Bulb Road, 433-0201.

THE FAITH CENTER

Sunday 9 and 10:30 a.m., Thursday 7:15 p.m., 17650 South Tamiami Trail, Suite 212, 278-3638.

THOMAS A. EDISON CONGREGATIONAL

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

UNITARIAN UNIVERSALIST

Sunday 10:30 a.m., www.uucf.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 spurred butterfly pea
photos by Gerri Reaves



Native hairy cowpea

size and shape and sometimes color.

The banner, or standard, is a large lobed petal at the top of the flower.

The wings are a pair of petals below the banner.

The keel is the fusion of the wings that creates a longitudinal ridge named for the resemblance to a boat's keel. It encloses the male and female parts.

This structure's similarity to a butterfly endows pea flowers with the name *papilionaceous*, derived from the Latin word for butterfly.

Another challenge to identifying members of the pea family is the existence of two other subfamilies.

One has variable flowers that are usually zygomorphic or at least asymmetric. However, they lack the banner, wings and keel. Native partridge pea (*Chamaecrista fasciculata*) is one example.

The other group has actinomorphic flowers that are usually round, or

globose, and can be split into more than two identical parts. Native sunshine mimosa (*Mimosa strigillosa*), a popular groundcover, for example, has that structure.

South Florida's landscape gives you

plenty of opportunities to familiarize yourself with this vast family with such a humble name.

Source: <https://www.nrcs.usda.gov>.
Plant Smart explores the diverse flora of South Florida.✧

Webinars On Shorebird Conservation

The Florida Fish and Wildlife Conservation Commission (FWC) is seeking input on draft species conservation measures and permitting guidelines for four species included in Florida's Imperiled Species Management Plan: American oystercatchers, snowy plovers, least terns and black skimmers.

Species conservation measures and permitting guidelines are intended to provide information on rule requirements as they relate to permitting. They also provide information on species range, survey methodology and voluntary practices that can benefit the species.

Key information included in the guidelines will be presented at two remaining public webinars, where participants will also have the opportunity to ask questions. Each webinar will offer the same information, and participation will require access to a computer or access to a telephone for audio-only access. Webinars are scheduled for Monday, May 23 from 2 to 3 p.m. and Tuesday, May

24 from 6:30 to 7:30 p.m.

A PDF copy of the presentation can be accessed at www.myfwc.com/speciesguidelines. Information on how to join the webinars is available at www.myfwc.com/media/29347/ibnb-webinar.pdf.✧

Florida Rep Summer Camp

Florida Repertory Education will host a two-week musical theatre intensive.

Students ages 9-18 are invited to attend the summer camp programs planned in June and July.

Summer program offerings include:

Footloose – youth performers edition that begins June 13; Disney's *The Little Mermaid Jr.* that begins June 27; and *Shrek The Musical Jr.* which begins July 11. All camp productions will be performed in the Historic Arcade Theatre.

Tuition is \$435 with payment plans and sibling discounts available.

Florida Repertory Theatre is located at 2268 Bay Street in downtown Fort Myers. For more information, call 332-4488 or visit www.floridarepeducation.org.✧

Plant Smart

Banners, Wings And Keels

by Gerri Reaves

If you run across a flower structure similar to the ones shown here, you'll have narrowed the identification to the pea family.

That's at least a start, but bear in mind that there are 19,000 known species in the family, many of which occur in Florida.

Pea is one of the most numerous of flowering plant families, after the orchid and aster, and contains three subfamilies.

The best known is the classic pea-flower look. Overall, that structure is bilaterally symmetrical, meaning that splitting it in half vertically results in two mirror images.

Another term for that type of flower structure is zygomorphic, having one plane of symmetry.

However, even this classic structure is replete with variety, as these photos illustrate.

Pea flowers have five petals that vary in

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Options And More Options



by Capt. Matt Mitchell

During the month of May, many fisherman are so focused on tarpon that when you mix it up and go after snook, redfish and trout, there has been little to no

boat pressure. For a few trips last week, I got to switch it up and was extremely happy with the results. With our water temperatures hanging in the lower 80s, its been hard to go wrong.

Trout fishing remains as good as we have seen in years. Shallow flats in the two to four foot range that have that magical salt and pepper looking appearance have been loaded up. One area I spent some time at was the Buck Key flats. Although this is a huge area, during clean clear water conditions you can easily locate this grass and sand bottom that trout just gravitate to. Although I've been doing most of my trout fishing on free-lined live shiners, both soft plastics and twitch baits will get it done too.

Snook are on that annual move to the passes and beaches as they spawn this time of year. I'm still catching these fish anywhere from the mouths of mangrove creeks all the way out to snags on the



Jay with a quality redfish to finish up a slam he had while fishing with Capt. Matt Mitchell this week photo provided

beach. No matter where you choose to fish for them, a moving current is the most important factor. Pass fishing has heated up along with oyster bar fishing during high water periods also a good choice. Of all the species we catch, our snook fishing has produced the best numbers and action.

Redfish fishing in the middle to southern sound has been a little bit hit or miss, while anglers in the northern sound have been doing really well. When I have had clients who specifically want redfish, I've make the run to Demere Key north to Bookelia. Oyster bars in the south end of Matlacha Pass have been holding some quality redfish along with creek mouths feeding "Ding" Darling. We ran into redfish laid out from shallow mangrove islands several times this week while targeting areas for trout.

The variety our fishery offers anglers is second to none. Along with the above species I mentioned this week, we also caught flounder, snapper and jacks. When conditions just don't make tarpon fishing a viable choice, I can't think of a better place to go bend a rod on a crazy amount of other species. June is always the start of more predictable light wind pattern and by far a better month to tarpon fish than unpredictable May.

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

From page 1

Baby Shower

than raising young wild animal babies and giving them a chance to return to the wild," said Joanna Fitzgerald, director of the wildlife hospital. "The Wildlife Hospital Baby Shower is a unique opportunity to showcase how we're providing the best care possible while helping community members learn how they can help."

The gift registry is listed online at www.conservancy.org/babyshower.

Conservancy of Southwest Florida is located at 1495 Smith Preserve Way in Naples. As a 501(c)3 nonprofit organization, the conservancy relies on donations to provide items that are essential to patient care, ranging from food and medicine to medical equipment and cleaning supplies.

CAPT. MATT MITCHELL



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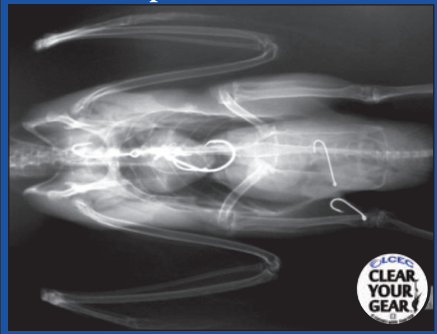
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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Yellow-Billed Cuckoo



by Bob Petcher

The yellow-billed cuckoo (*Coccyzus americanus*) is a slender bird with a long tail and a long, yellowish bill. Its color features above are brown, while it has a white neck, chest and belly.

You may also distinguish it by large white spots on the underside of its tail.

Yellow-billed cuckoos try to stay hidden, but their guttural calls are distinctive and can give their locations away if not too careful.

Cuckoos are known to forage for caterpillars and are one of the few bird species to dine on the hairy insects that are in the larval stage of a moth or butterfly.

At CROW, an adult yellow-billed cuckoo was admitted from Cape Coral after being found unable to fly. During examination, the bird was severely dehydrated and emaciated with depressed mental activity, general weakness, eye swelling and feather loss on the head.

"Although we don't know for sure what happened, we can assume the



Patient #22-2319 had a laundry list of ailments upon admittance but is improving while being closely monitored

photo by Haillie Mesics

injuries were caused by blunt force trauma such as being hit by a vehicle or flying into a window," said Dr. Robin Bast, CROW staff veterinarian.

X-rays revealed a right clavicle fracture and some lung bruising.

"Luckily for this bird, this type of fracture doesn't require surgery. If the wing can be held in a normal position, it can heal just with strict cage rest," said Dr. Bast. "If the bird has a significant wing droop or is very active, we can place a body wrap, which keeps the wing on the affected side resting against the body, preventing movement in the

shoulder girdle and allowing the clavicle fracture to heal."

An update on the patient's other injuries was also provided.

"This patient is quiet but alert... some improvement from intake where it had a dull 'stunned' mentation," said Dr. Bast. "The swelling around the eye has decreased with anti-inflammatory medication. Feathers on the top of the head will take a while to grow back, but due to their location aren't required to be fully grown back in prior to release like wing or tail feathers would."

The patient's bruised lungs appear to

be improving.

"Pulmonary contusions are a common sequela to blunt force trauma, and it is slow bleeding into the lungs as a result of the impact. Like any contusion or bruise, they tend to get worse over the first couple days before they start to resolve," Dr. Bast said. "We support these patients with supplemental oxygen and pain medication, and monitor to ensure no secondary infections develop."

The patient was given medications and will continue to be closely monitored under supportive care.

"It is cage-resting while its fracture heals, and it is receiving pain medications to keep it comfortable. It is also receiving nutritional support through tube-feedings as needed to supplement calories as this bird isn't eating well on its own yet," said Dr. Bast. "In a small bird like this and with a relatively simple fracture, the bone itself should be callused around two and a half to three weeks. At that point, the bird will be moved to a small outdoor enclosure to do its own physical therapy and recondition its flight muscles."

"If there are no complications, we expect this bird to be released within the next four to five weeks."

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



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Winning wahoo artwork by Juliana Sessum from the grades 10 through 12 category
photo provided

Winners Of Florida State Fish Art Contest

The Florida Fish and Wildlife Conservation Commission (FWC), in partnership with Wildlife Forever, recently announced the winners of the annual Florida State Fish Art Contest. Students in kindergarten (K) through 12th grade submitted their artwork in this free contest for a chance to win state and national honors as well as prizes. The program inspires creativity while encouraging the next generation of anglers and conservationists.

The top three students in four grade categories, selected by the FWC, will advance to the national competition to be judged for top prizes such as the Best of

Show. They are as follows:

Grades 10 through 12: 1. Juliana Sessum; 2. Tida Bagby; 3. Sara Grant
Grades 7 through 9: 1. Lauren Hayes; 2. Lola Hathorne; 3. Isabella Blanco
Grades 4 through 6: 1. Hailey Chen; 2. Alyssa Rose Bradley; 3. Channing Li
Grades K through 3: 1. Trent Cardinal; 2. Piper Harcup; 3. Yanrong Zhuang

"We are always amazed by how each student's passion shines through their artwork of fresh and saltwater species. Congratulations to these talented winners," said FWC Commissioner Sonya Rood. "Encouraging creativity through this wonderful competition is a great way to engage youth in fishing and conservation."

Learn more about Florida fish and how you can become an angler at www.myfwc.com/fishing.

Proposed Changes For Redfish Harvest

The Florida Fish and Wildlife Conservation Commission (FWC) approved proposed management regions and regulation changes for redfish in state waters. The changes would:

Modify the redfish management regions;

Prohibit captain and crew from retaining a bag limit when on a for-hire trip;

Reduce the off-the-water transport limit from six to four fish per person;

Increase the bag limit for the Big Bend region from one to two fish per person;

Reduce the eight-fish vessel limit in the Panhandle, Big Bend, Northeast proposed management regions to four fish; and Tampa Bay, Sarasota Bay, Charlotte Harbor, Southwest, Southeast proposed management regions two fish;

Allow only catch-and-release fishing for redfish in the Indian River Lagoon region.

Staff plans to continue to gather input on the proposed rules and will return to the FWC for a final rule hearing later this year.

The modification of redfish management regions and regulations, as part of the new management approach, will better capture regional differences and improve angler satisfaction.

For more information, including the May presentation, visit www.myfwc.com/commission and click on "Commission Meetings." For current recreational redfish regulations, visit www.myfwc.com/marine and click on "Recreational Regulations" and "Redfish." This page will be updated with the new regulations when they take effect.

New Cobia Regulations

The Florida Fish and Wildlife Conservation Commission (FWC) approved regulation changes for cobia in state waters.

Changes effective July 1 include:
Increasing the minimum size limit from 33 inches to 36 inches fork length for all

state waters;

Reducing the commercial bag limit from two to one fish per harvester per day for Atlantic state waters; and

Reducing the recreational and commercial vessel limit from six to two fish per vessel per day for Atlantic state waters.

These changes are consistent with pending regulations in Gulf of Mexico and Atlantic federal waters.

A recent stock assessment determined the cobia stock is undergoing overfishing and, as a result, reductions in current harvest are needed. These changes for commercial and recreational harvesters in state and federal waters are necessary to end overfishing, improve stock abundance and ensure future cobia fishing opportunities.

For current recreational cobia regulations, visit www.myfwc.com/marine and click on "Recreational Regulations" and "Cobia." This page will be updated with the new regulations when they take effect.

Dean's List

Ethan Craddock of Fort Myers was named to the dean's list during the spring 2022 semester at Bob Jones University in Greenville, South Carolina.

Craddock is a freshman business administration major. The dean's list recognizes students who earn a 3.00 to 3.74 grade point average during the semester.

New Members In Honor Society

Oliver Watson and Kira Zautcke, both from Fort Myers, recently were initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective collegiate honor society for all academic disciplines.

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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Researchers Study Airborne Algal Bloom Toxins

Using the most sensitive technology available for detecting harmful algal bloom (HAB) toxins, the Calusa Waterkeeper (CWK) research team started airborne toxin monitoring in July 2021 at eight locations in Lee County. Samples were collected with the use of a monitoring device designed and optimized from the ground up, incorporating elements of other design components from the published record and suggestions from leading toxin researchers Dr. James Haney at University of New Hampshire and Dr. Michael Parsons at Florida Gulf Coast University. The team made up of PhD scientists and engineers constructed an aerosol sampling device labeled Airborne Detection for Algae Monitoring (ADAM), in the process to be patented.

Aerosol and associated on-site water samples were analyzed for eight different HAB toxins resulting in 945 separate air or water analyses by the not-for-profit Brain Chemistry Labs (BCL) scientists Dr. James Metcalf, Dr. Sandra Banack and Dr. Paul Alan Cox at their Jackson Hole, Wyoming laboratories. The internationally acclaimed team at BCL is no stranger to HABs, having published many peer-reviewed research papers relating to harmful algal blooms and their toxins, including published research on the 2016 and 2018 HABs in south Florida.

Results from the initial July to November sampling period showed detection of toxins in both water and airborne samples. While most samples resulted in no detection for the eight toxins monitored, two airborne toxins, anatoxin-a, was detected at Matlacha and brevetoxin at North Fort Myers. Furthermore, two toxins, DAB and AEG, which are related to the beta-Methylamino-L-alanine (BMAA) neurotoxin, were detectable in every aerosol and water-derived sample. This study is only the second to measure the BMAA-related toxins DAB and AEG in the air, and their ubiquitous presence in the area is concerning.

Chronic exposure to BMAA has been



Dr. James Metcalf processing cyanobacterial samples at Brain Chemistry Labs

photos provided

linked to neurodegenerative diseases such as ALS. A recent paper by researchers at Arizona State University using the Bradford-Hill epidemiological criteria determined that the relationship between BMAA and ALS is "causal." DAB and AEG, both BMAA isomers, have also shown neurotoxicity in animal models.

"Despite growing empirical evidence that airborne toxins resulting from HABs are present and potentially widespread, there are no federal or state guidelines on exposure relating to their inhalation toxicity," said John Cassani of Calusa Waterkeeper. Dr. Manuel Aparicio, the principal designer of the ADAM HAB monitoring device, said, "Considering that so many people live and work on or near the water in Southwest Florida where HABs are occurring, airborne exposure is of serious concern."

Even without federal or state standards for airborne toxin health risk, "We all have a right to know the human health impacts of harmful algal blooms, and we need to do more to find out how prevalent their toxins are in the air we breathe and then inform the public. Calusa Waterkeeper is guided by science to protect our water quality and human health and we are working hard on our water and air testing to provide the community with what we are finding in our innovative testing and research,"



Dr. Manuel Aparicio demonstrating the Calusa Waterkeeper ADAM aerosol sampler

said Jim Watkins, president of Calusa Waterkeeper board of directors.

Most of the initial results from this study represent relatively low concentrations of airborne toxins as compared to those typically occurring in water but at least one research publication concluded that inhalation of HAB toxins has a 10-fold increase in availability and toxicity compared to ingestion as a mode of exposure.

For more information, visit www.calusawaterkeeper.org.

Fish Regulations Extended

The following regulatory measures in Southwest Florida for Sarasota Bay through Gordon Pass in Collier County will be extended through August 31, according to Florida Fish and Wildlife Conservation Commission (FWC):

Snook and redfish will remain catch-and-release;

Normal regulations for recreational spotted seatrout harvest have resumed with the addition of a six-fish recreational vessel limit. Commercial harvest has also resumed, but harvest is held to the recreational three-fish bag and six-fish vessel limits; and

These regulations are for all state waters south of State Road 64 in Manatee County, including Palma Sola Bay through Gordon Pass in Collier County, not including Braden River or any tributaries of the Manatee River.

FWC is currently considering long-term regulation changes for redfish, which could take effect when harvest reopens on September 1. Normal regulations for snook and seatrout will resume on September 1.

Catch-and-release measures for snook, redfish and spotted seatrout in all waters from Sarasota Bay through Gordon Pass in Collier County were put in place as part of the response to the prolonged 2017-19 red tide event. For more information, visit www.myfwc.com/marine.

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Book Review

Never



by Di Saggau

We all have our favorite authors and favorite books. When asked what my favorite book is, I reply *Pillars of the Earth*. I won't let it leave my house. Naturally I have read every book by

Ken Follett. His latest *Never* is about the unimaginable, imminent threat of World War Three. It's certainly been on our minds of late with what's going on in the world. Former U.S. Treasury Secretary Lawrence H. Summers, calls it "A compelling story, and only too realistic."

Never is expertly researched and set against a global stage. It takes you on a high-stakes journey from the heat of the Sahara Desert to the political arenas of North America, East Asia and beyond, and sees a world edging closer to an unprecedented global crisis. The novel is more than a thriller, it's an action-packed, globe-spanning drama set in the present day,

Two intelligence agents in the Sahara Desert are risking their lives on the trail of a powerful group of drug-smuggling terrorists. A young woman is fighting against human traffickers while traveling to Europe with the help of a man who may not be who he says he is.

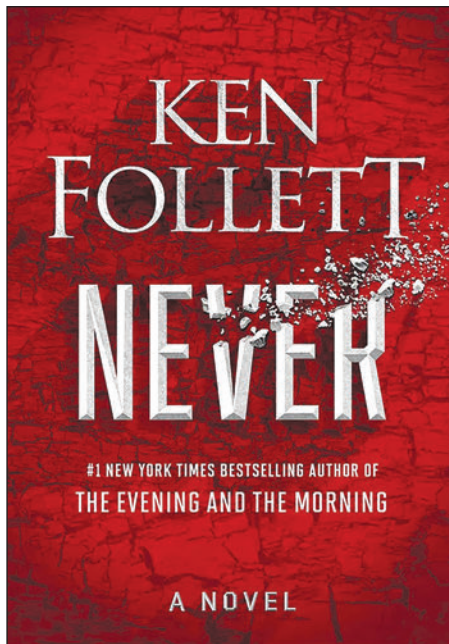


image provided

A senior government official, who has huge ambitions for himself and his country, fights against the older members of the government who may be pushing China and North Korea to a place of no return.

In the United States, the country's first woman president, Pauline Green, is dealing with terrorist attacks, illegal arms trading and smear campaigns of her political opponent. Avoiding war is something she will fight with all her power, but when one act of aggression leads to another, will China and the U.S.

be drawn into all-out war neither wants?

Never is an extraordinary thriller brimming with cautionary wisdom for our times.*

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, I want my kids to spend more time outdoors enjoying nature and getting some fresh air. They do play some sports and like to swim but

otherwise prefer to be inside. They are in second and fourth grade. I need some ideas to make them want to go outside.

Joy S, Fort Myers

Joy,

Children today spend less time outdoors than any other generation, devoting only four to seven minutes to unstructured outdoor play per day while spending an average of seven and a half hours in front of electronic media.

Simultaneously, childhood conditions such as obesity, anxiety and more have been rapidly increasing. There are some studies that suggest the rise in these unhealthy conditions may be related to more time with electronic media and less time playing.

Other studies show that spending time outside is associated with better mental health, improved mood, heightened immunity and higher quality sleep. And, of course, most of the time that we're outside, we're doing something physically active, so that too is an advantage.

Below are some outdoor activities that you can easily share with your kids. With these mostly free activities, you will be setting the time constraints and any rules you might need to will help you and your children relax, have fun, get a little exercise and enjoy being outdoors together.

Go for a walk when you all get home from your day at school and work. An afternoon or early evening walk is the perfect way to connect with your child and help them to unwind after a long day in the classroom while taking in your natural surroundings.

Create a natural scavenger hunt. Look for pretty leaves, fossils, wildflowers and other outdoor items and allow your children to display them at home for a

day or so.

Introduce your kids to some of your favorite childhood games like hopscotch, four square, red rover, red light green light and kickball. They will love learning about the games you played as a child, and they too will have fun playing them.

Take a trip to the farmer's market. This could be a weekly activity that both parent and child can benefit from. It's a great opportunity to begin teaching them about nutrition and meal planning. It may also get them more interested in different types of food to eat by letting them pick something new to try each trip.

Have an afterschool or dinner picnic. Set up a blanket in your yard or at a park. Experience eating outdoors and while eating, encourage them to interact with their surroundings by identifying and discussing what they see.

Start a small garden. Gardening helps to teach kids responsibility. Give the kids specific responsibilities and watch their observational skills increase. And they'll also get to experience the satisfaction and gratitude that comes with nurturing plants.

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

Volunteers Sought For Town Of Fort Myers Beach



Community members interested in serving as volunteers to advise and support the work of Town of Fort Myers Beach government are encouraged to apply for current openings on four of the town's 10 advisory boards and committees.

The openings include: Audit Committee (three positions); Bay Oaks Recreational Campus Advisory Board (one position); Historic Preservation Advisory Committee (two positions); and Public Safety Committee (two positions).

For more information and an application, visit www.fmbgov.com click on "About FMB" and "Advisory Boards and Committees." For questions, contact the town clerk's office at 765-0202.*

EPIC FIRES OF FORT MYERS

How a Series of Early Fires Influenced the Town's Development

THOMAS P. HALL
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From page 1

School Nurse

at Colonial Elementary.

"Making sure student basic needs are being met is what nurse Chelsey does best," said Colonial Elementary Assistant Principal Jillian Fiora. "She goes above and beyond to make sure students are prepared to learn with no obstacles in their way. She takes concerns seriously and is proactive with her approaches when it comes to our students' wellbeing."

District and school staff surprised

Ralph on National School Nurses Day on May 11 and presented her with the award, flowers, balloons and a cake.

"Thank you to all our wonderful hard-working school nurses for their continued medical care and support of our students and staff," said Health Services Assistant Director Wally Colon. "Their expertise and excellent medical support to our students on a daily basis allows students to focus on their academics and excel in school. Their compassion and professionalism make them world-class leaders of Lee County School District."*



College Key Club Earns Top Honor

Fifteen members and two advisors of the Florida Southwestern Collegiate Key Club (FSWC KC) recently attended the Florida District of Key Club's 84th annual District Education and Leadership Conference (FDKC DCON) at Daytona Beach to celebrate "Service Out Of This World."

At FDKC DCON, Key Club members had the opportunity to elect new district officers, share ideas with clubs from across the state, attend workshops on various topics including fundraising, membership recruitment, service project ideas and community engagement.

During this event, clubs got to celebrate a year of service and had the opportunity to apply for awards based on their involvement and dedication to their communities and the Kiwanis Family. Florida Southwestern Collegiate Key Club received the top honor of the 2021-22 Malcolm K. Lewis Key Club of the Year, recognizing the best club in the district for their overall performance.

Categories used in determining the winner include club administration, member and leadership development, Kiwanis Family involvement, service and fundraising. The team also won the following club contests and awards: Club Digital Poster 1st Place; Club

Scrapbook – Traditional 2nd Place; Club Project Display 3rd Place; Distinguished Club – Diamond Level; Kiwanis Family Involvement Award – Silver Division 1st Place; Major Emphasis Award 2nd Place; Single Service Award – Silver Division 3rd Place; Governor's Project Banner Patch; Key Club Service Award – Silver Division 2nd Place; Club Member Growth Award; Governor's Citation Award; Trick or Treat for UNICEF Fundraising Banner Patch; and the Early Bird Dues Patch.

In addition, individuals in the club won the following awards: G. Harold Martin Outstanding Club President; Distinguished Club Vice President; Distinguished Club Secretary; Distinguished Club Treasurer; Distinguished Club Webmaster; Distinguished Class Director – 9th Grade; Governor's Project Member Award (18 members); Distinguished Member Award (10 members); Pride Report Submission Award; and the J. Walker Field Scholarship

Also recognized during the event was Julie Draulans as the 2021-22 Jack Gander Outstanding Faculty Advisor, Lindsey Lenhart as the 2021-22 J. Walker Field Outstanding Kiwanis Advisor and the Fort Myers Metro-McGregor Kiwanis as the 2021-22 Robert W. Thal Outstanding Sponsoring Kiwanis out of all key clubs in the entire Florida district.

Other notable events that occurred during the conference include a member of FSWC KC being able to present a video of the BUG Chase Trail Clean Up

service project during the Service Fair, followed by answering questions from the audience about the event, and the retirement and installation of the Division 19B lieutenant governors, who are both members of the club.

Key Club is an international organization that has clubs across the country with goal of teaching high schoolers how to lead and serve in their communities. Key Clubs partners with local kiwanis clubs to make an impact locally and globally. ☆

Water Quality Report For Lee County Utilities

Lee County Utilities' customers received water that met or exceeded all federal and state requirements last year, according to a recent report.

The report, which also includes information such as source water assessments and service areas, is required annually by the Environmental Protection Agency.

To save ratepayers money, the annual water quality report can be placed online instead of direct-mailing customers, according to federal regulations.

Lee County Utilities' 2021 Water Quality Report can be found at www.leewaterquality.com. A printed copy can be obtained by contacting customer service at 533-8845.✱

Temporary Library Service Offered

The Lee County Library System will offer limited services from the main room at the Alva Park and Community Center, 21471 North River Road in Alva, while the Riverdale Branch Library is closed for renovations.

Beginning Monday, May 23, library services will be available 10 a.m. to 4 p.m. Monday through Friday. Available services includes library staff assistance, read and return materials, holds pick-up, storytime and other programs, library card sign-up, computer and printing access and an exterior book return.

Library programs, including the summer reading program, will be offered at the Alva Community Center. Summer reading programs will take place Tuesdays and Thursdays, June 14 through July 28. Children can also stop by each week June 13 through July 29 to pick up an ocean-themed Grab and Go craft kit while supplies last. Family storytime will be held 10:30 a.m. Fridays, June 17 through July 29. More information on library programs is available at www.leelibrary.net/calendar.

The Riverdale Branch Library renovation is expected to take seven months; the building is expected to reopen early 2023. Residents can receive updates by subscribing to the e-newsletter at www.leelibrary.net/subscribe. ❄️❄️

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Will Power

The Perils Of Joint Accounts



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

I hear this question all too often. A client will come in, thinking they have a great solution, and propose, “Should I put my bank and brokerage accounts in joint name with one or all of my children?” In almost all cases, the answer is an emphatic “No!” First and foremost, when you title an account in joint name with someone else, you are actually making a gift of half of its value. So, if Ethel puts her brokerage account worth \$1 million into joint name with her daughter, Francoise, she just made a gift of \$500,000 to Francoise (half of the value of the account). Because the most anyone can gift tax free is only \$16,000, titling an

account worth more than \$32,000 would require the filing of a federal gift tax return. In my example, Ethel would have to file a return that would either reduce her gift and estate tax exemption or if she’s already used up her exemption, she may actually have to pay gift tax.

Second, if Ethel’s daughter Francoise is experiencing any legal or financial problems, Ethel may have put her account at risk. If Francoise is going through a divorce, for example, a forensic accountant may discover the asset and it might be in jeopardy depending upon circumstances. The same holds true if Francoise has creditor or bankruptcy problems.

Third, titling the account jointly will likely thwart Ethel’s estate plan. Assume that Ethel has a will that says that upon Ethel’s death, all of her assets are to be divided equally between her three children. If the account is titled jointly with rights of survivorship with Francoise, Francoise would inherit the account outright despite Ethel’s contrary intention in her will. Even if the account is held jointly as tenants in common, Francoise owns half of it and the other half would be distributed in thirds according to Ethel’s will.

Francoise might be altruistic and wish to share the account equally with her siblings. But she might have a gift tax problem herself. If she tries to divide the account that she legally owns, she is making a gift in excess of the \$16,000 annual gifts that she can give

tax-free. Fourth, accounts owned jointly do not enjoy the full “step-up” in tax cost basis that would otherwise occur. Assume that Ethel owns 1000 shares of ABC Company stock that is worth \$100 a share but she paid \$10 a share many years ago. If Ethel sold all of her shares, she would recognize a \$90,000 capital gain. But if Ethel dies still owning the shares, her children inherit them at the date of death value for tax cost basis purposes. So if her beneficiaries sold the shares shortly after her death for the \$100,000, there would not be any capital gain and therefore no capital gain tax to pay.

But if Ethel places the account in joint name with Francoise during Ethel’s lifetime, on Ethel’s death, Francoise only gets a one-half tax cost step-up. In this case, Francoise would recognize a \$45,000 capital gain if she sold the shares for \$100,000 (\$100,000 sales price less \$5,000 basis in half the shares and \$50,000 basis in the other half of the shares).

Hopefully, you are convinced that placing assets in joint name with children isn’t a good idea. So what should you do if you want your child to be able to transact business on your accounts – particularly if you become disabled and unable to manage your own affairs?

This is where revocable living trusts really shine. Ethel can create a revocable living trust and name herself as her initial trustee but also name Francoise as her successor trustee in the event of a disability. Francoise can then transact business on all of Ethel’s accounts that the trust owns. It is not a gift to Francoise since she is acting as a fiduciary for her mother. On Ethel’s death, the trust avoids probate and rightfully distributes the accounts to all of Ethel’s children (if that is her wish).

Another alternative is a durable power of attorney. Ethel can sign a durable power of attorney that would name Francoise as her attorney-in-fact to transact business on all of Ethel’s accounts. You should know that the Florida law governing durable powers of attorney changed significantly back in 2011. If you have a durable power of attorney created before that date, you should consult with your estate-planning attorney to determine if yours needs updating.

The bottom line is that you shouldn’t put accounts and assets in joint name with your adult children. There are reasonable alternatives that don’t carry all of the disadvantages associated with joint accounts.

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Professionals Win Image Awards

The Southwest Florida Chapter of the Florida Public Relations Association (FPRA) presented 17 awards for excellence in public relations programming and projects at the 2022 Local Image Awards celebration at Mercola Market recently.

FPRA members organized a tropical themed event, which also recognized seven chapter members for their outstanding contributions to the PR profession and FPRA.

Image Awards are presented to entries that surpass campaign expectations and objectives, while Awards of Distinction are given to entries that meet judging expectations. Judges’ Awards are given to entries that were smartly budgeted or achieved more with less funding, and the most prestigious award of the evening. The Grand All Image Award is presented to the overall best entry in each division with submitted entries.

Division A – Public Relations Programs:

- Award of Distinction in the Public Relations Programs (Public Service category) – Priority Marketing for *Kids’ Minds Matter: Unmasking the Epidemic*.
- Award of Distinction and Judges’ Award in the Public Relations Programs (Institutional category) – Priority Marketing for *Healthcare Network Integrated Marketing Campaign*.
- Award of Distinction and Judges’ Award in the Public Relations Programs (Promotional/Marketing category) – Pushing the Envelope, Inc. and Tiffany Hernandez for *Unmatched Brunch at Angelina’s*.
- Award of Distinction in the Public

- Relations Programs (Promotional/Marketing category) – Priority Marketing for *Sunshine Ace Hardware Hurricane Prep*.
- Award of Distinction in the Public Relations Programs (Promotional/Marketing category) – Pushing the Envelope, Inc. for *The Gift of Waterfront Dining*.
- Grand All Image Award and Image Award in the Public Relations Program (Integrated Marketing category) – Priority Marketing for the *Elite Jets Difference Campaign*.
- Image Award in the Public Relations Programs (Special Event category) – Priority Marketing for *Market Trends Special Event*.
- Division B – Collateral of Public Relations:**
 - Grand Image Award, Image Award and Judges’ Award in the Collateral of Public Relations (Annual Report category) – Priority Marketing for *Guadalupe Center Annual Impact Report*.
 - Image Award in the Collateral of Public Relations (News Release/Pitch category) – Priority Marketing for *Cypress Pharmacy Brain Health Pitch*.
- Division C – Digital Tools of Public Relations:**
 - Grand All Image Award and Image Award in the Digital Tools of Public Relations (Video category) – Priority Marketing for *Guadalupe Center We are the World Video*.
- FPRA also presented chapter awards to recognize exceptional members of its local association:
 - Mary Briggs, APR, CPRC, system director of strategic communications and PR at Lee Health, honored with the 2022 Lifetime Achievement Award, which is reserved for public relations professionals who have dedicated their career to the

- profession and the advancement of it. This award is given only when there is someone eligible for it.
- Holly Boldrin, APR, CPRC, director of public relations at Priority Marketing, received the 2022 PR Professional of the Year Award, which honors a member who exemplifies the high standards of the public relations profession in Southwest Florida.
- Sorena Vargas, graphic designer at Priority Marketing, received the 2022 Chapter Member of the Year Award, which is given to a chapter member who goes above and beyond their commitment of time and energy to ensure the success of the organization.
- Karen Ryan, APR, CPRC, director of public relations for LCEC, received the 2022 Friends of Janet Philanthropy Award, honoring a member who gives back to their community through volunteering and leadership.
- Marie Heisler, APR, PR and communication manager at Mercola Market, received the 2022 Unsung Hero Award, which recognizes the contributions of a chapter member for his or her hard work and dedication to the chapter and the profession behind the scenes.
- Emily Beltran, APR, PR & communication coordinator at Mercola Market, who received the 2022 Rising Star Award, which is presented to an up-and-coming leader in the chapter who shows enthusiasm and passion for the PR profession while making a positive difference through their service to the organization.
- Alexa Gutierrez, Florida Gulf Coast University FPRA student chapter member, received the 2022 Pam Nulman Soaring Eagle PR Award, which recognizes student leaders in public relations who demonstrate exceptional leadership ability, talent and passion for the profession as well as

- contributions to the student organization.
- Four FPRA Annual Conference scholarship winners were also selected by the awards committee.
- The 2022 recipients were: Emily Beltran, APR, PR and communication coordinator at Mercola Market; Lauren Bernaldo, chief communications officer at the Lee County Tax Collector; Evelyn Longa, APR, public information officer at Collier County Public Utilities; and Susan Frantz, CEO and founder of Frantz Marketing Solutions.✱

Chemical Waste Collection Site

- North Fort Myers residents can safely dispose of household chemical waste at North Fort Myers Park on Saturday, May 21 from 8 a.m. to noon.
- The collection of waste such as leftover paints, cleaners, herbicides, pesticides, automotive fluids and pool chemicals is an easy, drive-through process available to all residents at no charge. Lee County Solid Waste hosts the event in partnership with Lee County Parks & Recreation to provide residents convenient and responsible disposal of chemicals that might otherwise be harmful to people and the environment.
- Businesses that need chemical waste disposal can call Clean Earth at 1-321-952-1516 to schedule an appointment for the monthly business collection held at the county’s permanent Household Chemical Waste drop-off location, 6441 Topaz Court, off Metro Parkway in south Fort Myers.
- North Fort Myers Park is located at 2000 North Recreation Park Way. Visit www.leegov.com/solidwaste for more information.✱

Superior Interiors

The Wonder Of Mother Nature



by Marcia Feeney

One of today's hottest design trends is a return to nature. From fabrics to wall coverings to accessories, our living spaces can easily reflect an embrace of Mother Nature.

Why the growing interest in bringing a little bit of the outdoors inside? First, we long for peace and quiet at home. As our lives outside our homes become more harried and stressful, we all have returned to our homes as retreats, and decorating them with furnishings and accessories we find soothing and comfortable.

Secondly, our increased awareness of the environment and the quest to preserve its beauty has led to a desire to bring bits of it home. Here's a look at several areas of interior design that can get you back to nature!

Bouquets of colorful botanicals with flower, leaf and vine prints are perennial favorites. Imagine relaxing in a lush garden where flowers flourish all around you – soft violets, delicate lilies of the valley, bold hydrangeas and stately red tulips.

Fun, faux animal prints remain popular – even zebra stripes and leopard spots will lend an air of exotic

sophistication to any room.

You can go from gorgeous garden shades to the rich fruit tones of deep raspberries, soft banana yellows, plums and strawberries. Even nature's neutrals are playing a role with inspiring shades of wheat brown, amber waves of grain, the creamy whites of magnolia blossoms and terra cotta corals, all highlighted by an amazing azure blue sky. All these colors are uplifted by nature's green, the color that will dominate our interior decorating in this decade, from deep, leafy green to teal, to greens with a yellow tint.

Today's worn weathered wood styles, featuring more of a matte finish with lighter wood tones, are even appearing on contemporary furnishings. Sofas and chairs are being covered in natural cotton looks and sport trims of raffia and hemp. Wicker and rattan furniture mixed with warm wood tones lend themselves to more of a casual style of decorating.

Natural organic fabrics, florals and botanicals are blooming in their popularity. Don't worry about too much pattern; these blooming designs look great when mixed with solids, stripes, checks or even plaids. By coordinating your "blooming" window treatments with furniture, bedding, even your linens, you'll find yourself surrounded by Mother Nature's beauty.

Our love of Earth and the resurgence to preserve it, influences us to bring nature's colors into our homes and our everyday lives. And what better way to start soothing the soul than in your own home. Relax... Enjoy... You deserve it.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindcedden.com.

Manufacturers Industry Programs

The Southwest Regional Manufacturers Association (SRMA) is hosting events and industry programs to bring manufacturers together to promote industry and individual growth through networking opportunities, making connections, sharing resources and community involvement.

SRMA is inviting members to join in the Manufacturer's Night Out with the Tampa Bay Rowdies as they take on the Pittsburgh Riverhounds in an American professional soccer match at Al Lang Stadium (230 1st Street SE in St. Petersburg) on Saturday, May 21 at 7 p.m. This event is in conjunction with SAMA (Sarasota/Manatee) and BAMA (Tampa/St. Pete) manufacturing associations (RMAs). Cost is \$85 per ticket, to include access to a private dugout suite, catered food, beer, wine and soft drinks.

SRMA has launched a new member-only forum, which serves as a member benefit and another reason to join the association. Post questions, best practices, suggestions and more, and have fellow SRMA members chime in with answers and responses. The SRMA will also be posting resumes of candidates looking for employment within the manufacturing industry, and the forum will be used as

the method of communication when the SRMA sends member-only messages going forward.

The new Connex Florida platform has launched in addition to a new Supply Chain Florida website. Log into Connex, get tutorials and find supply chain news and resources. Request a free account for access to this invaluable supply chain tool. For more information or assistance, email connex@floridamakes.com.

Enterprise Resource Planning software is the key element to capturing data from various sources and entry points, from quote to cash. Easy to use front-end, and informative reporting helps to gain insights on labor, overhead and material costs. Get access to real-time data to make predictive and proactive decisions to decrease bottlenecks, waste and machine downtime. To register for the eci | M1 ERP software webinar, visit <https://register.gotowebinar.com/recording/8469473620092924431>.

The Southwest Florida Manufacturers Association (SRMA) in collaboration with Lee County Economic Development Office is offering a Small Business Technical Assistance Program to assist manufacturing businesses in response to COVID-19, and their continuing efforts to recover from the negative impact. To find out if you qualify for the Small Business Technical Assistance Program or for more information, visit <https://srma.net/arpa-lee-county>. For more information, visit www.srma.net.

Nonprofit Hires Program Officer

Earn to Learn Florida (ETLF) has hired Ashley Gastel as chief program officer.

ETFL is a revolutionary "savings to financial assistance" program utilizing matched savings, personal finance training and success coaching. "Ashley's experience and enterprising spirit make her the perfect choice to expand our staff and programming," said Brenda Tate, founder and CEO of Earn to Learn FL.

Gastel most recently worked as associate director of Take Stock in College, a nonprofit organization that assists students in Florida in preventing drop-out and to ensure low-income, first-generation and underrepresented students attain a postsecondary degree or credential. Before working at Take Stock, Gastel worked for the School District of Osceola County, creating the strategic plan to grow the county's career dual enrollment programming at the technical college.

Gastel received a master of education degree in educational leadership and administration at The University of



Ashley Gastel

Central Florida in Orlando. She received a bachelor of arts in English with a minor in education from Florida State University in Tallahassee.

Bank Promotion

Edison National Bank Vice President Elizabeth "Liz" Aurensan has been promoted to the position of office manager of the bank's river district office at 2105 West First Street in Fort Myers.

"Since joining Edison National/Bank of the Islands nine years ago, (Liz) has advanced through various roles and demonstrated her professionalism and commitment to our bank's customer-focused mission," said Edison National Bank President Robbie Roepstorff. "We are confident the provision of banking services and attention to our customers' individual needs at the river district office will continue to attain the highest levels under her leadership."

A long-time resident of Lee County, Aurensan is actively engaged in the bank's community service efforts. Among them, she serves on the local United Way Allocations Committee and leads the bank's team for the 2022 Habitat for Humanity Women Build.



Liz Aurensan

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Frankly Speaking



by Howard Prager

The playoffs is a different level of play. The truly elite athletes rise to the occasion, and those that can't perform are often traded. Sports executives often say "this coach or player

got us from A to B, and now we have to go all the way to the top." My Chicago Bulls aren't even at B yet, although they were banged up and missing their key defender, as well as playing last seasons' champs. But everyone's banged up. Let's look at the Milwaukee-Boston series, which Boston fought back from being down three games to two to win two in a row and the decisive seventh game. Phoenix and Dallas also went the full seven with Dallas clobbering Phoenix in Phoenix to move on. They'll play Golden State, now favored in the West while the Celtics take on the No. 1 seed Heat. But don't take my word on it. Pick a game – any game – and watch the whole thing and tell me what you think of the intensity, level of play and amazing comebacks.

Also close to home, the Florida Panthers moved on to the second round of the Stanley Cup playoffs for the first time in nearly 20 years. They beat Washington in overtime, thanks to Carter Verhaeghe. Thus far, Verhaeghe

has six goals and six assists in the playoffs, and is tied with Edmonton Oilers Captain Connor McDavid for most points in the playoffs. This is only the second time in franchise history that the Panthers qualified for the second round, after finishing No. 1 in the regular season. There are many OT games in the Stanley Cup. New York Rangers survived Pittsburgh. Tampa Bay took it to Toronto. The Maple Leafs have now had 10 consecutive failed opportunities to close out their opponent, despite having home-ice advantage and a deep roster. The Edmonton Oilers are off to the second round of the Stanley Cup for the first time since 2017 after beating the Los Angeles Kings 2-0 in Game 7. I could go on with close playoff games and seven-game series.

Speaking of going on, three fascinating baseball stories. Cincinnati Reds threw a combined no hitter, only to lose to the Pirates 1-0. How? 3 walks followed by a ground out. I thought that was a first, but according to ESPN, the Pirates become the sixth team in big league history since 1901 to win despite not getting any hits. It last happened in 2008, when Jered Weaver and Jose Arredondo of the Angels lost while holding the Dodgers hitless. For you sports trivia fans, that's a stat worth remembering.

Speed – bring on the heat. Do-Hyoung Park who covers the Twins for MLB reported that "Jhoan Duran is a threat to set a new Twins velocity record seemingly every time he touches the mound – and he did that twice over a one-inning appearance last Saturday,

extending his own record up to 103.3 mph on a fastball to Franmil Reyes in the ninth inning of Minnesota's 3-2 loss to the Guardians. That was the hardest pitch thrown in the majors this year, surpassing a 103.1 mph offering thrown by Cardinals right-hander Ryan Helsley on May 1 – and Duran's own 103.1 mph heater four pitches earlier."

And, Shohei Ohtani hit his 100th HR last week. Again from MLB, "Ohtani, the reigning American League MVP, became the third Japanese player to reach 100 career homers in the majors, joining Hideki Matsui (175) and Ichiro Suzuki (117). It took Ohtani 444 career games to reach the mark, which is the fastest to 100 homers by a Japanese player. He is just the second player in Major League history with 100 homers as a hitter and 250 strikeouts as a pitcher, joining Hall of Famer Babe Ruth."

Finally, a good news story from the *Chicago Tribune* about a record-setting young woman. "Naperville's Lucy Westlake climbed into the record books at 5:36 a.m. last Thursday (Nepal time) as the youngest American female to summit the highest peak in the world, Mount Everest. The typical schedule for an Everest expedition takes 45 to 60 days, making Westlake's pace much faster than the norm."

"I came into the climb well-acclimated as I had spent the past five weeks training with some of the best distance runners in the world in the highlands of Kenya at 7,000 feet," Westlake, age 18, said in a news release. "I am a distance runner as well, so my fitness level helped to endure the long, difficult days on the mountain. I

also have a lot of experience climbing so the challenges of Everest felt familiar."

"The teen planned to summit Tuesday, but high winds plagued the upper mountain Sunday, forcing Westlake and Sherpa Mingma Chhiring to descend from camp 3 at 23,500 feet above sea level to camp 2 at 21,000 feet before she made the final ascent on Thursday. Westlake, whose expedition took 26 days, finished her senior year of high school a semester early, giving her time to prepare for her record-setting Everest ascent. In 2016, at age 12, Westlake became the youngest girl to reach the highest point in the lower 48 states in America. She started climbing with her father at age 7. Last year, Westlake set the world record as the youngest female to climb all 50 U.S. state high points. By climbing to the top of Everest, Westlake is on her way to becoming the youngest woman to complete the Explorers Grand Slam: summiting the highest peak on every continent and skiing the last degree to the North and South poles. Westlake, who starts college in the fall at the University of Southern California, has used her climbs to promote her passion for bringing safe water to the world through the WaterStep project." What an amazing young woman and so glad she's doing it for a great cause.

*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.**

Media Breakfast Seminar Nears

The Southwest Florida Chapter of the Florida Public Relations Association (FPRA) and the Gulf Coast Chapter of the Public Relations Society of America (PRSA) will hold its annual media breakfast at Shangri-La Springs on Friday, June 3. Registration, breakfast and networking will take place from 8:30 to 9 a.m., followed promptly by the program from 9 to 11:30 a.m.

The half-day professional seminar is open to the public and titled Rise & Shine – Earn the Spotlight with Media Insight. It will offer an exclusive insider's look at the ever-evolving media industry through a series of segments that cover media relations from every angle.

The event speakers and agenda outline include:

Polishing Your Press Releases – by Judd Cribbs, journalism professor at Florida Gulf Coast University, and Katie Cribbs, public relations specialist at Habitat for Humanity of Lee and Hendry Counties. Break down real news releases that were previously submitted to the media line by line. Learn the go-to phrases to use to capture the media and get your news shared.

Maximizing Your Own Multimedia – by Devin Turk, creative services manager at Lee Health. Develop versatile skills from a former multimedia journalist. Attract the media by acting as your organization's

very own beat reporter.

Meet the Media Panel – attendees will also hear directly from editors, news directors and publishers on what type of stories they're looking to run during what times, and they'll be able to ask questions about successfully earning media coverage in an open format.

The rest of the panel includes the following media experts: Darrel Lieze-Adams, vice president and station manager, Waterman Broadcasting of Florida; John Davis, assistant news director/*Gulf Coast Live Arts Edition* host/producer/reporter at WGPU Public Media; Wendy Fullerton Powell, executive editor at *Naples Daily News*; Eric Strachan, editor at *Naples Florida Weekly*; Jim Schwartzel, owner and publisher of WINK-TV News and *Gulfshore Life* and *Gulfshore Business*; and Jacob Ogles, editor of *Southwest Florida Business Today*.

Event pricing is \$25 for students, \$45 for FPRA and PRSA members, and \$60 for future members. Deadline to register is May 25, and seating is limited.

Sponsors are CONRIC PR & Marketing, LCEC, M&M Multimedia, *Southwest Florida Business Today*, Intech Printing & Direct Mail, Inc., Exclusive Affair Party Rentals, Kudzu Kreative, Vi at Bentley Village and TLC Marketing & Creative Solutions

Shangri-La Springs is located at 27750 Old 41 Road in Bonita Springs. To register, visit www.fpraswfl.org/events/media-breakfast-3.*

Financial Aid Tip Of The Month

Many students think of education after high school as the traditional four-year college degree. That isn't always the case, according to Kentucky Higher Education Assistance Authority (KHEAA).

Two-year degrees can prepare students to continue at a four-year school, but they can also lead directly to a job in the workforce. Diplomas and certificates in specialized skills give students the knowledge they need to compete for good jobs in industry and other careers. These programs usually take six to 18

months to complete.

Nearly all states offer grants and scholarships for in-state students. Many offer specific grants for students who want to become teachers or to work in STEM fields. In many states, members of the National Guard can also take advantage of student aid programs geared to guard members.

In addition, most technical schools, two-year colleges and four-year colleges and universities offer their own grants, scholarships and other student aid programs.

The financial aid office of the school students plan to attend will help them understand these and other aid programs.

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

SPORTS QUIZ

1. Eddie Gaedel, who had one plate appearance with the St. Louis Browns in 1951, was the shortest player in Major League Baseball history. How tall was he?
2. Name the NCAA men's basketball all-time leader in assists (1,076), who had his No. 11 jersey retired by the Duke Blue Devils.
3. What British racecar driver won the Formula 1 driver's championship in 1992, then won the CART championship the following year?
4. Tulane University's athletic teams are known by what nickname?
5. What U.S. golfer won the 2010 LPGA Championship by a record 12 strokes?
6. What Basketball Hall of Famer from Australia was named WNBA MVP in 2003, '07 and '10?
7. In 1997, Larry Rothschild was named manager of what Major League Baseball expansion team?

ANSWERS

1. 3 feet, 7 inches. He drew a walk. 2. Bobby Hurley. 3. Nigel Mansell. 4. The Green Wave. 5. Cristie Kerr. 6. Lauren Jackson. 7. The Tampa Bay Devil Rays.

Doctor and Dietician

Strength Training
Lowers Risk Of
Premature Death

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

Most of us know that exercise is good for our health and wellness. Yet, physical inactivity or sedentary lifestyles are becoming an even larger public health problem. Exercise comes in many forms, including aerobic or cardiovascular exercises that increase your heart and breathing rates, thus strengthening your lungs and heart; stretching and yoga type movements that help improve your ability to move,

improve balance and even help prevent falls, which can be especially concerning as we age; and strength training, also known as resistance or weight training.

The benefits of strength training are enormous. Many studies have shown that if you do any kind of exercise, you will improve longevity and prevent diseases, but strength training is especially important as we age. Most studies have been performed on aerobic type exercise and its longevity benefits; however, we recently came across an article in the *British Medical Journal* entitled, "Muscle-strengthening activities are associated with lower risk and mortality in major non-communicable diseases: a systematic review and meta-analysis of cohort studies."

This study is a meta-analysis of cohort studies, meaning many studies were reviewed and analyzed, and the results were put together into one analysis. The results show that muscle-strengthening activities were inversely associated with the risk of developing cardiovascular disease (CVD), diabetes, lung cancer, total cancer, and what they term "all-cause mortality" independent of aerobic activities among adults greater than 18 years of age without any severe health issues.

J-curve is a trendline that shows an initial loss immediately followed by

dramatic gain. This type of association was found between muscle-strengthening activities and all-cause mortality, CVD and total cancer. People achieved risk reduction of about 10 to 20 percent when they were able to perform 30 to 60 minutes per week of muscle-strengthening exercise. The researchers also observed a substantial risk reduction for diabetes at 60 minutes per week of muscle-strengthening exercise, which then leveled off. Combined muscle-strengthening and aerobic activities (vs none) were associated with a lower risk of all-cause, CVD and total cancer mortality.

Many musculoskeletal guidelines recommend that adults perform muscle-strengthening exercises at least twice per week. Whether one should engage in more than 30 to 60 minutes twice weekly is unclear from this study. They go on to state that the combination of muscle-strengthening plus aerobic exercise could produce even greater benefits, but more studies need to be done.

The take-home point here is strength training provides great health benefits and reduces risk of premature death. The main benefits include muscle building and endurance which makes you stronger, lowering your risk of falls and improving mobility and flexibility. Stronger muscles

also help you if you do get sick or injured – because you have built up strength and are better able to recover.

Muscle also burns more calories than fat, plus research shows that your metabolic rate is still increased up to 72 hours after strength training, thus you can burn calories more efficiently and lose weight if combined with the proper eating plan.

With strength training comes toning, thus you appear leaner and stronger, which in turn makes you feel better about yourself. We all know that exercise produces "happy hormones" or endorphins, therefore you feel great.

We can most definitely attest to the health benefits of strength training. We have a small gym on the lower level of our house, and work out with the personal trainers at Back in Motion Sports and Performance in Fort Myers, right near our Caring Medical office. We know you will not regret it. So dust off those dumbbells and start lifting them. Here's to your health!

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.

dearRPharmacist

Hacks To Make
The Month Better

by Suzy
Cohen, RPh

Dear Readers: Menstruating can be a tough time... exhausting, really. A woman's uterus sheds its lining at fairly regular monthly intervals and that

can be quite a tiring process to endure, as many of us can attest to. At the time of birth, there are approximately one million eggs, but by child-bearing age, only about 350 eggs will be ovulated month after month. After menopause, there are no more eggs.

Each of us experiences this in our own way and it can be more unpleasant for some than others, especially if estrogen dominance is occurring. If the menstrual cramping (termed dysmenorrhea) is severe, visit your gynecologist for professional advice. In the meantime, here are five proven premenstrual syndrome (PMS) hacks for your consideration:

1. Warmth – Obvious as it may seem, using a hot pack can be incredibly soothing during a menstrual cycle. The warmth that radiates into the abdominal muscles instantly eases superficial pain associated with PMS. You might be surprised by how effective it can be to take just 10 minutes, lay down and let the warmth of a heating pad, or microwavable hot pack, penetrate into

your achy muscles.

2. Chocolate – Dark chocolate contains magnesium which is proven to naturally relax and calm the smooth muscles of the uterus. Eating chocolate also releases endorphins, specifically dopamine, which in turn reduces the symptoms associated with monthly cramping. It's a comfort food too, and the reason is because it improves production of serotonin and dopamine.

3. Exercise – Endorphins during exercise are released from the hypothalamus in your brain. The opiate receptors in the brain interact with the released endorphins and, through this process, we then perceive pain in a different, lesser way. Exercise reduces stress and anxiety. It doesn't have to be full-on heart-stopping aerobics, just move.

4. Chastetree Berry (*Vitex agnus-castus*) – Chasteberry is also called Monk's Pepper, and it comes from the Mediterranean. Dietary supplements are available in the U.S. and have long been prized to help with female complaints, both for PMS and post-menopausal issues. It stimulates progesterone and therefore, helps balance high estrogen.

5. Raspberry Leaf Tea – You may not expect much from a tea made of fruit, but you'd be wrong. This little hack is among the fastest (and best) ones I had ever tried. Just a cup should take down severe cramp pain to a dull roar. The extracts and phytochemical in this fruit help because they are anti-spasmodic and anti-inflammatory in nature. Just a note of caution: raspberries contain some natural salicylates and you should know this in case you are allergic to aspirin. For a longer version of this article, sign up for my free newsletter at www.suzycohen.com.

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

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

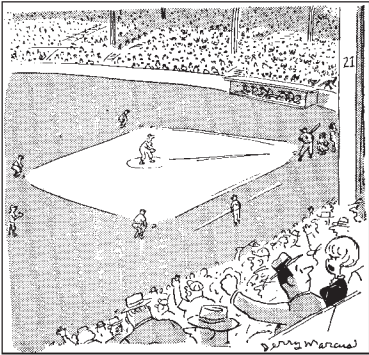
- CLUBS & ORGANIZATIONS**
- American Legion Post #38 239-332-1853
 - Angel Flight 1-877-4AN-ANGEL
 - Animal Refuge Center 731-3535
 - American Business Women Association 357-6755
 - Audubon of SWFL <https://www.audubonswfl.org/>
 - Caloosahatchee Chapter DAR 482-1366
 - Caloosahatchee Folk Society 321-4620
 - 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

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

PUZZLES

Answers on page 23



"Is this the _____ you were
going to show me today?"

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!

Less
SUMIN

Berate
CLODS

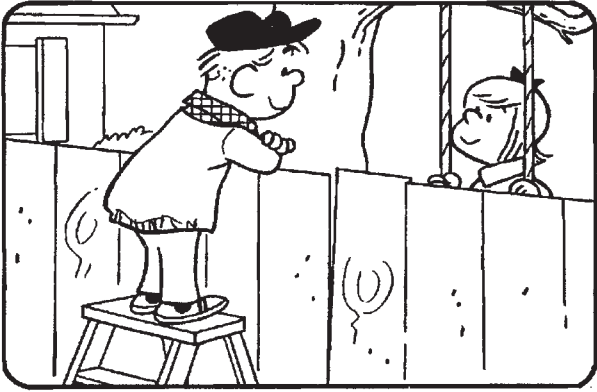
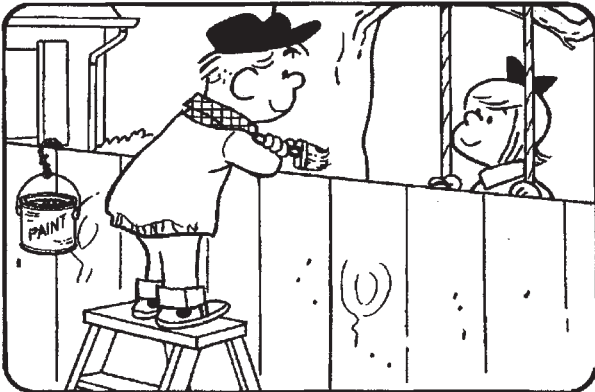
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STREAM

Laud
ARMIED

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Downspout is missing. 2. Paint is missing. 3. Cuffs are missing. 4. Brush is missing. 5. Board is moved. 6. Bow is smaller.

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

To Play
Sudoku:

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

PUZZLES

Answers on page 23

Super Crossword

HOLLYWOOD
GIRL GROUP

- ACROSS
- 1 Shrine images

6 Kept from falling, as pants

13 Abashed

20 Showed on TV again

21 Not varying at all

22 In a weepy way

23 Start of a riddle

25 Language spoken in Dhaka

26 Is in a chair

27 College, to a Brit

28 Long to undo

30 Augur's sign

31 Riddle, part 2

39 Home for mil. jets

40 Roman love god

41 Singer James or Jones

42 Bad guys

46 Explosive compounds

48 Hercule creator

53 From time immemorial

54 Riddle, part 3

56 Talk big

57 Mr. Capote, to friends

58 Partner of neither

59 Liquid asset

60 Riddle, part 4

66 Reciprocal

69 Army chaplain

70 The Great Lakes' —

71 Libreville's country

72 Everglades mammal

75 Riddle, part 5

80 Big name in PCs

81 Letter two before tau

83 "— Kapital"

84 Roof part

85 Riddle, part 6

91 Become rigid

93 Key in again

94 Thin and watery

95 Back fish fins

96 "QED" center

98 Formerly, old-style

99 Mendes of "2 Fast 2 Furious"

100 End of the riddle

109 Kazan of Hollywood

110 Singer Ritter

111 Feel flush, perhaps

112 French pals

114 Excessive bureaucracy

117 Riddle's answer

123 Offspring-producing animal

124 Part of ROTC

125 Rule from the throne

126 Cheech and Chong personas

127 Electrical current units

128 Archipelago parts

11 Old stage star Hagen

12 Martinez of baseball

13 Ideally

14 Realize

15 Sci-fi's Solo

16 Class jargon

17 Where the Marlins play

18 Burstyn or Barkin of film

19 Running out of steam

24 Blew with short blasts

29 World Heritage Site gp.

32 Manicurist's target

33 Brave in the face of adversity

34 Give off

35 "The lady — protest ..."

36 Canadian tribe

37 — -TASS (news agency)

38 Very wise

42 Seizes

43 Site of the Taj Mahal

44 Scorch

45 Frat shindig

47 Rajah's wife

49 Mountain climbers, e.g.

50 Alexis or Peter, e.g.

51 Big name in oil and gas

52 Court great

54 Novelist Sarah — Jewett

55 Basic musical chords

57 Bullfighter

61 D.C. baseballer

62 Ike's inits.

63 USSR's Cold War foe

64 Alluringly shy

65 "Moo" maker

67 76ers' org.

68 Rocket scientist

71 Neutral color

72 Bryn —, Pennsylvania

73 Feel flush, perhaps

74 Not cluttered

75 Bagel center

76 "— Fideles"

77 Father, to a tot

78 Knievel of motorcycle stunts

79 Cravings

82 Hurry it up

86 Tech detail

87 Wife of Zeus

88 — Scott case

89 Civil wrong

90 "Quiet!"

91 Dumpty dwellings

92 — Sea (Asian lake)

95 Thirsts for

97 Rearranges

100 Basil and bay leaf

101 Heads-up

102 YouTube clip

103 All gone, as food

104 Add-on

105 Purple color

106 Decorative flower holders

107 Cybermissive

108 Scorch

113 1040 IDs: Abbr.

115 Fruity quaff

116 According to

118 Fence (in)

119 Psychic "gift"

120 Added charge

121 Bruin great

122 Alleged psychic

1	2	3	4	5		6	7	8	9	10	11	12		13	14	15	16	17	18	19	
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128																					

King Crossword

- ACROSS
- 1 Went out with

6 Chinese martial art

12 Moolah

13 Skillful

14 Sheathe

15 Mountain chain

16 Stadium cheers

17 Quaker pronoun

19 Profit

20 Canadian gas brand

22 City area, for short

24 Gun lobby org.

27 Male turkeys

29 Show ennui

32 Pale, sweet fruit

35 Riga resident

36 "I smell —!"

37 Despondent

38 Hem's partner

40 Jealousy

42 Prefix with athlete

44 Early auto-maker

46 Burden

50 Aplenty

52 Strange thing

54 "Can you give me directions?"

55 Family girls

56 Goes angling

57 Tennessee county

11 "Let's leave — that"

12 German article

18 Hit one out of the park

21 Farm pen

23 Reuben bread

24 Stanley Cup org.

25 Caviar base

26 Mounds built by insects

28 Final performance

30 Romance

31 SSE's opposite

33 JFK info

34 VJ's network

39 Not as good

41 Alpine air?

42 Pre-weekend cry

43 Malek of "Bohemian Rhapsody"

45 Reply to "Shall we?"

47 Pleasing

48 Western tribe (Abbr.)

49 Method

51 Reaction to fireworks

53 Cato's 502
- DOWN
- 1 Lady of Spain

2 Eyebrow shape

3 Rib

4 German river

5 Fresca, e.g.

6 Hit with a stun gun

7 Farewell

8 Hot temper

9 Like "Green Acres" humor

10 Employ

11 "Let's leave — that"

12 German article

18 Hit one out of the park

21 Farm pen

23 Reuben bread

24 Stanley Cup org.

25 Caviar base

26 Mounds built by insects

28 Final performance

30 Romance

31 SSE's opposite

33 JFK info

34 VJ's network

39 Not as good

41 Alpine air?

42 Pre-weekend cry

43 Malek of "Bohemian Rhapsody"

45 Reply to "Shall we?"

47 Pleasing

48 Western tribe (Abbr.)

49 Method

51 Reaction to fireworks

53 Cato's 502

MAGIC MAZE ● SNOW LOVERS

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

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

- A snowman
- Arctic fox
- Arctic hare
- Eskimos
- Harp seal
- Pandas
- Penguins
- Polar bear
- Ptarmigan
- Reindeer
- Ski resorts
- Skiers
- Sled dog
- Snowy owl
- Yaks



Blueberry BBQ Sauce

photo courtesy Fresh From Florida



Blueberry BBQ Sauce
2 cups blueberries
1 tablespoon honey
¾ cup ketchup
½ cup cider vinegar
½ cup packed light brown sugar
1 tablespoon BBQ seasoning
blend
½ cup water

Several dashes of hot sauce, to taste
Sea salt and fresh black pepper, to taste
Add all ingredients to a small sauce pot over medium-low heat. Cook ingredients for at least 30 to 45 minutes while stirring occasionally. Remove from heat and carefully puree sauce with a tabletop blender or immersion blender. Taste and adjust seasoning with salt, pepper and hot sauce. Keep BBQ sauce refrigerated until 30 minutes before use.

PETS OF THE WEEK



Xavier ID# A920503 photos provided Lee County Domestic Animal Services

Xavier And Sandy

Hello, my name is Xavier. I am a brown 3-year-old male lab mix and the shelter's very own gentle giant. This big guy is a teddy bear and loves to just lay around and get belly rubs from the great team of volunteers. I also love the kiddie pools and will dive right in after a tennis ball to cool off during the hot summer afternoons. If you are looking for a laid-back, playful pup, I am your boy.
My adoption fee is \$75.
Hi, I'm Sandy. I am a black and white 1-year-old female domestic shorthair. I am a tuxedo cat that has currently stolen the heart of one of the staff members, so I've been hanging out in her office. I would be best as an only child as I am a frisky gal. I



Sandy ID# A917555

am very entertaining and love to give you a run for your money. Stop by and meet this girl and fall in love with my spirited personality.
My adoption fee is waived.
The adoption package includes spay or neuter, microchip, up-to-dat vaccinations, county license and a 10-day health guarantee. This is a \$500 package.
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 MAY 16, 2022

Aries (March 21 to April 19) A stubborn refusal to go ahead on a project mystifies colleagues who expected more flexibility. But once you explain your position, they'll understand and even applaud you.
Taurus (April 20 to May 20) A relationship seems to be stuck in the same place. Now it's up to you, dear Bovine, to decide how far you want it to go and how intense you want it to be. Choose well and choose soon.
Gemini (May 21 to June 20) A relationship progresses more slowly than you would prefer. Best advice: Insist on a frank and open discussion. What is learned could change minds and, maybe, hearts.
Cancer (June 21 to July 22) It's all right to be grateful to a workplace colleague who has done you a good turn. But gratitude shouldn't be a life-long obligation. The time to break this cycle is now.
Leo (July 23 to August 22) It's going to be especially nice to be the King of the Zodiac at this time. A recent money squeeze eases. Plans start to work out,

and new friends enter Your Majesty's domain.
Virgo (August 23 to September 22) Before you make a commitment on any level (personal, professional, legal), get all the facts. There might be hidden problems that could cause trouble later on.
Libra (September 23 to October 22) Personal relationships improve. Professional prospects also brighten. A job offer could come through by month's end. An old friend seeks to make contact.
Scorpio (October 23 to November 21) Your senses detect that something is not quite right about a matter involving a workplace colleague. Best advice: Follow your keen instincts and don't get involved.
Sagittarius (November 22 to December 21) A prospect offers rewards, but it also demands that you assume a great deal of responsibility. Knowing you, you're up to the challenge, so go for it, and good luck.
Capricorn (December 22 to January 19) A favor you did a long time ago is repaid, as a trusted colleague steps in to help you with a suddenly expanded workload. A family member has

important news.
Aquarius (January 20 to February 18) A new job offer could require moving across the country. But before you let your doubts determine your decision, learn more about the potentials involved.
Pisces (February 19 to March 20) Your sense of fair play doesn't allow you to rush to judgment about a friend who might have betrayed you. Good! Because all the facts are not yet in.
Born This Week: You have a romantic nature that allows you to find the best in people. You would excel at poetry and drama.

MOMENTS IN TIME

• On May 24, 1883, after 14 years and 27 deaths during construction, the Brooklyn Bridge in New York is opened, the largest suspension bridge ever built to that date.
• On May 27, 1894, Dashiell Hammett, author of *The Maltese Falcon*, is born in Maryland. He worked as a Pinkerton detective for eight years and turned his experiences into fiction. The novel was filmed three times, the last in 1941, starring Humphrey Bogart.
• On May 28, 1902, Owen Wister's *The Virginian* is published. It was the

first serious Western and one of the most influential in the genre. The book became a sensation and inspired four movies and a Broadway play.
• On May 29, 1932, the so – called Bonus Expeditionary Force, a group of 1,000 World War I veterans seeking cash payments for their veterans' bonus certificates, arrives in Washington, D.C. One month later, that number had swelled to nearly 20,000 strong.
• On May 26, 1940, President Franklin Roosevelt makes a radio appeal for the support of the Red Cross. Belgian and French civilians were "running from their homes to escape bombs and shells and machine gunning, without shelter, and almost wholly without food," FDR told Americans.
• On May 23, 1960, a tsunami caused by an earthquake off the coast of Chile travels across the Pacific Ocean and kills 61 people in Hilo, Hawaii. The massive 9.5 magnitude quake had killed thousands in Chile the previous day. The Pacific Tsunami Warning System, established in 1948, worked properly and warnings were issued to Hawaiians six hours in advance, but some people ignored the warnings and others actually
continued on page 22



FRIDAY
Few Showers
High: 85 Low: 76



SATURDAY
Cloudy
High: 87 Low: 80



SUNDAY
Cloudy
High: 85 Low: 76



MONDAY
Cloudy
High: 83 Low: 77



TUESDAY
Cloudy
High: 86 Low: 76



WEDNESDAY
Partly Cloudy
High: 87 Low: 79



THURSDAY
Sunny
High: 85 Low: 76

Redfish Pass Tides

Day	High	Low	High	Low
Fri	3:57 pm	None	None	None
Sat	5:05 pm	12:39 am	None	None
Sun	6:39 pm	1:43 am	None	None
Mon	10:36 am	2:38 am	8:31 pm	2:39 pm
Tue	10:47 am	3:25 am	10:09 pm	4:10 pm
Wed	11:03 am	4:03 am	11:30 pm	5:12 pm
Thu	11:21 am	4:35 am	None	6:01 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	3:02 pm	None	None	None
Sat	4:10 pm	12:41 am	None	None
Sun	5:44 pm	1:45 am	None	None
Mon	9:41 am	2:40 am	7:36 pm	2:41 pm
Tue	9:52 am	3:27 am	9:14 pm	4:12 pm
Wed	10:08 am	4:05 am	10:35 pm	5:14 pm
Thu	10:26 am	4:37 am	11:44 pm	6:03 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	6:29 am	10:22 am	4:14 pm	None
Sat	7:35 am	12:27 am	6:01 pm	11:31 am
Sun	8:29 am	1:38 am	7:28 pm	1:27 pm
Mon	9:13 am	2:39 am	8:40 pm	2:54 pm
Tue	9:53 am	3:28 am	9:45 pm	3:55 pm
Wed	10:33 am	4:10 am	10:53 pm	4:49 pm
Thu	11:10 am	4:51 am	11:55 pm	5:39 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	6:07 pm	2:49 am	None	None
Sat	7:15 pm	3:55 am	None	None
Sun	8:49 pm	4:59 am	None	None
Mon	12:46 pm	5:54 am	10:41 pm	5:55 pm
Tue	12:57 pm	6:41 am	None	7:26 pm
Wed	12:19 am	7:19 am	1:13 pm	8:28 pm
Thu	1:40 am	7:51 am	1:31 pm	9:17 pm

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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS



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Kitten Adoption Fees Waived

Lee County Domestic Animal Services (LCDAS) has a large number of cats and kittens, and a need for volunteers to provide foster homes for kittens too young for adoption or for a nursing mother plus her litter. Fosterers are provided with all supplies needed. Now through Monday, May 30, all adoption fees on cats and kittens old enough to go to forever families will be waived with an approved application.

Donations are also needed, such as baby blankets, water bowls, kitten nursing bottles, flat dishes, digital thermometers, cat beds, Dawn dish soap, cat nail trimmers and Royal Canin baby cat food. The items may be dropped off at the LCDAS shelter at 5600 Banner Drive in Fort Myers during regular business hours. Adoptable pets can be viewed online at www.leelostpets.com, and applications can be filled out in advance.✪

From page 20

Moments In Time

headed to the coast to view the wave.

- On May 25, 1977, the communist government of China lifts its decade-old ban on the writings of William Shakespeare. Mao Tse-Tung's 1966 revolution had banned any cultural work

that did not have the required ideological content.

NOW HERE'S A TIP

- Planning a new roof? Choose a light color for cooling benefits. Also check with your home-insurance company to see what discounts it might offer for different styles or options, like upgraded hurricane clips or fire-retardant materials. – REW in Tennessee
- Cut a cord of firewood in the spring, and cure it yourself. Store it away from the house and properly care for the wood by stacking it where it will have access to the sun and wind to dry it. Let it season for six months or longer, and you'll have firewood ready when the temperatures drop again.
- If you're melting chocolate in your microwave, do yourself a favor: Line the bowl with wax paper or parchment paper. The chocolate is still easy to stir, but when you take it out, you can scrape all the chocolate off the paper so that none is wasted! – AA in Florida
- Place a bit of clear tape over the spot where you are going to drive in a nail to prevent the nail from cracking drywall. It will go right in. Also, if you're nailing into wood, drag your nail through some soap (bar soap is fine) before striking it. This does the same thing – it will keep the wood from splitting. You can even keep a travel-size bar of soap in your nail apron for just this purpose.

- PK in New Jersey
- Shopping for bagged frozen vegetables? Give them the squeeze test: If the vegetables feel hard and solid, they have thawed and refrozen. Choose another bag.
- Keep musty smells out of your linen closet by stashing a box of baking soda on one of the shelves, just as you would in the kitchen.

STRANGE BUT TRUE

- Most of us know that pregnancy has its challenges, but one you might not be aware of is that expectant moms attract roughly twice as many mosquito bites. It's believed this is because they exhale more carbon dioxide and have higher body temperatures than those who aren't pregnant.
- A Chinese father hired virtual assassins to kill his son's World of Warcraft character, hoping that would stop the young man from playing after he'd quit his day job.
- American death row prisoners are given a physical to ensure they're fit enough to die.
- During the 1984 Olympic Summer Games in Los Angeles, McDonald's announced a promotion offering free food and drink every time an American athlete made it to the medals podium. After the former Soviet Union boycotted the games, it turned out to be quite a costly promotion.

- The French duo Daft Punk took their name from a negative review they received from *Melody Maker* magazine regarding a trio of which they'd previously been members.
- Between 1887 and 1950, American weather forecasters were not allowed to use the word "tornado."
- A particularly pessimistic fan of football's Cleveland Browns requested in his obituary that six members of the team serve as pallbearers at his funeral so "the Browns could let him down one last time."
- In the early 1970s, the first Nike shoe was inspired by... a waffle. After watching his wife make waffles, the company's co-founder, Bill Bowerman, poured urethane into a waffle iron to see what would happen. The Waffle Trainer debuted soon after.

THOUGHT FOR THE DAY

"The difference between a smart man and a wise man is that a smart man knows what to say; a wise man knows whether or not to say it."

– Frank M. Garafola

TRIVIA TEST

- Geography:** Dubai is the largest city of which country?
- U.s. Presidents:** What was President Richard Nixon's Secret Service code name?
- Television:** In which year did the

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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.

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1/21 ★ TFN

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HORTOONS

- first episode of the animated comedy *South Park* air?
4. **History:** What was the former name of the Hoover Dam on the Colorado River?
5. **Music:** Which instrument is Pablo Cassals famous for playing?
6. **Literature:** What are the names of Harry Potter's deceased parents in the book series?
7. **Language:** What does the Latin phrase "bona fide" mean?
8. **Animal Kingdom:** What is a baby fish called?
9. **Acronyms:** What does BMW stand for?
10. **Movies:** What is the song playing in the famous twist scene of *Pulp Fiction*?

TRIVIA ANSWERS

1. United Arab Emirates 2. Searchlight 3. 1997 4. Boulder Dam, for a short time in the 1940s 5. The cello 6. James and Lily 7. In good faith 8. A fry or fingerling 9. Bavarian Motor Works 10. You Never Can Tell, Chuck Berry

SCRAMBLERS ANSWER

1. Minus 2. Scold
3. Master; 4. Admire

Today's Word
DIAMOND

FLORIDA LIFE LESSONS

Be careful when helping turtles get across the road.
Florida Softshell Turtles have long necks and bite!

Regular Turtle

OW!
CHOMP!

Florida Softshell Turtle

PUZZLE ANSWERS

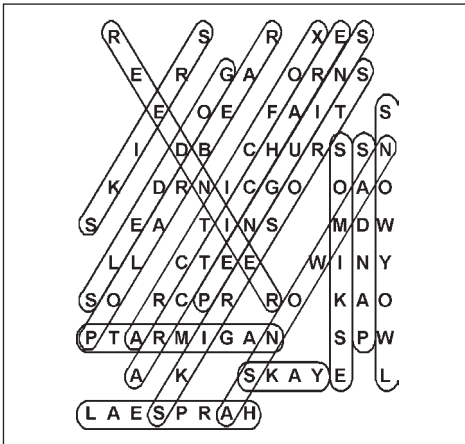
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I	D	O	L	S	H	I	K	E	D	U	P	A	S	H	A	M	E	D
R	E	R	A	N	O	N	E	N	O	T	E	T	E	A	R	I	L	L
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8	9	2	4	3	6	5	7	1
1	6	5	9	7	8	3	4	2
7	4	3	2	5	1	9	8	6
6	2	1	5	4	9	8	3	7
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5	7	6	8	9	3	2	1	4
3	1	4	7	2	5	6	9	8

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Isola Bella	Miromar Lakes	2008	5,674	\$5,750,000	\$5,500,000	20
Acreage	St. James City	2018	3,810	\$4,900,000	\$5,400,000	130
Siena	Miromar Lakes	2005	2,895	\$1,995,000	\$1,995,000	3
Shell Harbor	Sanibel	1972	1,737	\$1,895,000	\$1,875,000	0
Seaside Estates	Fort Myers	2004	3,239	\$1,799,000	\$1,700,000	13
The Dunes Sanibel Island	Sanibel	1997	2,779	\$1,745,000	\$1,694,500	23
Bayview Acres	St. James City	1977	1,506	\$1,595,000	\$1,626,000	7
Cape Coral	Cape Coral	1996	3,077	\$1,689,000	\$1,575,000	57
Cape Coral	Cape Coral	2018	2,278	\$1,364,000	\$1,500,000	1
Seagull Estates	Sanibel	1987	2,109	\$1,425,000	\$1,447,000	2



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