



Musical Lineup For Taste Of The Cape On Sunday



Strange Arrangement will take the stage at 3 p.m.

photo provided

Taste of the Cape will feature an eclectic mix of music to go along with great cuisine at Four Freedoms Park on Sunday, April 8 from 11 p.m. to 7 p.m. There will be Latin

jazz to funk, rock to Broadway and salsa to symphonic pops.

Heat Latin Jazz Band, a seven-piece salsa/Latin jazz group that features

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Sheena Brook

photo provided

Mound House To Host First-Ever Concert April 21

The inaugural Music on the Mound will feature Southwest Florida singer/songwriter Sheena Brook at the Mound House on Saturday, April 21 from 5:30 to 7:30 p.m. Cost is \$15

or \$10 for Friends of Mound House members.

As a live performer, Brook has created her own sound playing all types of genres, looping and creating on the fly. Brook has played festivals with artists like Kristian Bush, Helen Darling and Josh Turner. She has written with hit writers JT Harding, Andy Albert and many others. TV audiences know Brook from her appearance

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Local Celebrities Share Stories At Fundraiser

by Jeff Lysiak

A panel discussion featuring three Southwest Florida “celebrities” – NBC-2 news anchor Kellie Burns, Sanibel’s first mayor and former director of the Central Intelligence Agency Porter Goss, and best-selling author Randy Wayne White – took place on March 29 at The Community House on Sanibel.

During the three-hour event, a fundraiser for the Shipley Cardiothoracic Center at HealthPark Medical Center in Fort Myers, the trio shared stories of their good – and not so good – times on the world’s biggest stages. The conversation was moderated by Dr. Brian Hummel, FACS, a cardiothoracic surgeon at the groundbreaking medical center.

Following an hour-long cocktail reception, the panel discussion – dubbed Cause An Effect – began with Dr. Hummel asking Burns, Goss and White about the current state of U.S.-Cuba relations. Goss shared that the early ‘60s Cuban Missile Crisis was “the closest we’ve come to nuclear war in my



From left, Dr. Brian Hummel, Kellie Burns, Porter Goss and Randy Wayne White during last week’s fundraiser for the Shipley Cardiothoracic Center, held at The Community House on Sanibel

photo by Jeff Lysiak

lifetime.” He also joked that rumors of Cuban-made rum actually distilled in Puerto Rico are far-fetched. “It’s such a hot issue that *60 Minutes* went down there (Cuba) to do a story on it,” said Goss.

White, bestselling author of the Doc Ford and Hannah Smith series of novels, also discussed the Mariel boatlift, which took place back in 1980. He talk-

ed about providing a vessel for groups of Cuban refugees seeking asylum in the United States. “The Cubans are really good people,” he said. “They deserve a lot better.”

The next subject up for discussion was the camaraderie amongst all three with U.S. presidents over the years.

“The president is a terribly busy person, so I never wanted to take up a lot

of his time,” said Goss, the former CIA director and U.S. congressman. “I have never felt any elected president hasn’t deserved to be respected. It’s a horribly difficult job.”

White talked about his friendship with President Jimmy Carter and his son, Jeff. “We went fly-fishing in Argentina,” he said. “And I’ll always remember this—

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Historic Downtown Fort Myers, Then And Now:

Where Did They Go?



by Gerri Reaves, PhD

We all know that feeling when a seemingly permanent and taken-for-granted feature of our everyday landscape vanishes.

Sometimes we merely register that something's different, even if we can't quite pin down exactly what it is.

Pictured here are a few elements that have disappeared from downtown over the last decade.

Test your observation skills... did you noticed when they vanished?

Of all thing that should stay put, shouldn't it be a time capsule? Downtown has its share of capsules, and most of them

remain where they were originally placed, dutifully waiting to be opened in the designated century or so.

Not so with the time capsule at the Gwynne Institute, which was originally placed near the corner of Second and Jackson in 1988 to mark the centennial of Lee County's public school system.

It remained there on its base for about 20 years and then migrated far away from the site of the town's first public school house.

The capsule is now located at the Lee County School Board offices on Colonial Boulevard. Oddly enough, the base is still under the trees.

For years after Peter's La Cuisine's went out of business, the faded carrot-themed sign persisted on the east brick wall of the 1925 Towles Building on Bay Street at Bayview Court.

It contributed a nice vintage touch to that corner of downtown, especially for people who fondly remembered the restaurant's rooftop bar.

Today, the three-story building once again houses a restaurant, complete with another rooftop bar.

However, the carrot sign has been removed from the brick wall.

Instead, each evening, the wall displays an intriguing example of a new trend in signage: light projection, in this case advertising both the rooftop bar in the Towles Building and the bar next door.

A more tangible fate befell the stone pillars that once marked the entrance gate to the historic Menge house. Those old stones most likely ended up where a lot of disassembled historic structures do—construction-debris heaven.



The time capsule at the Gwynne Institute at Second and Jackson was relocated to school board offices on Colonial Boulevard photos by Gerri Reaves

As the photo shows, less than two years ago, the pillars stood on the west side of Fowler Street just south of First, incongruously standing vigil by the First United Methodist Church's recreation center.

Those pillars were the last indication of the circa-1900 heart-pine home of pioneer Conrad Menge.

When the church was sold and that building demolished, the pillars went too, along with the last trace of a pioneer's large family home.

As you walk around historic downtown, keep your eyes open. Just because you're in the historic district, you can't always count on something being there the next time you look.

Visit the following two research centers to learn more about what's been lost and preserved in Fort Myers.

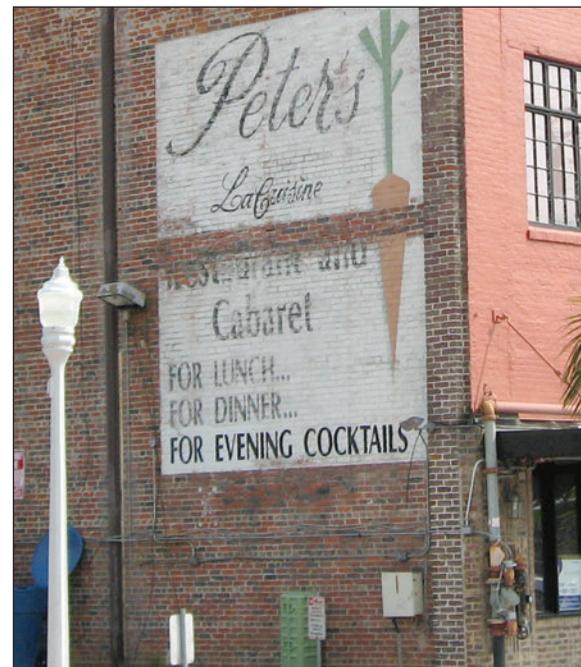
The Southwest Florida Historical Society is an all-volunteer, non-profit organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m.

It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 or visit www.swfl-historicalsociety.org for more information.

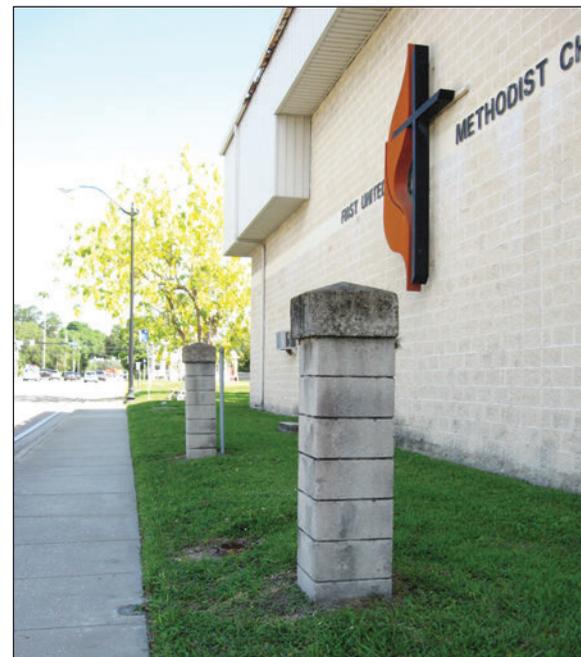
The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park.

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

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



The Peter's La Cuisine sign on the Towles Building on Bay Street has been replaced by light-projection signage at night



These stone pillars, photographed in June 2016, framed the gate entrance to the circa-1900 Conrad Menge house on Fowler Street. When the First United Methodist Church was sold and the recreation center demolished, the pillars were also destroyed.

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THE RIVER
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FROM THE BEACHES TO DOWNTOWN FORT MYERS

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ARABA Shriners with firemen Angelo Scarlato and Jesse Bologna (orange shirts), and Lani Kai Island Resort owner Bob Conidaris (center), all coming together to support a wonderful non-profit organization photo by Melissa Schneider

Firemen Present Check To Araba Shriners

Immediately following their last show of the 2018 spring break season, the Cincinnati Firemen presented a check for \$15,000 to the local ARABA Shriners, a non-profit organization dedicated to helping children receive the hospital care they need and getting them safe transport to proper medical facilities throughout the country.

The Cincinnati Firemen are a well-known annual vacationing troupe of 30-plus firemen and EMTs from the Cincinnati, Ohio area who perform along the beach stage of the Lani Kai Island Resort to raise funds for local charities.

"I'm just thankful to be able to

help such a great organization with their efforts to help sick and injured children," said Angelo "Scar" Scarlato, one of the three lead coordinators of the firemen's group. "They are the true heroes in this group."

On behalf of the Lani Kai Island Resort, we are truly honored to be able to host such an outstanding group of dedicated heroes, devoted to doing all they can for such a noble cause while still enjoying a phenomenal getaway to paradise every year," said Melissa Schneider, marketing director at Lani Kai. "Just like their skit for the Village People's *In the Navy*, we salute you, Cincy firemen, and can't wait until we can do it all over again next year."

Follow the firemen year-long via their Facebook page Greater Cincinnati Firefighters Show group at Lani Kai Ft. Myers Beach.*

Chamber To Hold Kids Fishing Tournament

The Greater Fort Myers Chamber of Commerce will hold the inaugural Tails & Tailgating Kids Fishing Tournament at Marine Max on Saturday, April 7. The children's fishing tournament starts at sunrise, and anglers may fish from land or boat.

The new event combines fishing and food into one family-friendly experience. Young anglers must return to Marine Max by 2 p.m. to check in and announce what type of fish they caught.

Deadline to register for the fishing competition is Friday, April 6. Cost per child is \$25 and includes a participation trophy and access to the after-party following the competition. All children and parent fishing partners will also receive an event T-shirt.

The after-party includes a shrimp boil at 3 p.m. Tickets are \$25 at the door and include food and beverages.

"We are excited to bring a day of fun and food to the Southwest Florida community during the Tails & Tailgating

Kids Fishing Tournament," said Dan Adams, chairman of the Greater Fort Myers Chamber of Commerce board of directors. "Designed to include the entire family, the inaugural event provides opportunity for our area's youngest anglers to get out on the water, and the after-party is sure to offer a great time for all ages."

Stokes Marine, Inc. is the Title Sponsor. Event sponsors include Crowne Plaza Fort Myers at Bell Tower Shops as the Kid's Zone Sponsor and Captains For Clean Water as the Snook Sponsor. Redfish Sponsors include Caloosa Tent & Rental, Camping World, HBK CPAs & Consultants, Iberiabank, Lott & Gaylor Insurance, Poll Pros, Inc. and The Mitchell Family, R & R Sprinkler & Landscape, Solomon & Hoover Certified Public Accountants and Stevens Construction. Trout sponsors include Prawnbroker Restaurant Group and Suncoast Beverage.

Marine Max is located at 14030 McGregor Boulevard in Fort Myers. Prospective participants in the fishing tournament can contact Stephanie Davis at Stephanie@fortmyers.org for more information.*

Florida Rep Play At Downtown Library



Florida Rep actors rehearse their lines photo provided

Friends of the Fort Myers Library, in partnership with Florida Repertory Theatre, present *The Play's the Thing* in the library's meeting rooms on Monday, April 16 at 6:30 p.m. Admission is free, but registration is required.

A new play doesn't just spring to life fully realized. It goes through many iterations on the way to the audience. The first and most important step is to have it staged. That's also one of the most difficult things for the playwright to accomplish. Florida Rep's Play Lab was established to help.

In this talk by Producing Artistic Director Jason Parrish, attendees will learn how Play Lab came to be, what a staged reading is and how the audience helps the playwright refine the script. Florida Rep actors will also perform a preview of the upcoming staged readings. Come learn how you can help choose a new play to be staged in the Florida Rep 2018-19 season.

Fort Myers Library is located at 1651 Lee Street in Fort Myers. For more information or to register, visit www.bit.ly/FML0416.*

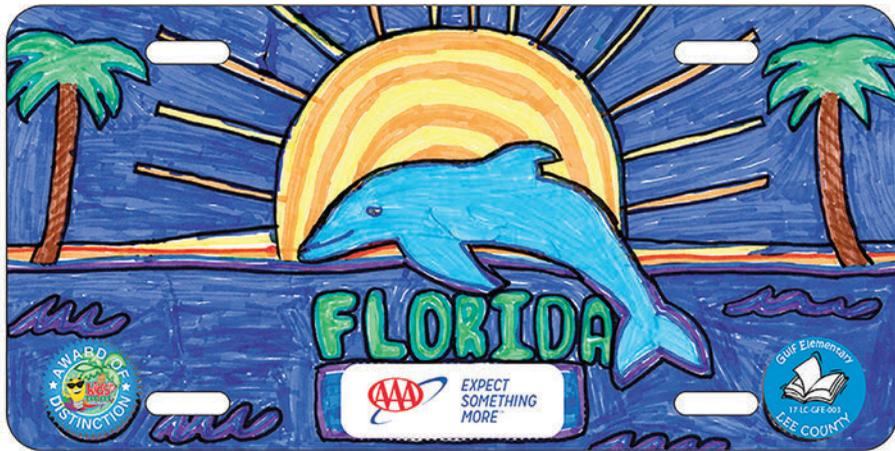
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This Award of Distinction-winning license plate design from a Gulf Coast Elementary School fifth grader is available for purchase, along with other student designs, at www.leetc.com photo provided

Kids Tag Art Raises Over \$40,000 For Lee Schools

It's more than just a way to beautify Florida's roads. Kids Tag Art, a partnership between the Lee County Tax Collector and the Foundation for Lee County Public Schools, collected over \$40,000 this year for art programs at 49 participating schools.

The program gave more than 5,600 Lee County fifth-graders the opportunity to create a design for front-end decorative license plates to be sold on www.leetc.com, the Lee County Tax Collector's official website. Students were encouraged to come up with designs that fit with a Reach for the Stars theme.

"Our children deserve the highest level of art education possible, and they need to see how they can use art within the framework of the marketplace," Lee County Tax Collector Larry Hart said. "I'm proud that we're able to encourage

and contribute to the success of so many students. It's goes hand in hand with our mission of service to the community."

Two designs from each participating school were selected as Award of Distinction winners. A reception catered by the Downtown House of Pizza and Jason's Deli was held for students who created the winning designs. Each school was presented with a check for \$800 to be used for art supplies.

The program continues to raise money for School District of Lee County schools. The tags will remain available on www.leetc.com through the end of the school year, scheduled for May 31. They cost \$20 plus \$7.50 shipping and handling. Each Award of Distinction art design can also be purchased as a mug or mousepad.

AAA – The Auto Club Group is the program's Premier Sponsor. Prominent Sponsors are Sam Galloway Ford and eGOV. Several other community sponsors support Kids Tag Art, including Auto Data Direct/Title Check, Miami Heart Research Institute, Lee County Electric Cooperative, LifeLink, Strayhorn & Persons, PL and Goldberg Noone, LLC.*

Student Collects \$10,000 Through Message In A Bottle



Wes Skinner and Mark Loren photo provided

One month after jeweler Mark Loren dropped three messages in a bottle from a helicopter into the Gulf of Mexico, a local student/fisherman has claimed the first prize.

Wesley Skinner, 22, a commercial fisherman and senior at Florida Gulf Coast University, spotted the light green glass bottle floating at sea, about 30 miles offshore northwest of Sanibel Island.

The water was extremely calm that day, Skinner recalled, and after seeing an object bobbing in the water, asked the captain turn around so he could take a closer look. He didn't immediately uncork the bottle, though, electing to stow it in a hatch and continue toward their fishing destination. Engine problems, however, meant a 12-hour trek back to shore, so Skinner opened the bottle.

"I thought it was real, but didn't know the extent of the prize," Skinner said. "It just said 'Come claim your diamond.'"

Loren, owner and founder of Mark Loren Designs, dropped the three bottles into the Gulf as part of a Valentine's Day promotion. One contained a certificate for a diamond valued at \$10,000, while the other two had certificates for \$2,500 in merchandise and services at the Fort Myers gallery.

"I dropped them from a helicopter a

few hundred yards from the shore, and factoring in the tides and wave action, we estimated the bottles could wash ashore within 24 to 48 hours," said Loren. "It's amazing to think that Wes found the bottle 30 miles from where I dropped it."

On Friday, March 16, Skinner visited Mark Loren Designs' gallery at 13351 McGregor Boulevard in Fort Myers to claim his diamond, a 1.9-carat round brilliant very fine quality gem with a retail value over \$10,000.

"I was shocked," said Skinner, who has no immediate plans for the diamond. "That's a lot more money than I have in the bank right now. I couldn't be happier."

Of course, Skinner's discovery means two unclaimed Mark Loren Designs bottles are still floating at sea, or perhaps have washed ashore on an isolated beach or become lodged under some mangroves. Just this week, news media reported that a message in a bottle from New Zealand ended up in Spain... eight years later. And earlier this month, officials confirmed the world's oldest message in a bottle – dated June 12, 1886 – was discovered buried in sand on the west coast of Australia.

"Let's hope it doesn't take that long for these other two bottles to be found," Loren joked.*

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Classic Movie Set For Teen Night

Sidney & Berne Davis Art Center's (SBDAC) Junior Board of Directors is inviting Southwest Florida students to a movie night featuring the original classic sci-fi comedy *Ghostbusters* at the art center on Friday, April 13. Doors open at 6 p.m., and the movie begins at 7 p.m. Cost is \$5 or \$4 with non-perishable food donation.

Movie goers can also purchase concessions, like pizza, popcorn, soda, and candy. Seating and floor space for lounging will be available in addition to theater-style seating. Bring pillows if choosing to sit on the floor. A big screen will be set up for the movie. Adults over 18 must be accompanied by a school-aged child to attend. All proceeds benefit the

Sidney & Berne Davis Art Center's Junior Board.

The SBDAC Junior Board was established to provide young adults with an opportunity to gain experience serving on a non-profit board. Each year, the Junior Board is given a budget and tasked with presenting events to the community. The Junior Board meets regularly, plans events, and makes an action plan to put on the event. This extracurricular initiative serves multiple purposes: it allows Junior Board members to fulfill volunteer hours required for scholarships; it helps gain experiences related to learn teamwork, planning, and implementing projects developed; and it gives them experience serving on a managerial board.

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



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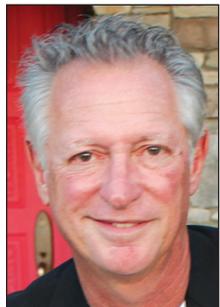
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Fort Myers Art:

Dramedy About Family, Friendship And Forgiveness

by Tom Hall



Opening April 13 at the Laboratory Theater of Florida is *Visiting Mr. Green*.

The story follows two men thrown together under the oddest of circumstances.

Having almost hit 86-year-old widower Mr. Green with his car, Ross Gardiner is charged with reckless driving. He must now complete a form of community service and visit Mr. Green every week for the next six months. At first, both men resent these forced visits, but soon their conversations reveal family secrets and past hardships in need of being brought into the light of day. A story of acceptance and open-mindedness, replete with charm and poignancy quickly develops.

Local favorite Michael Hennessey (*The Best Man*) plays Mr. Green. After a career spanning 50 years and 150 stage, film and television productions, Michael settled in Naples, Florida. He has been seen locally in *Proof*, *Broadway Bound*, *Lend Me a Tenor*, *Rumors*, *The Mousetrap*, *Tale of The Allergist's Wife* and, most recently, *Other Desert Cities* with the Naples Players; *Escanaba in da Moonlight* and *Fridays* with Stage 88; and *Come Blow Your Horn*, *On Golden Pond*, *Chapter Two*, *Plaza Suite*, *Love Letters*, *Visiting Mr. Green* and the world premiere of



Michael Hennessey and Brandon Somers

photo provided

the play he authored, *Take Five*, with the Marco Players. He was seen at Lab Theater in both Gore Vidal's *The Best Man* (he was former president Art Hockstader) and *Glengarry Glen Ross*.

"*Visiting Mr. Green* transcends the 'gaps' between young and old, gay and straight, parent and child by immersing us in their one unifying common thread, love," said Hennessey. "You will love this play."

The internationally-loved play also stars Brandon Somers (*Burn This*) and is directed by artistic director Annette Trossbach, who selected the play for this season because of its honest, hopeful, poignant portrayal of two men who have found themselves marginalized for different reasons and eventually find common ground and friendship.

"Conservative Jewish, Mr Green doesn't want anything to do, at first, with energetic and modern Ross

Gardiner," Trossbach revealed. "But tolerance leads to acceptance and then leads to their embracing of one another and a reevaluation of who each of them are. The show is a gentle reminder that, through openness, peace and kindness are possible."

Visiting Mr. Green plays from Friday, April 13 to Sunday, April 29 at the Laboratory Theater of Florida.

Stage It! 2 Ten-Minute Play Festival April 28 and 29

The Center for Performing Arts of Bonita Springs has announced the line for its Stage It! 2 Ten-Minute Play Festival which takes place in the Moe Auditorium & Film Center on Saturday, April 28 at 8 p.m. and on Sunday, April 29 at 2 p.m. Ten plays will premiere at the two-day event, which also includes a book release party to celebrate the publication of all the winners.

A total of 206 plays were received

from around the nation, New Zealand, Australia, Canada and England. Each play was critiqued by two of 21 judges from across the country and Canada. The judging panel included playwrights, directors, screenwriters, professional actors and editors from New York, Los Angeles, Atlanta, Toronto, Chicago, Boston, New Orleans, Jacksonville and Naples.

Thirty plays were selected for publication in the Stage It! 2 Ten-Minute Plays book that will be released on the opening night of the festival. Ten of the plays will be performed over the two days by CFABS community theatre performers, and an "Audience Favorite" will be selected by the patrons attending.

The following are the 10 plays that will be performed during the festival: *A Lively Outfit* by Jeff Dunne of Eldersburg, Maryland; *Cancelled* by M. Rowan Meyer of Woodside, New York; *Cuckoo* by James Pfrehm of Homer, New York; *Dany, Major and Mills* by Denise Hinson of Sugarland, Texas; *Ebook Meets Treebook* by Rex McGregor of Auckland, New Zealand; *Love In Ten Minutes* by Jim Flores of Hacienda Heights, California; *No Problem* by Lela Chesson of Rocky Mount, North Carolina; *Sheep!* by J. Gulotta of New York, New York; *Swans* by WL Newkirk of Celebration, Florida; and *The Bull Of Queens* by Brian Scanlan of New York, New York.

Tickets are \$12 and can be purchased in advance by calling 495-8989 or by visiting www.artcenterbonita.org. The Moe Auditorium and Film Center is located at 10150 Bonita Beach Road in Bonita Springs.

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.✪

National TV Series Filming In Lee County

The filming of a future episode of *Facing Waves* featuring the Great Calusa Blueway in Lee County will run from Saturday, April 7 to Friday, April 13.

Produced by Heliconia, *Facing Waves* is an adventure travel TV series that showcases top paddling destinations around the world. Each 30-minute episode features paddling adventures while telling the story of the region and people of the area.

The Great Calusa Blueway episode will follow hosts Luke Hopkins and Anne Pagano of Body Glove as they and their two young daughters explore the variety of amazing paddlesport activities Lee County is known for. Adventures will include the Calusa Palooza Paddle Race at Koreshan State Park; a family paddle and day at Bunche Beach; stand up paddleboard and kayak fishing at Tarpon Lodge; camping at Cayo Costa State Park;

and visits to the Calusa Heritage Trail, Randell Research Center and Sanibel and Captiva islands.

"We're really excited that *Facing Waves* is coming to the Calusa Blueway for one of their episodes," said Mike Hammond, Calusa Blueway coordinator for Lee County Parks & Recreation. "They film the top paddling destinations around the world."

"*Facing Waves* is all about sharing the magic that surrounds our oceans, rivers, lakes or ponds, and inspiring travelers to visit these magnificent destinations," said Heliconia President and *Facing Waves* guest host Ken Whiting. "Paddlesports simply provide a unique and spectacular means of exploring and learning about a region."

Now in its sixth season of filming, *Facing Waves* is currently broadcast on FOX Sports Networks, Outside TV and Nautical Channel - reaching 90 million households in four languages and 40 countries.

For more information about the series, visit www.facingwaves.com. To showcase your top paddling destination or brand, contact Brendan Mark at 613-582-7154 or brendan@helipress.com.✪

Foundation Launches Earth Day Campaign

The Southwest Florida Community Foundation has launched an Earth Day campaign to raise awareness and funds for the environment in Southwest Florida.

The Earth Day the SWFL Way campaign is meant to engage locals on how they can save the unique environment and help be a part of the change by sharing what efforts they pledge to take in honor of Earth Day on April 22.

Participants can take a poll and choose three things they plan to do in honor of Earth Day at <https://floridacommunity.com/environment>. There are giveaways for everyone who engages, and the Community Foundation is giving away Pura Vida bracelets to anyone who makes a donation to their Fund for the Environment of Southwest Florida.

Options in the poll for engagement include stopping the use of plastic

straws, using your own cup when you buy a cup of coffee or tea, avoiding the use of plastic cutlery and bottles, using re-usable shopping bags and more.

"We are focused on a sustainable Southwest Florida and think the idea of doing the most good for the community right now while protecting it for the future is important," said Sarah Owen, president and CEO of the Southwest Florida Community Foundation. "Sustainability, especially for our environment, is at the center of everything we do."

Earth Day is celebrating its 48th year as a movement that continues to inspire, challenge ideas, ignite passion and motivate people to action. The first Earth Day on April 22, 1970, activated 20 million Americans from all walks of life and is widely credited with launching the modern environmental movement. Today, the Earth Day Network (EDN) works with tens of thousands of partners in 192 countries to broaden, diversify and mobilize the environmental movement. More than 1 billion people now participate in Earth Day activities each year, making it the largest civic observance in the world.✪



Dionne Karen photo courtesy Robert Bruce

Famous Author Lecture Series Continues April 16

Literature lovers can take part in a lunch and lecture with an acclaimed writer at the Famous Author Lecture Series at the Sidney & Berne Davis Art Center. Bestselling, critically acclaimed author Karen Dionne is up next on Monday, April 16 from noon to 2 p.m. A book signing and question-and-answer session will also take place.

Dionne is the author of *The Marsh King's Daughter*. She is the cofounder of the online writers community Backspace, the organizer of the Salt Cay Writers

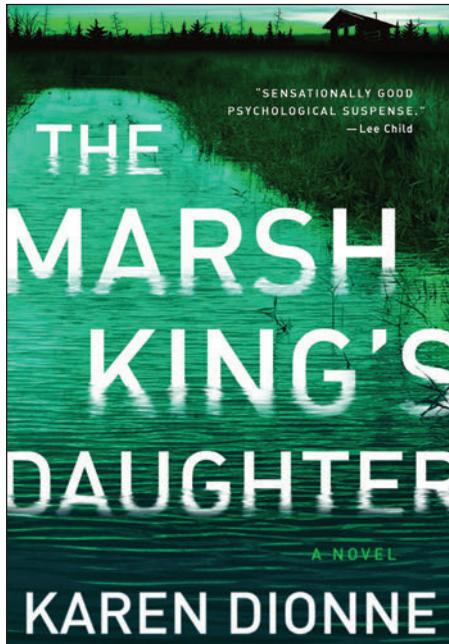


image provided

Retreat and a member of the International Thriller Writers, where she served on the board of directors. She has been honored by the Michigan Humanities Council as a humanities scholar and lives with her husband in Detroit's northern suburbs.

Tickets are \$35, while a table of eight is \$280. The afternoon's lunch will be prepared by Chefs Mike and Karen Gavala, owners of G3 Catering.

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

From page 1

Fundraiser

the president was always the first one out and the last one in. I even tried to wait him out, but I could've been there until midnight and he'd still be out fishing."

The celebrity group also discussed ongoing problems and possible solutions to Florida's polluted water crisis, gender equality in the workplace, the benefits and drawbacks of being in the spotlight and past vs. current threats to the United States.

Goss offered a concise list of five current threats to our nation, including modern terrorism, nuclear proliferation, the re-emergence of Chinese and Russian macro-aggressors, cyber-security and living in what he calls "The Post-Truth Era."

"I grew up believing that when you lose the truth, you lose trust," Goss said.

"We live in fun times, but it's also very scary," added Dr. Hummel.

Burns, who began working at NBC-2 in 1994 as a reporter, worked her way up to primary anchor two years later. Her award-winning career includes two Regional Edward R. Murrow Awards and several awards from the Florida Press Association. Reacting to a question about gender equality in the workplace, Burns stated that she is teaching her own daughter that finding a successful career relied upon two key ingredients: education and expectations.

"Worldwide, I still think we've got

a long way to go," said Burns. "But I think we're moving in the right direction.

"Every one of us – whether you are an author or accountant, a government official or a grade school teacher – deals with the stresses of performance in their workplace and their life," said Dr. Hummel. "I just thought it would be great to sit down with this panel, all have seen and done so much in their days and have been wildly successful, to talk about when the pressures got the best of them and they didn't perform at the top of their game."

To conclude the discussion, the panelists were each asked what it's like living in the public eye. Burns said that in her job, she "tries to give people all of the facts so that they can draw their own conclusions," and that she prefers to stay off social media, since many posts are subject to being "misinterpreted" by readers.

"I live here, have raised our family here... I love the island," said Goss, who added that he wished more people would use their celebrity status to evoke positive change. "It's a simple, quiet life. I don't have to have three people check out the grocery store whenever I go shopping."

White, who more than the other two panelists appears in the spotlight during public appearances and book signings, reflected upon choosing to live on Sanibel. "It has been my conviction that we don't choose to live on these islands – they choose us."✱

Symphony Closes 57th Season With Bernstein Bash

The Southwest Florida Symphony, Lee County's only professional orchestra and one of the oldest on Florida's Gulf Coast, concludes its 57th Masterworks season with Happy Birthday Leonard Bernstein at Barbara B. Mann Hall at FSW on Saturday, April 14 at 7:30 p.m. In addition to celebrating Leonard Bernstein's 100th birthday and his brand of artistic genius that catapulted symphonic music into the 20th century, the symphony also celebrates the great music of film composer Elmer Bernstein, the Bernstein of the West with a performance of his Guitar Concerto,



Pablo Sainz-Villegas

photo provided

featuring one of classical guitar's brightest stars, Pablo Sainz-Villegas.

Southwest Florida Symphony's Music Director Nir Kabaretti offers a highly popular pre-concert lecture that takes place at 6:30 p.m. These lectures are offered in order to better educate audiences about the pieces being performed and often feature a guest artist question-and-answer session and demonstrations.

Tickets cost between \$29 and \$92 per person and may be purchased online at www.swfso.org, by visiting the Southwest Florida Symphony Box Office located at 8290 College Parkway, Suite 103 in Fort Myers, by calling the Symphony Box Office at 418-1500 or at the door, one and a half hours prior to the concert.

Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers. For more information, visit www.swfso.org.✱

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16881 Davis Road #524



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Along The River

The River District Alliance will host **Art Walk in downtown Fort Myers** this Friday, April 6 from 6 to 10 p.m. and Saturday, April 7 from 11 a.m. to 4 p.m.

Fourteen galleries invite visitors and residents to meet the artists and enjoy live art demonstrations and exhibitions along the river district. For more information, visit www.fortmyersriverdistrictalliance.com.

During ArtWalk on Friday, **Arts for ACT Gallery** will hold an opening reception and **meet-the-artists session** from 6 to 10 p.m. The ArtPoems Group will display original works of art and poems in the main gallery, while local artist Terry Lynn Spry will be showing creative oil paintings in the white gallery. Co-op artists will also exhibit new works.

Both of these exhibits continue through Monday, April 30.

Arts for ACT Gallery is located at 2265 First Street in downtown Fort Myers. For more information, call 337-5050.

Also during the Friday portion of ArtWalk, local physicians and Florida SouthWestern State College (FSW) art students will have an **opening reception** at the **Sidney & Berne Davis Art Center** from 6 to 10 p.m. Both groups will be exhibiting their works at the art center during April. The exhibitions will close on Tuesday, April 24.

Admission is free to both exhibitions.



Chasing Dallas will perform at BBQ, Bands & Brew at Centennial Park

photo courtesy

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, visit www.sbdac.com.

The **Alliance for the Arts** will present **Square One Improv** group in Theatre Conspiracy this Friday, April 6 at 8 p.m.

Square One Improv is a hilarious, musical, interactive comedy group that packs shows with hilarious songs, sketches and jokes made up on the spot based on audience suggestions. No two shows are the same. General seating

tickets are \$15.

For more information on the improv show, visit www.artinlee.org or call 939-2787.

One of Gulf Coast Humane Society's biggest fundraising events of the year, **The Fast and the Furriest**, will be held at **Hammond Stadium** this Saturday, April 7. The 5K Run/1-Mile Walk fundraiser will hold registration at 6 p.m. The 5K run starts at 7:30 a.m. followed by the 1-Mile Walk at 7:35 a.m.

The run/walk event is dog-friendly. The first 500 5K runners and 1-Mile walkers will earn a Finisher Medal, with the top fundraiser receiving a trophy and traditional age group medals will be awarded to top chipped runners, and to the Fastest Dogs in three weight categories. Other awards will be for the Triple Crown Award winners.

Hammond Stadium is located at 14100 Six Mile Cypress Parkway in Fort Myers. To register, visit www.gulfcoasthumanesociety.org/the-fast-the-furriest.html or email Howell at events@gulfcoasthumanesociety.org.

To kick off National Parkinson Awareness Month, Hope Healthcare Parkinson Program is holding **Walk 4 Hope** at **Lakes Regional Park** on Saturday, April 7 at 10 a.m.

The one- to three-mile walk will help raise awareness and support the local Parkinson community. A registration fee of \$25 per person includes an event T-shirt and light refreshments. Corporate sponsorships are available.

Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers. For more information and to register, visit www.hopeparkinson.org/walk or call

Michelle Martin at 985-7727.

Edison & Ford Winter Estates will host its last Rhythm on the River music celebration of the season in the river pavilion with the **Journey tribute band, Faithfully**, this Saturday, April 7 at 6 p.m.

During the show, Faithfully will give away a guitar signed by the group. The band has been performing Journey's hits all around the world since 2011.

Event tickets are \$25 or \$20 for Edison Ford members. A cash bar will be available. A limited number of seats will be provided; guests are encouraged to bring a folding chair.

Edison & Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information or to purchase tickets, visit www.edisonfordwinterestates.org or call 334-7419.

The **IMAG History & Science Center's annual gala**, From the Fort to the Future, will be held this Saturday, April 7 from 7 to 11 p.m.

The special evening will consist of an auction, heavy hors d'oeuvres, cocktails and full access to roam about the center. Guests will be treated to hands-on activities and interactive experiences, including a scavenger hunt, the latest VR exhibit, the Virtual Battle of Fort Myers and equipment demos from the soon-to-be IMAG Fab Lab.

The IMAG History & Science Center is located at 2000 Cranford Avenue in Fort Myers. Those interested in attending and supporting IMAG can learn more at www.theimag.org.

The ninth annual **BBQ, Bands & Brew** event will be held at **Centennial Park** this Sunday, April 8 from 11 a.m. to 6 p.m.

Taking the stage throughout the day are local headlining bands Rocker from 11 a.m. to 12:30 p.m.; Chasing Dallas from 1 to 2:30 p.m.; Deb & The Dynamics from 3 to 4:30 p.m.; and Soulixer from 5 to 6 p.m.

All proceeds raised at BBQ, Bands & Brew support Lee BIA Builders Care's mission of providing emergency repairs and construction services at no cost to elderly, disabled and economically disadvantaged homeowners who are unable to obtain repairs through traditional means.

Admission is \$10 per person with tickets available for purchase in advance or at the door. Children ages 12 and under are free. Advance tickets are still available for the event, and can be reserved by calling 938-0056 or emailing BBQ@bia.net.

Centennial Park is located at 2000 West First Street in Fort Myers. To learn more, visit www.leebuilderscare.com/bbq-bands-and-brew.*

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From page 1

Mound House

on NBC's Season 12 of *The Voice*, where she gained a spot on Team Adam. Brook also opened last year for Kevin Costner at The Ranch in Fort Myers.

Parking is available on site and

nearby. Concertgoers are asked to bring their own chair or blanket. Food and beer will be available for purchase. No coolers allowed.

The property at Mound House is nearly three acres of landscaped, bayfront grounds. It is located at 451 Connecticut Street on Fort Myers Beach. Call 765-0865 for more information.*



Beth Hendry and John Clinger

photo provided

United Way Campaign Raises Record Amount

The United Way of Lee, Hendry, Glades, and Okeechobee has concluded the 2017-18 campaign and exceeded the campaign goal of \$10,000,336. This is the first United Way campaign goal to exceed \$10 million and the 25th consecutive year that the goal has been met or exceeded.

Campaign Chairs Beth Hendry and John Clinger made the announcement that local residents and companies contributed a record amount, \$10,050,133 to the campaign which is a 4 percent increase. The campaign's theme, The Power of Ten, emphasizes the power of \$10 million: what it can do for United Way Partner Agencies, and the difference the agencies can make in the lives of the people they help.

The announcement was made at the March 29 meeting of the United Way board of directors at the United Way headquarters. At the goal announcement, Hendry, who is a board member and senior vice president of Iberiabank said, "Not only has our United Way made goal, we have exceeded the \$10 million. Our extraordinarily generous community has done it again. To all of you who gave, we send our heartfelt thanks."

Clinger, who is a board member and senior vice president as well as senior resident director of Merrill Lynch said, "The goal of \$10 million caused us to think about what \$10 million can do for the people of our community and our 94 United Way Partner Agencies. Making the goal means our agencies will receive their full share of funding for the coming year, including agencies and programs that are relatively new to the network such as Alliance for the Arts' ArtPlay for young people with autism, the Multiple Sclerosis Center, I WILL Foundation, Wellfit Girls and Valerie's House. Long-standing United Way Partner's

like Abuse Counseling and Treatment, Children's Advocacy Center, Community Cooperative and Bonita Springs Assistance will be able to continue their vital programs because our United Way surpassed goal."

The top local contributing companies are as follows:

1. Publix Super Markets, \$1,816,717
2. Bonita Bay Group, \$473,803
3. Lee Health, \$260,555
4. Enterprise Holdings, \$222,760
5. Chico's FAS, \$200,000
6. LCEC, \$191,596
7. FineMark National Bank & Trust, \$172,311
8. Lee County School District, \$152,952
9. BB&T Oswald Trippe & Company, \$114,437
10. Lee County Government, \$105,156

The top community contributors are as follows:

1. Bonita Bay, \$902,894
2. Sanibel Captiva, \$477,383
3. Pelican Landing, \$254,606
4. Mediterra, \$202,751
5. Fiddlesticks, \$169,224
6. Grandezza, \$141,564
7. Shadow Wood, \$140,818

All money raised in the United Way Campaign stays in the local community to help support the local human service network. United Way partner agencies and initiatives like Alvin A. Dubin Alzheimer's Resource Center, Child Care of Southwest Florida, Children's Advocacy Center, Harry Chapin Food Bank, The Salvation Army, Mission United and United Way 211 serve a diverse range of needs in our community such as nurturing children and youth, strengthening families, and meeting critical needs such as helping the elderly and disabled live independently, and empowering communities by bringing health and human services to neighborhoods.

The United Way of Lee, Hendry, Glades, and Okeechobee has raised and distributed over \$167 million since it was established in 1957. For more information, call United Way at 433-2000 or visit www.unitedwaylee.org.✱

Valerie's House Settles Into New Residence

Valerie's House, Inc., a Southwest Florida nonprofit helping grieving children work through the loss of a loved one together, has relocated to a home in downtown Fort Myers in order to serve the growing need for services in the community. The previous Valerie's House was listed for sale by the owner, forcing the nonprofit to find another location to serve children.

"The new house brings the same homey feel of our original location, yet has allowed us stability," said Angela Melvin, founder and CEO of Valerie's House. "We have secured a two-year lease on our new home while we begin to build a campaign to raise money so we can build and secure a home of our own."

The new Valerie's House Fort Myers location is at 1762 Fowler Street. It has 2,200 square feet that includes a main house and two units, plus room for parking and a back yard to play. The two story yellow and white Victorian house was originally built in 1910. After many years as the home of several early Fort Myers families, the house has been refurbished to accommodate the Valerie's House organization.

Melvin said, "We are happy to have been the inspiration for bringing life back to this house."

Valerie's House children meet weekly



Valerie's House on Fowler Street

photo provided

at the home for grief support and mentoring. The organization is currently serving 140 children from Lee, Collier, Charlotte and Sarasota counties at its Fort Myers and Naples locations.

The vision of Valerie's House is that no child will grieve alone. For more information or if you know a child that is struggling with grief, contact Angela Melvin at angela@valereshouseswfl.org or go to www.valereshouseswfl.org.

Valerie's House is a United Way Partner Agency and is fully supported through generous donations from the community.✱



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Rayma Page classroom after receiving World Atlases

photos provided



Heights Elementary cafeteria after receiving World Atlases

Kiwanis Donates Over 2,500 Books To Grade Schools

The Kiwanis Club of Fort Myers Gateway to the Islands recently purchased 375 World Atlas books for all the third or fourth grade students at Heights Elementary and Rayma C. Page Elementary Schools in the Lee County School District.

The annual project at Heights for the past five years has resulted in over 1,000 youth receiving their very own World Atlas, while more than 425 youth

at Rayma Page have received their free book from the Kiwanis Club. The World Atlas covers such country facts and profiles as climate, population, and geographic features and extremes for all the countries in the world, along with flags and maps.

The annual free book fair for every student in both schools, near the end of the school year, will result in a total of over 2,500 books for the two schools this year. The media specialists from the two schools will make selections from just over 400 book titles to cover all interest areas for the youth to make a choice of a book. Each student has about 10 minutes to choose their book

to keep and take home. Heights Media Specialist Katie Riemenschneider, who was named Lee County's 2016-17 Teacher of the Year, said, "What a terrific way to start the summer and encourage the children to continue reading."

Funds for these two signature projects and many more service endeavors are made possible by many generous Lee County restaurants and community support for the organization's only annual fundraising effort, the Delicious Dining Discount (BOGO) Book. The 2018 off-season discount book is now available and features 59 dining establishments from Fort Myers Beach,

Bonita Springs, Cape Coral and Fort Myers. Purchase options may be found at www.fortmyersbeach.org by clicking on home page center hexagon photo.

Gateway to the Islands Kiwanis Club is comprised of professional men and women and is seeking more service-minded individuals and business professionals to impact the community through volunteering. The club meets Tuesdays from 7:30 to 8:30 a.m.

For more information, visit www.facebook.com/kiwanis-club-of-fort-myers-gateway-to-the-islands-96273977346 or email Kiwanisgtti.dining@gmail.com or call 218-5768.✪

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

Sunday 10:30 a.m., 2756 McGregor Boulevard, allfaiths-uc.org, 226-0900.

ALL SAINTS BYZANTINE RITE CATHOLIC

Sunday 10:30 a.m. 10291 Bayshore Road, 305-651-0991.

ANNUNCIATION GREEK ORTHODOX

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

BETH SHILOH MESSIANIC SYNAGOGUE

Friday 8 p.m., Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

BIBLESHARE

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

BREAD OF LIFE MINISTRIES

Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.

CHABAD LUBAVITCH ORTHODOX

Friday 6:30 p.m. 5620 Winkler Road, chabadswf.org, 433-7708.

CHAPEL OF CYPRESS COVE

Sunday 10 a.m. 10200 Cypress Cove Circle, revtedalhouse@aol.com, 850-3943.

CHURCH OF THE CROSS

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

CONGREGATIONAL

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

COVENANT PRESBYTERIAN

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

CYPRESS LAKE BAPTIST

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

CYPRESS LAKE PRESBYTERIAN

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

CYPRESS LAKE UNITED METHODIST

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

FAITH FELLOWSHIP WORLD OUTREACH

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

FAITH UNITED METHODIST

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

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

FIRST UNITED METHODIST CHURCH

Sunday 9:30 a.m. and 5:30 p.m. 2466 First Street, www.fumcftmyers.org, 332-1152.

FORT MYERS CHRISTIAN

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

Sunday 10 a.m., 8210 College Parkway, 482-3133.

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

KINGDOM LIFE

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

LAMB OF GOD

Sunday 7:45 and 10 a.m. 19691 Cypress

View Drive, lambogodchurch.net, 267-3525.

NEW BEGINNINGS CENTER

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

NEW COVENANT EYES

Monthly 9 a.m. 1900 Park Meadows Drive, newcovenanteyes.com, 220-8519.

NEW HOPE BAPTIST

Sunday 11 a.m.; Wednesday 7 p.m. 16120 San Carlos Boulevard, Unit 10, 985-8503.

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

Sunday 10:30 a.m. www.17671PineRidgeRoad.com, 267-7400.

PEACE LUTHERAN

Sunday 8 and 10 a.m. 15840 McGregor Boulevard, www.peaceftmyers.com, peace@peaceftmyers.com, 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. 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. 111 Evergreen Road, saintnicholasmonastery.org, 997-2847.

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETHEL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE NEW CHURCH

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

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN CHURCH

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

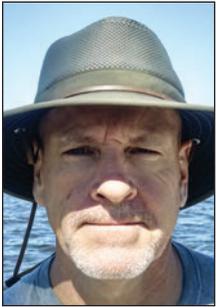
WORD OF LIFE

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

ZION LUTHERAN

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

CROW Case Of The Week:
Baby Birds



by Bob Petcher

It is said that springtime represents new beginnings. In the wild, that phrase translates to newborns as many animals give birth to their young at this time of year.

In the spring months, some of the most common patients CROW officials see at the hospital are baby birds when many species – including common grackles, northern mockingbirds and mourning doves – have begun to hatch.

According to Dr. Malka Spektor, CROW veterinary intern, statistics show that approximately one quarter of CROW patients taken in during the past month were baby birds. Unfortunately, many of these young patients (either newly born nestlings or fledglings that are still developing wing feathers) should not be patients at all because they are not injured or orphaned. They are mistakenly brought to CROW or a drop-off site when they are found on the ground. These young birds are still dependent on their parents yet are grounded when they either fall from their nests, drop during flight training or their nests get blown out of the trees.

CROW officials call these birds and other baby creatures “abducted animals.” With a little effort, a “lost” bird can often

be returned to the nest by the person who finds it without it having to make a trip to the Sanibel clinic.

“We call patients abducted when they are healthy and have parents, but are taken out of the wild and brought to us because people think they are orphans,” said Dr. Spektor. “When we can, we will try to ‘re-nest’ them.”

If You Care Leave It There is a CROW program developed by Dr. Heather Barron, CROW’s hospital director, in an effort to reduce the number of abducted animals entering the clinic. The program offers a brochure that allows one to be educated on the difference between orphaned and abducted and what one can do once faced in a possible “rescue” scenario.

“If You Care Leave It There is a program to educate the public that a wild animal baby will do best when left in the wild. Often times, the parents are not at the nests all the time; often baby birds will fledge and be on the ground, with their parents around to keep an eye on them, even if you don’t see the parents,” said Dr. Spektor. “We want to make sure the babies we get are true orphans, not abducted from their parents. If there is an obvious injury, or if there is no sign of the parents – signs are different for different species – then they should be brought in. But always call first and we can explain what to look out for.”

According to the brochure: “Humans are never a young animal’s best hope for survival. They are its last hope. A young animal should only be removed from the wild after all avenues to reunite it with an adult animal are exhausted.”



Mourning doves that were abducted and brought into CROW but are not injured

photo by Brian Bohlman

Within the brochure, Dr. Barron offers information that everyone must adhere to:

“If you happen to see a young, wild animal, please leave it alone unless there appears to be something wrong – a clear injury or a fallen nest.

“If the nest has fallen out of a tree but the young inside the nest appear healthy, please replace the nest in the tree as high up as you can reach. If this is not possible, consider placing the nest in nearby bushes or even nailing it to the side of the tree in an area where the young will have some shade and shelter from the elements. If the nest itself is missing or damaged, an artificial nest may be created.”

The educational program appears to be working. Dr. Spektor stated that approximately 20 to 30 percent of these young

patients are abducted, which is down from 80 percent before the program was implemented couple of years ago.

To become better educated on *If You Care Leave It There*, pick up a hard copy of the program brochure at CROW’s Visitor Education Center at 3883 Sanibel Captiva Road or visit www.crowclinic.org/articles/if-you-care-leave-it-there to view it online.

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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Clean Clear Water Equals Really Big Trout



by Capt. Matt Mitchell

Fishing during the past week's warming trend was a much needed change from the flip-flopping hot/cold weather we experienced the entire month of

March. If you add in crystal clear water in the middle to northern sound and use live shiners for bait again, even a few days of crazy winds could not take the smile off my face. Now that we are finally in April the last strong cold fronts should be behind us. Now our fishing will kick into high gear. After a prolonged winter, game fish are coming out of their winter hideouts hungry and ready to eat.

Really big trout were the target species for me most of this week. During these clean clear water times, we catch some real giants. Our spring trout bite when we are lucky enough to have the clear water like we do now is about as good as it gets all year. Spotting these laid-up fish while riding up in the tower of my boat can make fishing super easy at times. Once I do find them its often just a matter of returning to these same sand potholes

to catch them for what can be days in a row.

Some of the smaller mangrove islands in the middle to northern sound where the most productive big trout spots for me this week. The best big trout action came from north Cork Key. Many of these tiny little mangrove islands that don't even have names have sand holes right up against them. Just out from them are the places these trout like to hang out. Depending on the wind and tide movement, we were able to sit as far out as possible. Making a long accurate cast to these sand holes was key to catching these big trout along with a few 25-inch-plus monsters. Many of these islands can only be reached on the higher water incoming tides.

Shallow sand holes on the open grass flats also held lots and lots of trout of all sizes during the lower water periods. Once we found that one magic sand hole, we would often catch our limit of fish at just that one stop. Many of these trout are just shy or even over the 20-inch max. Pitching big live free-lined shiners into these sand holes gave clients some awesome visuals as these big trout often blew up time and time again as they chased and missed the bait. When you find this clean clear water, the big trout will be there.

*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.**



Jackson, age 12 and visiting from Wisconsin, caught lots of big trout this week with Capt. Matt Mitchell photo provided

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Tamarind is a non-native highly wind-resistant tree that can grow more than 60 feet high photos by Gerri Reaves

The trunk is rough and stocky up to 65 feet or higher. Dense foliage makes it a good shade tree.

The pinnate leaves give the tree a feathery look. The pods contain a pulp used in Indian and Asian cuisine.

Plant Smart
Tamarind

by Gerri Reaves

Tamarind (*Tamarindus indica*) is a large evergreen tree thought to originate from eastern Africa or the East Indies.

This member of the pea, or bean, family is also called Indian-date and is not to be confused with the native wild tamarind (*Lysiloma latisiliquum*).

This tree with a massive trunk grows

It has excellent wind resistance, low water needs, medium salt tolerance and a moderate growth rate.

The stocky rough-textured trunk is sometimes twisted. The branches are drooping, and, with age, the tree develops a domed crown.

The foliage is fern-like and fine-textured. Leaves of 5- to 10-inches long consist of as many as 30 pairs of elliptical leaflets, each less than an inch long.

Clusters of pale yellow star-like flowers with purplish or reddish veins appear in spring.

The smooth brittle fruit pod measures up to six inches long. Cinnamon-brown and brittle, it is constricted between the large seeds.

The pod contains edible pulp and usually ripens in late spring into summer. That sweet-sour pulp is used to make chutney, curries, soft drinks and sauces such as the popular Worcestershire sauce.

Tamarind is used in Indian and Southeast Asian cuisines, and tamarind paste is a staple in Asian food stores.

The plant has many medicinal uses.

This tree is easy to grow in South Florida and needs little maintenance.

When choosing a spot for it, give it full sun and consider that the sticky pods will fall on patios or walkways.

Sources: *500 Plants of South Florida* by Julia F. Morton; *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan; *Florida, My Eden* by Frederic B. Stresau; *National Audubon Society Field Guide to Florida* by Peter Alden et al.; *Waterwise: South Florida Landscapes* by SFWMD; www.floridata.com; and hort.ifas.ufl.edu.

Plant Smart explores the diverse flora of South Florida. ✨



American alligator

photo provided

Tips For Living With Alligators

The American alligator is a conservation success story. Florida has a healthy and stable alligator population, which is estimated at 1.3 million alligators of every size. They are an important part of Florida's wetlands, but should be regarded with caution and respect.

Alligators become more active and visible during spring when temperatures rise and their metabolism increases. Although serious injuries caused by alligators are rare in Florida, the Florida Fish and Wildlife Conservation Commission (FWC) recommends taking precautions when having fun in and around the water. Alligators inhabit all 67 counties in Florida and can be found anywhere there is standing water. Reduce the chances of conflicts with alligators by swimming only in designated swimming areas during daylight hours. Also keep pets

on a leash and away from the water.

Because alligators control their body temperature by basking in the sun, they may be easily observed. However, the FWC urges people to keep their distance if they see one. And never feed alligators because it is dangerous and illegal.

The FWC places the highest priority on public safety and administers a Statewide Nuisance Alligator Program (SNAP) to address complaints concerning specific alligators. People concerned about an alligator should call the FWC's toll-free Nuisance Alligator Hotline at 866-FWC-GATOR (392-4286). SNAP uses contracted nuisance alligator trappers throughout the state to remove alligators four feet in length or greater that are believed to pose a threat to people, pets or property. The FWC also works diligently to keep Floridians and visitors informed, including providing advice about living with alligators.

Learn more about alligators at www.myfwc.com/alligator. ✨

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Peruse gently used items this weekend at the CROW Yard Sale photo provided

Yard Sale At CROW This Weekend

Support the Clinic for the Rehabilitation of Wildlife (CROW) while browsing through gently used items at CROW's Yard Sale on Friday and Saturday, April 6 and 7. The sale will be held from 9 a.m. to 2 p.m. on both days.

There will be a vast assortment of items, mostly donated by volunteers, CROW staff and members of the community. They include books, lamps,

furniture, jewelry, decorative items and wildlife related artwork.

"Our volunteers have played a big role in helping us organize all the items and price them accordingly," said JoEllen Urasky, CROW business and operations manager. "They have taken the lead for us, which is amazing."

All of the items are reasonably priced from 25 cents to \$50, with a few exceptions. One hundred percent of the proceeds from the sale will benefit CROW.

CROW is located at 3883 Sanibel-Captiva Road. For more information, call JoEllen Urasky at 472-3644 ext. 221.✳

SCCF And Hospital To Benefit From Auction Item



Richard and Feyza Shipley photo provided

Whether submitting bids remotely or during the SanCap Cares live auction, one lucky bidder will win a one-of-a-kind Jim Sprankle carving and other related items offered in this lot.

This eastern screech owl carving will be auctioned off at SanCap Cares on Sunday, April 8. The piece was donated to the Sanibel-Captiva Conservation Foundation (SCCF) by Richard and Feyza Shipley and created by 2018 SCCF Brush of Excellence prize recipient Jim Sprankle. The auction lot will also include an SCCF screech owl box installed at the winner's home and a special "Owl Event" for the winner and guests with SCCF Environmental Educator Dee Serage-Century.

Auction proceeds for this item will be split evenly between SCCF and Golisano Children's Hospital of Southwest Florida.

"When the Shipleys offered this piece



Jim Sprankle's 2014 eastern screech owl carving photo by Skipp Tutor

we immediately knew the best and highest use of their generous donation," said SCCF Executive Director Erick Lindblad. "We are delighted to be working in partnership with SanCap Cares and Golisano to benefit both organizations' missions and programs."

The Sprankle sculpture is currently available for preview at The Sanctuary Golf Club on Sanibel.

A very limited number of SanCap Cares sponsorship opportunities are still available. For more information or to find out how you can make a bid on Sprankle's eastern screech owl carving, contact Jeff Muddell at 984-0381 or jeff.muddell@leehealth.org.✳

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Or consider not using any rat poisons at all. Instead, seal all entry points to your home.



Business Leaders To Visit 24-Hour Veterinary Clinic

Leadership NEXT, a professional organization for advancing business leaders in Southwest Florida, brought to you by the Greater Fort Myers Chamber of Commerce, will hold its next program at Specialized Veterinary Services (SVS) on Tuesday, April 10 from 5 to 7 p.m. This program comes at a perfect time as National Pet Day is the very next day.

The program will offer guests the opportunity to network and tour the 24-hour, state-of-the-art emergency hospital specializing in individual care for pets. Services include advanced imaging, internal medicine, interventional radiology, neurology, surgery and animal rehabilitation. SVS is also a drop-off location for distressed or injured wildlife. CROW (Clinic for the Rehabilitation of Wildlife) evaluates

their status and treats them so they can be released to their natural habitat. Guests will also learn more about this partnership and how they are helping wildlife in Southwest Florida through research and conversation medicine.

The April program sponsors are Pool Pros, Inc. and Stevens Construction. Leadership NEXT programs are free to attend for members of the Greater Fort Myers Chamber of Commerce and \$10 for future members. Refreshments will be provided. All guests are encouraged to register in advance at www.fortmyers.org.

Leadership NEXT is a premier networking group for advancing professionals in Southwest Florida. More than 50 guests representing a variety of businesses and industries throughout the region regularly attend the monthly programs designed to provide valuable information and foster collaborative working relationships.

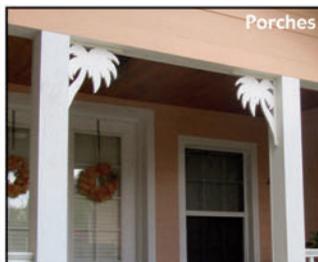
SVS is located at 9500 Marketplace Road in Fort Myers. Follow Leadership NEXT on Facebook to learn more.✳



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Lee County Tax Collector employee Clarissa Hall assists customers at the new Colonial Service Center, which operates out of the AAA Auto Club South office photo provided

Tax Collector Opens New Location

Lee County Tax Collector Larry Hart just found a new way to save money and make life easier for people at the same time. The Colonial Service Center has opened in the AAA Auto Club South office at 2516 Colonial Boulevard in Fort Myers, giving the citizens of Lee County another place they can visit to take care of business.

The new center is designed to help shorten wait times at the other six Lee County Tax Collector locations and give nearby residents a more convenient option. It accomplishes that without the major capital expense of a new building.

"The facility already exists. We're not asking taxpayers to build a new facility," Hart said. "We're taking advantage of an existing opportunity to better serve our citizens."

The new center handles vehicle registration, property tax payments,

license plate renewals, parking permits, birth certificates, Class E driver licenses and ID cards, plus vehicle and vessel titles, excluding those issued to dealers. The services are more limited than those found at other Lee County Tax Collector locations, but Hart is confident they'll make a significant difference for the thousands of people who visit the centers each year.

"No one has time to waste these days," Hart said. "We understand that. We're doing everything we can to get you in and get you out, and the Colonial Service Center will make that happen faster for more people."

The seeds for the center were planted in May 2017, when the tax collector's office began searching for additional space. The goal all along was to partner with another agency or organization to cut down on costs.

"We went looking for a win-win situation, and that's exactly what we got," Hart says.

Visit www.leetc.com to learn more about Lee County Tax Collector services and online payment options that allow Lee County residents to skip the lines altogether.*

Senate Bill 376 For First Responders Commemorated

Local first responders joined Fort Myers Fire Chief John Caufield, Florida Chief Financial Officer/State Fire Marshall Jimmy Patronis and Southwest Florida elected officials at Fort Myers Fire Department Fire Station 1 earlier this week to commemorate the signing of Senate Bill 376, which allows first responders suffering from post-traumatic stress disorder (PTSD) to access mental health benefits available through the Florida workers' compensation system.

In addition, Sanibel Island firefighter Rob Popkin and City of Fort Myers police officer Steve Gruber shared their

firsthand accounts of PTSD and the importance of having access to mental health providers. Both emphasized how finding the right provider and getting appropriate treatment helped them navigate this potentially devastating disease.

"We commend Governor Scott and the Florida Legislature for passing this significant new law," remarked Chief Caufield. "Many first responders struggle with after effects of their job and don't realize the emotional toll can accumulate over time. Having access to the right healthcare professionals is critical for the wellbeing of not only the affected person, but to their families, friends and coworkers, and in certain cases it can save a life."

For more information contact Stephanie Schaffer at 321-7157 or email sschaffer@cityftmyers.com.*



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Jazz On The Green Benefit For Make-A-Wish



Mark Nields and Julie Harmon
photos provided



Jason and Sherri Huff

Despite the inclement weather, jazz fans came out for a wonderful evening of music and food at Jazz on the Green at Six Bends on Saturday, March 10. Guests were treated to three musical acts: Green Wave Jazz Band, The Brandon Robertson Quartet, and



Taylor Ross and Cindy McCurry-Ross

headlining act, The Jeff Rupert Quintet. Some of Southwest Florida's top restaurants including Artichoke & Company, Gather, Metro Diner, Sweet Melissa's Café and Simply Southern Catering were on site to serve many



Lorene Harriman and Lucy Costa

hors d'oeuvres. Funds raised at the concert benefit Make-A-Wish of Southern Florida and will be used to fulfill the wishes of two Southwest Florida children suffering from critical illnesses.✧



John and Laurie Albion



Suzanne Boy and John Agnew



From left, Victor Mayeron, Karen Tasman, Connie Ramos-Williams, Gary Tasman, Julie Harmon and Jason Huff



From left, Mary and Scott Fischer, Sherry Kubesh, Cindy Abplanalp Gould and Victor Mayeron



From left, Elysa, Keith and Maxine Grossman

Input Needed At City Meeting

A community meeting regarding the City of Fort Myers fiscal year 2018-19 annual action plan for particular grant funding will take place at the Dr. Carrie Robinson Community Center on Tuesday, April 10 at 6 p.m. It will be in reference to the city receiving grant funding annually from the U.S. Department of Housing and Urban Development (HUD) to administer the Community Development Block Grant (CDBG) program.

Input is needed from citizens. All are welcome to attend.

The Dr. Carrie Robinson Community Center is located at 2990 Edison Avenue in Fort Myers. For more information, contact Beverly Reed at 321-7979 or email breed@cityftmyers.com.

Nominations Sought For Apex Awards

The Women in Business committee of the Greater Fort Myers Chamber of Commerce is seeking nominations for its 13th annual Apex Awards. Nominations must be submitted by Wednesday, April 11.

Presented by Southwest Florida Distributing, Publishing, Web Advertising, the Women in Business' Apex Awards event is an evening gala celebration to recognize local women with reputations for professional excellence, outstanding community service and for actively assisting others in attaining professional goals and leadership skills.

"The annual Apex Awards is a great tribute to the women of our community who are making a difference through their professionalism, philanthropy, leadership and mentoring of others," said Jessica Walker, co-chair of the 2018 Apex Awards. "We look forward to celebrating the remarkable women of Southwest Florida during our annual awards ceremony in August, and encourage the community to nominate their outstanding leaders."

Nominees and winners will be recognized during an awards ceremony at the Hyatt Regency Coconut Resort & Spa in Bonita Springs on Saturday, August 25.

For more information or to submit a nomination, visit www.fortmyers.org/

events/apex-awards or contact Stephanie Davis at Stephanie@fortmyers.org or 332-2930 ext. 213.

REIS Meeting Set For April 10

Initiatives to encourage infill development and redevelopment in Fort Myers will be explained by Leigh Scrabis, executive director of the Fort Myers Community Redevelopment Agency (CRA), and Katherine English, partner at Pavese Law Firm, at the Real Estate Investment Society's (REIS) April 10 luncheon meeting in the Osprey Room at Pelican Preserve's Clubhouse at 11:45 a.m.

The meeting is sponsored by Kimley-Horn. Cost is \$30 for members and \$40 for guests, which includes lunch.

The Fort Myers Community Redevelopment Agency oversees 14 redevelopment districts and is guiding new land use plans and development codes for the river district, adjacent midtown area and MLK corridor. Scrabis and English will also explain how the CRA worked with the city on a stormwater retrofit project at the city's golf course, building additional water treatment volume into the existing system and creating a stormwater mitigation bank that developers could use instead of building onsite treatment systems.

The program uses offsite credits that can be sold or given to developers as an incentive to increase private investment and property values. It is the first municipal offsite credit bank ever permitted by the South Florida Water Management District, and the nutrient-removal system improves the impaired water body it feeds while spurring urban infill and redevelopment. Following the presentation, Scrabis and English will respond to questions of specific interest to the real estate investment and development industry.

Scrabis has been with the Fort Myers CRA since 2004 and executive director since 2016. She earned an engineering degree at University of Florida and was in the financial industry for eight years. English joined Pavese Law Firm in 1994 and has been a partner since 2000. Her practice concentrates on agriculture, environmental and land use law, with an emphasis on protecting entitlements for larger properties.

Pelican Preserve is located at 9802 Pelican Preserve Boulevard in Fort Myers. Reservations are required by April 5 and may be made at www.reis-swfl.org.

Attorney Appointed To Committee

The law firm of Henderson, Franklin, Starnes & Holt, PA Attorney L. David Sims was elected to the 20th Judicial Circuit's Grievance Committee recently. The grievance committee reviews complaints against lawyers licensed by The Florida Bar, investigates the allegations, and decides whether there is probable cause to believe a lawyer violated the professional conduct rules imposed by the Supreme Court of Florida and whether discipline against the lawyer is warranted.

Sims is a Florida Bar board certified marital and family lawyer, a certified family mediator and chair of the firm's divorce, marital and family practice. He concentrates his practice in all areas of divorce, marital and family law, including dissolution of marriage, adoption, paternity, mediation, and prenuptial and postnuptial agreements. Sims has been honored throughout his legal career by *Florida Super Lawyers* magazine (2009 to 2017) and *Florida Trend* magazine's Legal Elite (2015). He also holds the highest AV-rating by Martindale-Hubbell.

Sims is a member of The Florida Bar (member, Family Law Section), Lee County Bar Association (member, Family Law Section), the Association of Family Law Professionals and the Florida Chapter of the Association of Family Law and Conciliation Courts. He is also past president of the Lee County Legal Aid Society. Sims is also a member of



L. David Sims photo provided

the Fort Myers Christian School Board, member of the National Alliance of Mental Illness of Lee County Board of Directors, and a member of Gideons International. Additionally, he is a candidate for certification as certified christian conciliator through Peacemaker Ministries.

Sims received his undergraduate degree from the University of Florida (BAE, with honors, 1972) and his law degree from the Cumberland School of Law of Samford University (JD, 1975). He can be reached at 344-1119 or via email at david.sims@henlaw.com.

For more information on Sims or Henderson Franklin, visit www.henlaw.com.

26th Annual SCCF Tennis & Pickleball Tournament



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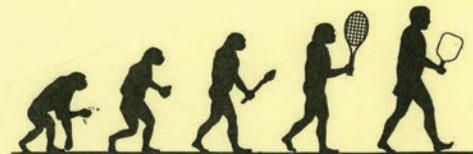
Tennis competition on April 7th and 8th - Pickleball competition on April 8th

Sign up Pickleball 395-6037 - Pay for Pickleball on Sundial or SCCF Website

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New City Clerk Settles In At Work

Gwen Carlisle was sworn in on March 22 as the new Fort Myers City Clerk. The City Clerk's office maintains all city records and ensures the integrity of elections and documents. Ms. Carlisle will lead the office integration of new software and technologies to provide high quality services to elected officials, members of the general public, city staff and other government agencies.

Most recently with the Town of Jupiter Island, Ms. Carlisle brings more than 20 years of experience to the position and is a credentialed Master Municipal Clerk through the International Institute of Municipal Clerks organization.

"I look forward to working with Gwen as she draws upon experiences with other municipalities to bring the latest in best practices to the clerk's office," said Saeed Kazemi, City Manager. "Working across all city departments and the general public, the City Clerk plays a crucial role in documenting our city's history and



Gwen Carlisle and Saeed Kazemi

photo provided

day-to-day proceedings. Gwen has the background and skills necessary to navigate the changing landscape of how city information is recorded, kept and disseminated," said Kazemi.✪

Financial Focus

Time For Financial Spring Cleaning

by Jennifer Basey



The days are longer and the temperatures are warmer – so it must be spring. For many of us, that means it's time for some spring cleaning. But why stop with sprucing up your living

space? This year, consider extending the "spring cleaning" concept to your financial environment, too.

How can you tidy your finances? Here are some suggestions:

"De-clutter" your portfolio. As you go through your home during your spring cleaning rounds, you may notice that you've acquired a lot of duplicate objects – do you really need five mops? – or at least some things you can no longer use, like a computer that hasn't worked since 2010. You can create some valuable space by getting rid of these items. And the same principle can apply to your investment portfolio, because over the years you may well have acquired duplicate investments that aren't really helping you move toward your goals. You may also own some investments, which, while initially fitting in to your overall strategy, no longer do so. You could be better off by selling your "redundant" investments and using the proceeds to purchase new ones that will provide more value.

Get organized. During your spring cleaning, one of your key goals may be to get organized. So you might want to rearrange the tools in your garage or establish a new filing system in your home office. Proper organization is also

important to investors – and it goes beyond having your brokerage and 401(k) statements in nice neat piles. For example, you may have established IRAs with different financial services companies. By moving them to one provider, you may save some fees and reduce your paperwork, but, more important, you may find that such a move actually helps you better manage your investments. You'll know exactly where your money is going, and it could be easier to follow a single investment strategy. Also, with all your IRAs in one place, it will be much easier for you to manage the required minimum distributions you must start taking when you turn age 70 1/2. (These distributions are not required for Roth IRAs.)

Protect your family's financial future. When cleaning up this spring, you may notice areas of concern around protecting your home – perhaps there's a crack in your window, or your fence is damaged or part of your chimney is crumbling. Your financial independence – and that of your family – also needs protection. Is your life insurance sufficient to pay for your mortgage, college for your kids and perhaps some retirement funds for your spouse? Do you have disability insurance that can provide you with some income if you become ill or injured and can't work for a while? Have you considered the high costs of long-term care, such as an extended nursing home stay? A financial professional can help you determine if your insurance coverage is adequate for all these needs.

Consider putting these spring cleaning suggestions to work. They may help you keep your financial house in good shape for all the seasons yet to arrive.

This article was written by Edward Jones for use by your local Edward Jones financial advisor. Jennifer Basey is a financial advisor in Fort Myers. She can be reached at jennifer.basey@edwardjones.com.✪

County Receives National Award For Irma Work

Lee County government has received a national award for its work before, during and after Hurricane Irma.

Lee County officials accepted the 2018 National Hurricane Conference (NHC) Outstanding Achievement Award on Wednesday at the NHC Conference at the Hilton Orlando Hotel. The award recognizes the county for serving as a model for other organizations in its handling of hurricane-related activities.

NHC officials recognized Lee County's achievement in hurricane-related preparedness in past years as well as 2017, including legislation, public awareness programs, financing mechanisms, sheltering plans, engineering research, warning notification systems and prediction techniques.

"The key word for this award is innovation. We're looking for individuals or organizations who are doing things in a new or better way and who are worthy of emulation by others around the country. The award is not for someone who is simply doing his or her job well," an NHC official said in a statement.

Accepting the award on behalf of the county was Emergency Management Director Lee Mayfield, Public Safety Director Ben Abes and Assistant County Manager Christine Brady.

"It takes the whole community to respond and recover effectively," Mayfield said. "No one entity can do it all. Public and private sectors, nonprofits and most importantly the individual citizen and family. Irma was unprecedented in its size and threat, and it was not your 'typical' hurricane."

Under the direction of the Lee Board of County Commissioners, the Department of Public Safety/Emergency Operations Center (EOC), in coordination with municipalities and partner agencies, coordinated the response to Irma – one of the largest hurricanes in Southwest Florida's history. Irma hit Lee County on September 10, 2017.

Earlier this month, Mayfield and the county received state recognition for Irma-related efforts. The Florida Emergency Preparedness Association invited Mayfield to Tallahassee and presented him with the Chad Reed Emergency Manager of the Year Award, which is awarded to those who show excellence in their profession.

During Irma, more than 100 individuals worked in the EOC, providing support to responders in the field and determining protective actions, including evacuations and sheltering operations. Based on the significant threat from Irma, about 300,000 people in Lee County were ordered to evacuate, prompting the largest sheltering operation the county's history – about 35,000 individuals in 14 shelters. This was the largest of any of Florida's 67 counties. The county also sheltered about 3,550 pets of evacuees. There was no loss of life.

After response operations came to a close, recovery from Hurricane Irma began.

Long-Term Recovery efforts continue today by leveraging partnerships with agencies such as the United Way and many other human services agencies throughout Lee County. Contractors and Solid Waste workers have collected 1.75 million cubic yards of horticultural waste and nearly 67,000 cubic yards of construction and demolition debris. The county has undertaken an effort, in coordination with partners, to remove impediments from waterways to reduce future flooding.✪

Bringing The Outdoors In – Part I of 3

Designing Your Outdoor Space

by Trinette Nelson



Before you fill your outdoor space, take some time to look at how the space is laid out and how you will use the space. Here are some points to consider:

Do you need overhead coverage for shade or the elements (awning, umbrella)?

What type of flooring will you use (concrete, wood, resin, stone, pavers)?

Do you want walls (for retaining, decoration, holding plants, seating)?

What size and shape should your patio space be (circular, rectangular,

multi-level)?

Do you need spaces for different functions (eating, cooking, seating)?

What type of furniture should you consider?

What special features might you incorporate (kitchen, fire pit, fountain, hot tub, waterfall)?

Are there any deed restrictions for my housing development, and do I need building permits?

Once you have answered all these questions or at least have an idea, you need to commit to an approach: doing it yourself or hiring a professional and, of course, you must consider all the elements of your project. A professional can help you if you need answers to your questions. Some professionals you may want to seek out depending on the scope of your project area are a decorator, landscaper, general contractor or painter.

Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindceden.com.✪

Book Review

The Complete Diaries Of Young Arthur Conan Doyle



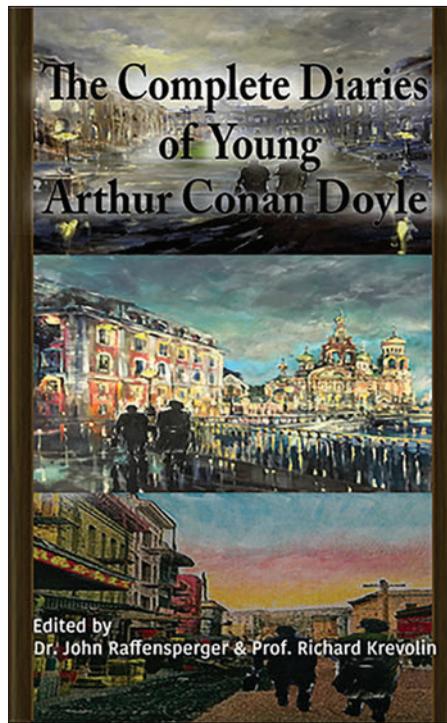
by Di Saggau

Sanibel author John Raffensperger had five books published in less than a year. I first reviewed *The Education of a Surgeon* in March of 2017 and *Don't Hang My Friend*

a few months ago. Now I am going to attempt to review *The Complete Diaries of Young Arthur Conan Doyle*, which is three books in one. It's a whopper and is a must read for all mystery lovers, especially those who are Sherlock Holmes fans.

The book includes three adventure books, *Adventures in the Wild West in 1878*, *Adventures in Russia 1881*, and *Adventures in America 1883*. The three diaries grew out of an article Raffensperger published in a surgical journal titled *Was the Real Sherlock Holmes a Pediatric Surgeon?* Dr. Joseph Bell, an Edinburgh surgeon and the inspiration for Sherlock Holmes was the first surgeon to the Royal Hospital for Sick Children in Edinburgh. He pioneered many operations for children. The three diaries all start with a medical diagnostic problem and there are operations, criminal problems, most with a medical background in all three stories. Each is linked to political conspiracies.

The first book details how Doyle, at the age of 19, and Dr. Bell come to America on a secret forensic mission to solve a string of grisly and mysterious murders. In each murder, the thyroid gland has been removed from the body. The book involves Doyle's real-life contemporaries, including Robert Louis Stevenson, Allen Pinkerton and Henry Ward Beecher whose sister authored *Uncle Tom's Cabin*. It's an exciting mix of murder, mystery and literary history with a little humor thrown in for good measure.



Adventures in Russia, the second of the lost diaries takes place when Doyle was a 22-year-old student at the University of Edinburgh Medical School. He serves as a British spy along with Bell as they journey to St. Petersburg, to save the czar from being assassinated. Famous people also appear including Dostoyevsky and Rasputin.

The third diary was written in 1883 while Doyle was a young doctor starting out in his career. Again Doyle is serving as a British spy along with Bell. The diary tells how the two journey to America to stop a series of murders and what could escalate into a world war. This time characters include Herman Melville and Oscar Wilde.

The diaries detail how Doyle was inspired by Dr. Bell to create Sherlock Holmes and how the two of them work as a Holmes and Watson-like team going on secret forensic missions with global impact. Robert Rotenberg, author of *Stranglehold*, says "Think Sherlock Holmes meets Huck Finn with a bit of Treasure Island and Peter Pan thrown in for good luck. What a fun read and a great adventure. I loved all three and couldn't put them down." The book is the combined effort of Dr. John Raffensperger and Professor Richard Krevolin.✧

Wrath by John Steinbeck as well as modern pieces like *The Namesake* by Jhumpa Lahiri. They compare, contrast and examine the different types of writing and look for common themes. They also focus more on historical texts.

High school students' writing focuses less on summarizing and more on providing thoughts and opinions about what they've read and learned. They also work on editing and writing multiple drafts of reports and papers. The following activities are typically used to strengthen language and literacy in high school:

Demonstrate an understanding of figurative language and how it's used in writing to give a text more than one meaning

Talk or write about what they read; support ideas and opinions using specific examples about the text both explicit and implied

Analyze the reasoning used in historical documents

Take a side or point of view on an issue; support it using reasoning, facts and other evidence

Do short- and long-term research projects; present the information in writing, and orally, with graphics or as a video presentation

Participate in group discussions by listening, presenting ideas and responding to other people's thoughts

In high school, kids build on the math skills they learned in middle school to gain a more in-depth understanding of algebra and geometry.

They use math to solve real-world problems and start seeing how mathematical ideas connect to one another. Activities like these support high school math skills:

Create and solve math problems that have two or more unknown variables

Understand the difference between correlation and causation

Recognize that math problems can be solved in more than one way

Use mathematical functions and formulas to describe the relationship between two numbers

Use probability to predict what will happen and to make sense of data

Prove mathematical statements (theorems) using formulas and statements that are known to be true

Remember, that all students struggle with learning from time to time, however if your child struggles continually, you may want to talk with your child's teachers. It's never too early or too late to ask for extra help.

Classroom accommodations, apps and a few changes at home could make a big difference.

Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.✧

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My daughter will be going to high school next fall and I really don't know what to expect academically. I know high school

is difficult for so many kids, and I want to know if there is anything we can do to prepare?

Claudia V, Fort Myers Beach

Claudia,

High school is a time of increasing independence socially, emotionally and

academically too. Learning to apply knowledge to real life situations and becoming independent thinkers are important high school tasks. The goal is for them to graduate with the skills they need to be ready for college or a career.

All states have educational standards where they define the learning goals by subject and grade that every student is expected to achieve. To keep your child on track for graduation, I've listed some of the basics of what your child is expected to learn in high school. Your child's teachers should be able to tell you their strengths and weaknesses and that will allow you to do some remedial work with your child if necessary.

In high school, there's an emphasis on reading and thinking critically, and kids are expected to become critical readers and writers. They read classic works of literature like *The Grapes of*

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Female Pioneers of Fort Myers

Women Who Made a Difference in the City's Development

By Robin C. Tuthill and Thomas P. Hall




“Packed with facts and employing an engaging storytelling style, [Female Pioneers of Fort Myers] both teaches and entertains. Local history buffs and newcomers to history will value Tuthill and Hall's research and appreciate the accessible format, too.”

Geri Reaves, PhD, author of *Legendary Locals of Fort Myers* and *Fort Myers, Then & Now*

All Masters Are Exciting, But This Year's Is Anticipated More Than Most

by Ed Frank



Ask nearly any sports fan and they will tell you The Masters is atop or near the top of any list. You can be certain that the world of sports will be focused this weekend upon historic Augusta National Golf Club for what is anticipated as the most exciting Masters since the tournament began in 1934.

As play began today, Thursday, there are fascinating story lines for the world's greatest golfers vying for the winner's green jacket.

Heading the list is the return and resurgence of Tiger Woods. He remains arguably the most popular golfer despite his off-the-course travails and undergoing spinal fusion surgery less than a year ago. In his last three tournaments, he finished 12th at the Honda Classic, a tie for second at the Valspar Championship and a tie for fifth at Bay Hill.

He teed off today at 10-1 odds to win his first major tournament since 2008. His last Masters title came in 2005. These 10-1 odds are the same for Rory McIlroy, Dustin Johnson and Justin Thomas. Defending champion Sergio Garcia was around 25-1.

And don't count out Phil Mickelson who won this year in Mexico, his first PGA championship in five years. The favorites this weekend also include two-time Masters Champion Bubba Watson, twice a tournament winner this year, and Jason Day, who won in 2018 at Torrey Pines.

Broadcaster Jim Nantz, who will call his 33d consecutive Masters for CBS, said last week, "This is probably the most anticipated Masters any of us have seen in our lifetime. If he (Woods) wins, it would be one of the epic moments in the history of the sport."

Perhaps you recall when Jack Nicklaus won the 1986 Masters as the age of 46 – the oldest Masters winner and the second oldest winner of any major championship. Julius Boros holds that distinction with his 1968 PGA Championship at 48.

Woods is 42, Mickelson is 47 and Ian Poulter, who won the last spot in this weekend's Master with last weekend's playoff victory at the Houston Open, is 42.

It's an age-old cliché, but the 2018 Masters should be "one for the ages."

Miracle 2018 Season Starts Tonight

The 2018 edition of the Fort Myers Miracle baseball season begins tonight, Thursday, when the Miracle hosts Charlotte at 7 p.m. in Hammond Stadium. The same two teams play here again tomorrow, Friday, at 7 p.m.

SPORTS QUIZ

1. In 2016, Miguel Montero of the Chicago Cubs became just the third player to have a pinch-hit grand slam in the postseason. Name either of the other two to do it.
2. Which pitcher is the Milwaukee Brewers' franchise leader in career strikeouts?
3. How many consecutive AFC East titles have the New England Patriots won entering 2018?
4. Which of these two conferences, entering 2018, was the last to win an NCAA men's basketball championship: Big Ten or Pac-12?
5. In 2017, Washington's Barry Trotz became the fifth NHL coach to reach 737 career regular-season victories. Name two of the four ahead of him on the list.
6. Who was the first Asian boxer to hold a world heavyweight title in one of the four major sanctioning organizations?
7. In 2017, Weston McKennie became the third youngest player (19) to score in his U.S. men's soccer debut. Name either of the two younger players.

ANSWERS

1. Cincinnati's Mark Lewis, in 1995, and Ricky Ledee of the New York Yankees, in 1999. 2. Yovani Gallardo, with 1,226 strikeouts. 3. Nine AFC East championships. 4. The Big Ten won in 2000, while the Pac-12 last won in 1997. 5. Scotty Bowman, Joel Quenneville, Ken Hitchcock and Al Arbour. 6. Ruslan Chagaev, who won the WBA title in 2007. 7. Juan Aguinaldo (age 17) in 2010, and Landon Donovan (18) in 2000.

The Miracle, the Advanced A Minor League team of the Minnesota Twins, will start its 26th consecutive year here. The team has been affiliated with the Twins organization all 26 years. Fort Myers will be managed this year by Ramon Borrego, his first year as manager.

The 25-man opening night roster for the Miracle includes 13 players whom spent part of last season here. Right-handed pitchers Brady Anderson and Cody Stashak headline the returning players. They led the Miracle in innings pitched a year ago – Anderson with 113 and Stashak with 83.1. Anderson played his college baseball here at Florida Gulf Coast University.

The roster includes three of the Twins' top 30 prospects as ranked by Baseball America. They are outfielder Aaron Whitefield, and infielders Lewin Diaz and Travis Blankenhorn. All three are 21 years old and played last season for Low A Cedar Rapids.*



Fireworks at Hammond Stadium

photo provided

Miracle To Host 10 Fireworks Shows In 2018

The Fort Myers Miracle will be offering spectacular fireworks shows after 10 home games this season, bringing the popular family-friendly attraction back by popular demand.

Fireworks will dazzle Miracle fans after nine Friday night games at Hammond Stadium and Independence Day on Wednesday, July 4.

Unfortunately, fireworks were a part of the scheduled Opening Night festivities on both Thursday, April 5 and Friday, April 6 but were canceled due to dry conditions and moderate to high levels for fire danger in Southwest Florida.

"There is no better way to start your weekend than a Friday night at the ballpark capped by fireworks," said Chris Peters, president and general manager of the Miracle. "It's one of our more popular promotions for fans, and thanks to our

generous corporate sponsors, we're able to continue lighting up the sky for 10 nights this season."

All games featuring postgame fireworks shows begin at 7 p.m. Fireworks dates for the 2018 season include Friday, April 13; Friday, April 27; Friday, May 4; Friday, May 18; Friday, June 8; Friday, June 29; Wednesday, July 4; Friday, July 20; Friday, August 3; and Friday, August 17.

Pyrotechnic displays will be coordinated by Zambelli Fireworks, a Pennsylvania-based company that produces more than 1,600 shows annually at municipal celebrations, corporate functions and sporting events.

Miracle single-game tickets cost an additional \$1 on fireworks nights, and \$2 more on Independence Day.

The Fort Myers Miracle, the Class-A Advanced Affiliate of the Minnesota Twins, began the 2018 season on Thursday, April 5 against the Charlotte Stone Crabs. The 140-game regular season schedule runs through Sunday, September 2.

For more information, call 768-4210 or visit www.miraclebaseball.com.*

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Sox Foundation Awards College Scholarships

For the third consecutive year, the Boston Red Sox honored 13 local high school seniors, presenting them each with a \$5,000 college scholarship by the Red Sox Foundation prior to a spring training game on Saturday, March 24.

"Education remains an area of focus for the Red Sox foundation, and we are so excited to award these promising students who will be this community's future leaders," said Katie Haas, vice president of Florida business operations for the Boston Red Sox. "Winners are chosen based on academics, community service and overall need. All the students from last year's class went on to attend four-year colleges upon graduation.

Scholarship funds are raised from proceeds from the annual Swings For The Sox golf tournament held each fall to benefit the Red Sox Scholarship in partnership with The Foundation for Lee County Public Schools, Inc. This year's tournament was cancelled due to Hurricane Irma, but the Red Sox



Red Sox scholarship winners pictured with team officials and Wally the mascot

photo provided

Foundation still honored their annual commitment to one deserving student from each of the 13 public high schools in Lee County. In the past six years the Red Sox Foundation golf tournament has raised more than \$260,000 for local nonprofits and scholarships.

The Red Sox Foundation is a 501(c)3 nonprofit organization and the official team charity of the Boston Red Sox. The foundation's primary focus locally is in

serving the health, education, recreation and social service needs of children and families across Southwest Florida. The Red Sox Foundation is one of the most successful in all of Major League Baseball.

The 2018 scholarship recipients and their respective schools are as follows: Gabriella Ferra, Cape Coral High School; Chandler L'Hommedieu, Cypress Lake High School; Ja'Tyra Knight, Dunbar High School; Stanya Lundy, East Lee

County High School; Haley Deyulus, Estero High School; Mike Edouard, Fort Myers High School; Luis Almdarez, Ida Baker High School; Lukes Toussaint, Island Coast High School; Andre'a Gelsey, Lehigh Senior High School; Jorge Orozco, Mariner High School; Isabella Montoya-Bedoya, North Fort Myers High School; Chandler Williamson, Riverdale High School; and Jessica Pegueros, South Fort Myers High School.✱

Gulf Coast Harmonizers Golf Extravaganza

Gulf Coast Harmonizer's annual Charity Golf Extravaganza is ready to score big for local charities at Westminster Golf Club on Saturday, April 14. Proceeds go to the Golisano Children's Hospital of Southwest Florida Pediatric Children's Speech Therapy Program. Over the past 26 years, almost \$35,000 has been raised by the event in support of the program to help children.

The four-person scramble will kick off with a shotgun start at 1 p.m. and participants have the chance to win a two-year lease on a new car sponsored by Scanlon Automotive Group by sinking a hole in one on a par 3 hole, plus a putting contest, closest to the pin, longest drive and many other ways to win prizes. All par 3s will have hole-in-one prizes. Included also will be a dinner banquet and one ticket for a free draft beer.

"We are thrilled along with Golisano Children's Hospital with the results from our past years, and we are thankful to be able to help them again this year. We are looking forward to having a great time and

raising a lot of money for the hospital," said John Wickes, event chairman.

Westminster Golf Club is located at 2199 Berkley Way in Lehigh Acres. For more information, contact Wickes at 462-8444 or www.gulfcoastharmonizers.org.✱

Closing Sale At Red Sox Store

The Boston Red Sox Team Store located at JetBlue Park will close for the season on Friday, April 13. Store hours are Monday through Friday 10 a.m. to 3 p.m.

According to store manager Doreen Arsenault, as a thank you to team fans, all items, excluding select memorabilia, are discounted at 50 percent off regular retail prices and some select items are discounted even further. The team store is not scheduled to reopen until January 2019.

The Red Sox Team Store is located at JetBlue Park, the Boston Red Sox's 106-acre Spring Training and Player Development Complex, located at 11500 Fenway South Drive in Fort Myers. For more information, call the store at 226-4732.✱

restaurants offering samples of their signature dishes. There will also be a variety of craft beers, margaritas and wines. Proceeds benefit scholarships and community programs.

Admission to the day's activities is free, and food and drink prices range from \$3 to \$8. Along with the Gunterberg Charitable Foundation, the Gulf Coast Symphony and Cape Coral Chamber of Commerce Education Committee are again co-presenting Taste of the Cape.

Four Freedoms Park is located at 4818 Tarpon Court in Cape Coral. For more information, call 277-1700 or visit www.TasteofCapeCoral.com.✱

Bronze Scholar For FSW Student

Florida SouthWestern State College (FSW) student Summer Chrzescian, 19, was in shock after hearing she had been nominated for the 2018 All-US Academic Team, a Phi Theta Kappa (PTK) Honor Society program recognizing the best two-year college students in the nation.

Chrzescian's original goal had been to make the All-Florida Academic Team to help pay for attending Florida Gulf Coast University (FGCU) in the fall. She made the state team – along with fellow FSW students Idea Andrade and Jordan Sutphin – but was also nominated to represent FSW at the national level. Earlier this month, she was recognized as a Coca-Cola Academic Team Bronze Scholar.

"I was in complete tears of joy," she said. "I had only been aiming for the Florida team so going beyond that was amazing."

Students are nominated for the state or national academic teams by a college administrator, and selection is based on academic achievement, leadership and engagement in college and community service. As one of 150 students chosen nationwide, Chrzescian will receive a scholarship from the Coca-Cola Scholars Foundation.

In her two years at FSW, she served as president of the college's PTK Omicron Epsilon Chapter on the Thomas Edison (Lee) Campus, worked as a Peer Mentor, and was inducted into the National Society of Collegiate Scholars. As a member of the FSW Honors Scholar Program, she also studied how political systems affect their citizenry in Nicaragua and participated in the Model United Nations simulation at Harvard University.

Chrzescian, a first generation college student from Naples High School, will be graduating from FSW in May and transferring to FGCU to continue studying



Summer Chrzescian photo provided

finance. Inspired by her study abroad trip to Nicaragua, she wants to work with an international service organization.

"After coming back from Nicaragua, I decided that I wanted to travel for a living," she said. "I've been traveling for years and I love it."

PTK's mission is to recognize the academic achievement of college students and to provide opportunities for them to grow as scholars and leaders. It is the largest honor society in American higher education with 1,280 chapters on college campuses in all 50 of the United States and it's recognized as the official honor society for community colleges by the American Association of Community Colleges.

Student organizations and clubs at FSW enhance the student experience through community service, leadership development, social events, peer mentoring, recreation and more. Keeping students engaged is part of the college's Dedicate to Graduate initiative, which provides the tools and services they need to graduate.

For more information, visit www.fsw.edu/engage. Learn more about PTK at www.ptk.org or www.fsw.edu/ptk.✱

From page 1

Musical Lineup

students from Florida Gulf Coast University and Florida SouthWestern State College, kicks off the performances at 11 a.m.

The Collective, an all-original band, performs their refreshing take on acoustic driven, red-dirt alternative rock at 1 p.m.

Strange Arrangement, organized by the Brothers Van Kirk from Pine Island, takes the stage at 3 p.m.

Gulf Coast Symphony performs the 10th annual Symphony at Sunset at 5:30 p.m.

Taste of the Cape highlights local

Ronald McDonald House Charities Benefit Brings In \$26K In 26 Minutes



From left, Leanna Gonzalez, Ileny Farese, Karen Marshall, Amy Blanco and Laura Ragain photos provided

Local celebrities and guests happily outbid one another at the unique and creative Eat. Clay. Love... Again fundraiser at Ronald McDonald House in Fort Myers on March 15. Celebrity artists designed and painted the platters months ago and were delighted to see the finished works of art. From pineapples to butterflies, to grape vines and "big red shoes," there was no shortage of creativity. The event started with hors d'oeuvres and cocktails, followed by an auction of the platters, and a dinner prepared by Chef Brian Roland of Crave Culinaire. Famed auctioneer Tommy Williams led the show and, in less than 30 minutes, the crowd raised more than \$26,000 for the Ronald McDonald House Charities (RMHC) of Southwest Florida.

Featured artists included Lawrence Antonucci, MD, MBA – CEO of Lee Health; Kimberley Barrera – owner of Moringa Is For Life; Phil Borchmann – editor in chief of *Gulfshore Business*

magazine; Rich Castiano – owner of the "World Famous" Cigar Bar; Cinnamon – The Ronald McDonald House dog; Barbara Fewster – artist and retired RMHC board member; Pason Gaddis – co-founder and CEO of Florida Media Group, LLC; Randall Henderson – mayor of Fort Myers; Rebekah MacFarlane-Barney – COO for the MacFarlane Group and owner of Prima Luce; Cindy McCurry-Ross – executive editor and vice president of content at *The News-Press* and regional editor of the *USA TODAY* Network, Florida; Ronald McDonald; Jenna Persons – partner at Strayhorn & Persons Law Firm; Rachel Pierce – co-anchor and investigative reporter for NBC2; Laura Ragain – executive director of the Ronald McDonald House Charities of Southwest Florida; Sawyer Smith – managing partner with Wilbur Smith Attorneys at Law; Christopher T. Spiro – president, CEO and chief creative officer of Spiro & Associates;



From left, Tonya and Dan Justice, Angela and Logan Davis, Chef Shannon Yates, Keith and Michele Lewis, Rachel and Chris Spiro



From left, Tommy Williams, Margo Cutler, Bill Cantwell, Jeanie Keith, Joe Callaghan, Cindy Callaghan, Barbie Griffiths, Cathy and Dick Finnan

Sandy Stilwell Youngquist – owner of Stilwell Enterprises & Restaurant Group as well as secretary and vice president of grants for SWFL Children's Charities, Inc.; Debbie Toler – vice president of public relations and marketing for SWFL Children's Charities, Inc.; Andie Vogt – vice president for SWFL Children's Charities, Inc.; Shannon Wagner – artist

at Cone 06 Pottery Studio and freelance marketer; Shannon Yates – co-owner and executive chef at Nevermind Awesome Bar & Eatery, Beastie Bar, Animal House Swine & Cocktail Bar and Danger Danger.

For more information on how to be involved for 2019, visit www.rmhcswfl.org or call Amy at 437-0202. ✨



Platters painted by celebrity artists



From left, Baby Sophia, Carolina Ferrer and David Ferrer, a guest family who stayed at the Ronald McDonald House of Southwest Florida during Hurricane Irma

Beautifulife:

The Cross



by Kay Casperson

This past week, I thought many times about the cross and what it means to people from all different walks of life. As we moved through Holy Week and all the events leading up to Easter Sunday, I had

several conversations with my daughters about those events, what transpired and what we can take with us in our everyday lives. I prefer to start my conversations with a question like, "What was the purpose of the last supper? Or, "What is Easter all about?" Or, my favorite one is, "What does the cross mean to you?"

Of course, with kids, there are varying answers to all of these questions, but I believe that if I asked the question about the cross even to adults, I would get an array of responses. What does the cross mean to you? Some people will display a cross on a mantle or over their bed. I think there is still a beautiful, but simple cross over my parent's bed. Some wear a cross as a piece of jewelry, and then there are those who have cross tattoos. But, in doing so, what is the reason or the purpose for that? I happen to believe that there is a multitude of words that come to mind for many different individuals from protection, redemption, sacrifice and faith, to trust, peace, salvation, love or even freedom and glory.

There is a strange contradiction when

you think about it, that the cross can bring such as death to life, accusations to forgiveness, defeat to victory, sin to purity, and, of course, hate to love. What was once known as a cruel form of execution is now a symbol of something so beautiful and personal. I believe that the cross resembles a choice that we make every day to give love out freely and to receive love from others. To know deep inside that you are loved even without having to hear the words "I love you."

Yes, indeed, the cross is so many things; it is personal, it is prophetic, it resembles humility and also something that is final. Why is it that so many continue to carry the cross but will hold on to something from the past that is hurtful instead of just letting it go? If we keep the painful, life-changing vision in our heads that Jesus carried that cross on his back so that we don't have to bear the burdens on ours any longer, we may finally be able to move forward knowing that the debt was paid for our salvation.

I encourage you to take this beautiful time of year to reflect and to open your heart to a deeper understanding of renewal and all the words that go along with it like rejuvenation, revitalization and restoration.

My affirmation for you this week is:

"I am taking time to reflect on the cross and what it means to me and how it continues to move me forward on my journey to my most beautiful life."

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

Love That Dress Collection Show

PACE Center for Girls, Lee County will celebrate the launch of its next Love That Dress! collection with a Tuesday, April 10 fashion show at the Center for the Performing Arts on Tuesday, April 10 from 5:30 to 7:30 p.m.

Fashion meets Passion will feature 15 community leaders donning the latest fashion trends and styles on the runway, highlighting new looks from White House | Black Market and retailers from Miromar Outlets. Love That Dress! solicits donations of new and gently loved dresses, handbags, shoes and accessories. Thousands of items then are resold at discounted prices and all proceeds benefit PACE Center programs and services.

"Fashion meets Passion will be a fantastic event as we kick off another season of Love That Dress!, and I can't wait to check out some of our favorite Love That Dress! styles," said Christin Collins, co-founder of Love That Dress! "As we celebrate the 10th year of Love That Dress!, it is also exciting to showcase the designer clothing and accessories of Miromar Outlets and White House | Black Market, two phenomenal supporters who have been with us since the very beginning."

Collins will be joined on the runway by fellow models Bryan Avery, Theresa Ayers, Mark Blust, Melissa Cofta, Alyssa DeLora, Jonathan Gabel, Meg Geltner, Teri

Lamaine, Trish Leonard, Gail Markham, Robert McDonald, Amy Sanford, Barb Stevens and Sandy Stilwell-Youngquist.

The Center for the Performing Arts is the presenting sponsor, and White House | Black Market is the title sponsor. Additional sponsors include 96.9 WINK-FM, ABC7, California Closets, Fort Myers Infinity, Gulfshore Life, Miromar Outlets, New Beginnings Events, Priority Marketing, Services by Jordan and TLC Marketing & Creative Services.

"We've been blessed to have amazing support from the community and our business partners for the past decade, and we're off to a great start this year," said Leonard, co-founder of Love That Dress! "All of the money we raise at these events ultimately benefits the PACE Center, which has now served more than 600 girls during the past 10 years."

PACE Center assists girls ages 11 to 18 who have multiple risk factors impacting their academic achievement, including family income, substance abuse, domestic violence, foster home placement, neglect, grief, incarceration of a family member and physical, emotional or sexual abuse.

Tickets for Fashion meets Passion are \$30, or \$25 with the donation of a gently loved dress. Complimentary light bites and beverages will be available, along with amazing raffle baskets.

The Center for the Performing Arts is located at 10150 Bonita Beach Road Southeast in Bonita Springs. For more information, call 425-2366 or visit www.pacecenter.org/locations/lee.✪

FSW Research Lecture Series

Florida SouthWestern State College (FSW) will present a Research Lecture Series at the FSW Thomas Edison Campus Rush Auditorium, Building J, Room 103 on Wednesday, April 11 at 11:30 a.m. The series will highlight the research of several FSW faculty and students who will discuss their research projects and findings.

Presentation topics include: Bring Library Resources to Life for Students by Cindy Campbell, faculty librarian; Everybody Wins: An Exploration of Sustainable Business Practices by Nathalie DeLeon, student; The Sandinistas, the Contras, and the Miskitu Fight for Cultural Preservation by Owen Dyches, student; Data Mining for High Intensity Interval Trainings Effect on Academic Performance by Dr. Erik Fay, professor, biology; Hero or Zero: Fact Checking Our Past by Megan Frisina, student; Toxicity Evaluation of Food Additives by Dr. Gabriel Gaidos, professor, biochemistry; Sustaining Mental Health: An Exploration of Integrative Psychiatry and Allopathic Medicine by Janna Linehan, student; The Sunny Side: Implementation of Solar Power in Florida by Danica Murray, student; A Digital Repository for the Study of Margaret Cavendish, Duchess of Newcastle (1623-1673) by Dr. Shawn Moore, professor, English; Goal Setting, Mindfulness, and Self-Efficacy in the College Classroom by Heather Olson, professor, student life skills; and Rotten, Vicious, and Damned: Punk's Subjectivity of Resistance by Dr. Elijah



Dr. Wendy Chase photo provided

Pritchett, professor, humanities.

Immediately following, FSW Humanities Professor Dr. Wendy Chase will present Picture This: The Art and Artifice of Portraiture at 12:30 p.m.

Dr. Chase is a professor of humanities and the program coordinator for the Honors Scholar Program at FSW where she teaches interdisciplinary courses in modern humanities and cinema. Dr. Chase holds a master's in French literature and a doctorate in humanities with an emphasis in film studies and modernism from Florida State University. Her recent scholarship has focused on contemporary practices in art activism.

For more information on the FSW Research Lecture Series, contact Dr. Joseph van Gaalen, director, assessment and effectiveness, at 433-6965 or Joseph.VanGaal@fsw.edu.✪

JOINT DAMAGE?



PROLOTHERAPY MAY SAVE YOUR JOINTS!

KATIE WORSNICK, MPAS, PA-C

ROSS HAUSER, MD



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Caring Medical Regenerative Medicine Clinics
9738 Commerce Center Ct. Fort Myers, FL 33908

dearRPharmacist

Chronic Fatigue Syndrome And Thyroid Linked



by Suzy Cohen, RPh

Dear Readers: There are many reasons that you might be tired and suffering with chronic fatigue syndrome (CFS). To be clear, CFS is not the kind of fatigue that goes away after you've rested, this

is a persistent type of weakness that is inexplicable, unrelenting and disabling.

CFS has been pinned on Epstein-Barr (EBV) and human herpes virus 6 (HHV-6), parasites, mycotoxins, mold, adrenal dysfunction, nutrient deficiencies and much more. But new research published in March 2018 in *Frontiers of Endocrinology* has uncovered a rather obvious link, one that has the potential to change your life dramatically, and in a good way.

Chronic fatigue impacts about 2.5 million people in the United States who deal with it, but live in an awful state of exhaustion, brain fog, dizziness and muscle pain or weakness. Attempts to treat it with antibiotics, stimulants, sleeping pills and antidepressants have left millions of people adversely affected by the drugs and still feeling pretty dreadful, perhaps only marginally better, but certainly not cured. I'm confident, especially now, that thyroid medication holds the key to getting better if you have CFS.

Scientists in the Netherlands and in Spain got together and inferred that CFS could be a result of low thyroid (T3) hormone levels, independent of the thyroid-stimulating hormone (TSH). To test the theory they looked at 197 people, of which 98 had been diagnosed with CFS and 99 were not.

After comparing thyroid function, and biomarkers of inflammation, the researchers found that the people with CFS had dramatically lower levels of important thyroid hormones, including triiodothyronine (T3) and thyroxine (T4) but surprisingly they had normal TSH levels.

This means that your TSH could appear normal on a lab test, but your T3 could be lower due to poor activation (which means that the T4 isn't converting to T3 fast enough). This means that you would have all the symptoms of low thyroid (and it will not be detected if the doctor just looks at your TSH levels) and let me remind you, this is what most do, they just look at TSH levels and nothing more.

There are many reasons for poor T3 activation, and I wrote a book on this topic called *Thyroid Healthy*. It's on Amazon. I also have an ebook I can share for free if you sign up for my newsletter at my website. The folks with CFS happened to produce higher amounts of reverse T3 (rT3) which sadly is like your hibernation hormone. It slows you down, it basically puts you to sleep. It's not biologically active like T3. To read more about this, visit my website and use the search box to find the article called, *Measure Reverse T3 and Get Thyroid Healthy*.

This critical research means that people with CFS are likely suffering from an underlying thyroid problem and could benefit dramatically from simple affordable medications like Compounded T3, Cytomel or other forms of T3 medication. The T4 drugs like Levothyroxine will not be of benefit and might exacerbate the problem due to more rT3 formation.

*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.**

Nine Pharmacy Residents To Train At Lee Health

Nine new pharmacy practice residents will be completing their training at Lee Health. The new residents, which were announced by the National Residency Matching Program, include:

First-Year Residents: Jordan Barkes, University of North Carolina; Michelle Estevez, Skaggs University of Colorado; Kelly Groover, Auburn University; Bryan Pinerio-Acosta, Lake Erie College of Osteopathic Medicine; Melanie Rolfe, University of Florida; and Robert "Bobby" Sheridan, Lake Erie College of Osteopathic Medicine

Second-Year Specialty Residents: Pediatrics – Elizabeth Faville, PharmD, LECOM, PGY1 Lee Health; Health System Pharmacy Administration – Farima Fakheri Raof, PharmD, Nova Southeastern University, PGY1 Lee Health; and Critical Care – Michelle Henninger, PharmD, Nova Southeastern University, PGY1 Cleveland Clinic Florida.

"This is the 10th class recruited for our residency program. As we have built

a strong foundation for our program, we have increased the number from an initial two residents to now having 10 residency positions available," explained Suzanne Turner, PharmD, FASHP, program director of the Pharmacy Practice Residency Program at Lee Health. "We interviewed 24 applicants and filled all six of our first-year residency positions, and three of four specialty residents through the National Residency Matching Program."

"The pharmacy residency training program assures highly-trained pharmacists for Lee Health patients and has strengthened the collaborative care provided at our facilities, ensuring our mission to optimize patient outcomes through interdisciplinary medication management," stated John A. Armitstead, MS, RPh, FASHP.

A total of 25 residents have completed the program at Lee Health since it started in 2008. Seven of 12 first-year graduates completed second-year specialty programs at Lee Health. The first-year program has a retention rate of over 50 percent of the past pharmacy residents staying on to work within the Lee Health system. All graduates of the program who have sat for board certifications exams have passed for a total of 24 advanced certifications in the areas of pharmacotherapy, oncology, critical care and infectious diseases.*

Doctor and Dietician

Healthy Lifestyle And Alzheimer's Disease



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

The rate of Alzheimer's disease is increasing in the United States, with experts expecting a tripling of the numbers by 2050. Every 66 seconds someone in America develops Alzheimer's disease, and two-thirds of these people are women. Is this disease preventable? Many researchers say it is. Drug companies haven't been very successful at finding a cure, but lifestyle interventions, including diet, exercise, and stress management can make a difference.

Interestingly, older folks in communities who regularly exercise, have strong family and community ties, and follow diets similar to the Mediterranean diet demonstrate very low percentages of dementia. The

Mediterranean diet is high in vegetables, beans, fruit, olive oil and nuts, and lower in meat and dairy.

Many people think there is nothing they can do to prevent Alzheimer's disease, and that they are destined to get it if their parent has it. But research actually shows that an individual's risk of developing Alzheimer's increased six-fold if their spouse has it. This points to lifestyle as a major culprit. These lifestyle factors can include unhealthy food choices, lack of physical activity, smoking, high stress, lack of connectedness or community and poor sleeping patterns.

Don't wait until you are older to start practicing healthy habits that may prevent Alzheimer's later. You have the power to prevent and alter the course of many diseases with simple daily habits. When it comes to optimizing brain health, make it a point to eat fresh plant-based foods, obtain restorative sleep, exercise regularly, practice gratitude and stress management techniques, and try to learn something new each day. Consider starting with one change, such as making exercise a part of your daily routine. Even small, consistent changes can bring about amazing, positive changes in the brain.

*This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.**

Program For Diabetes Prevention

Have you been told that you have Prediabetes? Would you like to learn about a variety of tools that have been proven to prevent or delay the onset of Type 2 Diabetes?

Lee Health will hold a free program designed to help you make modest lifestyle changes and cut your risk of Type 2 Diabetes by more than half. This year-long program with weekly meetings for the first six months, then once or twice a month for the second six months, will be held on the first floor, meeting room A, at Cape

Coral Hospital on Tuesdays, beginning on April 17 from 6 to 7 p.m. It is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

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

Cape Coral Hospital is located at 636 Del Prado Boulevard in Cape Coral. Seating is limited and registration is required. Call 424-3127 for more information.*

Understanding Dementia

Sidney & Berne Davis Art Center will host an informative community event called Understanding Dementia on Wednesday, April 11 from 1 to 4 p.m.

Presented by Robin Baum, the Alzheimer's Association and Seniors Blue Book, the free event is open to the public. Proceeds and donations from the event are to benefit the Alvin A. Dubin Alzheimer's Resource Center.

Catherine Cruikshank, Ph, director of education at the Alzheimer's Center and Angel Duncan, MALMFT, director

of Neuropsychiatric Research Center of Southwest Florida, will be two key note speakers. They will explain the disease process, recent updates on research and development, and answer questions from the audience.

There will also be vendor sales, giveaways and goodies. Vendors include LuLaRoe, Pampered Chef, Rodan & Fields Skincare, Gifts that Care, Innovative Caregiving Solutions and Fantastic Sams. Sponsors include Brookdale Senior Living, Arden Courts, Winkler Court, Harbor Chase, and Cypress Point Assisted Living and Memory Care.

Sidney & Berne Davis Art Center is located at 2301 First Street in Fort Myers. To RSVP, call 850-4099.*

PETS OF THE WEEK

Haven on Earth Animal League

Triscuit And Malia



Triscuit

photos provided

During the month of April, Haven on Earth Animal League's adoption fee for adult cats is only \$35.

Hi there! I'm Triscuit. I am a beautiful, 1-year-old calico kitty, and I just had a litter of kittens. I am being fostered while I raise my babies and will be available for adoption in about a month. I will be spayed and brought up to date on all vaccines. As



Malia

an adult, my special adoption fee is only \$35 during the month of April.

Hello! I'm Malia. I am a very pretty Siamese girl with beautiful blue eyes. I'm about 7 years old. I would prefer to be the only cat in the house, but I get along well with dogs. I am currently staying with a foster mom. I am spayed and up to date on all vaccines. My adoption fee is \$35 during the month of April.

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

Lee County Domestic Animal Services

Crystal And Lori



Crystal ID# A732818

photos provided

Hello, my name is Crystal. I am an 8-year-old female chihuahua who is technically considered a senior here at Lee County Domestic Animal Services. But you couldn't tell. I have the energy of a teenager, and I am very playful and fun to be around. You would never know that I am blind, though the veterinarian thinks I may still see shapes, because I can get around just fine and my disposition doesn't let me slow down a bit. Visit our Facebook page to see me in action.

My adoption fee is \$25.

Hi, I'm Lori. I am a 6-year-old female domestic shorthair who is a playful gal with a young spirit. I like to roam about and check out the action. I am a free spirit at heart, but definitely love my cuddle time as well. I get along well with other cats, so take advantage of the adopt one feline, get a friend at no charge special

My adoption fee is \$25.



Lori ID# A733060

For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal Services' website at www.LeeLostPets.com. When calling, refer to the animal's ID number. The website updates every hour so you will be able to see if these or any other pets are still available.

The shelter is open for adoptions from 10:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's Office off Six Mile Cypress Parkway.

All adoptions include spay/neuter surgery, age-appropriate vaccinations, rabies vaccination and county license if three months or older, flea treatment, worming, heartworm test for dogs six months and over, feline AIDS and leukemia test for cats, training DVD, 10-day health guarantee, and a bag of Science Diet pet food. The adoption package is valued at \$500.✪



Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	454-7500
Fort Myers Beach Library	463-9691
Lakes Regional Library	533-4000
Lee County Chamber of Commerce	931-0931
Post Office	1-800-275-8777
Visitor & Convention Bureau	338-3500
ARTS	
Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321
CLUBS & ORGANIZATIONS	
American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape 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 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE(National Active & Retired Federal Employees)	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Gateway to the Islands	218-5768
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900
AREA ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

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

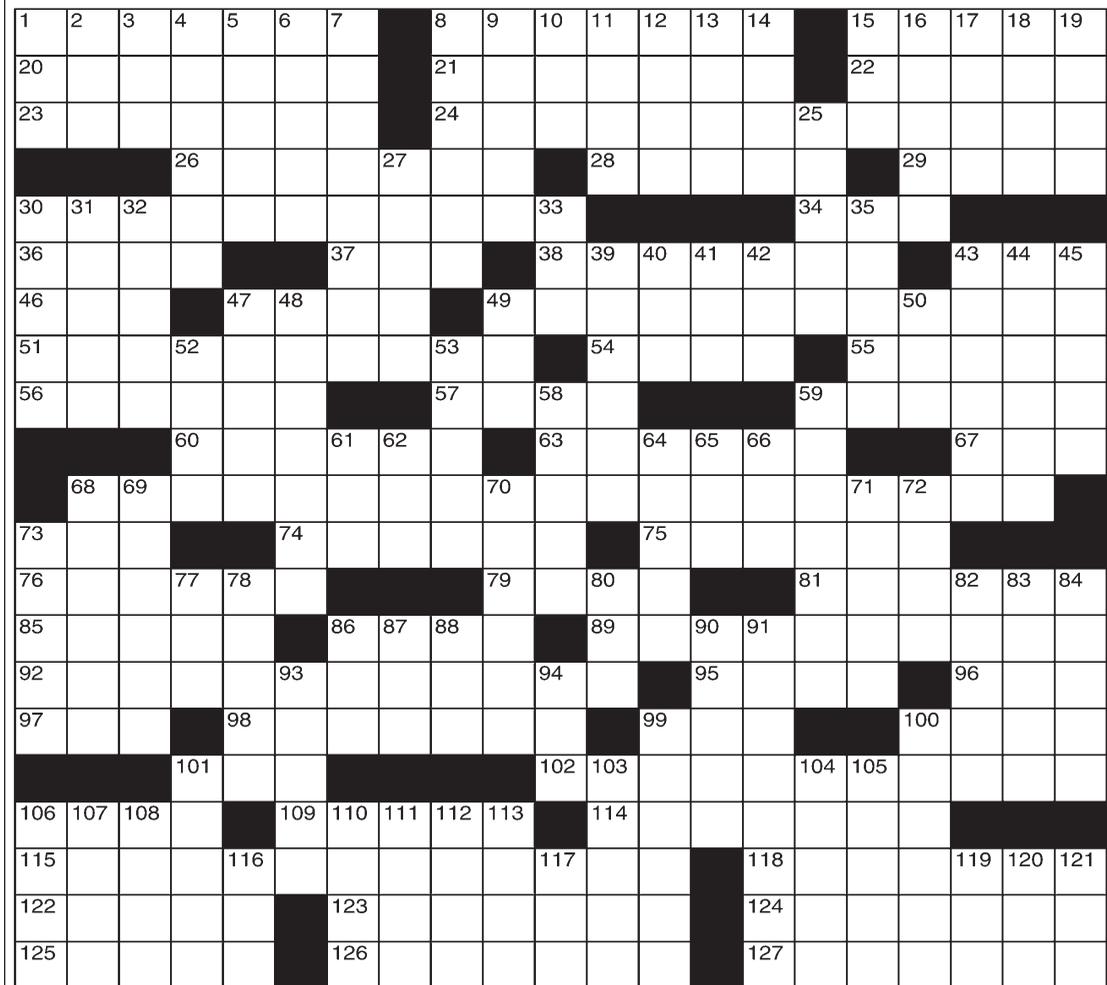
PUZZLES

Answers on page 37

Super Crossword

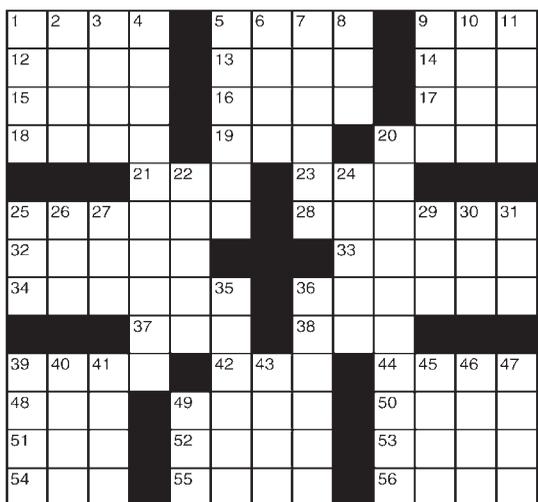
SILENT DUO

- ACROSS**
- 1 Watchful
 - 8 Abjectly submissive
 - 15 Floral shop receptacles
 - 20 More candid
 - 21 Fingernail surrounder
 - 22 Novelist Munro
 - 23 Bands of fibrous tissue enclosing muscles
 - 24 Inept warrior in armor?
 - 26 Like escaped convicts
 - 28 See 17-Down
 - 29 Slaughter of the diamond
 - 30 Member of a certain antelope fraternity?
 - 34 Plasma particle
 - 36 "Hurlyburly" playwright David
 - 37 Med. drips
 - 38 Certain book of liturgy
 - 43 Anti-DUI ad, e.g.
 - 46 Ending for Alp or salt
 - 47 Concept, to Jean-Luc
 - 49 Activity when shopping for sweaters?
 - 51 Person who repositions tiny flies?
 - 54 "Life of Pi" novelist
 - 55 Something easy-peasy
 - 56 Apia resident
 - 57 "Nothin' —!" ("Easy-peasy!")
 - 59 In the dossier, e.g.
 - 60 First-class sword stopper
 - 67 Bireme tool
 - 68 Shoelace snarl of note?
 - 73 Young male, urban-style
 - 74 Like many offshore rescues
 - 75 Outdoor enclosure for tabbies
 - 76 In a mischievous way
 - 79 Inside: Prefix
 - 81 Beautiful guy
 - 85 Persian-founded faith
 - 86 "That feels go-o-od!"
 - 89 "One-I lama' poet, grind your teeth!?"
 - 92 Had some friends south of the border?
 - 95 Poker cost
 - 96 Norma — (Field role)
 - 97 Horse's kin
 - 98 Call halfway to a walk
 - 99 "Delish!"
 - 100 Wound, after a few days
 - 101 Twisty letter
 - 102 Far northern city inhabited by trolls?
 - 106 Sheep's hair
 - 109 Wear down
 - 114 Convenient kind of shopping
 - 115 Confession after hitting your physician with your leg joint?
 - 118 Angel, musically
 - 122 Big rig, e.g.
 - 123 Lava spewer
 - 124 Automaker Maserati
 - 125 Impetuosity
 - 126 Very vivid
 - 127 Totally faded
 - DOWN**
 - 1 Out of whack
 - 2 Pro-gun org.
 - 3 Auto fluid
 - 4 Set free
 - 5 Spitz variety
 - 6 Province
 - 7 More moony
 - 8 Singer Boz
 - 9 Light unit
 - 10 — glance
 - 11 "La Dolce —"
 - 12 Chilled
 - 13 Pivot
 - 14 Wife of Zeus
 - 15 With 90-Down, actor Jean-Claude
 - 16 Foreign
 - 17 With 28-Across, ink the contract
 - 18 Canyon reply
 - 19 Puts (down)
 - 25 — light (lamp on a film set)
 - 27 Ominous bird
 - 30 Prudish sorts
 - 31 — Barbera
 - 32 Flanged girder
 - 33 News svc.
 - 35 Like Mork, per his planet
 - 39 Reaping tool
 - 40 Alias lead-in
 - 41 Maya of architecture
 - 42 Cable TV's Spike, once
 - 43 Rack-and- — steering
 - 44 Camp for Colonel Klink
 - 45 According to
 - 47 "But is —?"
 - 48 Faye of films
 - 49 NBAer, e.g.
 - 50 Rubber check abbr.
 - 52 Food-order option
 - 53 French political units
 - 58 "What a piece of work —"
 - 59 Aromatic substance
 - 61 "Where — start?"
 - 62 Bungle
 - 64 Wearing a disguise, informally
 - 65 Airport info
 - 66 Illuminated
 - 68 Holy books of Islam
 - 69 Cubbyholes
 - 70 Bray sound
 - 71 Slight push
 - 72 A party to
 - 73 Easter cake
 - 77 Hem and —
 - 78 Bird perches
 - 80 Toledo "two"
 - 82 User busters
 - 83 Rockabilly singer Chris
 - 84 "Come Back, Little —"
 - 86 Rocker Rose
 - 87 Be laid up
 - 88 Drama unit
 - 90 See 15-Down
 - 91 Got tangled
 - 93 Slacked off
 - 94 Eggy quaff
 - 99 Marilyn of "The Misfits"
 - 100 Depleted
 - 101 Opt
 - 103 Lunchtimes, often
 - 104 Early name in arcades
 - 105 "Bonanza" star Greene
 - 106 Among
 - 107 Creole pod
 - 108 Difficult task
 - 110 Shankar of Indian music
 - 111 Take too much, briefly
 - 112 Knucklehead
 - 113 Nero's "Lo!"
 - 116 Stretch (out)
 - 117 Almond-hued
 - 119 Prefix for "equal"
 - 120 Erwin of films
 - 121 Young kid



King Crossword

- ACROSS**
- 1 Old clothes
 - 5 Chantilly, for one
 - 9 Wicked
 - 12 Persian Gulf nation
 - 13 History chapters
 - 14 Wish otherwise
 - 15 Options list
 - 16 Shopping area
 - 17 Raw rock
 - 18 Long story
 - 19 Japanese sash
 - 20 Trade
 - 21 Operate
 - 23 Barrister's abbr.
 - 25 Tools for duels
 - 28 Poinsettia family
 - 32 Downright
 - 33 Wouldn't shut up
 - 34 Trojan War hero
 - 36 Siesta cover
 - 37 Whatever amount
 - 38 Victory sign
 - 39 Put something over on
 - 42 Shelter
 - 44 Arp's style
 - 48 Likely
 - 49 Elliptical
 - 50 Physical
 - 51 Dog's doc
 - 52 Rapid
 - 53 Choir voice
 - 54 Tokyo's old name
 - 55 Start the pot
 - 56 Welsh emblem
 - 5 Slot machine losers
 - 6 Spirited horse
 - 7 Tooth decay
 - 8 "Guinness Book" suffix
 - 9 Forehead
 - 10 Emanation
 - 11 Profound
 - 20 Roosevelt program
 - 22 City-related
 - 24 Binge
 - 25 Health resort
 - 26 Hearty brew
 - 27 Burger holder
 - 29 Genetic abbr.
 - 30 Red-staters' org.
 - 31 Away from WSW
 - 35 Forest-related
 - 36 Slim and trim
 - 39 Most popular, for short
 - 40 Pundit's column
 - 41 "Beetle Bailey" dog
 - 43 Sunrise site
 - 45 Wheelbase terminus
 - 46 Birth certificate info
 - 47 Uncontrolled
 - 49 Son-gun link



MAGIC MAZE ● CURVED



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

- | | | | |
|--------|-----------|--------------|--------|
| Banana | Crescent | Hockey stick | Rocker |
| Beaks | Cutlass | Hook | Scythe |
| Bow | Gooseneck | Letter "s" | Tusks |
| Claws | Harp | Ribs | |



"She got her good looks from her father—
he's a _____ surgeon."
answer on page 29

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!

Great
MAPLE

Reach
PECOS

Hold
TEARIN

Waver
LAFTER

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Blanket roll is missing. 2. Cap is different. 3. Sun is missing. 4. Arm is moved. 5. Sign is missing. 6. Log is smaller.

SUDOKU

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

answer on page 29

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



Blueberry and Yogurt Breakfast Parfait

- 2 pints fresh blueberries, rinsed
- 2 cups granola
- 3 cups low-fat vanilla yogurt
- 1/2 cup blueberry jam
- 1/4 cup water

Fresh mint sprigs for garnish

In a small mixing bowl, combine blueberry jam and water.

Use a whisk to completely mix the jam and water together.

In four parfait glasses, make layers using granola, yogurt and fresh blueberries.

Evenly add one layer of the blueberry jam mixture.

Top each parfait with fresh blueberries and garnish with mint.

Serve cold.*



Blueberry and Yogurt Breakfast Parfait

photo courtesy Fresh From Florida

 FRIDAY Sunny High: 77 Low: 70	 SATURDAY Partly Cloudy High: 78 Low: 71	 SUNDAY Mostly Cloudy High: 80 Low: 69	 MONDAY Sunny High: 77 Low: 70	 TUESDAY Mostly Sunny High: 75 Low: 68	 WEDNESDAY Few Showers High: 73 Low: 66	 THURSDAY Sunny High: 71 Low: 64
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	7:40 am	9:43 am	4:45 pm	None
Sat	5:35 pm	12:58 am	None	None
Sun	6:47 pm	2:10 am	None	None
Mon	11:52 am	3:19 am	8:27 pm	2:37 pm
Tue	12:07 pm	4:16 am	9:58 pm	4:08 pm
Wed	12:24 pm	5:02 am	11:06 pm	5:05 pm
Thu	12:39 pm	5:40 am	None	5:49 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	6:45 am	9:45 am	3:50 pm	None
Sat	4:40 pm	1:00 am	None	None
Sun	5:52 pm	2:12 am	None	None
Mon	10:57 am	3:21 am	7:32 pm	2:39 pm
Tue	11:12 am	4:18 am	9:03 pm	4:10 pm
Wed	11:29 am	5:04 am	10:11 pm	5:07 pm
Thu	11:44 am	5:42 am	11:06 pm	5:51 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	6:23 am	10:18 am	4:24 pm	None
Sat	7:32 am	12:59 am	5:14 pm	10:30 am
Sun	8:42 am	2:23 am	6:32 pm	10:53 am
Mon	12:56 pm	3:27 am	8:47 pm	3:11 pm
Tue	10:57 am	4:18 am	9:56 pm	4:12 pm
Wed	11:41 am	5:05 am	11:00 pm	5:06 pm
Thu	12:12 pm	5:46 am	11:52 pm	5:56 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	9:50 am	3:08 am	6:55 pm	12:59 pm
Sat	7:45 pm	4:14 am	None	None
Sun	8:57 pm	5:26 am	None	None
Mon	2:02 pm	6:35 am	10:37 pm	5:53 pm
Tue	2:17 pm	7:32 am	None	7:24 pm
Wed	12:08 am	8:18 am	2:34 pm	8:21 pm
Thu	1:16 am	8:56 am	2:49 pm	9:05 pm

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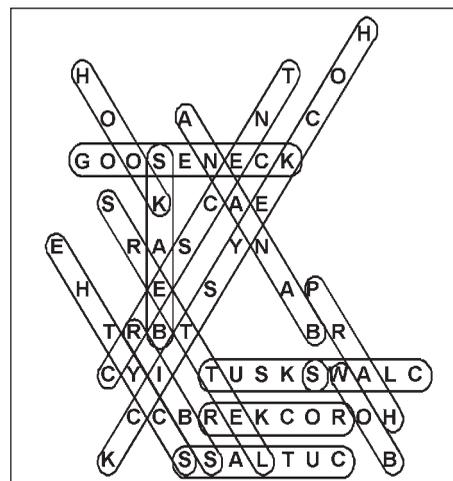
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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

My Stars ★★★★★

FOR WEEK OF APRIL 9, 2018

Aries (March 21 to April 19) Rumors of a change in the workplace could make you a mite uneasy about going ahead with implementing your ideas. Best advice: Ignore the talk and proceed as planned.

Taurus (April 20 to May 20) Everyone has an opinion on how to handle a recent business suggestion. Thank them for their advice. Then go ahead and follow your own fine instincts.

Gemini (May 21 to June 20) While home is your main focus this week, new issues in the workplace need your attention as well. Take things step by step. Pressures ease in time for weekend fun.

Cancer (June 21 to July 22) Be less rigid when handling a relationship problem. You might believe you're in the right, but try to open your mind to the possibilities of facts you're currently not aware of.

Leo (July 23 to August 22) Leos and Leonas run at a hectic pace throughout much of the week. But by the weekend, the Lions' Dens become a purrrfect place for you Fine Felines to relax in.

Virgo (August 23 to September 22) Change is favored early in the week. This should make it easier for you to reassess your plans for handling a troubling professional relationship. Good luck.

Libra (September 23 to October 22) A suggestion from a colleague could give your professional project that long-needed boost. Meanwhile, someone close to you still needs your emotional support.

Scorpio (October 23 to November 21) Before complying with a colleague's request, check to see that the action benefits all, not just one person's agenda. Continue firming up those travel plans.

Sagittarius (November 22 to December 21) Your social life is on the upswing, and the only problem is deciding which invitations to accept. Enjoy yourself before settling down for some serious work next week.

Capricorn (December 22 to January 19) With your creative aspects on high, you might want to restart your work on that novel or painting you put aside. Your efforts will bring a surge in your self-esteem.

Aquarius (January 20 to February 18) While you're generous with others, be sure

you're not overlooking your own needs. Take time to assess your situation and make adjustments where necessary.

Pisces (February 19 to March 20) Being applauded for your achievement is great. But watch out that you don't start acting like a star. It could lose you valuable support with your next project.

Born This Week: Your strong belief in justice, along with your leadership qualities, help you protect the rights of others.

THIS WEEK IN HISTORY

- On April 15, 1783, the Continental Congress of the United States officially ratifies a preliminary peace treaty with Great Britain. Five months later, the Treaty of Paris was signed, bringing an end to the Revolutionary War.

- On April 9, 1859, a 23-year-old Missouri youth named Samuel Clemens receives his steamboat pilot's license. Clemens is better known by the pseudonym "Mark Twain," a boatman's call noting that the river depth was two fathoms (12 feet) and safe for travel.

- On April 14, 1912, the luxury liner RMS Titanic, on its maiden voyage, fails to divert its course from an iceberg, ruptures its hull and begins to sink. Of the estimated 2,224 passengers and crew aboard, some 1,500 were killed.

- On April 12, 1945, while on a vacation, President Franklin Roosevelt suffers a stroke and dies. FDR had been elected president four times and had served for more than 12 years, the only president ever to serve more than two terms.

- On April 11, 1951, President Harry Truman relieves the flamboyant and egotistical Gen. Douglas MacArthur of command of U.S. forces in Korea. The firing set off a brief uproar among the American public, and he returned home to a hero's welcome.

- On April 10, 1963, the atomic submarine USS Thresher sinks in the North Atlantic during deep-diving tests, killing the entire 129 man crew. An investigation found that a silver-brazed joint in the engine room had caused a short in critical electrical systems.

- On April 13, 1970, disaster strikes 200,000 miles from Earth when oxygen tank No. 2 blows up on Apollo 13. Commander James Lovell reported to mission control on Earth: "Houston, we've

had a problem here." Using dramatic and untested maneuvers, Apollo 13 touched down safely in the Pacific Ocean four days later.

STRANGE BUT TRUE

- The unknown soul who made the following sage observation must have been a keen observer of events: "A politician can appear to have his nose to the grindstone while straddling a fence and keeping both ears to the ground."

- Swedish chemist and engineer Alfred Nobel, famed inventor of dynamite and originator of the Nobel Prizes, could speak five languages fluently by the time he was 17 years old.

- Most languages change dramatically over time. If we in modern America were to try to read, say, "Beowulf" (which was written in Old English), only those who have spent time studying the language would be able to make out more than a word or two here and there. If you're from Iceland, however, this isn't the case; the written language there has remained virtually unchanged for more than 1,000 years. Modern Icelanders have no trouble reading sagas that were written in the 10th century.

- Those who study such things say that fully one-third of all your brainpower is used for vision.

- At some point in your life you've probably gotten your hands gooey with papier-mache, whether you were making crafts yourself or helping your kids. You may not have realized, though, that the term "papier-mache" means "chewed-up paper" in French.

- You might be surprised to learn that there are people who study how air quality, humidity, the hardness of the water and pollution affect people's hair. According to these researchers, the worst American cities for your tresses are Corpus Christi, Texas; Olympia, Washington; and Pittsburgh.

THOUGHT FOR THE DAY

"Jobs are like going to church: It's nice once or twice a year to sing along and eat something and all that, but unless you really believe there's something holy going on, it gets to be a drag going in every single week." -- Thomas Michael Disch

SCRAMBLERS

- Ample; 2. Scope;
- Retain; 4. Falter

Today's Word
PLASTIC

TRIVIA TEST

- U.S. Cities:** Which U.S. city is popularly known as "Beantown"?
- Music:** What was the best-selling music single of all time?
- Mythology:** In Greek mythology, how many graces are there?
- Transportation:** Which major airport is known by the three-letter code DCA?
- Television:** What are the names of the two Muppet characters that heckle the cast from their balcony seats?
- Literature:** What is the first name of Agatha Christie's detective Miss Marple?
- Psychology:** What is triskaidekaphobia?
- Geography:** What is the largest freshwater body in Africa?
- General Knowledge:** What was the strongest earthquake recorded?
- Toys & Games:** What is the main ingredient of Silly Putty?

TRIVIA ANSWERS

- Boston 2. "Candle in the Wind" (1997, Elton John) 3. Three: Aglaiia, Euphrosyne and Thalia 4. Washington National Airport 5. Stair and Waldorf 6. Jane 7. Fear of the number 13 8. Lake Victoria 9. 9.5 magnitude, near Valdivia, Chile, in 1960 10. Silicone

★ ★ ★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★ ★ ★

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3/9 * TFN

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3/30 * 4/20

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4/6 * 4/6

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4/6 * 4/13

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4/6 * 4/27

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3/16 * 4/6

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4/6 * 4/6

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9a-2p Friday & Saturday, April 6 & 7 3883 Sanibel-Captiva Road Books, lamps, furniture, jewelry, decorative items and wildlife related artwork. All proceeds benefit CROW.
4/6 * 4/6

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4/6 * 4/6

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Wear a helmet
Use lights at night
Always be courteous



SANIBEL BICYCLE CLUB

Medical Center Baby-Friendly

Gulf Coast Medical Center received prestigious international recognition from Baby-Friendly USA when the hospital was named a Designated Baby-Friendly birth facility.

Based on the Ten Steps to Successful Breastfeeding, this prestigious international award recognizes birth facilities that offer breastfeeding mothers the information, confidence and skills they need to successfully initiate and continue breastfeeding their babies. There are more than 20,000 designated Baby-Friendly hospitals and birth centers worldwide. Currently there are 502 active Baby-Friendly hospitals and birth centers in the United States.

"According to the Centers for Disease Control and Prevention (CDC), the hospital experience is critical for women who intend to breastfeed," said Julie Harney, nurse manager, maternal/child services at Gulf Coast Medical Center. "Mothers must be supported immediately after birth to establish breastfeeding, which gives infants the best start in achieving a healthy life, including a reduced risk for obesity. Earning the Baby-Friendly designation is validation for the work we do to support breastfeeding moms and babies."

To learn more about the Baby-Friendly hospital initiative, visit www.babyfriendlyusa.org.

Pharmacists Author Study

In a study published recently, authors from Lee Health demonstrated that utilizing T2Dx diagnostic technology improved care for patients suspected of sepsis and reduced costs.

Authored by Lee Health pharmacists Megan Patch, PharmD, Emily Weisz, PharmD, and Sandy Estrada, PharmD, the study that was published in the *Journal of Antimicrobial Chemotherapy* found that patients suspected of a candida infection that were tested on the new technology received targeted therapy in only six hours compared to

conventional testing practices that took 28 hours – more than 4.5 times faster. Lee Health was the first health system in Florida to adopt the T2Dx Instrument and the T2Candida Panel, which detects candida, one of the deadliest sepsis-causing infections.

By using the new instrument, Lee Health clinicians were able to reduce empiric antifungal therapy for patients that did not have a candida infection, which led to savings in pharmacy costs. Due to the more targeted use of antifungals, the average duration of therapy was reduced by four days, discontinued after a single dose or avoided altogether in 58.4 percent of patients.

"This data demonstrates that innovation at Lee Health is leading

to improved care for our patients and also reducing costs," said John Armitstead, Lee Health System director of pharmacy. "The testing is helping to get our patients suspected of sepsis on the right therapy faster."*

Tickets Available For Hall Of Fame

Tickets and sponsorship opportunities are still available for Junior Achievement of Southwest Florida's 2018 Business Hall of Fame, Lee County induction and awards ceremony at the Hyatt Regency Coconut Point Resort & Spa on Wednesday, April 25. A cocktail reception at 5 p.m. kicks off the event and will be followed

by dinner at 6:30 p.m.

During the event, Junior Achievement of Southwest Florida will induct Pason Gaddis, co-founder and CEO of Florida Media Group, LLC, and Gary Griffin, P.E., president and CEO of B & I Contractors, Inc., into the 2018 Business Hall of Fame, Lee County.

Individual tickets are \$250 each, and sponsorship packages that include up to eight seats are still available. Proceeds benefit local Junior Achievement programs.

The Hyatt Regency Coconut Point Resort & Spa is located at 5001 Coconut Road in Bonita Springs. To reserve tables, purchase individual tickets or become a sponsor, call 225-2590 or visit www.jaswfl.org.

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
McPhie Park	Fort Myers Beach	2018	4,768	\$2,795,000	\$2,740,000	10
Chateaux Sur Mer Unrec	Sanibel	1983	2,098	\$2,595,000	\$2,450,000	17
Cape Coral	Cape Coral	2016	4,785	\$2,500,000	\$1,800,000	345
Devonwood	Fort Myers	2006	8,759	\$1,999,000	\$1,750,000	612
North Captiva Dunes	Captiva	1994	2,528	\$1,595,000	\$1,454,000	175
Cassina	Miromar Lakes	2017	2,742	\$1,595,000	\$1,568,158	125
Verona Lago	Miromar Lakes	2004	3,293	\$1,290,000	\$1,250,000	691
Intracoastal Harbour	Fort Myers	2012	2,857	\$1,250,000	\$1,200,000	66
Cape Harbour	Cape Coral	2003	2,807	\$1,150,000	\$1,035,000	79
Nature's Cove	Estero	2000	4,333	\$1,125,000	\$1,070,000	5



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