



THE RIVER WEEKLY NEWS

HAPPY Easter

Vol. 21, No. 16

From the Beaches to the River District downtown Fort Myers

APRIL 15, 2022

The Royal Court Must Find Its Beat

by Di Saggau

Head Over Heels is a jukebox musical with the songs of the Go-Go's and based on Philip Sidney's *The Countess of Pembroke's Arcadia*. It's playing now at New Phoenix Theatre, and it's a laugh-out-loud love story that includes hit songs *We Got the Beat*, *Our Lips Are Sealed*, *Heaven is a Place on Earth* and *Mad About You*.

The story is what happens when the royal court of Arcadia is threatened by the mystical Oracle of Delphi with the loss of its "Beat," the divine power that ensures the kingdom's prosperity. King Basilius (Ryan Craig) fears losing his title and forces members of the royal family and court on an outrageous journey to save their kingdom from extinction, only to discover the key to their realm's survival lies within each of their own hearts.

The king and his wife, Gynecia, (Cassie Sampson) have two daughters. Philoclea (Bella Marshall) is in love with Musidorus (Nick Beyor), a shepherd and childhood friend who her parents fear is an inappropriate match. The older Pamela



From left, Isabella Marshall, Nikki Hagel and Carling Witt

photo provided

(Nikki Hagel) is considered the most beautiful woman in the land, however, she is jealous of her sister. A message arrives from Aradia's new oracle Pythio

(Wyatt Burton), requesting a meeting with the royal family and warning that Arcadia might lose its famous "Beat." Basilius departs for the forest with his loyal

viceroy Dametas (Michael Enderby), where Pythio, who is non-binary, gives them four prophecies. As they are fulfilled, four red flags will fall, and the kingdom's "Beat" will be lost.

On the road, Mopsa (Carling Will), Dametas' daughter and Pamela's loyal handmaid, gives Philoclea advice about Musidorus, who eventually takes on a female persona that is hysterical. Gender fluidity becomes obvious throughout the production.

The show preaches unconditional love and acceptance of yourself and everyone you know, no matter their gender or sexual identity. I found myself laughing out loud at the outrageous characters and situations in the show. The costumes, special effects, lighting and choreography, in addition to the energy of the entire cast, make for an enjoyable experience. After numerous situations, Arcadia finally accepts their new "Beat" and all ends well.

Kudos to Director Scott Carpenter, Choreographer Robin Dawn, Music Director Julie Carver and the entire cast for a fun-filled evening. *Head Over Heels* runs through May 1 at New Phoenix Theatre, located at 13211 McGregor Boulevard in Fort Myers. For tickets, call 284-5214 or visit www.newphoenixtheatrefortmyers.org.



A scene from *In The Heights*

photo provided

Reaching New Heights

by Di Saggau

Now playing at Broadway Palm is the spirited musical *In The Heights* with music and lyrics by Lin-Manuel Miranda. The show blends hip hop, rap, jazz, pop, salsa and merengue while introducing us to a large group of key characters in a tight Dominican American neighborhood of Washington Heights in

Upper Manhattan, New York. The story is set over the course of three days.

Director Elisio Roman and Choreographer Rebecca Kritzer were both involved with the original Broadway production of the show, and their talents are well reflected in this production, resulting in a thrilling performance by the entire cast.

The show opens with Usnavi (Justin Torres), owner of a small bodega, as he chases away a small-time vandal, Graffiti Pete (Matt Rivera), and then introduces

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Conservation Carnival At Lakes Park



Local environmental organizations will host carnival games, such as Octopus Bean Bag Toss, and participants can win prizes during "Ding" Darling Day

photo provided

JN "Ding" Darling National Wildlife Refuge celebrates its 33rd annual "Ding" Darling Day jointly with Earth Day at Lakes Park in Fort Myers on Sunday, April 24. The refuge and "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) have planned a full day of "Conservation Carnival" and nature activities from 10 a.m. to 2 p.m.

More than 20 local conservation

nonprofits will be participating to engage visitors with information and carnival games where they can earn prizes. Games include Tarpon Bay Explorers' Dolphin Toss, Lee County School District's Shark Feeding and Sanibel-Captiva Conservation Foundation (SCCF) Coconut Bowling. Gamers can earn a free treat from Southern SnoBalls, plus other gifts and

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Historic Downtown Fort Myers, Then And Now:

First Tenants Move Into Arcade

by Gerri Reaves, PhD



This historic photo was probably taken soon after the Post Office Arcade on Broadway was completed in 1925 and the first tenants were moving in.

Note the apparently empty storefront (left) and the lack of signage, except for the “United Cigars” sign (far right). Also note the small frame structure and tree (far right) on the site where the Kress Building would open in 1927.

The arcade was the first structure to be built on Broadway. Developer George R. Sims came to Fort Myers in 1923, purchased prime downtown sites, and acquired partners Henry Colquitt and LC Curtright for the arcade project.

The developers obtained special permission from the city to build Broadway between Main and First at their own expense, which included brick paving.

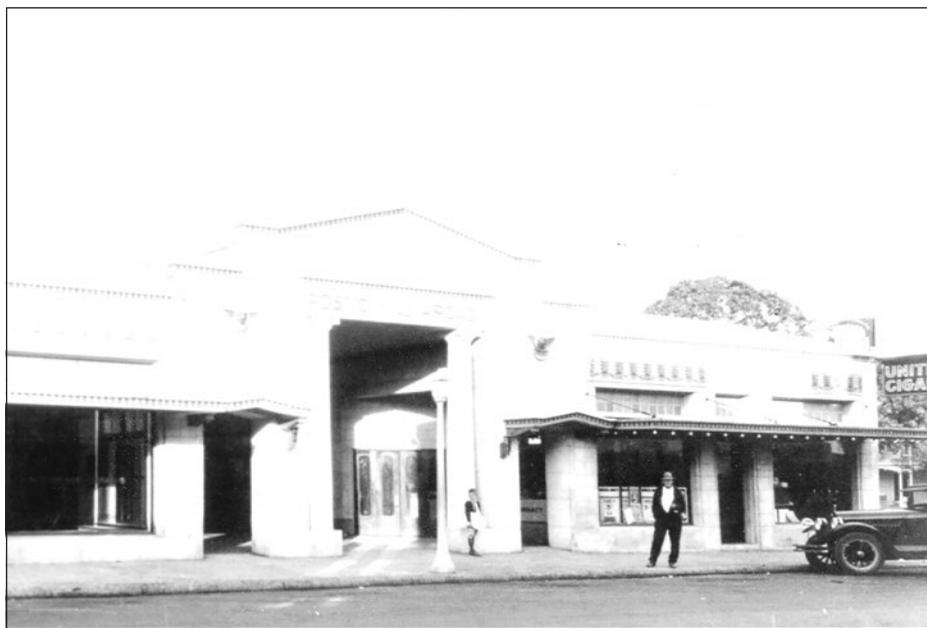
The anchor tenant was to be the U.S. Post Office, which paid only \$1 annual rent. It was intended to create foot traffic in the open-air mixed-use pedestrian-friendly structure.

The arcade was configured for 12 spaces in addition to the post office across the rear of the structure.

Many of the attributes that made the arcade so desirable when it opened remain today: Greek and Mediterranean Revival-style details, rubble-random tile floor of a “pique assiette” design, skylights and frieze panels with Grecian floral motifs.

Poinsettia Pharmacy was one of the first businesses to set up shop, occupying the two front spaces that are visible in the historic photo behind the man and the car.

An optometrist, Dr. HW Grady, was also among the first-generation occupants. Others were retail establishments such as the Gift and Kodak Shop and Andel’s



The Post Office Arcade opened in 1925 on Broadway, the first building on the newly created street. This photo is undated but was taken soon after opening

photo courtesy Joanne Iwinski



Today, arcade is home to restaurants and businesses. At right is the 1927 Kress Building and in the background is the Federal Courthouse

photo by Gerri Reaves

Jewelry Store.

Pollock Lumber Company had a space, where it featured samples of the types of lumber it sold.

As one might expect, real estate was the most numerous of offices in the arcade. Two occupied the front units on the left, Harris-O’Brien-Worsley and Hendry Bros & Bowden, and at least two other, Jones Realty and the Russell Park development office, had interior spaces.

The arcade was quickly followed by other structures in the next few years. In fact, a second wing was completed in 1926 that opened on First with an identical entrance.

In 1934, Barron G. Collier purchased the arcade and renamed it Collier Arcade. It remains one of downtown’s most important and admired historic structures.

It is remembered particularly for the Snack House Restaurant, which was in business from 1949 until 1994.

Only this original wing survives and now functions as a hotel entrance, as well as home to three restaurants and other businesses. It is no longer open-air.

That First Street arcade wing was destroyed in 1996, as was the Post Office at the rear of the extant wing.

Stroll the arcade to appreciate the arcade that never goes out of style.

Then visit the following two research centers to learn more about the historic arcade and its scores of tenants over nearly a century.

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, www.loc.gov, and *The News-Press*.✧

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Read Online: www.IslandSunNews.com



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Published every Friday for the people and visitors of Fort Myers River District.
Distribution: 6,000-8,000 per week (seasonal).

Readers with news, tips, comments or questions, call 239-395-1213,
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Summer Camp Registration At Lab Theater

The Laboratory Theater of Florida's award-winning education department will be holding a Summer Camp from June 27 to July 15 for students age 11 to 17.

The students will create and produce the creepily delightful mystery *Trap* by Stephen Gregg, with three performances July 15 to 16. Speaking and backstage roles are available for all abilities, genders and ethnicities within the camp age range. This camp is sponsored in part by a grant from The School District of Lee County.

The Laboratory Theater of Florida takes a "whole actor" approach to acting. In addition to physical theater, stage combat, voice modulation, blocking, stagecraft and scene study, students also learn the basics of set design, lighting elements, lighting design, costuming, stage makeup, stage management, theater etiquette, best practices and, of course, theater games.

The theater follows both the CDC and the School District of Lee County guidelines regarding the pandemic. This camp is limited to 16 students, ages 11 to 17, which guarantees an abundance of one-on-one instruction. The theater will consider actors outside this age range on a case-by-case basis and readiness assessment.

Each day will offer a different intensive lesson. This is a hands-on, interactive camp with theater professionals – a completely immersive experience that has proven to be both successful and enjoyable by previous campers. Summer Camp runs from 9 a.m. to 4 p.m. each day (with a 30-minute window from 8:30 a.m. to 9 am and from 4 p.m. to 4:30

pm) and is \$450 for the entire theatrical experience. Scholarships and sibling discounts are available.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in Fort Myers. Registration is required. For registration forms or scholarship applications, call 841-4250 or register online at www.laboratorytheaterflorida.com.✪

Minority Health Fair

The Florida Department of Health in Lee County (FDOH Lee) is hosting the Minority Health Fair on Saturday, April 23 from 10 a.m. to 2 p.m.

The event, which intends to stress the importance of furthering the health of racial and ethnic minorities and reducing health disparities, will include free health screenings, youth activities and educational resources from various FDOH Lee departments. It will also feature FDOH Lee programs, including:

- Tobacco prevention and cessation
- Students working against tobacco
- Healthiest weight Florida nutrition and physical activity

- Overdose data to action
- Mental health first aid
- Breast and cervical cancer
- Public health preparedness

Attendees will be able to connect with programmatic representatives to learn more about FDOH Lee programs and services.

"We encourage all residents and visitors to join us as we observe National Minority Health Month," said Angela Smith, BS, MHA, health officer at FDOH Lee. "After all, a healthy me, healthy you, makes for a health community, too."

FDOH Lee is located at 3920 Michigan Avenue in Fort Myers.✪

Decorated Kennel Benefit

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

This year's theme is children's toys, and the month will kick off with reduced adoption fees. All adult dogs will be just \$20 and cats just \$10 with an approved application.

LCDAS, along with various county agencies, area shelters and rescues, will

decorate kennels and catteries to highlight shelter pets in the county's adoption center. All cats and dogs in decorated catteries/kennels will have their adoption fees waived the day of the event.

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

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

New Mascot Sends Message

Charlotte, Collier and Lee counties are introducing a new mascot, Titan, the sea turtle. He has an important message for children and families: Southwest Florida be smart. No plastic bags in recycle carts.

Earth Day, observed annually on April 22, celebrates the environment and creates awareness about pollution, among other things. This year's theme is to "Invest In Our Planet." One way to help is through proper recycling practices, and Titan will help by spreading this important message.

Take the opportunity to make this a family effort and teach children by example that plastic bags do not belong in recycling carts. Keep materials loose in the carts. Properly dispose of or reuse plastic grocery bags and other types of plastic bags such as garbage bags and newspaper sleeves.

Use #SWFLRecycleSmart when posting on social media platforms to show how you're helping to recycle smart. Visit www.facebook.com/leecountyflbocc for more information.✪



Titan, the sea turtle

image provided



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Fort Myers Art:

Estates Hosting Evening Of Films To Kick Off Festival

by Tom Hall



In the lead up to this year's Fort Myers Film Festival, the Edison Ford Winter Estates will hold an evening of films under the stars on Friday, April 22.

Three films will be featured:

Nursery Favorites – a 1913 Edison Kinetophone Sound Film. In the era of silent films, Thomas Edison and his staff began experimenting with a device to synchronize sound and moving pictures: the kinetophone. This compilation of nursery rhymes is a fascinating moment in the history of “talkies.”

The Koreshans: Legends and Legacies of Estero's Urban Pioneers – by Ilene Safron, Main Sail Video Productions owner. Visitors will learn about the Koreshans in this film with a series of re-enactments, 3D animations and interviews with contemporary scholars that weave together the reasons why the group moved to Estero, how they met their demise and why there's a state park



Guests of Edison and Ford Winter Estates prepare to watch a movie on the Henry Ford lawn during a previous Fort Myers Film Festival

photo courtesy www.artswfl.com

dedicated to keeping their memory alive. The Koreshans are credited with bringing culture and industry to Southwest Florida. They had one of the first symphony orchestras in the state and owned and operated nearly

30 businesses, including a machine shop, general store, bakery, post office and school. The film also explains the connection the group had with the Edisons and Fords.

A retrospective that showcases the 12-year history of the Fort Myers Film Festival and includes a preview of *Calendar Girls*, the documentary that will open this year's film festival on May 18. The film is produced and directed by Eric Raddatz and edited by Ilene Safron. It will feature a preview of *Calendar Girls*, a film currently in the international spotlight.

Tickets are \$10 for Edison Ford members and \$15 for non-members. Only a limited number of chairs will be provided, so guests are encouraged

to bring a folding chair. Food and beverages will be available for purchase. No coolers are permitted.

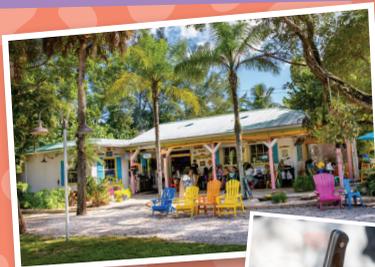
The films will be shown on the banks of the Caloosahatchee on the sprawling lawn of Henry Ford's winter residence, The Mangoes.

Screenings will begin at 7:30 p.m.

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

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

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From page 1

New Heights

the audience to the corner he lives on and some of its many residents. Abuela Claudia (Leanne Acero) helped raise Usnavi, among others. His young cousin, Sonny (Darren Velardez), helps run the bodega; Daniela and Carla (Cynthia Ana Rivera and Annette Rodriguez) run the local salon; and Kevin (Rudy Martinez) and Camila Rosario (Tamarin Ythier) run a cab company. Their daughter, Nina (Paula Figueroa Caunedo), returns home from her first year at Stanford University. She dreads telling her parents that working two jobs to maintain her tuition led to poor grades and the loss of her scholarship.

Nina runs into Benny (Luther Brooks IV), Usnavi's best friend and an employee of Kevin's. They reconnect

romantically and he assures her that she is destined for greatness. Throughout the show, there is choreography that will leave you breathless and over 20 songs that make you want to dance along with the many characters.

The local Piragua Guy (Jon Rodriguez) spends his day selling piraguas (snow cones) to help residents forget the extreme heat. His love interest is Vanessa (Jessie del Rio) and both add greatly to the production. There is more to the story, which moves along quickly and ends happily with a rousing finale that brings the audience to their feet. The show is stocked with talented actors who deliver song and dance performances that are flawless. It's a show not to be missed.

In The Heights runs through May 14 at Broadway Palm Dinner Theatre, located at 1380 Colonial Boulevard in Fort Myers. For tickets, call 278-4422 or visit www.broadwaypalm.com.✪



Aaron Diehl Trio

photo provided

Acclaimed Trio To Perform At Davis Center

Aaron Diehl Trio will perform a special evening of music during a Jazzy Nights Series concert at the Sidney and Berne Davis Art Center on Friday, April 22. Doors open at 6:30 p.m. and the performance begins at 7:30 p.m.

Revered jazz pianist and composer Aaron Diehl mystifies listeners with his layered artistry. At once temporal and ethereal, his expression transforms the piano into an orchestral vessel in the spirit of beloved predecessors Ahmad Jamal, Erroll Garner and Jelly Roll Morton. Following three critically-acclaimed leader albums on Mack Avenue Records – and live appearances at historic venues from Jazz at Lincoln Center and The Village Vanguard to New York Philharmonic and the Philharmonie de

Paris – the American Pianist Association’s 2011 Cole Porter fellow now focuses his attention on what it means to be present within himself.

Diehl conjures three-dimensional expansion of melody, counterpoint and movement through time. Rather than choose one sound or another, he invites listeners into the chambered whole of his artistry. Born in Columbus, Ohio, Diehl traveled to New York in 2003, following his success as a finalist in JALC’s Essentially Ellington competition and a subsequent European tour with Wynton Marsalis. His love affair with rub and tension prompted a years-long immersion in distinctive repertoire from Monk and Ravel to Gershwin and William Grant Still.

Tickets are \$45 in advance or \$50 the day of the concert.

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



Carrie Lund Cacioppo



Kyle DePasquale



Julia Greene



Missy Tucker

Comedy Closes Out Season At Players Circle

The final show of the 2022 season at the Players Circle Theatre is *Miracle on South Division Street*. It is playing now through Sunday, May 1. The show is billed as a “hilarious comedy” about a Broadway family who believe they saw the Virgin Mary, yet their sighting is questionable. Carrie Lund Cacioppo, Kyle DePasquale, Julia Greene and Missy Tucker portray the various characters in the show.

Cacioppo is co-founder of Florida Repertory Theatre and Pirate Playhouse and served as co-founder and producing director of Players Circle Arts Center. She has received numerous awards and has been professor of theater at Florida Gulf Coast University.

DePasquale is a graduate of

Westminster College in New Wilmington, Pennsylvania with a double major in music and history. He will be attending University of Houston for a master’s degree in acting.

Greene is appearing at Players Circle Theatre for the first time. She trained as an actor at Colorado College and has appeared in productions in various Colorado theaters.

Tucker is a University of Tampa graduate with a bachelor of fine arts degree in musical theater and a bachelor’s degree in history. She was an acting intern at Florida Repertory Theatre.

Tickets are \$35 for general seating and \$50 for VIP seating. There is a full-service bar in the lobby. Dinner is available in the Southern Grill adjoining the lobby.

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

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Students Earn High Honors As Carson Scholars

Twenty-nine students have been honored as 2022 Carson Scholars, according to the School District of Lee County. The Carson Scholars Fund will provide each student with a \$1,000 college scholarship.

The Carson Scholars Fund awards the scholarships to students in fourth to 11th grade who excel academically and are dedicated to serving their communities. Each school is able to nominate one student to apply. Carson Scholars must have a minimum grade-point average of 3.75 and display humanitarian qualities through community service.

The 29 students honored as Carson Scholars this year are:

Olivia Bond, Cypress Lake High; Kalia Boston, Franklin Park Elementary; Zoe Bott, Tropic Isles Elementary; Megan Buchhofer, Diplomat Elementary; Jacob Budmayr, The Alva School; Logan Burton, Lee Virtual School; Sophie Chaoui, North Fort Myers Academy for the Arts; Sonala Ciceron, Colonial Elementary; John Cintron, Fort Myers High; Taylor Fox, Edison Park Creative and Expressive Arts School; Kylee Hutchins, Skyline Elementary; Patrick Kunkel, Pine Island Elementary; Harper Lahiff, River Hall Elementary; Katherine

Lawrence, Orangewood Elementary; Kennedy Manetta, San Carlos Park Elementary; Sidney McConnell, Tice Elementary; Janelly Mendoza, J. Colin English Elementary; Ry'sean Miller, Orange River Elementary; Edvin Monroy Palma, Villas Elementary; Madilyn Montgomery, Dr. Carrie D. Robinson Littleton Elementary; Zavion Murray, Lehigh Elementary; Eann Myers, North Fort Myers Academy for the Arts; Helen Padron, G. Weaver Hipps Elementary; Vlad Paraschiv, Veterans Park Academy for the Arts; Beck Reed, Pinewoods Elementary; Drea Rose, Tanglewood Elementary; Max Shen, The Sanibel School; Bella Vest, Heights Elementary; and Ayva Wallis, Sunshine Elementary.

Carson Scholar recognition went to 74 students in 2022. The recognition affirms the prestigious status of Carson Scholars in their pursuit of academic and career goals.

The 10 high school seniors who have earned Carson Scholar recognition status every year since being honored as a Carson Scholar in elementary school are: Hannah Blasetti, North Fort Myers High; Dinah Ceilley, Fort Myers High; Jacob Ellis, Ida Baker High; Gina Garcia, Lehigh Senior High; Natalee Jones, Cape Coral High; Yasmin Martinez, Dunbar High; Maddison McCreary, North Fort Myers High; Chella Rivera, Riverdale High; Emily Waters, Cape Coral High; and Donald Woelke, North Fort Myers High.✽

Hope Clubhouse Raises Funds At Luncheon



Joshua Seidman



Ryan Benefiel

Nearly 200 supporters gathered at Hope Clubhouse's annual Faces of Hope luncheon on March 10 at Broadway Palm Dinner Theatre to raise awareness and support for adult mental health services in Southwest Florida.

With a theme of Power of the Past – Focus on the Future, the Faces of Hope event featured lunch and a keynote address by Joshua Seidman, PhD, chief research and knowledge officer with

Fountain House, a national organization that spearheaded the clubhouse movement. The keynote was followed by a panel discussion with Seidman, Ryan Benefiel, a member of the board of directors for Hope Clubhouse, and Damini Parkhi, a community youth mental health advocate.

Proceeds from the event support the expansion of Hope Clubhouse, a nonprofit that changes lives by focusing on adults with mental health challenges and sharing resources to help them grow, recover and thrive.✽

Church Services For Holy Week

Zion Lutheran Church will offer Saturday evening worship options for the start of Holy Week and Easter.

Easter Eve worship – the first service of Easter weekend – will start at 5 p.m. on Saturday, April 16, with the theme The Best Part of Easter. Both Oasis services will include communion and be held in the Zion fellowship hall.

Zion Lutheran will also offer a 7 a.m. sunrise service and festival Easter worship at 8:30 and 10:30 a.m. in the sanctuary on Easter Sunday, April 17. All Sunday services include communion.

Zion Lutheran Church is located at 7401 Winkler Road in Fort Myers. For more information, visit <http://zionfm.org>.✽



Damini Parkhi

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.

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

REDEEMER CHURCH

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

CYPRESS LAKE PRESBYTERIAN

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

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

FAITH UNITED METHODIST

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

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

FORT MYERS CHRISTIAN CHURCH

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

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

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

LAMB OF GOD

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

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

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

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

[ery.org](http://www.ery.org), 111 Evergreen Road, 997-2847.

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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

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

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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.✽



Attractive evergreen foliage and bright berries made Sprenger's asparagus-fern a popular ornamental decades ago. Now it's best to remove it from the landscape.

photos by Gerri Reaves

Plant Smart

Sprenger's Asparagus-Fern

by Gerri Reaves

Sometimes the best thing you can do in your yard isn't to plant something new but to banish a species known to be harmful to Florida's natural environment.

Many such invasives were intentionally introduced to Florida decades ago as pretty ornamentals. However, now we realize the harm they have caused to natural areas.

The worst of these are labeled category-I invasive species, so called

because of "the documented ecological damage" they have caused by "invading and disrupting native plant communities in Florida," according to the Florida Exotic Pest Plant Council.

Sprenger's asparagus-fern (*Asparagus aethiopicus*) is a category-1 invasive typically found in older home landscapes, as well as abandoned places. It was used as a groundcover and container plant, as well as greenery in floral arrangements.

Sprenger's is a member of the asparagus family and a relative of the garden asparagus that shows up on dinner tables. It is also called emerald fern, although it is not a fern at all.

The extensive fibrous and tuberous root system make this species a formidable invader. Roots can spread far

environment.

This funding is awarded twice a year with deadlines on March 15 and September 1. To apply for an environmental funding award, visit www.lcec.net/about-lcec/community-and-education/environment to download the application. Interested organizations must meet certain criteria to be considered for the award including that the funding must be utilized for projects/programs related to the environment and the utility industry and have a demonstrated need for funds.

This Environmental Funding Award program is just one of the many ways that LCEC positively impacts and supports wildlife and the environment. To learn more, visit the environment page at www.lcec.net or contact pr@lcec.net.*



This highly invasive species is usually found in older or abandoned landscapes

from the parent plant. In addition, the plant can regrow from even a small bit of root.

Tolerance of shade, drought and poor soil are other points on its side.

It can take a sprawling or scrambling form, with arching stems as long as six feet and dense foliage more than two feet high.

The foliage might look soft and fern-like, but handle this plant's wiry spiny stems only while wearing gloves.

The flat needle-like leaves are only a millimeter or two long and evergreen.

Inflorescences of fragrant bisexual white or pale pink flowers appear in spring and summer, followed by small bright red berries containing one to three seeds.

Plant experts advise the removal of

this plant before seeds are produced, for birds like the berries and disperse the seeds.

Be sure to remove all traces of roots and dispose of them properly so they do not regenerate. Then, replace this invader with native species that bring birds, butterflies and pollinators to your yard. And be sure not to use gardening and lawn chemicals lest you kill the critters you want to welcome.

In its native environment, Sprenger's has medicinal and culinary uses, but in Florida, it has worn out its welcome.

Sources: *Florida, My Eden* by Frederic B. Stresau; <http://floranorthamerica.org>; and <https://plants.ifas.ufl.edu>.

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

Recipients Of Environmental Funding Awards

Lee County Electric Cooperative (LCEC) will provide Environmental Funding Awards to Calusa Land Trust and Preserve of Pine Island, Inc.; Corkscrew Swamp Sanctuary; Friends of Cape Coral Environment, Inc.; Friends of Fakahatchee; and Sanibel Sea School. Collectively, these five award winners are receiving nearly \$18,000. LCEC has bestowed nearly \$205,000 to local organizations to help aid them in their endeavors to protect and sustain the



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Wind From The South



by Capt. Matt Mitchell

I cannot think of a week when the saying, "wind from the south, fish open their mouth," was more accurate. Over the past week, despite awful tides, south wind gave us high water and kept

the water moving. Most days, we dealt with breezy if not straight up windy and, while hiding from the rough bay, we had great success catching snook trout and redfish. All in all, the week's fishing was outstanding until yet another cold front crashed the party.

Fast forward to the weekend and strong northwest winds totally changed everything. Falling water temperatures and still little to no tide created 16 hours of low water. Returning to the same areas that had been so consistent all week long, we noticed the fish had simply moved or just totally shut down. Suddenly, I went from great days of fishing to all that can be described as a grind. I texted other guides, hoping for someone to throw me a bone, but everyone was in the same shape of little to no action.

After a few crazy windy days and small craft advisories, big high pressure did little to help the situation. As things calmed down, the bite slowly improved.



These Indiana brothers put a beat down on the redfish before the cold front. Both caught their first slams with Capt. Matt Mitchell.

It just never fails, an April cold front quickly reminds us it's not quite spring. Cold fronts drop our water temperatures after what has been weeks of amazing fishing. With a warm forecast for the week, things will rebound back in just a few days.

March and April are consistently our windiest months of the year. Dealing with the wind is OK as long as it stays out of the same direction. Once it starts changing up and blowing differently, then



photos provided

fish that have been staged up in certain places tend to move, making patterning them almost impossible.

Days that are a grind require moving and trying different things. Trout have been the bail out plan and, luckily, if you can find clean clear water, they have seemed to bite almost no matter what. When it comes right down to it though, if every day was a slay fest, the great days would not be so special.

Capt. Matt Mitchell has been

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

From page 1

Carnival

prizes. The refuge hosts a dunk tank, where festivalgoers can try their luck at sinking surprise "celebrity dunkees." All activities are free, but Lakes Park charges a \$1 per hour, \$5 per day parking fee.

"The games will all have an educational component, plus the day brings a number of tours and nature art activities," said Supervisory Refuge Ranger Toni Westland, who chairs the event's committee. "We will have our WoW Wildlife on Wheels mobile nature experience open all day to touring, plus there will be Earth Day crafts and lots of opportunities to enjoy the outdoors, such a bilingual birding walks, biking and not just one, but two 'Ding' artists in residence on hand."

Past artist-in-residence Rachel Pierce will lead a nature journal walk and do painting demonstrations. Upcoming artist-in-residence Jacqui Roch also will be painting plein-air. Attendees can shop for unique nature-themed items at the Refuge Nature Store table, where all purchases support conservation.

Lakes Park is located at 7330 Gladiolus Drive in Fort Myers. For more information and a schedule of the day's activities, visit www.dingdarlingday.com.

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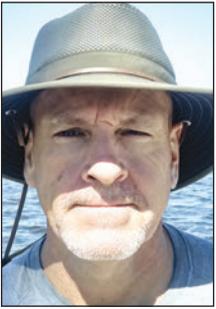
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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Loggerhead Shrike Nestlings



by Bob Petcher

The loggerhead shrike (*Lanius ludovicianus*) is called a songbird with a raptor's habits. It can literally kill and carry an animal as big as itself. It transports large prey within its feet and smaller

victims in its beak.

Shrikes are so-called due to their hooked bills and penchant for impaling prey on thorns or barbed wire to be eaten later. The adults are gray birds with black masks that have white marks on their black wings to go with their white chest and neck area. The modifier loggerhead is in reference to its extremely large head in relation to its body.

At CROW, two loggerhead shrike nestlings were admitted to CROW from Lehigh Acres after falling from their nest. Since they were suspected to be younger than fledging age, it does not appear to be a flight training accident.

"One of them could have potentially been at the fledging stage, but more likely they fell from wind or lack of parental care," said Becca Wehmeier, CROW hospital training coordinator. "Both were



Patients #22-1332 and #22-1333 resting

photo by Dr. Laura Kellow

still considered to be nestlings, so they shouldn't have been ready to leave the nest quite yet."

"As the birds grow, they begin to move around the nest more and become more active. This can result in accidental falls," added Dr. Charlotte Cournoyer, CROW veterinary intern. "Other causes could include weather, nest location and predator attacks."

Upon examination, the birds were extremely dehydrated and were wheezing.

"We were concerned for pneumonia and one shrike had harsh lung sounds," said Wehmeier. "The smaller shrike with the harsh lung sounds was placed on medication to resolve the possible

pneumonia."

"Causes of wheezing in baby birds who present to our clinic could include trauma to the lungs, bacterial pneumonia, or aspiration secondary to being fed in an inappropriate way by the public," added Dr. Cournoyer.

The patients are continually being monitored.

"When a stethoscope was used to listen to the patient's lungs, there was concern for harsh breathing noises, which is concerning for pneumonia," said Dr. Cournoyer. "We are monitoring by listening to the airways regularly, watching breathing and ensuring normal attitude and feeding behavior."

Wehmeier stated the patients are receiving supportive care, including "proper feeding and diet" as well as "monitoring for hydration."

"Shrikes are carnivorous so they have a different diet than most songbirds which includes crickets, mouse pieces and worms," she said. "The shrikes received subcutaneous fluids to maintain hydration."

The young patients may need to stay at the clinic until they are able to fend for themselves.

"They (at least) would need to stay long enough for medications to be discontinued," said Wehmeier. "It is dependent on the certain situation whether they can be re-nested again, but in the event they cannot be re-nested, then they will stay in our care and will be raised according to protocol until they have fledged and can pass flight tests and eat on their own."

Since it is baby bird season, there have been quite a few reported nest fallings.

"If someone finds a bird they believe to be injured or orphaned, please call our hospital hotline at 472-3644 ext. 222 to make sure the bird can't be re-nested," said Wehmeier.

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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Cypress Lake High School students and teachers

photo by Vandy Major

Beach Art Group Scholarship Show Award Winners

Fourteen graduating seniors from Cypress Lake High School won awards as part of the recent Fort Myers Beach Art Association (FMBAA) Student Scholarship Show.

This year's entries were so good, the judges awarded two first place Art Excellence Awards to Patricia Gonzalez Cabrera and Heidi Hernandez. The two

students each won a \$1,100 college tuition scholarship and a \$150 cash award from FMBAA, who sponsors the annual show. Trinity Shain received the second place Art Excellence Award with a \$800 college tuition scholarship and \$100 cash.

Artistic merit awards (\$50 cash award) went to Sophia Morris, Genesis Quiros, McKenzie Donahue, Chloe McCrumb, Melainey Logue, Kaitlyn Logue, Irini Remboulis, Claire Schie, Mairin O'Malley, Daria Acri and Sabrina Wessel.

Special thanks go to Bev Silvia, FMBAA chair of the event, as well as Cypress Lake High School Visual Arts

Faculty Patricia Bonwell, Elodie Cotton, Marguerite Petcher, Tim Smith and Principal Angela Roles.

The judging team for this year's recipients for the scholarship awards and other awards consisted of Rene Chastant and Carolyn Bachman.

The annual student scholarship show showcases the work of the talented high school students of the area. To encourage development of the arts in the community, three scholarships are annually awarded to seniors going on to study art at the college or university level. The show and awards are supported

financially through grants by the yearlong fundraising activities of the members of the Fort Myers Beach Art Association. Next February, a special plein air competition titled Paint! will have all proceeds benefit the student scholarship program.

The Fort Myers Beach Art Association is located at 3030 Shell Mound Boulevard on Fort Myers Beach.

For more information, visit www.fortmyersbeachart.com, contact Pam Flaherty at publicity@fortmyersbeachart.com, call 463-3909 or stop by the gallery.✧

Storytellers Return To Alliance

Storytellers of the Round Table and The Elephant Showcase Storytellers will hold their third and last performance of the season in the storytelling series at the Alliance for the Arts on Saturday, April 16 from 7 to 9 pm.

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

The storytellers tell tall tales that are captivating, spellbinding and entertaining. The stories will be followed by a talk back, which is a question-and-answer session with the audience.

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

Elementary, and will feature the works of students that are elementary school age and younger. Submissions for both June shows are due Thursday, May 26.

The call to artists for the July exhibition – with exhibition dates from July 7 to 29 – is called *Pythonesque*, celebrating the timeless absurdity of Monty Python, which will be displayed in the upstairs Capital Gallery. Submissions for this July show are due Thursday, June 23.

Check out the full 2021-22 season of art exhibitions including these four call to artist exhibition opportunities at www.sbdac.com/art-landing-2022.

The Sidney & Berne Davis Art Center is located at 2302 First Street in downtown Fort Myers. For more information, visit www.sbdac.com or call 333-1933.✧

Better Together To Host Luncheon

Better Together, a nonprofit dedicated to helping families in crisis and preventing the need for foster care, is hosting a Better Luncheon for Southwest Florida parents at Riverside Church on Saturday, April 23 from 11 a.m. to 12:30 p.m.

Better Together organizes a luncheon program at various locations each month to bring parents together for community, to support each other and to hear from experts while their children play supervised in another room. The luncheon will provide background-checked volunteers in addition to lunch, games and fun for children to enjoy while parents attend the event. Members of the church's teen group will also lead a demonstration on making homemade cookies and frosting to decorate Easter cookies.

"Parenting is tough business. No matter how wonderful and functional our upbringing, we all have questions, struggles and concerns when raising our children," said Megan Rose, CEO of Better Together. "To help parents along their journey, our Better Luncheons allow parents to enjoy lunch, companionship and expert advice while their children are under the supervision of background-checked volunteers."

Admission is free and includes lunch, as well as a gift and prize drawing for parents in attendance.

Riverside Church is located at 8660 Daniels Parkway in Fort Myers. To register, visit <http://bettertogetherus.org/lunch-rsvp> or call 470-2733.✧

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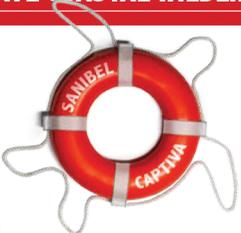





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Call To Artists For Multiple Exhibits

The Sidney & Berne Davis Art Center has four upcoming call to artist submission opportunities.

The May show *Embracing Stillness* – with exhibition dates from May 6 to 26 – will be displayed in the upstairs Capital Gallery. The submission deadline to enter the May show is Friday, April 22.

There will be two exhibition opportunities in June – with exhibition dates from June 3 to 24. The annual juried show with \$1,000 in cash prizes is called *The Road to Florida*, with a submission fee of \$30 for up to three pieces. In the upstairs Capital Gallery, the June show is called

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Book Review

Wish You Were Here



by Di Saggau

Jodi Picoult's latest novel *Wish You Were Here* has been sold to Netflix for adaptation as a feature film. Having just finished the book, I will look forward to the film. The main

character, Diana O'Toole, is an art specialist at Sotheby's. She and her boyfriend, Finn, are preparing to go on vacation to the Galapagos, where she expects him to propose. Finn is a surgical resident who has to cancel his plans because the hospital needs him to help fight a mysterious new virus that's spreading through the city. He tells her to go without him, so they don't lose money on the non-refundable trip. So, she sets out alone.

Diana arrives at Isabela Island in the Galapagos and she's told that it's about to shut down. With one ferry back to the mainland, she decides to stay. She quickly finds out that was a mistake because her hotel has closed, and there's not even reliable WiFi. A kind older woman offers her a place to stay and, after settling in, she goes looking

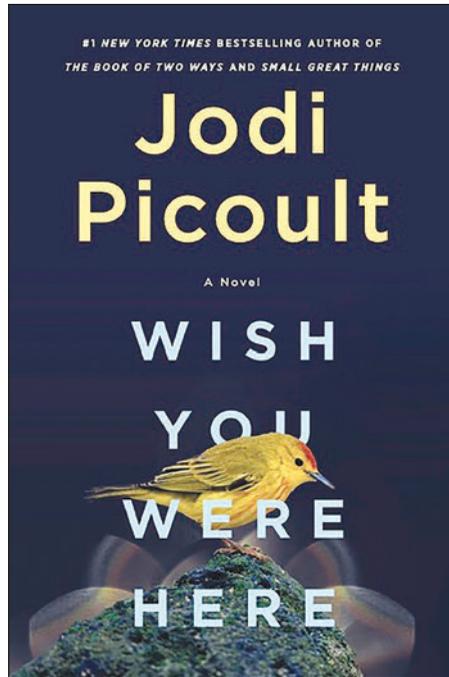


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for food. Just as she is about to grab an apple from a giant tortoise breeding center, a handsome stranger named Gabriel stops her. He shouts "cuidado," Spanish for careful, just in time. The apple is poisonous.

Gabriel has a teenage daughter, Beatriz, and the three eventually bond as they explore the island, grateful that they are away from the grim situation in New York that Finn describes in his emails.

Diana's relationship with Gabriel becomes serious, and she finds herself examining her relationship with Finn and the choices she has made in life. Things get awkward between Diana and Gabriel so both meet at a beach to start fresh as friends. But when Diana dives into the water, she's pulled out to sea, leading to a dramatic scene in which she fights the current and feels her lungs start to burst. She is fighting for air, and

then she wakes up.

To say more at this point would go beyond a spoiler alert. Talk about a major twist. Ms. Picoult, I was not expecting this. You really pulled one on me. I did not expect the ending either. What a great read. *Wish You Were Here* is a powerful story of resilience and how someone can evolve into someone completely different.*

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My fifth-grade daughter is having trouble remembering everything she needs to do for school. Is there something I can

do to help her? It's upsetting to see her struggling.

Jennifer S, Fort Myers

Jennifer

As children move through school, the demands on their working memory increase significantly. Working memory refers to the ability to keep in mind the information you need to complete a task and such an issue may affect kids both in and out of school. There are things parents can do and strategies kids can learn that can help them succeed, even if it doesn't come automatically to them.

First, get to know your child's limits. If you've given your child what feels like a reasonable set of instructions, but she keeps getting off track, it's a good sign that she's reached the limits of her working memory. Observing your child carefully to when and how often she starts to lose the thread will help you get a clearer picture of her capacity to hold information. Once you know where her limits lie, you'll be able to use that as a guide for giving effective directions. For example, if you notice your child has a hard time following multi-step directions, try breaking tasks down into smaller, more manageable steps, not a string of instructions.

Schoolwork that seems simple on the surface may require a lot of working memory. With kids trying to tackle too much at once, it often translates to sloppy or unfinished work and creates anxiety. Breaking homework assignments or study sessions down into manageable chunks will help your child avoid cognitive overload, work more effectively and develop good study habits. Figuring out the mini-tasks of an assignment will help you and your child break the assignment down into manageable parts.

Helping kids get into routines is essential for helping with working memory. "Routines are the goal," said Linda Hecker, MEd, the lead education specialist at the Landmark College Institute for Research and Training. "When we're able to automate a task, it

no longer requires working memory to function. Remembering what to do next takes up cognitive workspace and that's not necessary."

Here are some of Ms. Hecker's tips for creating routines:

Be consistent – Routines should be just that... routine. Find a pattern that works and stick with it.

Be patient – It takes time to build effective habits, and distractions happen. Don't expect kids to get it right away. Offering reminders and praising your child's efforts to stay on course will help them stick with the routine until it sinks in.

Use verbal and visual cues – Help kids internalize routines by adding verbal and visual backups.

For example, visual clues could be: Drawing a picture to illustrate how an essay is structured, writing out the order of steps for a math problem, using post-it notes as reminders around the house.

Verbal cues could range from saying each task out loud before he does it, "Step 3, put my homework in my backpack for tomorrow..." to making up a song or poem to help him commit important information — like commonly used math formulas or the names of all 50 states — to long-term memory.

Not everything needs to be remembered. Tools like to-do lists, organizers and reminders free up vital "workspace" and make it easier for kids to remember important information. "Externalizing organizational tasks takes some of the pressure off working memory," said Hecker. "I encourage my students to write everything down – assignments, ideas, anything they want to remember later." But remember, organizational tools only work if they're used. Help your child find the tools that work for them and make the tools part of their routine.

For now, the best way to help kids with working memory issues is to focus on creating and practicing healthy, effective coping strategies. Creating routines, using tools and offering support will help your child develop strategies she'll be able to fall back on for the rest of her life.

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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"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

New Works By Noted Painters At Tribby Arts Center

Three new exhibitions are open to the public at Tribby Arts Center of Shell Point Retirement Community. In the first-floor Shell Point Gallery, *The Style of Place: New Works* by Suzanne Bennett, Keith Johnson, and Peter Zell is on display through Saturday April 30. These three prominent painters in Southwest Florida painted new works of the same ten locations to demonstrate the role that artistic style plays in the creative process.

Each artist used a different medium to create her or his body of works: Bennett creating with pastels, Johnson with watercolors and Zell with oils. Locations include Blind Pass and Bowditch beaches, downtown Fort Myers, Edison and Ford Winter Estates, Sanibel Historical Village, the riverfront of Fort Myers, Sanibel Lighthouse, shrimp boats of San Carlos Island, Times Square on Fort Myers Beach, and a path in The Woodlands neighborhood of Shell Point.

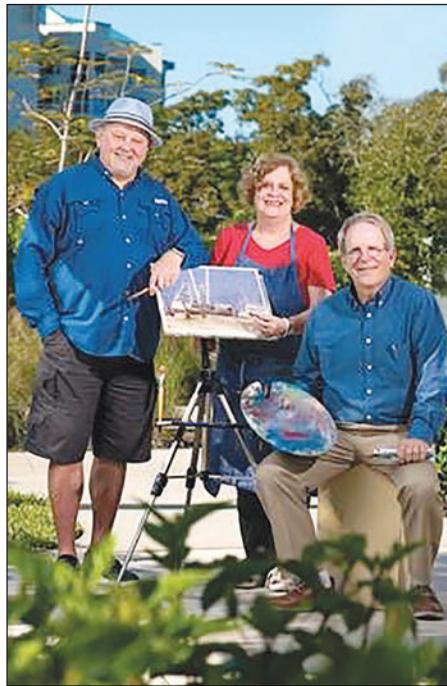
"Even though each series of three works depicts the same location, the differences demonstrated in the paintings are marked and engaging," said Marge Lee, exhibition resident curator.

To complement the display, digital photographs taken by members of the Shell Point Photo Club are displayed on the gallery's three-screen video wall.

Bennett and Johnson, both of Fort Myers, and Zell, of Sanibel, are all accomplished, award-winning artists.

A graduate of New York's Parsons School of Design, Bennett worked as a graphic designer and art director in the city and in New Jersey before retiring to Shell Point in 2010. She is a member of the Pastel Society of Southwest Florida, displays at Hirdie Girdie Gallery on Sanibel, is on the board of the Sanibel Captiva Art League, and was a grand prize winner in the Tribby Arts Center inaugural exhibition series.

Johnson has been a working artist most of his life, first as a photographer and now as a fine arts painter. He is a member of the Florida Watercolor Society and Florida Suncoast Watercolor Society. His work is in collections throughout the country and offered in several galleries in



From left, Keith Johnson, Suzanne Bennett and Peter Zell photo provided

Southwest Florida.

Zell practiced law in California before moving to Sanibel 17 years ago. Winner of numerous awards for his distinctive paintings done in oils, he has exhibited at the Butler Institute of American Art in Ohio. A past-president of the Sanibel Captiva Art League, Zell exhibits his work at Two Islands Gallery in Captiva.

Also on view in the Legacy and Overlook galleries are *Wood 'N Things: Works by the Shell Point Wood Shop* and *Expressing Our Artistry: Works by the Shell Point Photo Club*. "Both exhibitions display the depth and scope of work produced by these talented members of Shell Point's large arts community," said Lee.

Guests can also visit the Tribby Café, the outdoor sculpture garden and Serendipity, the Tribby 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, 8 a.m. to 4 p.m. Monday through Friday and 10 a.m. to 3 p.m. 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.✪

Can Proper Planning Reduce Your Taxes?



submitted by Tom Uhler

Have federal income taxes been on your mind? Whether you've already filed, are filing or have requested an extension, this time of year has all of us thinking about

the amount we share with the federal government.

We appreciate the great country in which we live, but there are many legitimate tools to assist us in keeping our tax bite in check. Here are just a few to keep in mind:

Use tax strategies to your benefit – IRA accounts and Roth IRAs aren't just retirement accounts, they're tax strategies. Knowing what to do with them and when to do it can have a big impact on your tax bill.

Beware the tax "time bombs" – Annuities and retirement accounts can create income which isn't only taxable but, if improperly timed, can also push you into a higher tax bracket. Also consider what it can do to your heirs.

Where you own investments is as important as what you own – Some investment vehicles are more tax-efficient than others; owning the right thing in the right place can lower your tax bill.

Love long-term capital gains, avoid short-term gains – Long-term gains are taxed at favorable rates. Indeed, at lower overall tax brackets, long-term gains may not incur any tax at all.

Bunching deductions properly can dramatically reduce taxes in a given year – Can a Donor Advised Fund help bunch deductions?

Yes, you have to take that required minimum distribution, but when should you take more?

Qualified charitable deductions are a great tool for those who are required to withdraw from retirement accounts, but how do we maximize their impact?

I've used the same certified public accountant (CPA) for decades. He does a great job of preparing my tax return, but he's the scorekeeper. He puts the numbers on the correct lines. In most cases, the relationship stops there. In a perfect world, the CPA becomes a member of an expert team, coordinating with the financial advisor and legal counsel to collectively chart the best path for the client, including tax considerations.

Your financial advisor should do much more than give advice on investments. He or she should chair the expert team and act as the coach.

A team has a scorekeeper and a coach. You probably have a scorekeeper. Now, make certain you have an expert team and the right coach leading it.

Tom Uhler is a principal with Uhler and Vertich Financial Planners, a locally owned comprehensive financial advisory firm.✪

Chronic Disease Program

Lee Health will offer a chronic disease self-management program virtually on Tuesdays beginning May 3 from 1 to 3 p.m. The free workshop is two hours once a week for six weeks.

It's All About You, a self-management resource program with the Self-Management Resource Center, is research-based and designed for people age 18 and older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions.

For more information or to register, call 424-3121.✪



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Will Power

Heckerling Institute: More Estate And Tax Law Changes Brewing



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

My law partners and I recently attended the Heckerling Estate Planning Institute conducted by the University of Miami Law School. This is the nation's premier estate planning and tax conference attended by more than 3,000 professionals from across the country.

I've attended this institute for 30 years, as it provides the most up-to-date expert lectures on developments in the estate planning field. It's a week-long conference and is akin to finishing an entire year of post-graduate law school training in that week.

I'll tell you that my brain still hurts!

What I can tell you is that there are many new developments in the tax law, from how inherited IRA accounts must be withdrawn, to whether charitable gifts are entitled to a full deduction when they're distributed from a family partnership. What I intend to do over the coming weeks is to break down several of the topics into layman's terms so my readers will understand how these rules will affect their plans.

The current administration still wants to abolish some strategies that estate planners have used for decades, such as those involving intentionally defective grantor trusts (IDGTs). With IDGTs, planners manipulate the differences between the income tax laws and the transfer tax (gift, estate and generation skipping transfer) laws to achieve significant savings.

Since Congress wasn't able to pass sweeping change last year, many of us in the field thought that it wouldn't happen. But it still might. What does this mean for those with wealth? To me, it means that if you have significant wealth, you shouldn't sit idly by. It might be time to take action before the laws change.

We do know, for example, that without any further legislation passed by

Congress and signed into law by the president, the current \$12.06 million gift/estate exemption will fall to around \$6.5 million on January 1, 2026. That date may seem far off to you now, but consider that it seems like only yesterday the SECURE Act changed inherited IRA planning for all of us. That change was back in 2017! Time flies.

Speaking of the SECURE Act – remember when all of us thought that although inherited IRAs must be totally distributed within 10 years of the death of the account owner, but that no distributions were necessary in any given year up until year 10? Within the past several weeks, the IRS issued Treasury regulations mandating annual distributions every year until year 10!

How much will that annual distribution be? Well, that depends on many variables, including whether the account owner died before age 72, the age of the beneficiary, and whether the beneficial interest is held in a qualifying trust, among other things. I'm working on a whitepaper now that my clients will receive outlining these complicated rules, and how to best plan for them to minimize the income taxes Uncle Sam charges. I'll examine these laws in this column as well, so stay tuned.

Institute speakers discussed how state income tax laws will affect the beneficiaries of our estates. While Florida doesn't impose state-level income tax, many of our beneficiaries reside in states that do. How to minimize those taxes for our loved ones is something that I'll write about as well.

For those with private foundations, there were many interesting cases that came out over the past several years involving self-dealing. Did you know, for example, that if you own commercial space, and rent it to a private foundation you created, even if you rent it at a discount, that lease is considered illegal self-dealing? Such an arrangement could result in your foundation losing tax exempt status, meaning deductions are disallowed, along with a host of other legal and tax problems.

Yet another topic reviewed centered on fixing irrevocable trusts that are no longer relevant. There are many legal and tax issues when decanting an old trust into a new one, or modifying an old trust through nonjudicial reformations.

The institute gave me a lot to write about, and I plan to share it all with you in the coming weeks and months. So stay tuned!

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Funds Raised To Renovate Home For Teen Mothers

The 6th annual Women on the Rise event recently raised more than \$20,000 to benefit Our Mother's Home and increased awareness of the organization's mission. The funds will be used to renovate the organization's new larger location near downtown Fort Myers that serves teen mothers and their children transitioning from foster care to stable, productive lives by breaking the cycle of generational poverty.

"It was an incredible day that brought a diverse group of women together to celebrate mental health, wellbeing and empowerment," said Our Mother's Home Executive Director Alicia Miller. "From the speakers to the attendees, you could feel the enormous strength and energy in the room, and their passion for our mission. The success of the event is helping us to carry out our mission of empowering young mothers. The new location is closer to the services and resources needed to help them gain independence and confidence, while offering a safe place for them to thrive."

Nearly 100 people attended the uplifting celebration of educating and empowering women to live their best life. Themed "If Women Ruled the World," the event featured a panel sponsored by Lee Health and keynote speaker Dr. April Brown, LMHC, CST, who focused on mental health and wellness and the importance of taking time for self-care.

Our Mother's Home is currently



Connie Ramos-Williams and Alicia Miller
photo provided

located in San Carlos Park. The new location recently purchased at 2666 Swamp Cabbage Court near downtown Fort Myers is significantly closer to schools, medical providers and other resources frequently visited by the teen mothers and their children, but it requires a full renovation. Women on the Rise attendees had the opportunity to sponsor rooms in the new home, raising the funds toward needed repairs and remodeling. Additional opportunities are available.

Since its launch, more than 400 mothers and children have benefited from Our Mother's Home Mentored Living Program, successfully preserving families, transitioning young mothers to self-sufficiency, and saving the lives of children by avoiding their re-entry into foster care. This unique home is the only one of its kind in Southwest

Florida. For more information or to donate, call 267-4663 or visit www.ourmothershome.org.✧

Community Expo At Bell Tower

Lee, Collier and Charlotte residents are invited to attend SWFL Inc.'s Community Expo at Bell Tower on Thursday, April 21 from 3 to 6 p.m. This free-to-attend event will feature giveaways, food samples and the opportunity to make face-to-face connections with local businesses as well as find local services for your home, area attractions, healthcare and more.

Businesses with a table display reserved for the 2022 Community Expo include: Lee Health; Naples Daily News and The News-Press; Life Designers LLC; Latite Roofing; Joe the Home Pro; Thunder Performance; MY Shower Door; Suncoast Credit Union; Siesta Pebble, Inc.; YMCA of Southwest Florida; Prestige Printing; Trish Travel; Nichols College of Graduate and Professional Studies; M&M Chiropractic and Wellness; American Metal Roofing Supply; Sunrise Community of Southwest Florida; Crowther Roofing and Cooling; Magnitech; Spaulding Decon; Kinetico Water Systems; Secure Staffing; HomeWorks Construction & Design; CFS Roofing Services, LLC; Naples Zoo; A-Dale's Kitchen & Bath; Achieva Credit Union; and Dr. Kool Air Conditioning.

For businesses, Community Expo is an excellent opportunity to showcase your organization with food, games and give-away items for attendees. This event is open to the public and the perfect marketing opportunity to

meet new clients and create brand recognition. For more information on sponsorships, contact Hannah Phillips at 992-2943 or hannah@swflinc.com. Attendees of the expo do not need to register in advance.

Bell Tower is located at 13499 South Cleveland Avenue in Fort Myers. For more information, visit www.swflinc.com/events/2022-community-expo-north.✧

Republican Women To Meet

Lee County Election Supervisor Tommy Doyle will be the speaker at the luncheon meeting of the Fort Myers Republican Women's Club in the Helm Club at The Landings on Tuesday, April 19. A social hour begins at 11:15 a.m., followed by the luncheon and program. Doyle is substituting for Jenna Persons-Mulicka, Florida House District 78 representative, who has been called back to Tallahassee for a special legislative session.

Doyle will discuss current election issues: redistricting, poll workers needed, election procedures changed by the state and Lee County election procedures. A question-and-answer session will follow his prepared remarks.

Persons-Mulicka will be the speaker at the May 17 luncheon meeting. She will provide a wrap-up of the 2022 Florida legislative session.

The public is invited, and luncheon cost is \$20. Reservations are required and can be made by contacting Diane Kinser at social.lady79@gmail.com or Tina Laurie at 489-4701.

The Landings is located at 5260 South Landings Drive in Fort Myers.✧

Superior Interiors

Top Five Interior Design Trends For 2022



by Marcia Feeney

Excited for the latest home design trends for 2022? In 2021, we saw a broad range of trends from geometric accents to muted hues and pastel colors. Homeowners

especially prioritized multifunctional furniture that served both a stylistic and practical approach as many continued to work remotely.

So, what can we expect throughout 2022? If you're ready to transform your living space with a new makeover, read on and discover our predictions for this year's top five design trends.

It's time to incorporate the outdoors into your indoor living spaces with biophilic design. Think natural textiles like wood, wicker and/or rattan, which add a neutral element to rooms while also creating a calming environment. Similarly, plan to add more plants inside for pops of color that brighten without distracting from the furniture you already have. If you're living with pets (or rambunctious kids) you can also opt for nature-inspired decor pieces instead of real plants, such as pictures of landscapes, wood-textured frames or woven, natural material.

Throwback to 1970s interior décor – design is a cyclical industry and the 1970s are queued to make an exciting return this year but with a modern twist. The highlights of the decade will be making a comeback, including deep, warm colors (like mustard, burnt orange and sage) and mid-century furniture. If you're just as excited about the '70s revival, invest in some one-of-a-kind furniture pieces that highlight the era's best design elements, from peg legs to highly textured fabrics. Teak wood cabinets and tables can help to pull the space's look together and nail the reimagining of the classic look.

Retro patterns with bright, exciting color palettes are becoming increasingly popular. From a statement wall to embellished throw pillows, people want to add fun touches to their existing home decor. To hop on this trend, opt for highly saturated pieces that create pops of color in your bedroom, living room or office. If neutral colors are the backbone of your design, consider fun patterns that still fit your aesthetic, but will also stand out.

Taking a page out of 2021, multifunctional spaces and furniture are here to stay this year. Home spaces have transformed into multipurpose work and childcare zones that need to be useful and beautiful. Multifunctional furniture is key to upgrading your living room or guest bedroom into a handy home office setup. Innovative storage

solutions are the best way to fully utilize your space. Storage ottomans can be used to tuck away unused blankets, pillows or other items while also acting as seating options. Similarly, desks with many drawers, shelves or bookcase attachments can help make the most of a small room.

The latest interior design trend points to a focus on circular, curved furniture that adds dimension and softness to your home's spaces. Round tables (of any material) take away the harsh corners that can interrupt the design and allow for group get-togethers where everyone can face each other easily. Similarly, a curved sofa can add a welcoming finishing touch to a living room. Instead of angular lines, include updated arched cabinets and circular pieces.

People often use "trend" and "fad" interchangeably, but there is a difference between the two. A trend reflects the changing opinions of people and environments, regarding design and style inspiration. It can predict the latest innovations and decor that are gaining momentum. A fad specifically defines a style or interest that only becomes popular for a very short period of time. For example, classic, elegant design can become a trend, but it'll never be a fad; after all, it's timeless.

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

Dedication Of Justice Center Tower Ceremony

Public officials will be celebrating the dedication of the Justice Center tower in honor of the late Judge Issac Anderson, Jr. The ceremony will be held in the James G. Yaeger Justice Center Courtyard on Tuesday, April 26 at 10 a.m.

The ceremony will feature brief remarks by Lee County Commissioners and other officials.

Anderson was appointed in 1981, becoming Lee County's first African-American judge. He was a Fort Myers native and 1964 Dunbar High graduate. Prior to being appointed as a judge, he served as director of community affairs for Fort Myers and later as Lee County's lobbyist for state and federal funds. He then opened his law office in Fort Myers to practice civil and criminal defense. Anderson also worked for the Dunbar Coalition and the Dunbar Improvement Association, whose mission is to provide affordable housing for the elderly and people with disabilities. Anderson died in December 2007.

The James G. Yaeger Justice Center Courtyard is located between the front entrance of the Lee County Justice Center, 2075 Dr. Martin Luther King Jr. Boulevard, and the front entrance to the Justice Center Annex, 2000 Main Street, both in downtown Fort Myers. To attend the ceremony virtually, visit www.facebook.com/leecountyflbocc to watch on Facebook live.✧

Marketing Firm Adds Account Manager

CONRIC PR & Marketing has hired Marketing Account Manager Gwen Hannas. In her new role, she will work closely with clients as an extension of their team to provide account and project management services, as well as strategic content creation for print and digital platforms such as social media and newsletters.



Gwen Hannas

Hannas is a motivated career-minded young professional with experience in company growth and expansion, account management, marketing, media relations and communication.

"Gwen is a strong and passionate writer with excellent strategic planning and marketing accountant management skills," said CONRIC Pr & Marketing President Connie Ramos-Williams.

Hannas grew up on the Connecticut shoreline and obtained a bachelor's degree in English with minors in both creative writing and education from Colby-Sawyer College in New Hampshire. She worked in media

in New York City before moving to Sarasota, where she has worked as a marketing coordinator for the past three years. Hannas continues to further her professional growth by rigorously attaining marketing certifications.✧

New Members In Honor Society

Eleven people at Florida Gulf Coast University were recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective collegiate honor society for all academic disciplines.

They are Daizja Brazille, Elizabeth Bretton, Madison Franz, Laura Frost, Charles Gunnels IV, Vee Leonard, Marianela Rivera and Andrew Ask of Fort Myers as well as Erin Moore, Rose Brown and Carla Huck of North Fort Myers.

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

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Frankly Speaking

by Howard Prager



As reported in the *Milwaukee Journal Sentinel*, Corbin Burnes and Omar Narváez achieved a major league first during the Milwaukee Brewers season opener Thursday

afternoon. “The Brewers starting battery became the first combo to ever use electronic pitch-calling technology in a major-league game by utilizing it for the duration of Burnes’ five-inning start in a 5-4 loss to the Cubs. The technology, referred to within the industry as PitchCom, is an attempt at not only countering sign-stealing but also speeding up the game by reducing or eliminating the need for catchers putting down manual signs. The catcher wears a pad with buttons on the wrist to signal both pitch type and location to the pitcher, who hears it directly through a listening device. With the Brewers and Cubs kicking off the schedule as the first game on opening day and Cubs starter Kyle Hendricks opting for manual signs from catcher Willson Contreras, Burnes and Narváez became the first to utilize the new technology in a regular-season setting.”

It seems like 25 years old is a magic

age in today’s column. Scottie Scheffler is reaching a milestone at age 25, Ash Barty reached her peak at age 25, and Dwayne Haskins was just shy of age 25 and never reached the peak he was aiming for.

The Masters did not disappoint this past weekend. The week started with five-time Masters champion Tiger Woods shocking the golfing world by announcing he would make a comeback just 14 months after a horrific car crash where he almost lost his leg. While he was never in the hunt for another green jacket, he surprised many by making the cut on Friday. His appearance alone was more than what happened just on the course. Having Tiger play at the Masters confirmed to everyone that Tiger is back and everyone should watch out for him. After he completed his round on Sunday, Woods confirmed he will play at the 150th Open Championship in July in Scotland.

The hottest golfer on the PGA tour and No. 1 in the world, Scheffler is the 2022 Masters champion, earning his first green jacket and winning his first major tournament by three strokes. Nerves may have got the best of him on the green of the 18th as he missed two short putts to double bogey, but his large lead held up in the end. He proved to the golfing world that he deserves to be at the top of the PGA.

Barty, world No. 1 women’s tennis star, shocked the tennis world by announcing she was retiring at age 25. The three-time Grand Slam winner just won Wimbledon last summer and the Australian Open in

January. She seemed to be on top of her game of her nearly 12-year career. According to *Sports Illustrated*, Barty wants to pursue dreams outside of tennis.

“It’s [retirement] something I’ve been thinking about for a long time,” Barty said. “I’ve had a lot of incredible moments in my career that have been pivotal moments. Wimbledon last year changed a lot for me as a person and as an athlete. When you work so hard your whole life for one goal, to be able to win Wimbledon, which was my dream, the one true dream that I wanted in tennis, that really changed my perspective. I just had that gut feeling after Wimbledon and had spoken to my team quite a lot about it.”

Haskins was killed by a dump truck on a highway near Boca Raton early last Saturday. Perhaps in time we’ll find out why the 24-year-old, potential star QB for the Steelers, was crossing the limited access highway at 6:30 a.m. For now, just sadness about this tragic loss shortly before his 25th birthday.

The good news story of the week is from the Good News Network and CNN about a London lawyer who set a new world record for the fastest ever female solo row across the Atlantic. Victoria Evans rowed into Barbados aboard her 22-foot-long rowing boat after 40 days at sea. The 35-year-old began her race by setting off from Tenerife, Spain, on February 11, Victoria rowed 2,559 nautical miles in a world-record time, 40 days and 19 hours, before finally reaching Barbados. Despite experiencing extreme conditions

and encountering multiple problems along the way, Evans broke the previous world record by over eight days. “It was much harder than I expected,” she told CNN Sport. “Not physically, but in terms of the conditions. Completing the crossing is just the start of this work.” With nothing but her small boat for company and occasional turtles, dolphins and fish, Evans battled high winds, big waves and sleep deprivation to record the fastest female solo row across the Atlantic Ocean.

Admitting she wasn’t particularly sporty as a child, Evans says her 15-year-old self would never have believed she was capable of setting such a record. While the challenge was a personal goal, she also completed it to raise awareness and money for UK charity Women In Sport which looks to “give every woman and girl the opportunity to take part in sport.” Evans has raised over \$31,000 already for the charity and, through her legal work, she wants to advocate for more change. “Women are so capable in sport,” she said. “It is massively improving, but there seems to still be an underestimation of women. I’d want the message to be for everyone, but particularly women and girls, to know that they’re capable of absolutely anything they set their mind to.”

*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.**

Go Slow And Look Out Below For Manatees

As water temperatures warm, manatees naturally disperse from their winter habitats, traveling to other areas of the state and beyond. The Florida Fish and Wildlife Conservation Commission (FWC) is asking Florida residents and visitors to help keep manatees safe, especially while out on the water.

Manatees are leaving their winter refuges and are more likely to be in rivers, canals and nearshore waters. Florida boaters are also active this season, so it is crucial to stay alert and avoid manatees while traveling through Florida’s waterways.

From April 1 through November 15, seasonal manatee zones require boaters to slow down in certain areas to prevent manatees from being injured or killed by motorboats or personal watercrafts. Boat strikes are a major threat to Florida manatees. FWC law enforcement officers are on patrol in state waters to remind boaters of the seasonal manatee speed zones and take enforcement actions.

Manatees can be difficult to detect when they are underwater, so it is important for operators of boats and personal watercrafts to be vigilant. You can help protect manatees by following these simple guidelines:

Wear polarized sunglasses to help spot manatees;

Avoid boating in shallow areas where



Manatee photo provided

manatees graze on seagrass;

Look for large circles on the water, also known as manatee footprints, indicating the presence of a manatee below;

Look for a snout sticking up out of the water;

Follow posted manatee zones while boating;

Never push a stranded manatee back into the water; and

Report injured, distressed, sick or dead manatees to the FWC’s Wildlife Alert Hotline at 1-888-404-3922 or by dialing #FWC or *FWC on a cellphone so trained responders can assist.

“We’re asking the public to be exceptionally vigilant watching for manatees when out on the water, as the FWC and the U.S. Fish and Wildlife

Service continue to respond to a high level of manatee deaths along Florida’s east coast,” said Michelle Pasawicz, manatee management program lead for the FWC. “By obeying speed zones, wearing polarized glasses and keeping a watchful eye on the water, you can make an immediate difference in manatee conservation.”

Resources for boaters, educators and other interested members of the public are available at www.myfwc.com/manatee. Click the Information & Guidelines tab for helpful tips on respectfully viewing manatees, additional guidelines for boat and personal watercraft operators, and

information on what you can do to help these aquatic mammals.

To learn more about the manatee unusual mortality event, click on the Learn More on the top of the page at www.myfwc.com/manatee.

To support the FWC’s manatee research, rescue and management efforts, purchase a Save the Manatee Florida license plate, or donate \$5 to receive an FWC manatee decal. Both are available from your local tax collector’s office.

The Fish & Wildlife Foundation of Florida has additional ways to help. Visit www.wildlifeflorida.org for more information.*

SPORTS QUIZ

1. What college athletic conference produced both the men’s and women’s NCAA soccer champions in 2021?
2. Name the brothers, known for their violent style of play, who were teammates on the Montreal Canadiens in the 1920s and died within days of each other in 1956.
3. What NASCAR driver had 40 wins in his Cup Series career from 1981-2013 and finished second in the standings five times without winning a season championship?
4. What pro golfer from Australia portrayed comic-strip boxer Joe Palooka in 11 films from 1946-51?
5. On Sept. 7, 2021, what Tampa Bay Rays rookie reached base safely for the 37th consecutive game, passing Mickey Mantle’s 36-game on-base streak for a player age 20 or younger?
6. Name the Canadian men’s figure skater who won silver medals at the 1994 Lillehammer and 1998 Nagano Winter Olympics.
7. In what Nintendo Entertainment System video game included basketball teams named the New York Eagles, Los Angeles Breakers, Boston Frogs and Chicago Ox?

ANSWERS

1. The ACC, with Clemson (men) and Florida State (women).
2. Sprague and Odie Cleghorn.
3. Mark Martin.
4. Joe Kirkwood Jr.
5. Wanda Franco.
6. Elvís Stojko.
7. “Double Dribble.”

Doctor and Dietician

Shoulder Pain And What To Do About It



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

Each year, millions of people visit the doctor for rotator cuff injuries and even more for other shoulder injuries. Shoulder injuries can occur seemingly on their own without even doing anything or they can occur as a result of bad movements while lifting and/or turning, or poor biomechanics

while performing daily activities such as computer work or during sports activities such as swimming, tennis, or baseball. People are given diagnoses such as rotator cuff tears, shoulder arthritis, shoulder labral tears, snapping scapula syndrome, shoulder bursitis, bone spurs, impingement syndrome and/or supraspinatus tendinitis. Symptoms experienced are shoulder pain, crunching sounds with movement, loss of shoulder motion, loss of shoulder strength, muscle spasms and shoulder popping.

These symptoms can be signs of shoulder instability and respond well to comprehensive regenerative medicine treatments such as prolotherapy. Why? Prolotherapy addresses the root cause of these issues which is often an underlying ligament injury that causes mechanical instability and proprioceptive deficits that lead to mechanical and functional instability in the shoulder (and other joints.) Performing non-surgical pro-healing prolotherapy is like tightening the screws on a cabinet door hinge. Ligaments are the structures that hold bones together and muscles allow movement. Muscles are often tight

and sore because they are trying to hold the structure together, which is not their true function. Thus, treating the underlying ligament injury will strengthen the shoulder joint, allowing the muscles to relax. After the ligaments become strong, the rehabilitation process can begin. Ligaments have a tough time repairing themselves on their own, unlike muscles which respond well to physical therapy and movement.

Many patients that we see at Caring Medical want to avoid surgery so that they can continue with their active lifestyles. Many play tennis, golf, pickleball, swim, cycle, or run. Others may not be athletes but want to maintain their active lives. The remarkable thing about utilizing regenerative medicine treatments such as prolotherapy to treat shoulder injuries is that most people get back to full activities within a few months without surgery. Usually, within a few treatments, the tissues have strengthened enough to eliminate pain and provide a stable base for the muscles to resume a high level of activity again, making it ideal for athletes and those who do physical

overhead work. Working with an excellent physical therapist or trainer to help strengthen the area after successful treatment of the instability can further enhance the healing process.

George was an active 64-year-old when he partially tore the rotator cuff in his left shoulder. His provider prescribed an oral steroid, and he was sent to physical therapy (PT). Since he continued to have pain and limited range of motion, he was unable to complete the PT, and surgery was recommended by an orthopedic physician. Seeking a non-surgical alternative, George began treatment with Caring Medical and received five rounds of comprehensive prolotherapy with platelet rich plasma (PRP). Prior to treatment with Caring Medical, George was limited in his exercise and unable to do a full pushup. He can now do sets of 30 pushups without pain.

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

Nootropics Can Make You Wordle Faster



by Suzy Cohen, RPH

Dear Readers: As I was doing my Wordle this morning, it dawned on me that I was really doing this to grow new brain cells, not because I enjoyed

it. The word game is a favorite among those who like to exercise their brain using word games, but it's not the only way to get smarter. There are other ways to improve cognitive function, gain better sleep and reduce risk for Alzheimer's disease and dementia. If you too want to grow a bunch of new neurons, don't depend entirely on Wordle... or jigsaw puzzles, sudoku or even cross words. Feed your brain foods and nutrients that are proven to work. Today's article covers the best known natural nootropic vitamins and herbs.

For example, blueberries contain flavonoids and anthocyanin which promote neurogenesis. Red grapes (wash them very well) contain quercetin and resveratrol, and both of those compounds feed your brain cells. Walnuts are another, and they help because of the essential fatty acids. Perhaps the most well known 'brain food' is salmon and other wild-caught fatty fish. These help you because they are high in DHA fish oils.

The following are some other natural nootropic compounds that support

good memory and recall and, like I always say, please ask your doctor if it's right for you because these have multiple effects on the body, and some of them adversely interact with other medications and medical conditions.

Lion's Mane – It's great at making you think faster because it produces more mental energy. Basically, it makes me solve problems and do Wordles much faster. I was able to get the word "shawl" on my second attempt. Most of the time, it takes me three or four attempts to get the Wordle word. (Do you play this too? It can be maddening at times, lol).

Lion's Mane can be purchased at the grocery store, farmer's market, as a commercial tea or concentrated in dietary supplements.

Green Tea or Matcha – These drinks provide less caffeine than espresso and coffee, however, it does the same thing. This option provides EGCG (Epigallocatechin gallate) which has anti-tumor activity.

Ginkgo biloba – This natural herb is categorized as a nootrope, but it does so many other good things. It increases dopamine activity and sends more blood to the brain.

Bacopa monnieri – This herb has been studied quite a bit, especially for Alzheimer's disease, Parkinson's, dementia, anxiety and epilepsy. Besides being a fabulous neuron antioxidant, it increases acetylcholine activity and reduces beta-amyloid formation.

Acetyl L Carnitine – This anti-aging smart pill is a natural amino acid, and it's a precursor to acetylcholine. You'll find it as a dietary supplement at health food stores. It seems to work better when combined with other brain-nourishing supplements.

Phosphatidylserine - This well-studied nootropic is found in sunflower seeds and soybeans. You'd have to eat

bucketfuls on a daily basis, so people purchase dietary supplements of this. It also helps with sleep.

If you'd like to read the longer version of this article, sign up for my newsletter at www.suzycohen.com.

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.SuzyCohen.com.

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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



"What would you suggest for a husband
whose _____ starts
in three weeks?"

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!

- Slam
CHASTE [] [] _____
- Assist
VEERS _____ [] _____
- Remains
SENOB [] [] _____
- Sure
INCRATE _____ [] [] [] _____

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Differences: 1. Sail is different. 2. Pocket is missing. 3. Headline is different. 4. Glasses are missing. 5. Umbrella is missing. 6. Camera is missing.

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

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

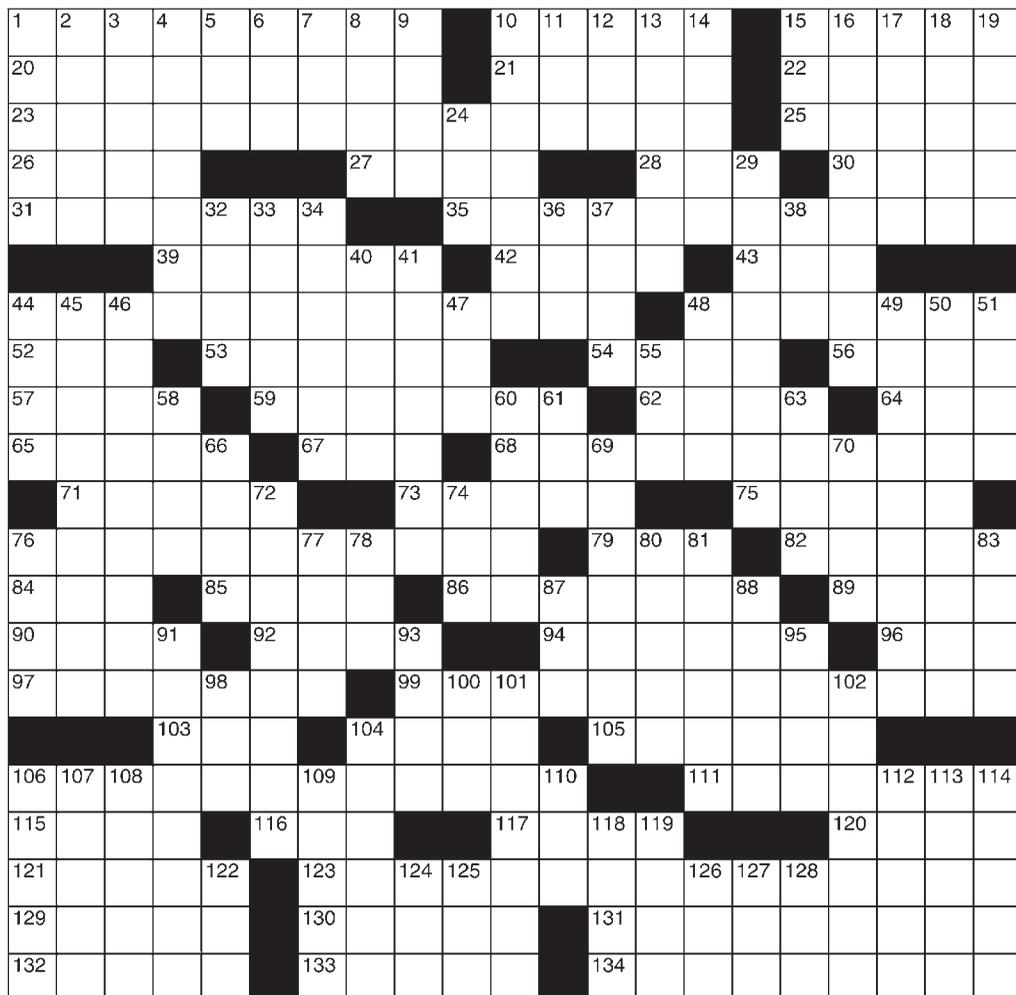
TRIP UP

ACROSS

- 1 Shoshone woman who accompanied Lewis and Clark
- 10 Hebrew holy text
- 15 Chicago hub
- 20 Rembrandt painted with them
- 21 You RSVP to it online
- 22 Tempos
- 23 Eton and Hogwarts
- 25 RAM units
- 26 Nastase of tennis fame
- 27 The sun, e.g.
- 28 Hooded viper
- 30 Get higher
- 31 Long-necked beast
- 35 Companies with cabbies
- 39 Give the details of
- 42 Kite's home
- 43 Suffix with human
- 44 Skilled thief, slangily
- 48 Adds on
- 52 Positive vote in Congress
- 53 "What's the —?" ("Care to explain that?," slangily)
- 54 Vow
- 56 Dried up
- 57 Weightlifting units
- 59 Cuddle (up)
- 62 "Stay" singer
- 64 Teensy
- 65 Bug B Gon's brand
- 67 Abbr. on an airport uniform
- 68 Jacob Bronowski book about human history, with "The"
- 71 Platoon unit
- 73 German wine region
- 75 Equipper of horse hooves
- 76 Carnival vessels
- 79 Backpacked beast, maybe
- 82 "Chicago" showgirl Hart
- 84 — polloi
- 85 "Toodles!"
- 86 Club get-togethers
- 89 Bleacher feature
- 90 PC brand
- 92 Part of DJ
- 94 Plant-based salve for treating bruises
- 96 Longtime CBS series
- 97 10th month, in German
- 99 Many golf hits onto the green
- 103 Comic actor
- 104 Sweetheart
- 105 Sitting Bull's tribe
- 106 Hoped-for result of a throw to a receiver
- 111 Frosty and the like
- 115 Face defacer
- 116 Tofu base
- 117 Negative votes in Congress
- 120 Green
- 121 Gut
- 123 Trip associated with the starts of seven answers in this puzzle
- 129 With 6-Down, boxing legend's daughter
- 130 Devilish grin
- 131 Native of the Raiders' home
- 132 Fidgeting

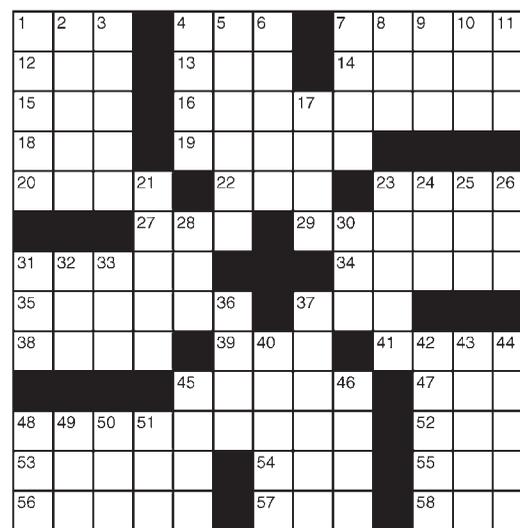
DOWN

- 1 Edna Ferber novel
- 2 Garlicky mayonnaise
- 3 "— de Lune"
- 4 Lot statistic
- 5 Jupiter, e.g.
- 6 See 129-Across
- 7 Took the gold
- 8 Units of work
- 9 Aide: Abbr.
- 10 Native of Iran's capital
- 11 — -lacto diet
- 12 '16 Olympics city
- 13 Finally
- 14 Literature Nobel
- 15 The sun, e.g.
- 16 Hoedown excursions
- 17 Stuffy story
- 18 Singer Della
- 19 Snaky curves
- 24 Tabby
- 29 Divine seers
- 32 Grub
- 33 Small flutes
- 34 — terrible (hellion)
- 36 Crosses (out)
- 37 Analogy part
- 38 Pooh-bah
- 40 Anklebone
- 41 Folding craft
- 44 Poi plant
- 45 Australian landmark
- 46 Stayed silent
- 47 Dress finely, with "out"
- 48 Oodles
- 49 Taos locale
- 50 Most bleak
- 51 Not hidden
- 55 Stein quaff
- 58 Feng —
- 60 Steer catcher
- 61 Japan finish?
- 63 Niels with a Nobel
- 66 Brewer's kiln
- 69 Revlon rival
- 70 Yard third
- 72 Cul-de-sacs
- 74 Mil. missions
- 76 Elaine in Trump's Cabinet
- 77 Commotion
- 78 Owns
- 80 Capital of Yemen
- 81 Makes glossy, as one's hair
- 83 Discord deity
- 87 Street vehicle
- 88 "Danke —"
- 91 Retina parts associated with monochrome vision
- 93 D-Day city in France
- 95 About
- 98 "Humbug!"
- 100 Golf norm
- 101 Shrub shapers
- 102 Sadie — Day
- 104 Miami Heat great
- 106 Small hand drum of India
- 107 Shark's place
- 108 Not ignited
- 109 "— -daisy!"
- 110 Prefix with payment or partisan
- 112 Sister of Eva and Zsa Zsa
- 113 "I Love Lucy" neighbor
- 114 — Dame
- 118 I problems?
- 119 Bleacher feature
- 122 "Whoopie!"
- 124 Shark's place
- 125 Weightlifting unit
- 126 MGM rival
- 127 Waitress at Mel's Diner
- 128 Racing circuit



ACROSS

- 1 Justice Dept. agency
- 4 Physician's nickname
- 7 Grating
- 12 Vintage
- 13 Away from WSW
- 14 Mountain crest
- 15 Set afire
- 16 Yosemite peak featured in "Free Solo"
- 18 "CSI" evidence
- 19 Dewy
- 20 Billboard
- 22 Swiss peak
- 23 Bloke
- 27 Author Fleming
- 29 Abrasion
- 31 Planet circlers
- 34 Heart line
- 35 Coffeehouse bill collector
- 37 L-P link
- 38 Utah ski resort
- 39 "Yoo- —!"
- 41 Pottery oven
- 45 Quotable Yogi
- 47 Eastern path
- 48 Bygone Cadillacs
- 52 Copper head?
- 53 Tierney of "The Affair"
- 54 Superlative
- 7 Engrossed
- 8 "Exodus" hero
- 9 Fixed
- 10 Sch. org
- 11 Hankering
- 17 Nile vipers
- 21 Martial arts warrior
- 23 Swindler
- 24 Guffaw syllable
- 25 Suitable
- 26 Green shade
- 28 Simile part
- 30 Paint container
- 31 1959 Kingston Trio hit
- 32 Texas tea
- 33 Choose
- 36 Mother of Zeus
- 37 Gloomy
- 40 Sequence
- 42 Tuscany setting
- 43 Hard work
- 44 Seasonal songs
- 45 Thin nail
- 46 Nick and Nora's dog
- 48 Ambulance initials
- 49 Napkin's place
- 50 Payable
- 51 Mine material



DOWN

- 1 Creates origami
- 2 Russian pancakes
- 3 Luggage attachment
- 4 Consider
- 5 Borrowed
- 6 Director DeMille

MAGIC MAZE ● CITIES ALONG THE APPALACHIAN TRAIL

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: HARPER'S —, W. Va.

- Andover
- Gatlinburg
- Kent
- Rutland
- Dalton
- Gorham
- Lincoln
- Salisbury
- Erwin
- Hampton
- Luray
- Stratton
- Franklin
- Hanover
- Monson



Chocolate Dipped Florida Strawberries

photo courtesy Fresh From Florida



Chocolate Dipped Strawberries

- 10-15 strawberries
- 10 ounces melting chocolate
- Various toppings such as cookie crumbs, powdered peanut butter, sprinkles

Prepare berries by rinsing and drying thoroughly. Chocolate will not stick to berries with excess moisture on them. Place onto a parchment-lined sheet pan and set aside.

Prepare a double boiler to melt the chocolate by filling a small pot 1/4 full of tap water. Bring to a boil then reduce to a simmer and place a heat safe bowl (usually indicated on the bottom of the bowl) on top of the pot. The bowl should fit snug over top but do

not allow the bowl to touch the water, as it can burn the chocolate. Using a double boiler gently melts the chocolate by steam rather than direct heat. Place the chocolate in the bowl and stir every minute or two. Depending on the level of heat this can take up to 10 minutes. When melted and smooth, carefully lift the bowl from the pot using hot pads to handle the bowl. Steam will escape when lifting the bowl and has the potential to burn, use caution at this step!

Pour the chocolate into a container deep enough to fully submerge the berries. Using the green leaves as a holding spot, dip the berry into the chocolate and allow excess to drip off. Place onto the parchment-lined sheet pan. If you are using toppings now is the time to apply them, the chocolate will dry very quickly at this stage. Continue process until all berries are coated. Store in air-tight container, in the refrigerator, for 2-3 days.*

**My Stars ★★★★★
FOR WEEK OF APRIL 11, 2022**

Aries (March 21 to April 19) The Lamb loves to be surrounded by flocks of admirers. But be careful that someone doesn't take his or her admiration too far. Use your persuasive skills to let him or her down easily.

Taurus (April 20 to May 20) This is a good time to begin setting far-reaching goals and connecting with new contacts. Aspects also favor strengthening old relationships – personal and/or professional.

Gemini (May 21 to June 20) A personal disappointment should be viewed as a valuable learning experience. Go over what went wrong and see where a change in tactics might have led to a more positive outcome.

Cancer (June 21 to July 22) Don't leave projects unfinished or personal obligations unresolved, or you might find yourself tripping over all those loose ends later on. A relative has important news.

Leo (July 23 to August 22) Expect a challenge to the usual way you do things. Although you might prefer the tried-and-true, once you take a good look at this new idea, you might feel more receptive

to it.
Virgo (August 23 to September 22) Much work has yet to be done to polish a still-rough idea into something with significant potential. Expect to encounter some initial rejection, but stick with it nonetheless.

Libra (September 23 to October 22) There still might be some communication problems in the workplace, but they should be resolved soon. Meanwhile, that "tip" from a friend should be checked out.

Scorpio (October 23 to November 21) A new relationship appears to need more from you than you might be willing to give right now. Best advice: Resist making promises you might not be able to keep.

Sagittarius (November 22 to December 21) That restless feeling encourages you to gallop off into a new venture. But remember to keep hold of the reins so you can switch paths when necessary.

Capricorn (December 22 to January 19) A demanding work schedule keeps the high-spirited Goat from kicking up his or her heels. But playtime beckons by the week's end. Have fun. You earned it.

Aquarius (January 20 to February

PETS OF THE WEEK



Cisco ID# A906157 photos provided

Lee County Domestic Animal Services

Cisco And Gretchen

Hello, my name is Cisco. I am a black 6-year-old male pit bull. I received my very own donut bed the other day, and it will be mine to bring with me when I find a committed foster or adopter. The moment that I settle into it for the first time is everything. I am available for adoption through Lee County Domestic Animal Services or foster through Big Hearts for Big Dogs Rescue. My adoption fee is \$10.

Hi, I'm Gretchen. I am a tan 5-year-old female pit bull, who is a medium-sized pup with a big personality. I would do best in a home with same-sized or bigger



Gretchen ID# A910024

dogs as I like to chase any pets smaller than me. I will sit patiently at my run if you ask and wait for you to come and scratch under my chin. I have the softest fur, so once you start, you will have a hard time pulling yourself away. My adoption fee is \$10.

The eighth annual Flip This Kennel event will be held Saturday, April 23, from 10:30 a.m. to 3:30 p.m.

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.*

18) You're beginning to come out from under those heavy responsibilities you took on. Use this freed-up time to enjoy some much-deserved fun with people close to you.

Pisces (February 19 to March 20) Before you get swept away by a tidal wave of conflicting priorities, take time to come up for air, and reassess the situation. You might be surprised by what you'll find.

Born This Week: Your leadership qualities are enhanced by a practical sense of purpose that keeps you focused on your goals.

MOMENTS IN TIME

- On April 20, 1841, Edgar Allan Poe's story, *The Murders in the Rue Morgue*, first appears in print. The tale, generally considered to be the first detective story, describes the methods used to solve a series of murders.

- On April 22, 1889, at precisely high noon, 50,000 to 60,000 would-be settlers make a mad dash into the newly opened Oklahoma Territory to claim cheap land. Towns like Norman and Oklahoma City sprang up almost overnight.

- On April 18, 1906, in San

Francisco, an earthquake registering 8.0 kills 3,000 people as 30,000 buildings are destroyed. Two days later, 20,000 refugees trapped by a massive fire were evacuated from the foot of Van Ness Avenue onto the USS Chicago.

- On April 21, 1930, a fire at an Ohio prison kills 320 inmates, some of whom burn to death when they are not unlocked from their cells. The prison, built to hold 1,500 people, had 4,300 prisoners.

- On April 23, 1945, two weeks after taking over as U.S. president, Harry Truman gives a tongue-lashing to Soviet Foreign Minister Vyacheslav Molotov. Truman was determined to take a tougher postwar stance with the Soviets than his late predecessor, Franklin Roosevelt, had. Molotov, indignant, stormed out of the meeting with Truman.

- On April 24, 1953, Winston Churchill, the British leader who guided Great Britain and the Allies through the crisis of World War II, is knighted by Queen Elizabeth II. He would win the Nobel Prize in literature later that same year

- On April 19, 1993, near Waco, Texas, after a 51-day siege, the FBI

continued on page 22

 FRIDAY Sunny High: 83 Low: 71	 SATURDAY Sunny High: 82 Low: 72	 SUNDAY Partly Cloudy High: 81 Low: 69	 MONDAY Partly Cloudy High: 82 Low: 71	 TUESDAY Mostly Sunny High: 80 Low: 68	 WEDNESDAY Partly Cloudy High: 78 Low: 69	 THURSDAY Partly Cloudy High: 81 Low: 68
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	12:57 am	6:45 am	1:04 pm	7:10 pm
Sat	1:47 am	7:09 am	1:20 pm	7:52 pm
Sun	2:40 am	7:30 am	1:41 pm	8:37 pm
Mon	3:37 am	7:48 am	2:07 pm	9:27 pm
Tue	4:44 am	8:00 am	2:38 pm	10:24 pm
Wed	3:16 pm	11:31 pm	None	None
Thu	4:02 pm	None	None	None

Point Ybel Tides

Day	High	Low	High	Low
Fri	12:02 am	6:47 am	12:09 pm	7:12 pm
Sat	12:52 am	7:11 am	12:25 pm	7:54 pm
Sun	1:45 am	7:32 am	12:46 pm	8:39 pm
Mon	2:42 am	7:50 am	1:12 pm	9:29 pm
Tue	3:49 am	8:02 am	1:43 pm	10:26 pm
Wed	2:21 pm	11:33 pm	None	None
Thu	3:07 pm	None	None	None

Punta Rassa Tides

Day	High	Low	High	Low
Fri	12:46 am	7:02 am	1:02 pm	7:27 pm
Sat	1:28 am	7:32 am	1:18 pm	8:08 pm
Sun	2:11 am	8:03 am	1:31 pm	8:52 pm
Mon	3:03 am	8:32 am	1:48 pm	9:38 pm
Tue	4:05 am	9:01 am	2:15 pm	10:27 pm
Wed	5:12 am	9:29 am	2:53 pm	11:22 pm
Thu	6:24 am	9:53 am	3:44 pm	None

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	3:07 am	10:01 am	3:14 pm	10:26 pm
Sat	3:57 am	10:25 am	3:30 pm	11:08 pm
Sun	4:50 am	10:46 am	3:51 pm	11:53 pm
Mon	5:47 am	11:04 am	4:17 pm	None
Tue	6:54 am	12:43 am	4:48 pm	11:16 am
Wed	5:26 pm	1:40 am	None	None
Thu	6:12 pm	2:47 am	None	None

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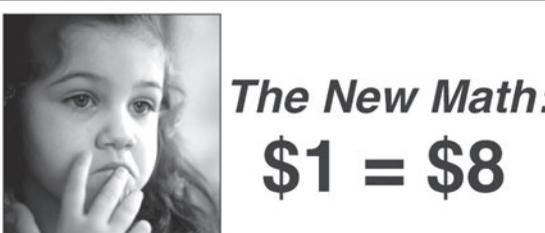
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Call (239) 334-7007 or donate online at:
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Blood Donations Needed

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

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

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

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

From page 20

Moments In Time

launches a tear-gas assault on the compound of Branch Davidian leader David Koresh and his disciples as part of an investigation into illegal possession of firearms and explosives. The compound at Mount Carmel was burned to the ground, and some 80 Branch Davidians, including

22 children, died in the inferno.

NOW HERE'S A TIP

- A garden manicure is what my mother calls it: When working with plants and dirt, rake your nails across a bar of soap. The soap prevents dirt particles from lodging under nails, and the soap washes away easily when you are finished. Happy Gardening! – JoAnn

- "If you have a spade with a long handle, you can transfer common measurements to the handle. Just lay a tape measure alongside the handle, and use a black marker to note common spacing, like feet and inches. Then, when you put in plants, you can check quickly whether they are spaced correctly. Very handy!" – PE in Arkansas

- "Garden tool storage doesn't have to be hard. Fill a wide mouth bucket with clean sand. Add a half quart or motor oil and stir. Then use the sand to clean and store your garden tools like shovels, rakes or hoes. The sand/oil mixture helps clean the metal surfaces, and the heaviness of the container lets you stick them in the sand without fear of everything falling down, like it would if you leaned them along a wall." – E in North Carolina

- Here's a recipe for a quickie bird feeder or bath: Flip over a nice-size flower pot, and place the pot's tray on the top. Fill with seed or water. The birds will thank you – maybe even by eating some nuisance

bugs along with the seed.

- If the string on your trimmer is always breaking or jamming, try this old trick: Give the coiled string a spray with vegetable oil before you thread it. It lubricates the line, making it less likely to pull and less likely to break.

STRANGE BUT TRUE

- A honey badger named Stoffel, resident of a wildlife center in South Africa, was noted not just for repeated escapes from his enclosure, but his stubborn penchant for pursuing much larger animals than himself. After ending up in the clinic after attacking two lions, upon his release, he immediately broke free to attack them again!

- The novelty song *Monster Mash* by Bobby Pickett was banned by the BBC for over a decade on the grounds it was too morbid.

- Sorry, Honey Nut Cheerios fans, your cereal doesn't contain any nuts. While ground almonds used to be included, since 2006 just "natural almond flavor" has been used, and that is typically derived from apricot and peach pits.

- An estimated five percent of the population has never experienced a headache.

- Who needs Red Bull? In the early 1900s, distance runners were given champagne, brandy or even strychnine (rat poison) as a type of "energy drink" during

long races.

- Robert Pirsig's *Zen and the Art of Motorcycle Maintenance* holds the world record for being the most-often rejected book to later become a bestseller, with a whopping 121 refusals before a publisher finally agreed to buy it.

- On the moon, the Earth doesn't appear to rise or set, just wobble a bit.

- A Ukrainian couple tried to save their failing relationship by handcuffing themselves together. They lasted about four months before throwing in the towel for good.

- Studies have shown that removing lead from gasoline was a factor leading to the decline of violent crime in 1990s America. Individuals exposed to lead at young ages have numerous conditions and problems with impulse control, all of which may negatively impact their decisions as they reach adulthood.

THOUGHT FOR THE DAY

"You always pass failure on the way to success."

– D Mickey Rooney

TRIVIA TEST

1. **Food & Drink:** What was the first food eaten in space?
2. **Literature:** A character named Piggy is featured in which 20th-century novel?
3. **Geography:** What are the residents of

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4/15 * TFN

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4/20 * TFN

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CAREGIVER

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

Also assist with physical transit.
Contact Lisa 239-395-0153.

1/21 * TFN

LOST & FOUND

LOST BLACK ZIPPERED BRUSH CASE

I am a full-time artist on the island and I lost my brush case full of watercolor brushes, pens and pencils etc. over a week ago, somewhere along Middle Gulf Drive.

It's a black zippered case.

I offer a \$100 reward if you find it.

These brushes are of high sentimental value to me.

Please contact me at shadjebi@gmail.com

3/25 * TFN

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REMAX OF THE ISLANDS

6/5 * TFN

Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB

Shore Fishing:



Don't Harm The Fish
by Capt. Matt Mitchell

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

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

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

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

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

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

HORTOONS



4. **Measurements:** How many pounds are in a stone?
5. **Language:** What does Ph.D stand for?
6. **Animal Kingdom:** What is the color of a giraffe's tongue?
7. **Medical:** What is the common name for onychocryptosis?
8. **History:** What is a more common name for the 19th-century killer known as the "Whitechapel Murderer"?
9. **General Knowledge:** What is the color of "black boxes" used to record flight data on aircraft?
10. **Science:** What is considered to be the ideal "room temperature"?

TRIVIA ANSWERS

1. In 1961, Russian cosmonaut Yuri Gagarin ate pureed meat and then chocolate sauce.
2. "Lord of the Flies" 3. Cypriots 4. 14
5. Doctor of Philosophy 6. Blue, black or purple 7. Ingrown nail 8. Jack the Ripper 9. Bright orange to aid in recovery 10. 68-72 degrees Fahrenheit.

SCRAMBLERS ANSWER

1. Scathe 2. Serve
3. Bones; 4. Certain

Today's Word

VACATION

PUZZLE ANSWERS

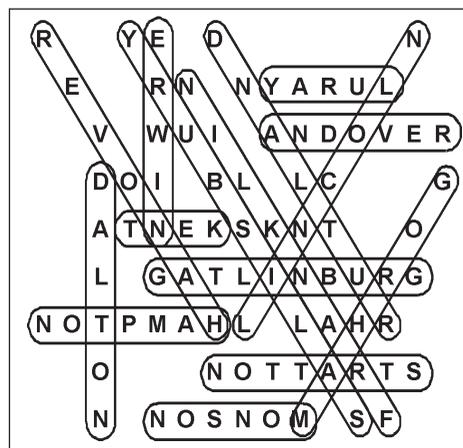
SUPER CROSSWORD

S	A	C	A	G	A	W	E	A	T	O	R	A	H	O	H	A	R	E
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T	O	U	C	H	D	O	W	N	R	U	N	S	N	O	W	M	E	N
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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2020	4,865	\$9,950,000	\$9,925,000	112
Ancona	Miromar Lakes	2020	3,756	\$4,200,000	\$4,200,000	0
Wildblue	Fort Myers	2021	4,720	\$4,045,000	\$4,045,000	83
Creekside	Bonita Springs	1995	4,597	\$3,299,000	\$3,299,000	3
Del Sega	Sanibel	1991	4,738	\$2,895,000	\$2,901,000	0
Harbour Preserve	Cape Coral	2003	3,970	\$2,835,000	\$2,835,000	5
Del Sega	Sanibel	1992	3,371	\$2,695,000	\$2,711,000	6
Indian Bayou Subd	Fort Myers Beach	1991	2,232	\$2,200,000	\$2,300,000	5
Kinzie Island	Sanibel	1995	2,696	\$2,295,000	\$2,295,000	4
Cape Coral	Cape Coral	2013	2,872	\$2,199,999	\$2,200,000	12

McKINLEY WILLIAMS

TWO WAYS THE RICH GET RICHER: PRIVATE PLACEMENTS AND PIPES

One way the rich get richer is through Private Placements (or Non Public Offerings). These are generally sold to institutions, accredited investors, or select individuals.

Unfortunately - many people do not qualify, because they are not an accredited investor. An accredited investor is an individual who has an annual income of \$200k and a net worth of a million dollars not including their home, or a married couple with a joint income of \$300k with the same net worth requirement of a million dollars not including their home. Additionally, most financial advisors only present private placements to their largest clients (i.e. the ones they make the most money from). The exemption is that there are a maximum of 35 non accredited investors who may participate. In all cases the investors must be able to evaluate the quality, merit, and be able to understand the risk associated with investing in Private Placements.

From a legal perspective Private Placements are subject to the Securities Act of 1933, but do not have to be registered with the Securities and Exchange Commission.

Private Placements are the original seed money of the majority of publicly traded companies. For example, if ABC COMPANY wants to raise 100 million dollars they can sell the shares at one dollar per share, but the investor must invest a minimum of \$100k to be able to participate. Albeit it may seem like much; your profit can dwarf the original investment. How? Because if the syndicate (,or group of wall street investment banks who are managing the deal) decide to take the company public at twenty dollars per share your 100k is now worth two million dollars. That's right 2 million dollars.

There are deals that many people are not privy to because they either don't meet the requirements of an accredited investor, or their financial advisors are saving those deals for their bigger clients.

The gamut of Private Placement Deals can range from: REITs (Real Estate Investment Trust), oil wells and natural gas, equipment trust leasing, technology deals, etc.

Every publicly traded company starts as a Private Placement. In 2004 I dumped several of my clients in Google around \$50 and change. Today Google is trading around \$ 2,350.00.....The phrase "Not Bad" is an understatement. Those who got in late bought the stock in the open market after it became public in their portfolio around one hundred dollars per share. Those clients came late to the party because the deal was closed, but they still made a ton of dough when they bought it soon as it went public.

The downside is that you can lose your ENTIRE INVESTMENT. This is why it is paramount to cultivate relationships with people in the capital

markets so they will advise you what NOT TO INVEST IN. On average....one in five private placements make it. Bad odds you say. Not so. If you have a financial advisor who is "plugged in" your chances of making a huge profit are multiplied.

No matter how much technology there is; business is still people. If your financial advisor has NEVER offered you a private placement or doesn't have access to them - consider changing advisors. They are selling you propriety products or "Stuff" that's in the firms inventory. *I'm being professional when I say "Stuff."

You have to cultivate those relationships with people who are "plugged in" and can get you deals from Goldman Sachs, KKR, and a few regional Broker Dealers who have a higher success ratio than others.

If you invest in anything; You must cultivate relationships with people who are "plugged in" because they have acces. I still maintain friendships with everyone I've worked with on Wall Street and am revamping a few thing because of what is coming in the near future.

Private Placements are not for the faint at heart, because it is a noncorrelated asset. Which means that you cannot track it through Wall Street until it becomes publicly traded. We call it cement money, because once your money is invested you cannot get it back unless the company goes public or some other larger corporation buys it out. If you want to get in on the next Twitter or Facebook and get in on the ground floor; Private Placements are the way.

Remember - economic viability should be the first consideration for any potential investor. Only invest if you have done your due diligence and your advisor believes it will make you money.

The other financial instrument that the rich use to increase their wealth is Private Investment in Public Equity (Companies)

PIPES are when institutions or an accredited investor buys stock directly from a publicly traded company. How can they do this when everyone else has to buy stock in the open market? I'll tell you in one word "RELATIONSHIP."

I mentioned that if you are going to invest in anything there are certain relationships that you must cultivate with a few players on Wall Street... but let me give you an example of investing in a PIPE.

ABC corporation is trading at 100 dollars per share and the investor is purchasing the stock at 90 dollars per share. This basically gave the accredited investor a ten percent discount to market. which means that he/she is already profitable because the cost basis is ten percent below the market price. NICE!

Now there maybe a holding period of maybe one year before you can sell it, but who



cares - we're up ten percent in the money.

Public companies often have PIPES available, but most financial advisors use this as a way of rewarding their best clients for doing business with them. Even in a direct purchase stock plan there is NO DISCOUNT TO MARKET. Conversely, the very definition of a PIPE immediately rewards the investor by allowing them to purchase stock at a discount to the stock market.

These are just a couple of investment instruments that most people are not privy to. You are only as profitable as your financial advisor's contacts. Forget the charts, trends, regression analysis, etc...and focus on does my financial advisor have access to savvy individuals in the capital markets (i.e. Wall Street)? Your answer should be an emphatic resounding yes. If it isn't...then find an extra advisor to add another proverbial arrow to your financial quiver.

One of my friends was the president of one of the top clearing firms in the US. Another friend of mine was the attorney for the Securities and Exchange Commission. I maintain a close relationship with a National Director for Wealth Management as a mentor and I speak with several top producers that I've worked with in the past. I understand the power of relationships and these guys are my friends and support most of the civic efforts I participate in. I suggest that you network with people who are in the know as it relates to investing if you plan on having a decent retirement.

I am. Financially Yours,
McKinley Williams