

Recycled Fashion Resurfaces For Public Viewing

Fashions made from materials normally considered to be trash will go on display Saturday, May 7 when Tribby Arts Center opens Castoffs to Couture: Selections from Project Refuge of the "Ding" Darling Wildlife Society.

The exhibition, presented by Tribby Arts Center in partnership with the "Ding" Darling Wildlife Society, will be on display through Saturday, June 25 in the Shell Point Gallery of the Tribby Arts Center of Shell Point Retirement Community.

The exhibition will include 14 fashions, each one fabricated with a minimum of 75 percent reclaimed and/or recycled, non-perishable materials, such as discarded plastic items of all kinds, used bags, soda-pop tabs, packing foam, paint chips and old towels.

The fashions in the exhibition were first presented or made an encore appearance at a fashion show and luncheon in March at JN "Ding" Darling Wildlife Refuge, the second such event hosted by the organization. Castoffs to Couture now provides an opportunity for all those in



It's In The Bag by Constance Walker of Naples, Florida photos provided

the Fort Myers and Sanibel to marvel at these innovative creations.

According to Shell Point Resident Curator Marge Lee, Castoffs to Couture is a must see exhibition that will surprise and



Shady Lady by Sara Basehart of Taos, New Mexico

amaze, but also educate.

"This exhibition is quirky and fun," said Lee, "but the underlying message it conveys – that it is critical to reuse

and recycle to save the environment – is serious."

"We are delighted to partner with Tribby Arts Center in presenting this exhibition to share this amazingly creative wearable art and its important underlying message," said Birgie Miller, "Ding" Darling Wildlife Society executive director.

Highlights of the creative works to be on display include *Spoonful of Lovin'*, a dress made of hundreds of plastic spoons collected from the trash of a local frozen yogurt restaurant, and *Shady Lady*, made entirely from discarded cellular blinds, both made by Sara Basehart, of Taos, New Mexico. There is also *Rosie*, a dress that resembles a roseate spoonbill, made from packing materials by Kym Mason of Sanibel, and *It's In the Bag*, a showstopper fashion created by Constance Walker of Naples with plastic shopping bags from Target.

In the second-floor Legacy Gallery, REIMAGINED by Shell Point Artists will display items of apparel or accessories that Shell Point residents – many being retired or working professional artists – have transformed with discarded or found items.

Tribby Arts Center is open to the public. Visitors can explore the changing continued on page 12



The Sharon Bodenhafer Critter Clinic becomes official on May 14

photo provided

Refuge Center Clinic Dedication

The Animal Refuge Center (ARC) will hold a ribbon-cutting and dedication ceremony for the Sharon Bodenhafer Critter Clinic on Saturday, May 14 at noon. The clinic is a state-of-the-art medical center that will benefit all of the dogs and cats taken in by the refuge center who, through no fault of their own, find themselves homeless,

injured or abandoned.

"Sharon Bodenhafer's legacy is one of love, rescue, generosity and caring," said Animal Refuge Center Board President Wayne Leinen. "To say that Sharon was an animal lover is an understatement. With the donation made by her husband in her honor, her legacy will now forever change the course of ours, and we are truly grateful."

The clinic is a 2,500-square-foot intake and medical facility that replaces a much

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Lab Theater Playwriting Award Concert Readings

John Minigan won The Laboratory Theater of Florida Louise Wigglesworth Excellence in Playwriting award for his script, *Queen of Sad Mischance*. Mark Harvey Levine's *Save Hamlet* and Lisa Dellagiarino Feriend's *Come Again* were the other two finalists.

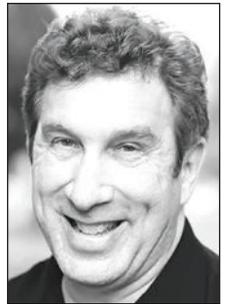
Concert readings of these three works will be presented Friday to Sunday, May 13 to 15.

Queen of Sad Mischance features Kym, who thinks she's lucked into the perfect resume-builder for a biracial college senior determined to find a career in academia: helping renowned white feminist scholar Beverly Norden finish her groundbreaking book on Shakespeare's *Queen Margaret* before Alzheimer's makes the task impossible. As the passing months make clear that Beverly's failing memory is not the greatest obstacle to their work, Kym reassesses her connection with Beverly, Beverly's son and academia itself. What can the Margaret story tell her about her own path forward?

Minigan is a recent Massachusetts Cultural Council Artist fellow in dramatic writing and New Repertory Theatre playwriting fellow. *The Queen of Sad Mischance* is the 2022 winner of the



John Minigan



Mark Harvey Levine

Judith Royer Award for Excellence from The Kennedy Center/ATHE, and a winner of the 2020 New American Voices Festival and the 2019 Clauder Competition.

Save Hamlet is a version of Hamlet, where a lot of the characters turn out to be women in disguise. They realize if they don't step in, the whole thing is going to end in tragedy. With women now in charge, it's Shakespeare's famous play, but funnier and less murderous.

Levine has had over 1,900 productions of his short plays everywhere from Bangalore to Bucharest and from Lima to London. His plays have won over 45

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Lisa Dellagiarino Feriend

Historic Downtown Fort Myers, Then And Now:

Around The Trough

by Gerri Reaves, PhD



The next time you're in historic downtown, take a moment to imagine how First and Hendry looked more than a century ago.

The streets were unpaved and the structures wood framed. There wasn't an automobile in sight, but a livery stable was a stone's throw away. Instead, horses, wagons, mules, oxcarts and bicycles were the transportation norm.

The vision you conjure up will resemble the one on this circa-1908 postcard, which certainly highlights the role of the bicycle, given the five boys at the trough in the middle of intersection, as well as in the bicycles parked under the

awning (right). The circular trough, despite its lack of aesthetic appeal, was a much-needed amenity when thirsty animals were crucial to transport.

Note the advertisement on the trough behind the front left bicycle: "HENDRY DRYGOODS." Fed by an artesian well, the trough had been installed in 1904 when the city drilled the second well of the town's first fire protection system.

The handy trough didn't last long, however. It was removed in 1910, as automobiles began to take over the streets. And, it isn't the only thing that vanished from this southward view. The only extant structure in the historic image is the Stone Block (right), now called the Leon Building.

The 1905 Stone Block was the business district's third non-wood frame structure, and it was built very shortly after the second one, the Bradford Hotel on the diagonal corner. Note the hanging sign, "First National Bank." Walter G. Langford had organized the bank in 1907 under the name Lee County Bank.

But in January 1908, the name was changed to the First National Bank of Fort Myers, so the name change might have occasioned the photo.

To the south of the Stone Block is the two-story balconied office of the *Fort*



The only surviving structure from the 1908 image is the Stone Block, architecturally transformed in the 19-teens and renamed the Leon Building photo by Gerri Reaves

Myers Press. Over on the east side of Hendry, we can see the side and awning of the 1890 building that housed the Evans & Co. general store on the first floor and Phoenix Hall upstairs. The hall was an all-purpose community center where meeting, theater performances and other events were held. Note the fire-alarm bell atop the hall.

Behind the building lay a vacant space used for baseball practices and other activities. The two-story balconied structure a bit farther down the street is Reynolds and Sons grocery store, founded in 1905.

After this historic photo was taken, quick changes came to the scene.

Only four years later, the "Block" would be bought by Peter Tonnelier, who renovated according to the Moorish Revival style it has today.

In 1914, the bank moved to its impressive new home across Hendry, the granite building that's still stands today.

Today, the Leon Building still has a variety of businesses in the street-level storefront, but the upper floor is now condominiums. A restaurant occupies the former bank corner.

The *Fort Myers Press* went into new digs on First, and Tonnelier constructed a mixed-use building on the footprint of its former office.

As for Hendry's east side, once construction began on the granite bank, the hall was relegated to history and Evans & Co. moved to the new Heitman-Evans Hardware Building diagonally across the intersection.

Today, stretching south behind the bank, which is now a law firm, are structures built from the late 19-teens to the 1940s, most notably the 1941 Edison Theatre at the Main Street corner.

Walk to First and Hendry and imagine when a horse's trough graced a main intersection. Then visit the following two research centers to learn more about how downtown looked before paving, auto traffic, and modern buildings.

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

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

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

Sources: Archives of the Southwest Florida Historical Society, the *Fort Myers Press*, and *The Story of Fort Myers* by Karl H. Grismer.*



Circa 1908, five bicyclists pause at the drinking trough at First and Hendry in this southward view. At left is EL Evans's general store (first floor) and Phoenix Hall (second floor), a community center. On the right is the 1905 Stone Block Building, whose corner storefront is occupied by the First National Bank. Note the hanging sign.

photo courtesy Florida State Archives

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Empty Bowls Raises Funds For Food Programs

Community Cooperative raised over \$24,000 on April 9 at the return of Empty Bowls, an event that had not been held in Lee County since 2017. Empty Bowls included a soup competition and community entertainment to benefit Community Cooperative's emergency food programs, which include Sam's Community Café & Kitchen, the Community Market, Meals on Wheels and Mobile Food Pantries. One-of-a-kind handcrafted ceramic bowls made by Lee County schoolchildren were available for purchase as a fundraiser to raise awareness and help end hunger in Lee County.

"We're so grateful for the generosity of our sponsors, child artists, restaurants, judges and the community who made this event a success," said Stefanie Edwards, CEO of Community Cooperative. "While the event is fun and festive, it is also a reminder that many of our neighbors in Lee County are food insecure and rely on our services when they are in need."

Area restaurants brought "souper" recipes for attendees to sample and vote for the People's Choice Award. Participating restaurants were Bruno's of Brooklyn, Community Cooperative's Sam's Community Café & Kitchen, Cuban Connection, Farmers Market Restaurant, Jason's Deli, King's Kitchen,



Seed and Bean employees with Community Cooperative's Stefanie Edwards, left, and their first place plaque for best soup photos provided

McGregor Café, Shrimp Shack, The Standard and Seed & Bean.

Official judges for the soup competition were Fort Myers Mayor Kevin Anderson, Fort Myers Fire Chief Tracy McMillion and Lee County Commissioner Kevin Ruane. Soup competition winner and People's Choice winner was Seed & Bean for Roasted Wild Mushroom and Porcini Bisque



Empty Bowls guests selecting their ceramic bowls for the 2022 Empty Bowls benefit

with White Truffle. Second place was The Farmers Market with a Southwest Chicken Soup. Third place was Cuban Connection with a Seafood Bisque.

The Lee County School District collaborated with this year's event to raise hunger awareness through art. One-of-a-kind handcrafted ceramic bowls that were available for purchase were made by artists and children from Challenger Middle, Cypress Lake Middle, Cypress Lake High, Fort Myers Middle Academy, Harns Marsh Middle, Mariner High, River

Hall Elementary, South Fort Myers High, Tortuga Elementary and Veterans Park Academy for the Arts.

FineMark National Bank & Trust was presenting sponsor of the event along with Kevin and Doreen Ruane, Suncoast Beverage Sales, Florida Power & Light, Henderson Franklin, Scotlynn, Waste Pro, Florida Weekly and NBC2.

Plans are underway for the 2023 Empty Bowls. For more information on getting involved, visit www.communitycooperative.com.✪



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Fort Myers Art:

May Show Features Visual And Tattoo Artist

by Tom Hall



DAAS Co-op Art Gallery & Gifts is showcasing the art of visual and tattoo artist Lawrence Dineen during the month of May.

Dineen draws inspiration from music, family, past

experiences and his first love, graffiti. His art ranges in style from urban to dark macabre. He is not limited to one worldview, and recommends we don't either. The bright colors in his street style awaken the brain while his darker macabre style takes viewers down the path of inner torment and Dineen's personal struggles. That being said, he always finds the beauty amongst the dark.

"Life isn't always sunshine and rainbows, and neither is my art," said Dineen, who considers himself a self-taught artist in all facets of his work. "Remove the rose-colored glasses to see what I see."

Dineen was born just south of Philadelphia in Wilmington, Delaware. He became interested in art at an early



Artwork by Lawrence Dineen

images courtesy www.artswfl.com

age and was heavily influenced by street art and graffiti. In third grade, he entered a pencil drawing of a rhino into national competition and won first place. From that time on, he was motivated to pursue an art career.

Throughout his school years, Dineen's love of art ebbed and flowed. Following some personal tragedies and convinced that his art would never go anywhere, he walked away from his passion, putting his pens, markers and



Artwork by Lawrence Dineen

spray cans down.

Not for too long though. Eventually, he returned to what made him happy, creating.

During this artistic revival, Dineen painted with friends in a local graffiti crew known as Cangoods. He also worked as a barber, while producing art at his studio. After a long career in cosmetology, Dineen took his love for creating art to the skin and became a tattoo artist at Ancient Art Tattoo Studio in North Fort Myers.

Art lovers, collectors and enthusiasts are invited to meet the artist during the Fort Myers Art Walk reception on Friday, May 6 from 6 to 9:30 p.m. The exhibition will be on display through Sunday, May 29.

DAAS Co-op Art Gallery & Gifts is located within the Butterfly Estates complex at 1815 Fowler Street in Fort Myers. For more information, visit www.daascoop.com or call 590-8645.

*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.**

Towns Move To Single-Day Collections

Beginning Monday, May 16, residents of Estero, San Carlos, Gateway and South Fort Myers only have to put their trash, recycling and yard waste to the curb once a week.

Waste Pro, Lee County's contracted hauler for the area, is announcing the service enhancement through postcards mailed to each of the 45,500 affected addresses. For questions, contact Waste Pro customer service at 337-0800.

Beginning Friday, May 6, residents also can use the search feature at www.leegov.com/solidwaste or the resident information tool at www.leegov.com/tools to determine which day of the week is their new collection day.

"We continually look for ways

to improve residents' experiences," said Doug Whitehead, Lee County Solid Waste director. "Same-day service minimizes the time residents have material sitting curbside and reduces collection-vehicle traffic in neighborhoods to one day per week."*

First Responders Night At Stadium

The U.S. Coast Guard Auxiliary Fort Myers Beach will be at Hammond Stadium for First Responders Night on Friday, May 13.

The auxiliary and other first responders will bring awareness of National Safe Boating Week. This observance week is the annual kick-off of the Safe Boating Campaign, a global awareness effort that encourages boaters to make the most of their boating adventure by being responsible.

The U.S. Coast Guard Auxiliary is the uniformed volunteer civilian component of the U.S. Coast Guard and supports the Coast Guard in nearly all mission areas, except law enforcement. The auxiliary was created by Congress in 1939. For more information, visit www.cgaux.org.*

From page 1

Lab Theater

awards and been produced in more than 10 languages. His work has been published in over two dozen anthologies by Applause, Smith & Kraus, Routledge and Vintage. Full evenings of his 10-minute plays, such as *Cabfare For The Common Man*, *Didn't See That Coming* and *A Very Special Holiday Special* have been shown around the world, including at the Edinburgh Fringe and in a multi-year tour of Brazil.

Come Again involves a Miami hospice nurse, Marina Johnson, who wakes one day to find a stranger in her apartment, telling her she has been tapped to be God's climate-change prophet. It is a comedy for a species on the brink of self-destruction.

Dellagiarino Feriend, who is Virginia-born and Chicago-based, is an associate member of the Saint Sebastian Players Theater Company, a member of the Dramatists Guild and president of the Board of Arts For All, a New York City-based nonprofit bringing the arts to in-need youth communities. She has a bachelor of fine arts degree in film and television from New York University and two children who are disappointed that she doesn't write plays about dinosaurs.

Performances will include *Save Hamlet* on May 13 at 8 p.m.; *Queen of Sad Mischance* on May 14 at 8 p.m.; and *Come Again* on May 15 at 2 p.m.

Tickets are \$10 each. A pass for all three readings is available for \$25. Masks are recommended to be worn when inside the theater.

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



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Lee County Eyes 911 Technology For Local Services

The Lee Board of County Commissioners and Lee County Sheriff's Office announced that Next Generation 911 technology will now improve location services for 911 calls.

The upgrades also mean that residents and visitors soon will be able to send pictures and video through text-to-911 services to assist emergency responders.

By providing callers with a link to upload files, emergency services call takers in Lee County will be able to see pictures, videos or livestream from a scene.

Callers will not have the option to send until prompted. Visit www.leegov.com/911 in the coming weeks for final dates to be announced.

The upgrades are part of the commitment the Lee Commissioners have made to public safety technology initiatives, which began with the implementation of text to 911 services in December.

The Next Generation 911 upgrades were announced in tandem with both the 35th anniversary of 911 in Lee County and National Public Safety Telecommunicators Week.

Residents and visitors are reminded that a voice call to 911 remains the most effective method for requesting emergency assistance.

Call takers get a great deal of information from background noise, changes in voice and breathing, and other sounds that come from a voice call.

Mobile carriers handle texts to 911 like any other message. You can experience the same service speeds or delays, depending on network strength in your area. A text or data plan is required to text to 911 and regular

rates apply.

The additional technology services that are now available to improve the handling of 911 calls in Lee County include:

Advanced location services, which will allow emergency communications personnel to send help with pinpoint accuracy;

Call takers will have a map to show exactly where the call comes from and will share that information with first responders;

It is still important to know the location of your emergency as this can confirm what the call center is seeing and help emergency responders get there as quickly as possible;

RapidSOS integration, which will send vital information from both vehicle and phone;

Vehicles with Automatic Collision Notification (ACN) software will immediately transmit crash speed, force of impact, number of passengers, location and size of vehicle involved in a collision to the nearest call center; and

An automated callback system, which can be used in the event of multiple hang-ups at the same time.

If you have an iPhone and would like instructions for setting up a Medical ID in the included Health app, visit www.support.apple.com/en-us/ht207021.

If you are not an iPhone user, you can create a free Emergency Health Profile registered to your mobile phone number by visiting www.emergencyprofile.org.

To learn more about texting 911, visit www.leegov.com/911.

The Lee County Department of Public Safety comprises several primary divisions with functions designed to assist residents, visitors and local government agencies. These include Emergency Medical Services (EMS), Emergency Management, Emergency Communications and Technology Services. Visit www.leegov.com for more information.*

New Lab At Science Center

The IMAG History and Science Center opened the Rist Family Foundation FabLab on April 28. The FabLab is a "digital fabrication and learning laboratory" for people to make (almost) anything they can dream up, design and develop using advanced tools, technologies and materials.

As a "prototype platform" for all sorts of innovation and invention, the Rist Family Foundation FabLab is a stimulus for entrepreneurs, engineers, scientists and students, whether they are amateur or professional. Participants can gain valuable knowledge, skills and a deep appreciation for the engineering and design process, its materials and machines, technologies, tools and more when they imagine and create projects of personal interest and import at the FabLab.

"We are honored and excited to help make the FabLab a reality for our communities of designers, dreamers and entrepreneurs in Southwest Florida," said Brian Rist, chairman of the Rist Family Foundation. The Rist Family Foundation is "an extension of Brian's personal philosophy" that says if you invest in the people who make up your community, those same people will, in turn, strengthen the community.

The Rist Family Foundation FabLab is designed as an inspiring, imaginative



The Rist Family Foundation FabLab photo provided

environment for exploring and experimenting, designing and learning, making and mentoring concepts and ideas. As such, the FabLab is a valuable, educational resource for project-based, hands-on STEM (science, technology, engineering and math) literacy. Speaking to the value and impact of the FabLab in the area, Kim Rist, wife of Brian, said, "It's all about nurturing the entrepreneurial spirit in a fabulous learning and making environment."

Open to all aspiring innovators and inventors, the Rist Family Foundation FabLab is located on the IMAG History and Science Center campus at 2000 Cranford Avenue in Fort Myers. For more information and to reserve time in the Rist FabLab, visit www.theimag.org or call 243-0043.*

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Peanut butter and jelly supplies collected at the annual food drive photo provided

Peanut Butter And Jelly Galore At Food Drive

Community Cooperative's pantries are now filled with over two tons of peanut butter and jelly supplies after the nonprofit's 2022 Peanut Butter & Jelly (PB&J) Food Drive.

To help keep shelves stocked all summer long, Community Cooperative launched its annual PB&J Food Drive in March to rally the support of families, businesses and the community

in collecting peanut butter and jelly supplies. A total of 4,100 pounds of donations were dropped off at Community Cooperative's weigh-in on April 25, which equates to more than 43,700 PB&J sandwiches for the community.

Peanut butter and jelly are some of the most frequently requested items at mobile food pantries because they are kid-friendly, shelf-stable and protein-rich. Distributed through Community Cooperative's mobile food pantries, PB&J supplies are already landing in the hands of local children, families and seniors in need.

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

Service 10:30 a.m. in house and live on Facebook. Adult Ed Forum 9:15 a.m. in Sanctuary, www.allfaithsuu.org, 2756 McGregor Boulevard, 226-0900.

ALL SAINTS BYZANTINE RITE CATHOLIC

Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.

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

BETH YESHUA MESSIANIC SYNAGOGUE

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

BIBLESHARE

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

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

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

CHAVURAT SHALOM

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

CHURCH OF THE CROSS

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

COVENANT PRESBYTERIAN

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. www.

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

REDEEMER CHURCH

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

CYPRESS LAKE PRESBYTERIAN

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

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

FAITH UNITED METHODIST

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

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

FORT MYERS CHRISTIAN CHURCH

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

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

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

“Many families struggle to keep food on the table during the summer months and, as a result, the need for our services is much greater around this time of year,” said Stefanie Edwards, CEO for Community Cooperative. “While our pantries provide staples like pasta, soup and canned fruits and vegetables, peanut butter and jelly remains popular because school-age children can safely make their own sandwiches for a quick energy boost anytime.”

Thousands of jars of peanut, almond

and alternative nut butters, jellies and jams came in from individuals and families as well as over a dozen business and community teams that organized their own collection drives. Top collection teams by community included Pelican Preserve with 1,348.5 pounds collected, Colonial Country Club with 615.5 pounds and Bishop Verot Cheer with 367.5 pounds.

For more information on Community Cooperative's efforts or to learn more about upcoming food pantries, visit www.communitycooperative.com.✪

Night Market At Collaboratory

Collaboratory is hosting its inaugural Night Market for the public on Friday May 6 from 5 to 8 p.m. The event will include live music by the Line Up Band, food trucks and vendors, collaborative experiences and interaction with community partners.

“We wanted to create an engaging experience where the community is able to come meet us and our resident partners that we might not otherwise have an opportunity to engage with,” said Stacey Mercado, events lead for Collaboratory. “This will be a great way for us to get to know each other better and ultimately create a space to hear from the community as we move forward with our big idea.”

Community partners present will

include St. Matthew's House, Captains for Clean Water and the Tommy Bohanon Foundation among others.

IMAG, Lee County Library System, Love Your Rebellion and the Alliance for the Arts will be onsite for collaborative experiences throughout the night.

Retailers selling gifts on site include Elderberry Elixir, Wholesomeology, The Flower Path and Amorist Jewelry.

Food trucks and food vendors include Empanadas By Us, Cuban Connection, Red Roc, Squeezers of Cape Coral, Coasting Donuts and Flying Eagle Kombucha.

Anyone interested in participating as a retail vendor can email smercado@collaboratory.org.

Collaboratory is located at 2031 Jackson Street in downtown Fort Myers For more information, visit www.collaboratory.org/event/may6nightmarket.✪

LAMB OF GOD

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

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

SAMUDRABADRA BUDDHIST CENTER

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

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

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

SAINT JOHN THE APOSTLE METROPOLITAN

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

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

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

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

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETH EL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE FAITH CENTER

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

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UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN CHURCH

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

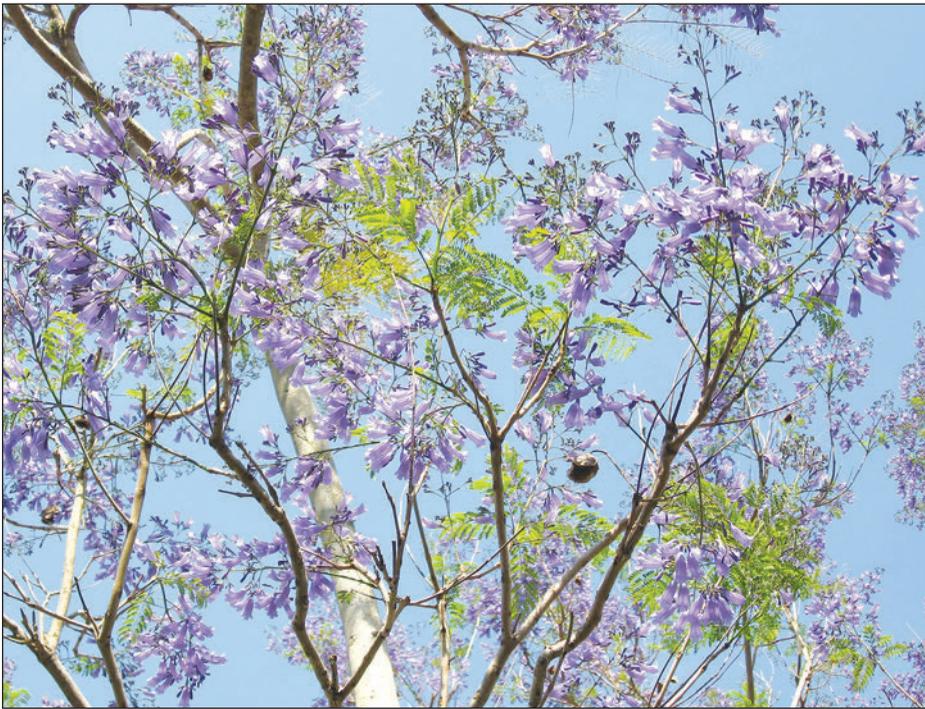
WORD OF LIFE

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

ZION LUTHERAN

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

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



Jacaranda is a popular nonnative tree that blooms in spring and summer photo by Gerri Reaves

Plant Smart Jacaranda

by Gerri Reaves

Jacaranda (*Jacaranda mimosifolia*) is a fast-growing deciduous tree of the Bignonia, or trumpet-creeper, family. A native of the Amazon River Basin in Brazil, Argentina and Peru, it can reach a height of 40 feet with an even larger width.

It's most appreciated for the vast umbrella of fragrant lavender-blue flowers.

Along with species like royal poinciana (*Delonix regia*) and the floss silk (*Ceiba speciosa*) tree, it is one of the most popular of nonnative flowering trees in South Florida.

The bell- or trumpet-shaped slender flowers are about two inches long and bloom abundantly in terminal panicles.

This fine-textured feathery foliage is light green. Leaves are bipinnate, opposite and up to two feet long.

They have up of 10 to 16 pairs of divisions, each of which has 14 to 24 very small pairs of oblong leaflets. This fern-like foliage provides dappled, not full, shade.

The tree has low water needs and

prefers full sun and well-drained sandy soil. Low salt tolerance renders it unsuitable for coastal landscapes.

The brown circular woody pod is about two inches across and splits to release winged seeds.

The tree needs regular expert maintenance and pruning, so it's not a good tree for seasonal residents.

Older trees can be brittle and messy, especially in open windy sites, and splitting can be a problem. Nematodes and mushroom root rot are noted problems.

Before planting nonnative large trees whose benefit is mainly being a part-time ornamental, consider going native instead. Birds, bees and butterflies will thank you.

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; *Florida Plant Selector* by Lewis S. and Betty M. Maxwell; *Waterwise: South Florida Landscapes* by South Florida Water Management District; and <https://gardeningsolutions.ifas.ufl.edu>.

*Plant Smart explores the diverse flora of South Florida.**

Building Owners' Crucial Role For Nesting Shorebirds

With shorebird and seabird nesting season under way, the Florida Fish and Wildlife Conservation Commission (FWC) is offering thanks to building owners for hosting species such as black skimmers, least terns, roseate terns and American oystercatchers that nest on their roofs.

Shorebirds and seabirds typically nest directly on beaches along Florida's coasts. However, as the shorelines become more crowded with people, less nesting space is available and birds increasingly use gravel rooftops to nest and raise chicks. Most shorebirds and seabirds that nest on rooftops are state-threatened species, such as black skimmers and least terns. Currently, more than 50 percent of Florida's least tern population relies upon rooftops for nesting.

Nesting season for shorebirds and seabirds takes place in Florida between March and August. For buildings that have shorebirds nesting on rooftops, it is recommended that routine maintenance and nonemergency repairs be conducted outside of nesting season, between September and February. If unexpected repairs are required during the nesting season, building owners can work with the FWC's regional shorebird biologists to determine if repairs can take place. They can also assist the building owner on



Least tern photo provided

applying for a permit, if needed.

What can you do to help rooftop nesting shorebirds?

Thank building owners that host rooftop nesting birds – If you are staying at a hotel or visiting a business that has rooftop nesting birds, thank management and staff for helping shorebird and seabird conservation.

Volunteer – You can help the FWC monitor rooftop nesting locations. For opportunities in your area, email shorebird@myfwc.com.

Building owners and managers play an important role. If you own or manage a building where shorebirds or seabirds are nesting on the roof, you can help by giving the nesting birds space and coordinating with your FWC regional shorebird biologist. To find one near you, visit www.myfwccom/shorebirds and click on "Shorebird Nest Dates and Contacts."

For more information, visit www.myfwccom/shorebirds and click on "Rooftop Nesting.*"

Summer Basketball

Registration is open for the 2022 youth basketball sessions at Bay Oaks Recreational Campus on Fort Myers Beach this summer.

Sessions for kids ages 5 to 12 will be held from June 21 through August

4. Kids who are ages 5 to 8 will play on Tuesdays from 5 p.m. to 6:30 p.m. Kids who are ages 9 to 12 will play on Thursdays from 5 p.m. to 6:30 p.m.

Sessions will consist of skills training and scrimmages.

A registration form will be available on the Town of Fort Myers Beach's website at www.fmbgov.com on June 14.

Contact Jimmy DeMilia at Bay Oaks at 765-4222 with questions.*



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Love And Hate Tarpon All In The Same Day



by Capt. Matt Mitchell

The month of May is without a doubt the start of prime time tarpon fishing. Over the past few weeks, more and more migratory tarpon are pouring into our waters.

Although the fish haven't been in one place for more than a few days, locating them has been relatively easy, but getting them to bite often can be a little tougher. Getting set up in these fish most days has included watching a few hookups in the small pack of boats.

Tarpon stress has kicked into high gear for me as well as the many other guides who are lucky enough to chase these amazing fish daily. After months of planning, clients are arriving with expectations of catching that tarpon that will make the trip. All the gear is rigged and ready to do battle. The fish are here, and our schedules have changed to tarpon time. Spending time in and around these tarpon for the next few months is something I simply would not trade no matter the frustration level the good days outweigh the bad ones.

Catching a tarpon is simply put a



Tarpon fishing is in full swing

photo provided

massive adrenaline rush, probably the biggest in all fishing. Unfortunately fishing for tarpon can be mind-numbing some days. This fishing can go from hours of boredom to wide open in just a few seconds. When it is time, you need to be focused and prepared as you don't get many shots at it. Watching tarpon roll as they glide by your baits will make you want to pull your hair out. Then once that bite happens, all that waiting is quickly forgotten as chaos breaks out. Rods are quickly cleared as the fish goes absolutely nuts for the first few minutes. Once hooked up there is simply nothing

else in fishing like doing battle with one of these amazing fish. Every tarpon battle is different – some stay down and slug it out while only making a few jumps, while others jump endlessly.

Successful tarpon fishing is about technique and not brute strength, knowing when to just let the fish run then knowing when to apply lots of pressure only comes with experience and coaching. Keeping the fish hooked up while it jumps wildly requires bowing the rod to create enough slack that the free falling fish doesn't break off or pull the hook. Constant pressure pulling against

the fish will wear these fish down much faster than simply holding the rod up high.

On most days, successful tarpon fishing starts by locating these fish. Free jumping tarpon can be spotted from a good distance away, while slow low rolling tarpon take a little bit more spotting depending on the days conditions. The first few hours after sunrise are generally the magic hour as it can be the calmest water all day. Once tarpon are located, I try to get a read on the movement of the fish and intercept them with baits. The more tarpon you can have go by your baits, the better your odds of a hook up. Play in the tarpon highway long enough and you will get hit.

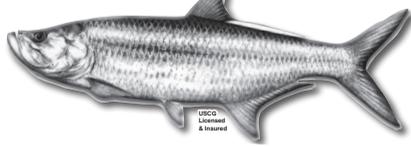
During tarpon season, I run four bait traps which allows me to pick up my clients much earlier than if I had to throw a cast net to catch bait. I bait these traps daily as I pull them, so I always have pinfish and crabs. On board, I carry a sabiki rig on a spinning rod to catch threadfin herring as the trip goes along. Along with the live baits I also have fresh silver mullet in a cooler on ice. My preference is a 12- to 14-inch mullet to use as cut bait.

Weather, especially wind speed and direction, plays a major part in the day's tarpon tactics. Even during periods of less than favorable breezy conditions, it's possible to still locate these fish in leeward areas. West winds require fishing the inside of the barrier islands while east winds give opportunities both on the beaches and eastern side of the sound.

Tarpon are not like any other species we target in this area. It's not like snook fishing where you can expect 20 to 30 fish a trip. I tarpon fish almost exclusively for the next few months and at best have around a 50 percent success rate. On most trips, I find these fish, set up with a full spread of baits and know that getting a bite is out of my hands. No matter how long I guide for these fish, I know that getting that bite can be frustrating. Some days, it's easy and we have multiple hookups while other days you just cannot buy a bite. Tarpon are not for the weak of heart as they require patience. With great patience comes great rewards.

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.*

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Rose-Breasted Grosbeck



by Bob Petcher

The rose-breasted grosbeck (*Pheucticus ludovicianus*) is a migratory bird that flies south in the cooler months to such tropical regions as the Caribbean, South America and

Central America.

This songbird has a very different look when it comes to gender. While both male and female are stocky, medium-sized and possess a hefty triangular bill, the male is more striking in color with a darker backside and pinkish white markings on its wings and stomach area, and its distinctive namesake red breast. The female is browner and heavily streaked on its head, wings and underside, while sporting a white eyebrow and paler bill.

The grosbeck's stout bills are handy for eating seeds, fruit and insects. You can often see this bird rummaging at your bird feeder.

Although actually a member of the cardinal family, the rose-breasted grosbeck is often compared to a robin and has a similar song style, which has been known to signal the arrival of spring and warmer

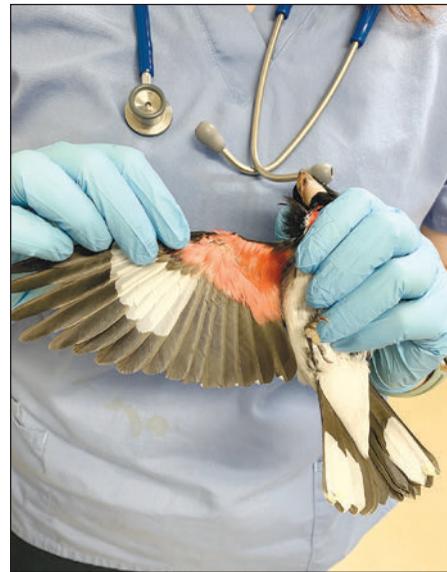


Patient #22-1876 does not appear to have any infection after suffering a cat attack, but he will need cage rest due to a shoulder fracture

weather when it returns from its winter location.

At CROW, an adult male rose-breasted grosbeck was admitted from Cape Coral after a cat attack. Upon physical examination, the patient was thin, pale and generally weak. No claw marks, bite marks or other apparent physical "cuts" were found on the bird.

"No discrete wounds were identified, however, cat bites often cause small puncture wounds that can be difficult to find under feathers," said Dr. Charlotte Cournoyer, CROW veterinary intern. "These wounds are often small but deep,



injecting bacteria into the tissues and leading to infection."

The patient did not require surgery or bandaging, but it was given a preventive antibiotic to fight any potential infection as cat's carry a deadly bacteria in their mouths (*Pasteurella multocida*). A few days after the antibiotic was administered, the patient appears to be improving.

"At this time, we believe the antibiotic therapy employed is working as the patient has not had any persistent signs of infection," said Dr. Cournoyer. "Often, we treat with antibiotics for five to seven days for cat bites if there are no clinical signs of

infection, or longer if clinical signs do not resolve."

The rose-breasted grosbeck was x-rayed after some time at the clinic, and the images revealed a bone break in one of its shoulders.

"Radiographs taken a few days after admit showed a right clavicle fracture, which is similar to the collar bone in people and important for flight," said Dr. Cournoyer. "The patient is expected to make a full recovery but will require a prolonged stay in hospital to give this bone time to heal. This is treated with pain medications and cage rest."

During its cage rest, the patient will be monitored under supportive care until he is ready to be released. Rehabilitation and muscle buildup will also factor in.

"The bird will likely start flight training after three to four weeks of cage rest for the clavicle fracture. Flight training will commence once the fracture is fully healed and will last anywhere from a few days to a couple weeks," said Dr. Cournoyer. "The patient is responding well to therapy and expected to make a full recovery but will require a prolonged stay in hospital due to the new finding of the clavicle fracture."

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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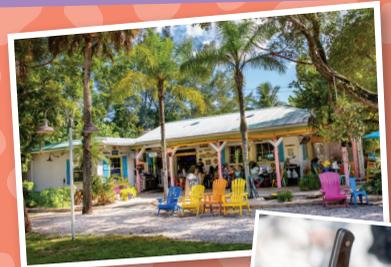


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Volunteers collecting trash during one of the cleanups photo provided

Volunteers Play Key Role During County Cleanup

Keep Lee County Beautiful, Inc. (KLCB) organized multiple events for its local Great American Cleanup including a community cleanup, beach and roadside cleanups, and a special Northwest Cape Coral Neighborhood Association cleanup event. Over 800 volunteers removed more than 16,000 pounds of litter and debris from the environment, protecting our shorelines and waterways.

The KLCB Great American Cleanup is the nation's largest community improvement program. According to the Keep America Beautiful 2020 National Litter Study, 90 percent of Americans believe litter is a problem in their community. Each year, the Great American Cleanup engages millions of volunteers and participants who take action in their local communities to create positive change and lasting impact.

Other facts from the litter study:

Nine out of 10 pieces of litter on the ground in the U.S. were under four inches in size;

Cigarette butts continue to be the single most littered item in the United States;

Litter on America's roads was down 54 percent since 2009;

At the material level, litter from all material types has decreased along roadways since 2009, but litter composed of plastic has decreased less than other

types of materials. Overall, litter made from plastic comprises 38.6 percent of all litter across waterways and roadways combined; and

There are 50 billion pieces of litter along U.S. roadways and waterways (50 billion pieces of litter equate to 152 pieces of litter for every U.S. resident). People can visualize 152 pieces of litter where they live, and they can begin to see that the litter problem can be solved.

"The Great American Cleanup is an important time across the country to encourage family, friends and neighbors to work together to transform public spaces into beautiful places," said Keep America Beautiful Interim President and CEO Becky Lyons. "It is our hope that this collective effort is bigger and better than ever in 2022."

KLCB is the local resource for litter prevention, community greening and recycling and waste reduction education. From Cape Coral to Bonita Springs, from Lehigh Acres to the Gulf of Mexico, KLCB works with volunteers to foster unity and strengthen community bonds through improvement and beautification efforts across Lee County.

In 2021, KLCB:

Conducted three beautification projects and participated in 22 outreach events educating 1,469 individuals;

Engaged 4,317 volunteers and coordinated 409 community cleanup projects;

Removed 68,439 pounds of litter and debris for safe, cleaner communities;

Planted 10,500 new sea oats to protect the shoreline; and

Saved Lee County taxpayers over \$307,000 (of labor) in community

improvement services.

KLCB sends thanks to the volunteers and their dedication and hard work to help protect and preserve the

environmental health and natural beauty of the places we call home. Visit www.klcb.org or call 334-3488 to find out how to get involved.✪

Scout Patches, Birthday Parties At Shell Museum

The Bailey-Matthews National Shell Museum recently announced the launch of two new children-focused educational programs.

The first originated in collaboration with the Girl Scouts of Gulf Coast, and is available to any interested Girl Scouts troop. During the 60-minute program, a museum marine biologist leads a group of up to eight Girl Scouts and two troop leaders through the Beyond Shells Living Gallery and provides an introduction to the animals that grow the shells, along with hands-on classroom activities. Girl Scouts earn a shelling patch after completion of the program.

The second program is the creation of a fun and educational children's birthday party experience. Partygoers will explore the Living Gallery with a marine biologist,



The shelling patch for Girl Scouts image provided

and then have access to a private room for shell crafting and celebrating.

For more information or to book a program, visit www.shellmuseum.org/childrens-experiences or contact Kelsey Hausmann by email at khausmann@shellmuseum.org.✪

Mother's Day Goat Palooza

Dim Jandy Ranch will host its 2nd Annual Mother's Day Goat Palooza on Sunday, May 8 from 10:30 a.m. to 12:30 p.m. and from 1 to 3 p.m.

"This is a great opportunity to just hang out with the goats in a casual, up-close setting. We have 10 babies right now, they are always a lot of fun," stated Jen Buffington, owner of Dim Jandy Ranch.

Buffington and her husband run the popular Goat Yoga ranch. Millennial Brewing Co. will be at the ranch selling beer and wine, and Dontgiveup Food Truck will be offering its fare. Taylor Rea will be performing, also.

Advance reservations are required. Tickets are \$14 apiece and can be purchased online at www.dimjandy.com or by calling 1-651-283-7590.

The 2.5-acre property is home to 20-plus goats, two mini donkeys, and two peacocks. Activities offered include GOAT



Get your goat on photo provided

Yoga and a GOAT Date Night.

Dim Jandy Ranch is located at 13151 Pinto Lane in Fort Myers. For more information, visit www.dimjandy.com.✪

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U.S. Rep. Byron Donalds listens as Denise Gergley, CEO of the Boys & Girls Clubs of Lee County, discusses plans to expand after-school and summer programs for area children and teenagers photo provided

Congressman Learns About Youth Services

U.S. Rep. Byron Donalds toured several Boys & Girls Clubs locations in Fort Myers to learn about the nonprofit's mission and expansion plans in Lee County.

Congressman Donalds (R-Naples) said he wanted an opportunity to learn more about how the clubs are changing lives for area children and teenagers. The Boys & Girls Clubs of Lee County's mission is to enable all young people, especially those who need us most, to reach their full potential as productive, caring and responsible citizens. Programs focus on five core areas: education and career, service and leadership, health and wellness, the arts, and sports and recreation.

"Obviously, being there for kids who need after-school services, like I did when I was growing up, is essential to their development," Donalds said during his April 22 tour. "I'm really excited to see everything that is happening here and looking forward to coming back to see when things are built. Without a doubt, you're really going to impact the lives of

so many young people and help them grow and matriculate to be the adults that they have been called to be."

In Lee County, the Boys & Girls Clubs operate four school-based clubs, two neighborhood clubs for residents of specific areas and one community club that serves members across the region. The Boys & Girls Clubs will soon be adding a signature community club in Fort Myers that will provide after-school and summer programs for youth ages 6 through 18.

"We're focused on location expansion and program enhancements so that we can help our youth and assist them in reaching their full potential," said Denise Gergley, CEO of the Boys & Girls Clubs of Lee County. "It is important that the community continues to invest in our youth today so that they can help build a better tomorrow for Lee County."

Members of the Boys & Girls Clubs receive homework assistance, tutoring and academic instruction, as well as opportunities to complete service-learning projects, participate in sports and learn new skills.

"For our kids, we're focused on a great experience that's positive, safe and inclusive," Gergley said. "We want our kids to feel like this is home away from home while they're out of school."*

Business Hall Of Fame Benefit Honors Laureates

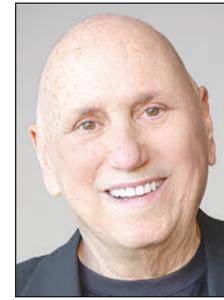
Junior Achievement of Southwest Florida's annual Business Hall of Fame event was held at the Ritz Carlton Golf Resort in Naples on Tuesday, April 19, drawing more than 400 attendees and generating more than \$276,000 in funds for the organization.

Ingrid Aielli and Chef Fabrizio Aielli of Aielli Restaurant Group, Larry Lipman of Lipman Family Farms and Brian Rist of the Rist Family Foundation were recognized as the newly inducted laureates to the Junior Achievement Business Hall of Fame.

The prestigious acknowledgment honors influential, visionary leaders from the business community that have made a significant impact, created new opportunities and elevated the educational landscape for youth in their communities regarding financial literacy, entrepreneurship and work readiness.

Funds raised at the event will support Junior Achievement of Southwest Florida's life-changing, no-cost programs on financial literacy and career and work readiness delivered to students in the Southwest Florida community.

Locally, Junior Achievement of Southwest Florida partnered with classroom business volunteers during the 2020-21 school year to provide nearly 126,000 hours of instruction to



Larry Lipman



Brian Rist



Chef Fabrizio Aielli



Ingrid Aielli

nearly 13,900 students in Collier, Lee and Charlotte counties. To learn more about Junior Achievement of Southwest Florida and how you can support its mission by donating, volunteering or becoming a sponsor, visit www.jaswfl.org.

First Horizon was the Presenting Sponsor for the event; Title Professionals of Florida was the Diamond Sponsor; Stock Development and Wells Fargo were the Platinum Sponsors. The Gold Sponsors included London Bay Homes, Publix Super Market Charities and Seacoast Bank.*



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Book Review

The Paris Apartment



by Di Saggau

From the author of *The Hunting Party* and *The Guest List* comes another clever new novel by Lucy Foley. *The Paris Apartment* is about a young woman named Jess, who lives in

London. She's broke and alone, and she's just left her job under less than ideal circumstances. She convinces her half-brother Ben to let her stay with him for a while in his Paris apartment. She arrives to find that not only is the apartment one Ben probably couldn't afford, but he is also missing.

Everyone who lives in the apartment building has ties to Ben and also something to hide. The longer Ben stays missing, the more Jess starts to dig into her brother's situation and the more questions she has. Ben's neighbors are an eclectic bunch and not very friendly. This includes the socialite, the nice guy, the alcoholic, the girl on the verge and the concierge. Foley strongly develops the novel's side characters and often switches perspectives from Jess to her neighbors. The reader is exposed to the characters'

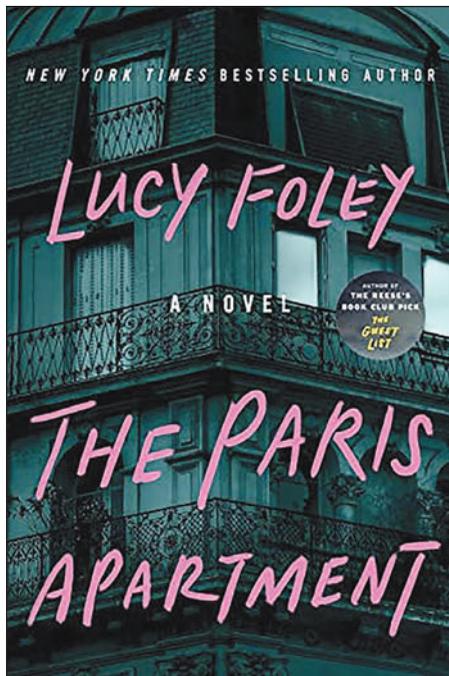


image provided

feelings along with Jess's interpretation of them. The short chapters give quick and powerful glimpses into what makes these characters human. The inhabitants of Number Twelve Rue des Amants, are grappling with failed marriages, unrequited love and all are battling inner demons.

Wealth, or the lack of it, is also a part of this thrilling tale. The book really takes off in the second half, as Jess makes crucial discoveries about how

her brother disappeared and how the apartment actually came to be. Betrayals and emotional revelations from Jess's neighbors save the mystery until it's

climactic reveal for the reader. *The Paris Apartment* is a sinister puzzle you'll love solving. ✨

School Smart



by Shelley M. Greggs, NCSP

Dear Readers,

May is National Mental Health Awareness Month. It's a time to reflect about what we do as parents that support our children's

mental health. Experts define good mental health as not only the absence of psychological or behavior problems, but also the presence of wellness or psychological health. For example, self-esteem, self-acceptance, resiliency and effective coping skills contribute to mental health and good behavior in students. While families provide the primary support for developing children's mental health, schools play an important role working with students and families.

I have posted some suggestions for you on how to support your child's mental health. These suggestions can guide you to make good decisions with and for your child and his or her positive mental health.

Create a sense of belonging – Feeling connected and welcomed is essential to children's positive adjustment, self-identification as well as sense of trust in others and themselves. Building strong, positive relationships among students, school staff and parents is important to promoting mental wellness.

Promote resilience – Adversity is a natural part of life and being resilient is important to overcoming challenges and good mental health. Connectedness, competency, helping others and successfully facing difficult situations can foster resilience.

Develop competencies – Children need to know that they can overcome challenges and accomplish goals through their actions. Achieving academic success and developing individual talents and interests helps children feel competent and more able to deal with stress positively. Social competency is also important. Having friends and staying connected to friends and loved ones can

enhance mental wellness.

Ensure a positive, safe home and school environment – Feeling safe is critical to students' learning and mental health. Promote positive behaviors such as respect, responsibility and kindness. Prevent negative behaviors such as bullying and harassment. Provide easily understood rules of conduct and fair discipline practices and ensure an adult presence in common areas, such as hallways, cafeterias, locker rooms and playgrounds. Teach children to work together to stand up to a bully, encourage them to reach out to lonely or excluded peers, celebrate acts of kindness and reinforce the availability of adult support.

Teach and reinforce positive behaviors and decision-making – Provide consistent expectations and support. Teaching children social skills, problem solving and conflict resolution supports good mental health. "Catch" them being successful. Positive feedback validates and reinforces behaviors or accomplishments that are valued by others.

Encourage helping others – Children need to know that they can make a difference. Pro-social behaviors build self-esteem, foster connectedness, reinforce personal responsibility and present opportunities for positive recognition. Helping others and getting involved reinforces being part of the community.

Encourage good physical health – Good physical health supports good mental health. Healthy eating habits, regular exercise and adequate sleep protect kids against the stress of tough situations. Regular exercise also decreases negative emotions such as anxiety, anger and depression.

Adapted from *Supporting Children's Mental Health: Tips for Families and Educators*, a handout by the National Association of School Psychologists Handout.

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

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THOMAS P. HALL

ROBIN C. TUTHILL, EDITOR

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

From page 1

Recycled Fashion

exhibitions in its three art galleries and view dramatic twin kinetic sculptures by artist Andrew Carson of Washington in the Atrium. The sculpture garden is also open to visitors, featuring three life-size bronze figurative works and unique metal benches by Florida artists Steve Dickey and Doug Hays respectively, along with a kinetic sculpture by the well-known New Orleans artist, the late Lin Emery. A booklet providing information on the sculptures is available free of charge at

the Tribby Box Office.

Visitors to the Tribby Arts Center can relax in the Tribby Café and explore Serendipity, the gift shop.

Shell Point Gallery, Tribby Café and Serendipity are open from 10 a.m. to 3 p.m. Tuesday through Saturday. The Legacy and Overlook Galleries are open during regular Tribby Arts Center hours, 10 a.m. to 4 p.m. Monday through Friday and 10 a.m. to 3 p.m. on Saturday. Tribby Arts Center is located at 17281 On Par Boulevard in Fort Myers. For more information, visit www.tribbyartscenter.com or call 415-5667. ✨

Clerk's Office Receives State Reaccreditation

The Lee County Clerk's Office of Inspector General recently earned its third accreditation from the Commission for Florida Law Enforcement Accreditation, Inc. The reaccreditation was awarded after the office underwent a rigorous assessment process and board evaluation.

The accreditation is achieved by offices that consistently demonstrate conformance to 40 mandatory standards, with each standard having numerous subparts. The department's staff must attend continuous education on the standards and are given one year to adhere to updates.

"Only five of Florida's 67 clerks have an accredited Office of Inspectors General, which demonstrates our unwavering commitment to protecting taxpayers from fraud, waste and financial mismanagement," said Lee County Clerk of the Court and Comptroller Kevin Karnes. "This reaccreditation is a testament to the hard work and professionalism of our inspector general team."

The Lee Clerk's accredited Office of Inspector General has saved the public millions of dollars since being formed in 2014. In recent years, the investigators uncovered a \$900,000 racketeering scheme at the Port Authority that led to



Tim Parks, center, Lee Clerk's chief internal auditor and inspector general, accepts the award with his team from the Commission for Florida Law Enforcement Accreditation

photo provided

seven convictions.

"We are very honored to achieve this reaccreditation, which gives the public and government agencies confidence in the credibility of our work," said Tim Parks, Lee Clerk's chief internal audit officer and inspector general. "We look forward to saving taxpayers millions more."

The Lee Clerk's Office of Inspector General was first accredited in 2016 and reaccredited in 2019 and 2022. It undergoes reaccreditation every three years. The department conducts tourist

tax audits, enhanced guardianship audits and investigations, and internal audits and fraud, waste and abuse investigations of the operations and financial records of Lee County government agencies, departments, employees and others under the authority of the Board of County Commissioners, Port Authority and Clerk.

If you suspect fraud, waste, abuse, financial mismanagement, ethical misconduct, guardianship and tourist tax fraud, file a report through the inspector general's hotline at www.leeclerk.org.

Land Purchase Adjacent To Preserve In Alva

The Lee Board of County Commissioners have approved the purchase of 20.6 acres adjacent to the Alva Scrub Preserve for Lee County's Conservation 20/20 land acquisition program.

The property contains pine flatwoods with few exotic plants. It is mostly uplands with a small watershed area of Bedman Creek and has Florida scrub jay and gopher tortoise habitats. The purchase price is the appraised value of \$170,000.

The Conservation Land Acquisition and Stewardship Advisory Committee unanimously recommended approval of the purchase.

The Alva Scrub Preserve includes nearly 1,200 acres on both sides of Joel Boulevard.

To receive updates from Lee County Government, sign up for the newsletter at www.lee.gov/resources/newsletters.

There are more than 31,300 acres within Conservation 20/20, Lee County's land acquisition and management program. Conservation lands help the county protect drinking water, enhance water quality, provide nature-based recreational opportunities, protect areas from flooding and provide wildlife habitat. For more information, visit www.conservation2020.org.

Real Estate Meeting

Florida Representatives Jenna Persons-Mulicka and Kaylee Tuck will review the 2022 Legislative Session and implications for Southwest Florida's real estate industry at the Real Estate Investment Society's (REIS) luncheon meeting in the Osprey Room at Pelican Preserve's Clubhouse on Tuesday, May 10 at 11:45 p.m.

Rep. Persons-Mulicka and Rep. Tuck will summarize key issues involving recent legislative action and budget allocations. Following the presentations, they will respond to questions of interest to the

real estate and development industry.

Rep. Persons-Mulicka was elected to the Florida House of Representatives in 2020 and serves as vice chair of the Infrastructure and Tourism Appropriations Subcommittee and a member of several other committees. Rep. Tuck was elected to the Florida House of Representatives in 2020 and is vice chair of the Congressional Redistricting Subcommittee and a member of several other committees.

The meeting is sponsored by Lutgert College of Business. Admission is \$30 for members and \$45 for guests, which includes lunch.

Pelican Preserve is located at 9802 Pelican Preserve Boulevard in Fort Myers. To reserve, visit www.reis-swfl.org.



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Will Power

Last Time For Everything



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

As I write this, I just returned from my daughter Courtney's graduation, as she earned her doctorate degree in physical therapy from University of Florida (UF). This follows her bachelor's degree in kinesiology three years ago there. As I'm also a multiple UF graduate, watching the proceedings with a lump in my throat, I found my mind wandering to country music star Brad Paisley's touching song, *The Last Time for Everything*. Some of the lyrics go:

*Throwing the ball with the first dog you ever had
Spending all day on the lake with your grandad*

*Watching Glenn Frey sing 'Already Gone' at the Forum in LA
There's a last time for everything*

Walking around the Gainesville campus, I'm reminded of many good times I enjoyed in my years there. It's as if I see the ghosts of my buddies when we were all in our 20s – young, ready to take on the world. Then suddenly, those late nights grabbing a pizza slice at Leonardo's after a study session, tailgating before the football games, just hanging with my friends – all came to an end.

And now, it's Courtney's time to venture out into the real world.

Walking back to our car after the ceremony, I noticed how the campus has changed considerably since my freshman year 40 years ago. The dilapidated houses students rented just north of University Avenue have become luxury mid-rise condominiums with considerably higher rents. The bars we frequented, including the one where I met Patti, are no more; replaced by cleaner, newer venues. Gleaming new buildings stand in the empty lots where my fraternity brothers and I played flag football. The Publix where I worked is a JoAnn's Fabric store, with a brand new, larger Publix right next door.

Using a fake ID at a college bar

Getting caught with a girl in the backseat of a car

Running out on the field for the senior game wearing number 17

There's a last time for everything

I love the energy of college campuses. While I qualify for over 55 housing and constantly receive AARP membership solicitations (which I throw into the garbage), I still consider myself young. Looking in the mirror every morning while brushing my

teeth challenges that mindset, unfortunately.

My oldest daughter will marry her longtime fiancé this summer. They met seven years ago at Brandeis University while students and would have been married a couple of years ago if not for the pandemic. I'm looking forward to the celebration and am excited for Gabi and Benji as they embark on their married lives together.

Kissing goodbye on her porch and driving away

Introducing her as your fiancé

Getting woke up at 5 a.m. to see if Santa came

There's a last time for everything

Courtney and her boyfriend Phil (they met at overnight summer camp in the Georgia mountains when they were both kids) scammed off to Atlanta for a concert festival while I drove home with my wife and youngest daughter who aspires to attend dental school in a little more than a year.

Biscuits and gravy at momma's house

Last time for everything

Spring break on a fold out couch

Last time for everything

Little Jimmy on the stage

Last time for everything

Hearing Prince sing 'Purple Rain'

Last time for everything

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



From left, Craig, Courtney and Patti Hersch at University of Florida photo provided

Marketing Firm Adds Account Manager

Priority Marketing has hired Julia Babair, APR, CPRC, as a senior account manager focused on helping clients achieve their goals through strategic marketing.

Babair worked at the firm from 2000 to 2010, progressing from an account manager position to vice president for account services, a leadership role in which she managed the account services team and business development initiatives. In her new role as senior account manager, Babair collaborates with the firm's creative, public relations, media buying, social media, web development and digital teams to develop solutions for clients in the business, nonprofit and government sectors.

Previously, Babair was director of client services for an international market research firm that analyzes customer data to drive sales and performance growth, overseeing project management of brand operations standards and customer experience programs. She also has experience as a general manager



Julia Babair

for a retail shopping complex, as well as marketing manager for a bank, shopping mall and outlet center.

Babair has a bachelor's degree in business administration from the University of South Florida in Tampa, where she had a concentration in marketing. She is an accredited public relations professional and certified public relations counselor through the Florida Public Relations Association.✪

Senior Art Director Hired

Spiro & Associates Marketing, Advertising, Public Relations, and Brand Architecture has hired Len Eckert as the new senior art director.

A native of Pittsburg, Pennsylvania, he attended The Art Institute of Pittsburg while establishing his career as a senior art director for The Food Group in Tampa. At Food Group, Eckert developed marketing campaign strategies for National and Global clients Heinz Company, 7-Eleven and Tabasco. After spending a decade at The Food Group, he launched his graphic design firm, iconDo Inc.

"I'm excited to return to a collaborative environment with a team and dive back



Len Eckert

into my love for branding and campaign development," Eckert said.

Eckert is a former board member of the Bonita Springs Area Chamber

of Commerce and sits on the board of directors for the Rotary Club of Bonita Springs.✪

New LeeTran Transfer Station

The Lee Board of County Commissioners has approved two contracts to move forward with the construction of a new LeeTran Park-and-Ride and transfer station at the existing parking lot at the Lee County Elections Office at 13180 South Cleveland Avenue.

The project will provide seven covered bus berths, ADA-accessible restrooms, custodial and electrical facilities, a technology room, as well as loading and unloading ramps with ADA accessibility that will provide a higher level of service, security and comfort for LeeTran passengers and employees.

Commissioners voted to approve a construction contract with Owen-Ames-Kimball/Florida and an engineering services contract with Kisinger Campo & Associates for the project.

Construction is expected to take about a year. The budgeted project cost is about \$7.9 million and a portion of the project will be funded through a Federal Transit Administration grant.

The new facility will replace two bus shelters located on Bell Tower Drive.

For schedules or to learn more about LeeTran, visit www.rideleetrans.com.

LeeTran Customer Service can be reached at 533-8726 (press option 1) or email rideleetrans@leegov.com.✪

Human Resource Conference

The 2nd annual SHRM SWFL Summit will be held at Marriott Sanibel Harbour Resort & Spa on Friday, May 20 beginning at 8 a.m. This year's conference will have the theme Engage, Empower, Connect and feature a lineup of speakers on topics including strengthening culture through empathy and appreciation, responding to and winning EEOC charges and avoiding HR burnout while inspiring.

SHRM SWFL is the local chapter affiliate of the national Society for Human Resource Management (SHRM). Speakers include Monique Akanbi, Mary Cheddie, Christin Collins, David Miklas and Sarah McVanel. Tom Topping will serve as master of ceremonies.

Cost to attend is \$99 for SHRM SWFL chapter members, \$25 for students and \$150 for non-chapter members, guests and walk-ins. Marriott Sanibel Harbour Resort & Spa is located at 17260 Harbour Pointe Drive in Fort Myers. For more information and to register for the event, visit www.shrmswfl.org.✪

Superior Interiors

Best Accent Wall Ideas For The Bedroom



by Katie Frederick

Whether you're looking to spice up a small bedroom or completely redo the design aesthetic of a master bedroom, adding an accent wall is the perfect solution.

Accent walls are a mainstay in the interior decorating world for a reason. They can help switch up the design and personality of your bedroom instantly, without the hassle of a full bedroom makeover. They're also extremely versatile with a wide range of options for any home decorator. From unlimited paint colors to new materials, your accent wall can be as one-of-a-kind as you are.

An accent wall, also known as a feature wall, is an interior or exterior wall that is aesthetically different from its surrounding walls. Whether by color, design and/or material, an accent wall stands out from the crowd to create a focal point in any room.

Most homes usually stick with neutral, light walls in shades of white, off-white or cream to brighten the space. But with an accent wall, you can take your design to the next level and add a fun contrast to your space with a bold, dark wall. Blues, blacks, reds and greens are all great colors with deep shades that will add that romantic touch to your bedroom.

They can also create a great base for additional decor ideas, like a gallery wall. If you have a lot of artwork, a dark wall can make bright, neutral frames stand out. Remember, a dark wall is a great base to highlight other design pieces such as art, shelves, mirrors and more.

If you want to make sure that your

chosen paint colors will work together, look at a color wheel for inspiration. If you want your colors to be bright and stand out from each other, choose complementary colors that are on opposite sides of the wheel. For cohesive colors that pair similarly, choose analogous colors which are side by side.

If you're not sold on painting your accent wall, look at wallpaper options. Wallpaper is available in a broad range of colors, styles and patterns that can be added to complete your bedroom's interior design. If you want a feature wall that truly stands out, explore unique wallpapers created by artists and designers that will elevate your space with little to no work on your end.

Your accent wall doesn't have to be a flat surface. Bricks, wood and stone are all fantastic options when it comes to building an accent wall. For example, you can use slats of similarly toned wood to create a herringbone-patterned wall (perfect for a California or bohemian-style bedroom). If you're more into cottage look, opt for white-painted bricks to emphasize a cozy, but neutral style. Want an industrial look? Consider a mirror or stone wall.

Murals don't just belong to the art centers of your nearest city. Make your bedroom a work of art by adding a large mural to your accent wall. Choose colors that complement or match your dream bedroom's color palette to tie the look altogether. Whether the mural is expansive and detailed or minimalist and geometric, it's sure to be a conversation starter and probably sure to become your favorite place in the house.

Finally, for those who love to match, take inspiration from your existing favorite pieces. Love your gray metal headboard? Accent your wall with cool hues, such as soft blues or grays to complete the look. If your favorite pieces are bright yellow throw pillows, consider warm accent walls with yellow, tan or gold accents.

Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at katie@coincdecn.com.

Chamber Meeting

Digital tools can enhance the productivity of employees, reduce the chance of human error and can lead to greater revenue. Why not let technology do the grunt work so you and your employees can focus on core business tasks?

The Above Board Chamber of Florida will showcase those digital tools during a seminar on How Digital Tools Can Maximize Your Productivity at the Crowne Plaza Bell Tower on Thursday, May 12 from 11:30 a.m. to 1 p.m.

The meeting will be emceed by LaShaun Collier, assistant director at Florida SBDC (Small Business Development Center) at Florida Gulf Coast University Lutgert College of Business.

Panelists will be Randy Mitchelson, vice president of sales, marketing and

public relations at M&M Multimedia; Amy Bright Gilhuly, brand architect and marketing strategist at Bright Creative; and Chelsea Castoria, digital marketing coordinator at CONRIC PR & Marketing.

Tickets are \$40 for members and \$45 for non-members. The luncheon will be sponsored by Mitchelson and by Steven Niehaus, MBA, CM&AP, CBI certified business intermediary.

Mitchelson has some gems of information he wants to share during the events.

"Most businesses I talk to aren't aware of the free and low-cost apps on their phones that can make their business lives easier," Mitchelson said.

The featured nonprofit is Amy Turner, executive director at Sally J. Pimental Deaf & Hearing Center.

Crowne Plaza Bell Tower is located at 13051 Bell Tower Drive in Fort Myers. Register at www.aboveboardchamber.com or call Above Board Chamber CEO Jeanne Sweeney at 910-7426.



Class participants photos provided

Certification Class For Hazardous Material

When oil spill first responders respond to an oil spill, training is not just a good idea, it is the law. According to OSHA, workers who handle oil spills must be trained annually.

The Ostego Bay Oil Spill Co-Op will present the mandatory OSHA CFR1910/120 classroom instruction at the Ostego Bay Foundation Marine Science Center on Monday and Tuesday, May 23 and 24 from 9 a.m. to 5 p.m. and on-the-water training and annual refresher at Salty Sam's Marina on Wednesday, May 25.

Cost to members of the Ostego Bay Oil Spill Co-Op is \$300 per person, while the nonmember cost is \$350. Recertification class is \$100 for members or \$150 for non-members. Registration and payment must be made in advance by contacting Ostego Bay Oil Spill Co-Op President Joanne Semmer at 470-4993.



Boat with containment boom

"This training is invaluable for both first responders and local volunteers who work in and around the Southwest Florida Area," said Semmer.

In 1991, the state of Florida began requiring local marinas to either maintain first-response capabilities themselves or contract with outside experts to provide those first response services. The Ostego Bay Environmental Response Co-op was created in 1992 to meet those state requirements and meet the needs of the local maritime community.

Should boaters or marinas encounter an oil or fuel spill, they should contact the U.S. Coast Guard National Response Center at 1-800-424-8802. The National Response Center (NRC) is not a response agency. It serves as an emergency call center that fields initial reports for pollution and forwards that information to all the appropriate federal/state agencies for response.

The Ostego Bay Foundation Marine Science Center is located at 718 Fisherman's Wharf on San Carlos Island. For more information, visit www.ostegobay.org/oil-spill-coop.

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Frankly Speaking



by Howard Prager

The Memphis Grizzlies are the first team in NBA history to win multiple games in the same playoff series by erasing a double-digit-point fourth-quarter deficit. I had the pleasure of seeing

Round 1, Game 5 in Memphis. I've often joked that you don't need to turn on an NBA game until the last two minutes if you want to know who's going to win. But then you lose the excitement and arc of the game. And the Grizzlies arc is to dig a hole and spend three and a half quarters trying to dig out. And dig out they do. Despite a tenacious effort by the Timberwolves all game, the Grizzlies owned the fourth quarter. At the game I saw, it only took them 47 out of 48 minutes to get there. They trailed up until that final minute, when they held and grew a one point lead to several points. With 3.7 seconds left though, Minnesota tied it. Then, it was Grizzly time. Somehow they got the ball to their go-to guard, Ja Morant, who somehow swished a short jumper as time expired. Different game, different hero in the decisive game 6 of the series in Minnesota with same results.

The Grizzlies are now are facing

Golden State in Round 2. They played them fairly evenly in Game 1 and it came down again to a last shot, with the Warriors winning 117 to 116. No magic this time, and as a Golden State player said, "we are not Minnesota!" We will see how this series plays out.

The NFL draft is history, but not without some kudos to the Ravens, Jets, Falcons, Lions, Eagles, Colts and Seahawks. According to ESPN's Mel Kiper Jr., each of these franchises rated at least a B+ in their total draft class. And those teams seem to need the lift, based on where they landed last year. The draft brings riches to teams and tries to bring greater equity in the league. However two winners, the Chiefs and the Buccaneers, along with the Steelers had decent drafts too. And the Steelers may be the first team to have four sets of brothers on the team. And I thought the "city of brotherly love" was on the other side of the state.

Losers in the draft included the Bears (who didn't do enough to help Justin Fields, their franchise QB) and the Patriots who took players higher than they were expected to go. What's surprising was that only one QB was taken in the first two rounds (Kenny Pickett to Pittsburgh at No. 20 in Round 1, the latest a QB has been taken since 1997). "This is only the third time in the past 30 years that only one QB has been taken in the first two rounds," Frank Schwab of Yahoo Sports said. "Coming into the draft, everyone knew it wasn't a sexy quarterback class. Nobody could have foreseen only one being taken in

the first two rounds, however."

What's up with Trevor Bauer, LA Dodgers pitcher? MLB issued him a two year ban for violating the MLB domestic violence policy. And now two women in Ohio have also come forth with similar claims of violent abuse as the initial accuser in San Diego. Why does MLB have a different policy than the courts? MLB investigated Bauer for 10 months and came to their own conclusion. As reported by ESPN: "The standards in criminal and civil cases differ from those of a private business. The judge dissolving the temporary restraining order and declining to issue a permanent one does not absolve Bauer of liability within the joint policy." Can he be released and pitch elsewhere? No, but he is appealing the ban, which will come before an arbitrator, with timeframe not set. During the suspension, he cannot be paid and he cannot be released. He has been on paid administrative leave since July 2, 2021 but cannot be paid during the ban. Pretty harsh. Assuming he does not win his arbitration, it's probably the last we'll see of Bauer in the major leagues.

Our good news story of the week is recalling the helicopter crash of Kobe Bryant, his daughter and friends. Nike paid tribute to Gianna Bryant on Sunday, what would have been her 16th birthday. Taking out a full-page ad and launching a video titled, "Dear Gianna," Nike honored Kobe Bryant's daughter ahead of her new shoe release, the "Mambacita Sweet 16." The ad said "From the first time you imagined winning a WNBA

championship, I knew one thing was real: You were special. You came from greatness, but it was never about what you inherited. It was about what you gave to others. When someone stands up for gender equality, I see you fighting alongside them. And every time someone plays her hardest, I know that's you on the court. Love you always, Basketball." Yahoo sportswriter Ryan Young said "The league has since launched the Kobe & Gigi Bryant WNBA Advocacy Award, meant to honor those who advocate for both the WNBA and women's basketball — something Kobe was extremely passionate about after his playing career ended. The league awarded the inaugural award to Phoenix Suns star Chris Paul earlier this year.

The new "Mambacita Sweet 16" shoe is the first under Nike's new deal with the Bryant Estate. All profits will go directly to the Mamba and Mambacita Foundation." Nice to see this ongoing tribute.

Also, happy 91st birthday to Willie Mays. Say hey!

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

Read us online at
www.IslandSunNews.com

Fort Myers High To Install Synthetic Turf

The School District of Lee County received a \$250,000 grant from the Miami Dolphins through the National Football League Foundation Grassroots Program to support the installation of a new synthetic turf field at Fort Myers High School's Edison Stadium. A check presentation ceremony will be held at the stadium on Friday, April 22 at 2:30 p.m.

The new field is expected to serve more than 4,000 students and community participants annually.

"We are grateful to the Miami Dolphins and the NFL for the grant to install synthetic turf on Sam Sirianni Field," said Fort Myers High School Principal Dr. Robert Butz. "The current condition of the field means we can only use it for games, forcing our athletic teams, marching band, JROTC and other groups to find alternative space for their practices or daily activities. We look forward to relieving this burden and offering our students a first-class facility."

The NFL Foundation Grassroots Program — a partnership between the NFL Foundation and LISC, the nation's leading community development support organization — has supported the construction or renovation of 416 football fields nationwide since 1998.

During that time, the NFL Foundation has granted nearly \$58 million to revitalize playing fields in underserved neighborhoods. Fields are newly built or significantly renovated, with improvements such as irrigation systems, lights, bleachers, scoreboards, goal posts and turf. Grassroots grants are issued once established funding thresholds are reached for each project.

Installation of the new turf is expected to start at the end of the fall football season in December and be completed in March 2023. The grant supporting the new turf is part of \$6 million in field refurbishments The NFL Foundation Grassroots Program will support this year.

"Outdoor recreation, and the health benefits that come with it, is in high demand throughout the country," said Beverly Smith, LISC vice president of sports and recreation. "This Fort Myers field, like all of those that the grassroots program has established over the years, will provide opportunities for young people to compete in a safe, healthy, structured environment."✱

From page 1

Refuge Center

smaller and older building. The clinic has a digital x-ray machine and a digital dental lab to help trained staff diagnose any health issues when animals are accepted into the shelter. ARC routinely performs surgeries of different types on its property. The medical staff performs

everything from spays and neuters, to dentals and mass removals. These efforts will further be helped by the addition of a new anesthesia machine.

"Sharon had been rescuing dogs and cats her whole life, so many I could not count," said Chuck Bodenhafer, Sharon's husband. "If she could not keep them, she found forever homes for them. I am proud to partner with the Animal Refuge and honor her with the Sharon Bodenhafer Critter Clinic so that she can continue to save the lives of countless animals."

The Animal Refuge Center is the largest no-kill shelter/sanctuary in Southwest Florida, providing interim shelter and medical care to cats and dogs placed in its care. The shelter's philosophy avows that once an animal is accepted in, it will not be destroyed to make room for another. As a 501(c)3 nonprofit, ARC is entirely dependent on the support of public donations.

The Animal Refuge Center is located at 18011 Old Bayshore Road in North Fort Myers. For more information, visit www.animalrefugecenter.com.✱

SPORTS QUIZ

1. In 1957, Amelia Wershoven set a women's world record for throwing what object more than 252 feet?
2. What golfer bested Tiger Woods by one stroke to win the 2002 PGA Championship at Hazeltine National Golf Club?
3. Name the 1978 World Series MVP for the New York Yankees who later became manager for the team from 1989-90.
4. ICC Cricket Hall of Famer Imran Khan became prime minister of what country in 2018?
5. In 2008, what San Francisco 49ers head coach pulled down his pants at halftime to illustrate how embarrassed he was by his team's performance?
6. What Basketball Hall of Famer from China played with the Houston Rockets from 2002-11?
7. What Major League Baseball commissioner held the office for five months before he died unexpectedly in 1989?

ANSWERS

1. A baseball. 2. Rich Beem. 3. Bucky Dent. 4. Pakistan. 5. Mike Singletary. 6. Yao Ming. 7. A. Bartlett Giamatti.

Doctor and Dietician

Digestion, The Vagus Nerve And The Neck



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

Could your digestive issues be related to your neck? Many of our Caring Medical patients come to us feeling like they hit a wall with regards to finding resolution of symptoms, including digestive issues, because the focus of their care has been too narrow. When looking at digestive symptoms through the view of vagus nerve health, solutions are often found because the vagus nerve innervates many vital digestive organs. Thus, in

our center, we find that in patients who have digestive complaints as part of their constellation of symptoms pointing to vagus nerve impairment, the upper cervical area and cervical curve should be analyzed and examined to see if this could be the cause of the issues.

Let's take a look at what normal bowel function looks like. This may seem like an odd topic, but most people think that they are "normal" when they are not. Stools should come out in the form of a banana and should be produced after every meal – thus three times daily. In our years of practice, we have seen that most people do not have healthy bowels. They may go once per day or even every other day which is considered constipation. Typically, the reasons for constipation involve poor dietary fiber intake from fresh fruits and vegetables and whole grains, as well as poor hydration status. Other factors might involve food allergies or intolerances, poor quality food intake, excess fat or chemical intake and the like. But, there may be another, seemingly strange, cause. Read on.

Let's first talk about sphincters. These are the things that control the opening and closing of the GI tract. They are under the neurologic guidance of the vagus nerves which runs in the carotid sheath right on the anterior border of the vertebrae in the neck. When one of the vertebrae moves forward, what is called anterolisthesis,

due to cervical instability (loose neck vertebrae) from an injury to the posterior ligament complex, the vertebrae can start encroaching on the carotid sheath and start blocking vagus nerve impulses. When vagus nerve signals to the stomach stop, patients develop symptoms such as low stomach acid, gastroparesis, nausea, bloating, vomiting, abdominal pain and feelings of fullness. Vagus nerve input to stomach musculature is crucial to its functioning. This can progress to loose junctions in the GI tract, thus leaky gut may develop. Often natural health care providers diagnose patients with leaky gut presumably due to many food allergies/intolerances or stress. But what we find at Caring Medical is that some people may have what we call "structural leaky gut" from cervical instability, breakdown of the cervical curve causing increased intestinal permeability, which is actually what leads to the food sensitivities.

Cervical vagopathy can cause immune dysregulation. Patients with high sed rates, tumor necrosis factor and other inflammatory markers are often diagnosed with Lyme disease, chemical and food sensitivities and mold toxicities among other things. Other GI conditions that patients with vagopathy have are pyloric stenosis, SIBO, or other GI valve disorders. If treating these conditions does not resolve the issue, we encourage you to consider the possibility that you may have cervical

instability leading to structural vagus nerve compression and damage.

How is this treated? Treat the underlying cause of the problem which is cervical instability. This requires addressing both the bad curve and the instability of the upper cervical area. We encourage our patients to work on cervical curve correction first and foremost at home, and work by "looking up" instead of down, particularly related to device and computer use, and other screen time scenarios, in addition to proper posture and core strengthening, and sleep position. If severe enough, patients will require upper cervical chiropractic adjustments in combination with an individualized curve correction program. To cement the unstable spinal segments back in place, regenerative treatments such as prolotherapy, sometimes with PRP (platelet rich plasma), at all the junctions are often performed by a skilled regenerative medicine provider.

So if you find yourself suffering from digestive issues that will not resolve, consider that it may be related to your neck.

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

dearPharmacist

How Good Chemicals Affect Mental Health



by Suzy
Cohen, RPh

Dear Readers:
During the height of the pandemic, the loneliness of people all around the world increased. As such, mental health problems increased as well.

We saw many contributory factors from the lockdowns, to the effects of physically distancing ourselves from loved ones, social isolation, personal and financial loss, loss of loved ones, constant fear of catching the illness and much more. I got to thinking about this since May is Mental Health Awareness Month.

Let's first talk about exercising. This provides a boost of dopamine and other feel-good endorphins, which reduces the sensation of pain and makes you feel content and happy. Even though going to the gym can be physically stressful, research is clear, it helps reduce cortisol and epinephrine while invoking a lovely rush of endorphins. So if you're feeling stressed, do some exercise, even from home. There are many live-streams today.

Your meals are critical. If you fill your body with foods that have very little nutritional density, you will not feel content. The use of artificial ingredients is rampant, making certain meals difficult to digest and hard on your liver, pancreas

and entire colon. I'm not going to give you a specific meal plan or food list because I know you know what to eat, and what not to eat.

Serotonin – Serotonin is a feel-good neurotransmitter that people associate as an anti-depressant made in the brain. But 90 percent is actually made in the intestinal tract, hence certain foods can make you feel good. A natural precursor to this hormone is 5-HTP. You probably know this, when serotonin breaks down, it makes you feel sleepy because it creates melatonin, the sleep hormone.

High homocysteine – If you have hyperhomocysteinemia, you're more likely to have depression and anxiety. This is a compound that is measured via a blood sample. It is reduced by folate (5-MTHF) and B12, and sometimes some riboflavin... in other words, a good B Complex.

High Interleukin 8 (IL-8) – The body sometimes makes too much of this cytokine, and it is often elevated in psychiatric illness such as bipolar disorder, schizophrenia, autism spectrum disorder, dementia, anxiety and others. In addition to mental health disorders, IL-8 is also associated with thyroid cancer, colitis, gingivitis, myeloma, breast/prostate cancer, migraines, rheumatoid arthritis, vitiligo and asthma. Some top ways to reduce IL-8 include black cumin seed oil, andrographis, grape seed extract, bromelain, resveratrol, cinnamon and vitamin E.

In closing, I want to give honorable mention to magnesium. It's in Epsom salts in case you like to take baths. This is an all-around good mineral that people recognize as calming. Leafy greens contain a lot of magnesium and, of course, you can supplement if you prefer. It helps with relaxation, tranquility and attention span. I have a longer version of this article posted at www.suzycohen.com in case you'd like to read it.

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The

24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.SuzyCohen.com.✧

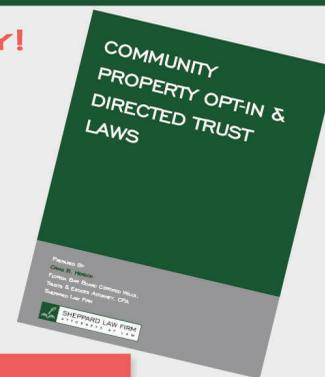
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THE RIVER

WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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

ARTS

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

CLUBS & ORGANIZATIONS

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

AREA ATTRACTIONS

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

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

PUZZLES

Answers on page 23

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!



"You're suffering from _____ fatigue."

Swell

TAILED _____

Skill

LATENT _____

Tip

PINTO _____

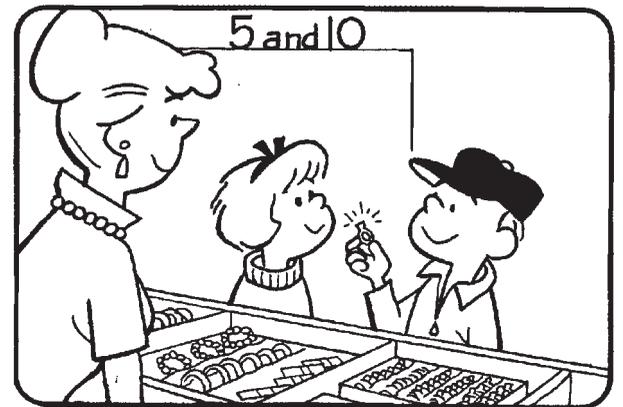
Soak

SOBBAR _____

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Earring is different. 2. Sleeve is shorter. 3. Hair is shorter. 4. Light is missing. 5. Glasses are missing. 6. Jacket is opened.

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

To Play Sudoku:

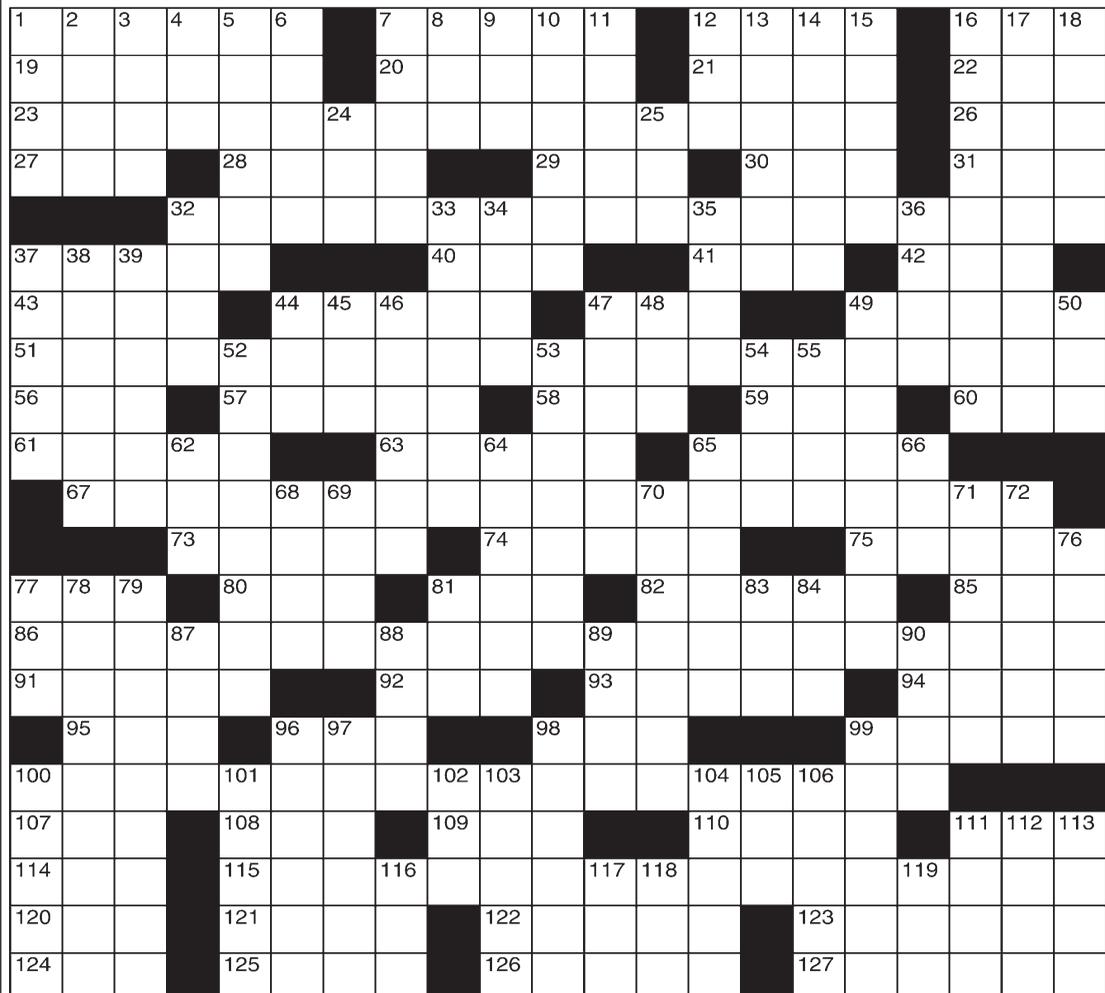
Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

PUZZLES

Answers on page 23

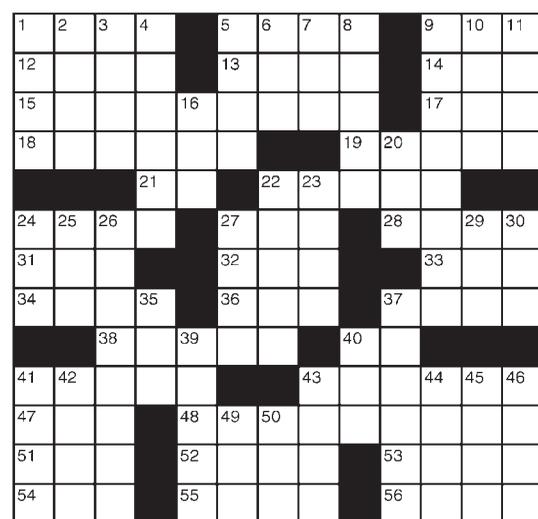
Super Crossword WHO TO WHO?

- ACROSS**
- 1 Otis of elevator fame
 - 7 One-named co-star of "Crime Without Passion"
 - 12 "Striped" fish
 - 16 Trick-or-treating mo.
 - 19 Sine and cosine, say
 - 20 Korean, e.g.
 - 21 "I smell —!"
 - 22 Golf standard
 - 23 Road trip between apparitions?
 - 26 LAX guess
 - 27 Bobby on ice
 - 28 Otis on "The Andy Griffith Show," e.g.
 - 29 Darling
 - 30 Above, in verse
 - 31 Unrefined
 - 32 Phone conversation between ministers?
 - 37 Little Bighorn tribe
 - 40 Summer mo.
 - 41 Many millennia
 - 42 "The Wire" channel
 - 43 Organic compound
 - 44 Choose as a member
 - 47 — -Locka, Florida
 - 49 Get back together, as alumni
 - 51 String of vehicles between gas station patrons?
 - 56 Pointer
 - 57 Market segment
 - 58 A fifth of XV
 - 59 Old fed. led by Nasser
 - 60 Nuts are high in it
 - 61 In the least
 - 63 Maine city near Bangor
 - 65 New York stage awards
 - 67 Conga line between Arab leaders?
 - 73 Pistons great Thomas
 - 74 "The Chronic" rapper
 - 75 Love a lot
 - 77 Sahara viper
 - 80 Soothing treatment, for short
 - 81 One in a pod
 - 82 Cher and Adele, voicewise
 - 85 License plate
 - 86 Rugs between casino high rollers?
 - 91 Eminent
 - 92 Publicize
 - 93 "The — falling!"
 - 94 Went by taxi, e.g.
 - 95 Eminent lead-in
 - 96 French noble
 - 98 Multipurpose truck, in brief
 - 99 Perfected
 - 100 Guy peddling in it
 - 101 Antagonist
 - 102 Tara of "Sharknado"
 - 103 Lick like a cat
 - 104 Common co. name ender
 - 105 Brief romances between Copenhagen residents?
 - 106 School gp.
 - 107 Ax part
 - 108 Pop or bop
 - 109 Fidgets
 - 110 Cur's noise
 - 111 Potting dirt
 - 112 Exhausted
 - 127 Attack like a cur
- DOWN**
- 1 Hence
 - 2 Lion player Bert
 - 3 "Believe — not!"
 - 4 Gal in the family
 - 5 Depilatory treatment
 - 6 Moving about
 - 7 Myopic cartoon "Mr."
 - 8 Pale gray
 - 9 With 72-Down, it flows to the Gulf of Mexico
 - 10 Very fuel-inefficient wheels
 - 11 In first place
 - 12 Gin joint
 - 13 Songlike
 - 14 Buy for less
 - 15 Draconian
 - 16 Regular at the Met, maybe
 - 17 Spanish region
 - 18 Fish with a heavy net
 - 24 Come- — (lures)
 - 25 Genetic stuff
 - 32 Orange juice stuff
 - 33 Siesta takers
 - 34 Ballet garb
 - 35 Back part
 - 36 Julia Child or James Beard
 - 37 Nasal partitions
 - 38 Some Alaska natives
 - 39 Repeating polka sound
 - 44 Dernier —
 - 45 Non-Rx
 - 46 "Pick me! I know this!"
 - 47 Strong pain reliever
 - 48 Architect I.M.
 - 49 Little-seen instance
 - 50 Outer: Prefix
 - 52 In the military
 - 53 Vitamin's relative
 - 54 Heavy brass
 - 55 Drought relief
 - 62 Maui wreath
 - 64 Worrywart's cry
 - 65 Grammy-winning Beck album of 1996
 - 66 Caesar of TV
 - 68 Piper's skirt
 - 69 Tortilla treat
 - 70 Hershey chocolate bar with crisped rice
 - 71 Vague idea
 - 72 See 9-Down
 - 76 Spurred (on)
 - 77 Barley beard
 - 78 Store proprietor
 - 79 Cop's vehicle
 - 81 Chi lead-in
 - 83 Angle lead-in
 - 84 Photo —
 - 87 Lewd look
 - 88 Texas city
 - 89 This, to Jorge
 - 90 1982 Disney sci-fi film
 - 96 El — (city of legend)
 - 97 African river
 - 98 Exhausted
 - 99 Reveled
 - 100 Twanging spring sound
 - 101 Ebb-and-flow phenomena
 - 102 Frequently, in verse
 - 103 Inn offerings
 - 104 Raise
 - 105 Deep blue
 - 106 Makes mad
 - 111 Talk like Daffy Duck
 - 112 Vicinity
 - 113 "Hey ... you"
 - 116 Wiggling fish
 - 117 Enzyme suffix
 - 118 Diarist Anaïs
 - 119 Actor Butterfield of "Ender's Game"



King Crossword

- ACROSS**
- 1 Karate level
 - 5 Caprice
 - 9 Perch
 - 12 Writer Wiesel
 - 13 Car
 - 14 Man-mouse link
 - 15 Time between vernal equinoxes
 - 17 "Viva — Vegas"
 - 18 Wesley of "Blade"
 - 19 Striped critter
 - 21 Symbol of strength
 - 22 Chirp
 - 24 Right on the map?
 - 27 — chi
 - 28 Evening, in an ad
 - 31 Duo
 - 32 Grass shack
 - 33 Feedbag tid-bit
 - 34 Big name in scat
 - 36 Boom times
 - 37 "Mad Money" network
 - 38 Beetle Bailey's boss
 - 40 Italian river
 - 41 "Untrue!"
 - 43 "Jurassic Park" bird
 - 47 Paris pal
 - 48 Game for one
 - 51 Pouch
 - 52 Daring Knieval
 - 53 Village People hit
 - 54 Exist
 - 55 Fill fully
 - 56 Fashion line?
 - 7 Call — day
 - 8 Code name?
 - 9 Puzzle answer
 - 10 Persia, today
 - 11 To-do list item
 - 16 "Toy Story" dinosaur
 - 20 Understand-ing
 - 22 Hosiery shade
 - 23 Funny folks
 - 24 Paris summer
 - 25 Piercing tool
 - 26 Start of summer or winter
 - 27 Hoodlum
 - 29 Bar bill
 - 30 List-ending
 - 35 Small batteries
 - 37 Patients' shares
 - 39 Kentucky Derby prize
 - 40 Bit of butter
 - 41 Houston acronym
 - 42 Actor Epps
 - 43 Anger
 - 44 Marathoner's stat
 - 45 Killer whale
 - 46 500 sheets
 - 49 Eggs
 - 50 Allow
- DOWN**
- 1 Porgy's love
 - 2 Carolina college
 - 3 Actress Taylor
 - 4 Oolong brewer
 - 5 Methods
 - 6 Shade
 - 7 Vicinity
 - 8 "Hey ... you"
 - 9 Wiggling fish
 - 10 Enzyme suffix
 - 11 Diarist Anaïs
 - 12 Actor Butterfield of "Ender's Game"



MAGIC MAZE — ISLAND : ISLANDS OF IRELAND

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

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

- Achill
- Great
- Puffin
- Rough
- Bere
- Haulbowline
- Rabbit
- St. Patrick's
- Castle
- Inch
- Rathlin
- Valentia
- Copeland
- Mid
- Rossmore



Blueberry Pancakes

photo courtesy Fresh From Florida



Blueberry Pancakes

1 ½ cups fresh blueberries plus more for garnish
 2 ½ cups pancake mix
 2 ½ cups milk
 2 cups ricotta cheese
 ¼ stick of butter for cooking
 Honey Butter
 ⅓ cup honey
 ½ cup butter, softened

Whisk together the pancake mix, milk, and ricotta cheese in a large mixing bowl until smooth. The pancake batter should be thick (you can adjust the consistency by adding more milk or pancake mix). Gently fold the blueberries into the batter. Preheat a large sauté pan or griddle over medium heat. Add a small amount of butter to the cooking surface. Add an even amount of pancake mix to the cooking surface, making sure not to overcrowd the cooking surface. Let the pancakes cook until bubbles start to form in the top of the batter. Flip pancakes and continue to cook until golden brown and cooked throughout. Repeat process until all the pancake batter is used. Keep cooked pancakes warm in a 250-degree oven until ready to serve.

Honey Butter
 In a small mixing bowl, combine honey

and butter. Stir ingredients until combined and creamy. Serve at room temperature.

Blueberry Compote
 4 cups fresh blueberries
 3 tablespoons sugar
 ½ lemon, juiced

In a medium-sized saucepan, combine 2 cups blueberries, sugar and lemon juice. Place the pan over medium-high heat and bring to a simmer while stirring. Cook blueberry compote for 6 to 10 minutes until thickened. Transfer blueberry compote to a bowl and add the other 2 cups of fresh blueberries. Serve at room temperature.

Blueberry Cream
 2 cups fresh blueberries
 1 lemon, juiced
 6 tablespoons sugar, divided
 ¼ teaspoon sea salt
 2 cups heavy whipping cream

In a medium-sized saucepan, combine blueberries, 3 tablespoons sugar, salt and lemon juice. Place the pan over medium-high heat and bring to a simmer while stirring. Cook blueberry compote for 6 to 10 minutes until thickened. Let cool slightly and puree in a food processor or blender. Strain blueberry mixture through a sieve and refrigerate until cool. In a large mixing bowl, whisk cream and 3 tablespoons of sugar until soft peaks form. Add the blueberry mixture and carefully fold in, making sure not to over-mix. ✨

PETS OF THE WEEK



Tabitha ID# A7895548 photos provided

Lee County Domestic Animal Services

Tabitha And Sally

Hello, my name is Tabitha. I am an orange 1-year-old female domestic shorthair. I was adopted as a kitten from Lee County Domestic Animal Services (LCDAS) but my owner recently surrendered me back to the shelter due to no fault of mine. My former owners report that I am very trained in the home. I was adopted with another kitten, so that proves I would get along well with other felines. My adoption fee is waived.

Hi, I'm Sally. I am white 12-year-old female labrador retriever mix. I am LCDAS' 'super senior,' and one look into my eyes and you will no doubt fall in love with me. I am well-trained, calm and everything you would expect in a mature pup. I am very curious, and I love to take in the sights and



Sally ID# A649402

sounds around me as I hang out in the playyards with our volunteers. My adoption fee is waived.

As shelters across the country are facing overcrowding, Bissell Pet Foundation is aiming to "empty the shelters" by sponsoring waived adoption fees from May 2 to 7. LCDAS is participating.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387. ✨

My Stars ★★★★★
FOR WEEK OF MAY 2, 2022

Aries (March 21 to April 19) The often-skeptical Aries might find that an answer to a question is hard to believe. But check it out before you chuck it out. You might well be surprised at what you could learn.

Taurus (April 20 to May 20) Your resolute determination to stick by a position might make some people uncomfortable. But if you're proved right (as I expect you to be), a lot of changes will tilt in your favor.

Gemini (May 21 to June 20) You might feel conflicted between what you want to do and what you should do. Best advice: Honor your obligations first. Then go ahead and enjoy your well-earned rewards.

Cancer (June 21 to July 22) That financial matter still needs to be sorted out before you can consider any major monetary moves. Pressures ease midweek, with news about a potential career change.

Leo (July 23 to August 22) A workplace problem threatens to derail your well-planned project. But your

quick mind should lead you to a solution and get you back on track without too much delay.

Virgo (August 23 to September 22) An opportunity opens up but could quickly close down if you allow pessimism to override enthusiasm. A trusted friend can offer the encouragement you need.

Libra (September 23 to October 22) You've come through a difficult period of helping others deal with their problems. Now you can concentrate on putting your energy to work on your own projects.

Scorpio (October 23 to November 21) Forget about who's to blame and, instead, make the first move toward patching up a misunderstanding before it creates a rift that you'll never be able to cross.

Sagittarius (November 22 to December 21) Good news for the travel-loving Sagittarian who enjoys galloping off to new places: That trip you had to put off will soon be back on your schedule.

Capricorn (December 22 to January 19) A mood change could make the gregarious Goat seek the company of just a few friends. But you

charge back into the crowd for weekend fun and games.

Aquarius (January 20 to February 18) A decision you made in good faith could come under fire. Best advice: Open your mind to other possibilities by listening to your challenger's point of view.

Pisces (February 19 to March 20) You can avoid being swamped by all those tasks dangling from your line this week by tackling them one by one, according to priority. The weekend brings good news.

Born This Week: You have a fine business sense and a love of the arts. You enjoy living life to its fullest.

MOMENTS IN TIME

- On May 13, 1607, some 100 English colonists arrive along the east bank of the James River in Virginia to found Jamestown, the first permanent English settlement in North America. Dispatched from England by the London Company, they had sailed across the Atlantic aboard the *Susan Constant*, *Godspeed* and *Discovery*.
- On May 14, 1796, Edward Jenner, an English country doctor,

administers the world's first vaccination as a preventive treatment for smallpox. Scientists following Jenner's model developed new vaccines to fight diseases such as polio, whooping cough, measles and tetanus.

- On May 12, 1932, the body of aviation hero Charles Lindbergh's baby is found, more than two months after he was kidnapped from his family's Hopewell, New Jersey, mansion. Kidnapping was made a federal crime in the aftermath of this high-profile crime.

- On May 15, 1942, gasoline rationing begins in 17 eastern states to aid the American war effort during World War II. By the end of the year, President Franklin Roosevelt had made gas rationing mandatory in all 48 states.

- On May 9, 1960, the U.S. Food and Drug Administration approves the world's first commercially produced birth-control pill, Enovid-10, made by the GD Searle Company of Chicago. Clinical tests of the pill had begun in 1954.

- On May 10, 1980, Treasury Secretary G. William Miller announces the approval of nearly \$1.5 billion in

 <p>FRIDAY Sunny High: 82 Low: 73</p>	 <p>SATURDAY Sunny High: 83 Low: 75</p>	 <p>SUNDAY Mostly Sunny High: 82 Low: 74</p>	 <p>MONDAY Sunny High: 83 Low: 75</p>	 <p>TUESDAY Sunny High: 79 Low: 70</p>	 <p>WEDNESDAY Sunny High: 78 Low: 71</p>	 <p>THURSDAY Sunny High: 81 Low: 72</p>
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	4:01 pm	None	None	None
Sat	4:55 pm	12:36 am	None	None
Sun	6:10 pm	1:39 am	None	None
Mon	11:00 am	2:36 am	7:47 pm	2:05 pm
Tue	11:03 am	3:26 am	9:23 pm	3:39 pm
Wed	11:14 am	4:08 am	10:43 pm	4:40 pm
Thu	11:27 am	4:45 am	11:52 pm	5:29 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	3:06 pm	None	None	None
Sat	4:00 pm	12:38 am	None	None
Sun	5:15 pm	1:41 am	None	None
Mon	10:05 am	2:38 am	6:52 pm	2:07 pm
Tue	10:08 am	3:28 am	8:28 pm	3:41 pm
Wed	10:19 am	4:10 am	9:48 pm	4:42 pm
Thu	10:32 am	4:47 am	10:57 pm	5:31 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	6:10 am	9:20 am	3:46 pm	None
Sat	7:16 am	12:34 am	4:46 pm	9:58 am
Sun	8:20 am	1:50 am	5:54 pm	10:44 am
Mon	9:12 am	2:50 am	7:52 pm	12:02 pm
Tue	9:57 am	3:35 am	9:15 pm	3:36 pm
Wed	10:37 am	4:14 am	10:28 pm	4:34 pm
Thu	11:12 am	4:52 am	11:36 pm	5:27 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	6:11 pm	2:52 am	None	None
Sat	7:05 pm	3:52 am	None	None
Sun	8:20 pm	4:55 am	None	None
Mon	1:10 pm	5:52 am	9:57 pm	5:21 pm
Tue	1:13 pm	6:42 am	11:33 pm	6:55 pm
Wed	1:24 pm	7:24 am	None	7:56 pm
Thu	12:53 pm	8:01 am	1:37 pm	8:45 pm

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From page 20

Moments In Time

federal loan guarantees for the nearly bankrupt Chrysler Corporation, at the time the largest rescue package ever by the U.S. government to an American corporation. The loan terms required Chrysler to raise another \$2 billion on its own.

- On May 11, 1997, chess grandmaster Garry Kasparov resigns after 19 moves in a game against Deep Blue, a chess-playing computer developed by IBM scientists. It was the sixth and final game of their match, which Kasparov lost two games to one, with three draws.

NOW HERE'S A TIP

- "If you add a teaspoon of sugar to your biscuit mix or to the dough for rolls, it will help them to brown well,

and they will come out of the oven with golden tops." JR in Michigan

- Two ways to save money on laundry expenses: First, spring and summer are an excellent time to get into line-drying clothes – especially towels and jeans that take longer to dry thoroughly in a dryer. Then, clean out and shorten your dryer's vent hose to make your machine more energy efficient. It cuts down on drying time, too, saving you time and money.

- "Got an odd job coming up? Before you go out and purchase an expensive limited-use tool, check with friends and neighbors to see if you can borrow instead of buying. Check with local hardware stores to see if it's cheaper to rent, too." SL in Kentucky

- "I have pets that leave hair and dirt on the couch. When I wash my cushion covers, one thing I always do is put them back on the pillows when they are not quite dry. They stretch better when they're a little bit damp. I had a terrible time a few years ago when I let them dry all the way and couldn't get them back on!" HP in Arizona

- "To clean burned-on bits from your cast-iron skillet, scrub with a plastic scrubbie and salt as an abrasive. Dry immediately and rub with oil to keep moist." RT in Ohio

STRANGE BUT TRUE

- In 2013, Belgium created five

limited-edition stamps that smelled and tasted like chocolate (but were not, in fact, edible).

- Gambling slips from ancient China that date to between 201 BC and 187 BC are the first recorded instance of a lottery. It's believed these lotteries likely helped finance large government projects, such as the Great Wall of China.

- There are more tanning salons in major American cities than McDonald's or Starbucks.

- A parenting tradition in Maharashtra, India, involves tossing babies from the side of a 50-foot temple and catching them in a sheet. The practice is thought to endow newborns with courage and intelligence.

- The person who graduates last in his class from West Point Military Academy is called "the goat" and receives a dollar from each classmate, as well as membership in a club that includes Gen. George Custer.

- The average woman wears six different bra sizes throughout her life.

- While Merriam-Webster defines "hussy" as "a girl or woman who behaves in a disrespectful or inappropriate way or who has many casual sexual relationships," the word is actually derived from the 13th century "husewife," meaning mistress of the household.

- To help combat driver fatigue and

boredom on long, straight roads of up to 90 miles in Australia, the government posted signs labeled "Fatigue Zone" featuring trivia questions and answers.

- In 2009, Patricia Demauro brought \$100 to a craps table in Atlantic City. Four hours and 18 minutes later, she had rolled 154 times, setting a world record for craps rolls. The odds of her accomplishing such a feat? One in 1.56 trillion.

- Ice cream was invented in 7th century China and originally consisted of buffalo milk, flour and camphor.

THOUGHT FOR THE DAY

"Spring is nature's way of saying 'Let's party!'"

Robin Williams

TRIVIA TEST

- Language:** What is the practice of chiromancy?
- General Knowledge:** What is unusual about the date the Chinese New Year is celebrated each year?
- Acronyms:** What phrase does "http" stand for?
- Music:** Which Beatles' song asks listeners to "take a sad song and make it better"?
- Television:** What is the name of SpongeBob Squarepants' best friend in the animated series?

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4/29 * 5/6

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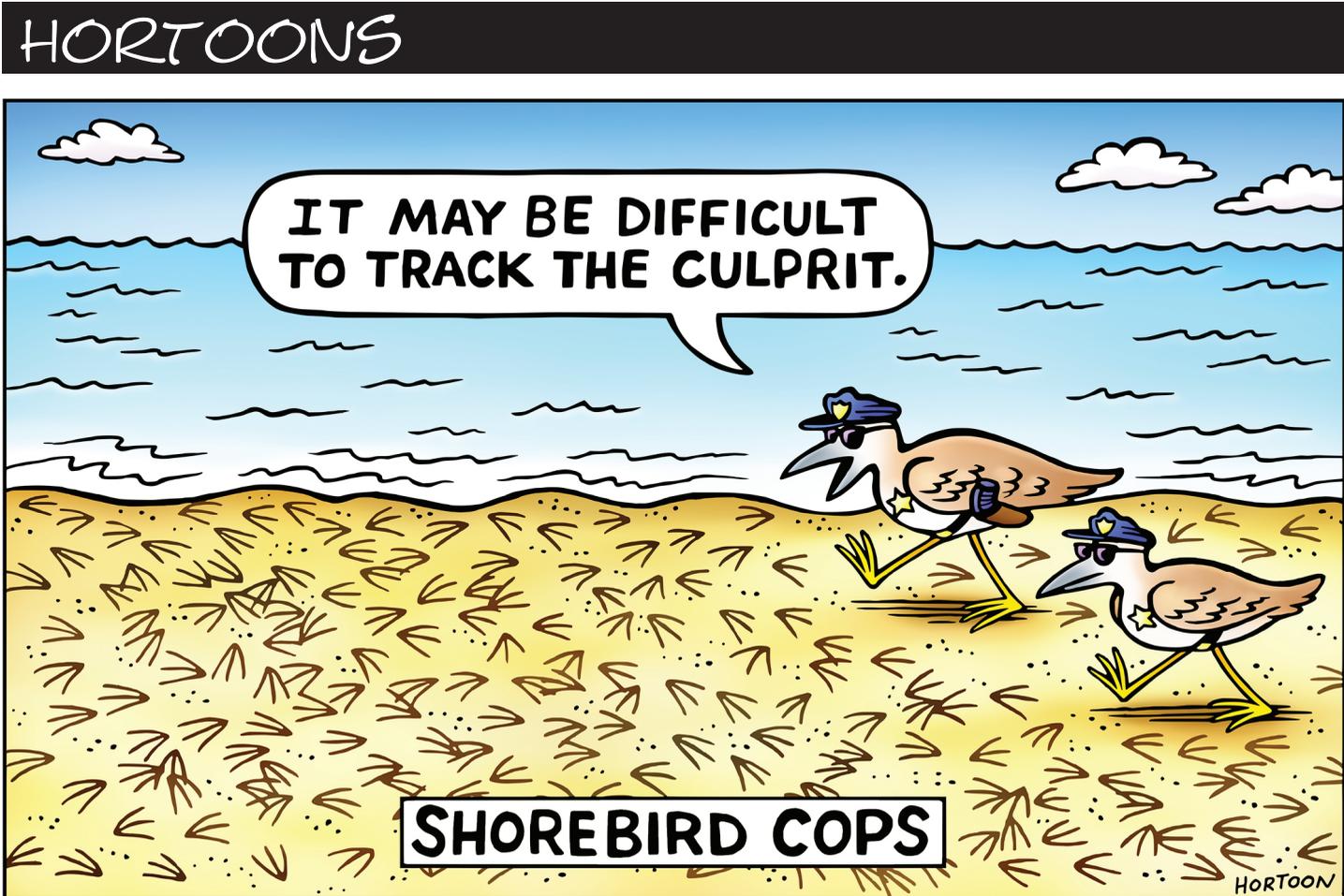
6. **Geography:** Nairobi is the capital of which African country?
7. **Movies:** Which two male actors starred in *The Sting* (1973)?
8. **Animal Kingdom:** What is a baby oyster called?
9. **History:** In its planning stages, which World War II attack was coined "Operation Z" by the Japanese?
10. **Literature:** During which war is the novel *All the Light We Cannot See* set?

TRIVIA ANSWERS

1. Predicting the future by reading the lines on your palms 2. It varies between January 21 and February 20, depending on the lunar calendar 3. HyperText Transfer Protocol 4. Hey Jude 5. Patrick 6. Kenya 7. Paul Newman and Robert Redford 8. A spat 9. The attack on Pearl Harbor, Dec. 7, 1941 10. World War II

SCRAMBLERS ANSWER

1. Dilate 2. Talent
3. Point; 4. Absorb
Today's Word
BATTLE



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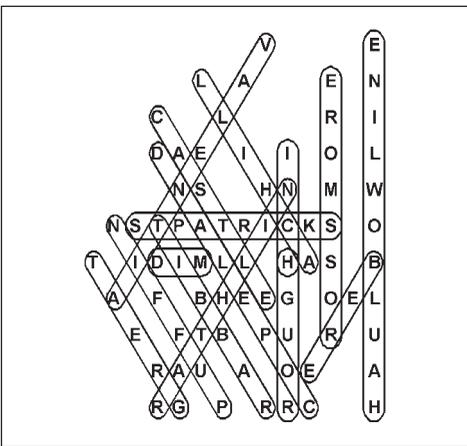
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4	3	8	6	5	1	9	7	2
7	2	1	4	8	9	3	5	6
5	9	6	7	3	2	1	8	4
1	4	3	9	6	8	7	2	5
6	7	9	2	1	5	8	4	3
2	8	5	3	7	4	6	9	1
9	1	4	8	2	6	5	3	7
3	5	2	1	9	7	4	6	8
8	6	7	5	4	3	2	1	9

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Dickeys John R Subd	Captiva	2003	5,044	\$11,700,000	\$11,000,000	338
Barefoot Beach	Bonita Springs	2012	5,605	\$7,995,000	\$7,500,000	72
Bonita Beach	Bonita Springs	1987	2,108	\$5,950,000	\$5,950,000	0
Metes And Bounds	Sanibel	1991	4,165	\$6,395,000	\$5,825,000	789
Carolands	Bonita Springs	1984	3,338	\$3,695,000	\$3,175,000	10
Cape Coral	Cape Coral	2008	4,465	\$3,299,000	\$2,950,000	100
Cape Coral	Cape Coral	1987	3,282	\$2,500,000	\$2,450,000	50
Glenview	Fort Myers Beach	1962	1,832	\$2,350,000	\$2,355,000	1
Hermitage	Cape Coral	1998	3,705	\$2,425,000	\$2,300,000	16
Siesta Isles	Fort Myers Beach	1982	3,471	\$1,875,000	\$1,875,000	4

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