



The Electric Mud

photo provided

Smoke On The Water Returns To Downtown Area

The 5th annual Smoke on the Water Barbecue Competition and Music Festival returns to Centennial Park on Friday, April 27 from 6 to 10 p.m.

and on Saturday, April 28 from 11 a.m. to 10 p.m. Admission is free.

Presented by the Sidney & Berne Davis Art Center, the event features a Florida BBQ Association sanctioned competition. It includes professional teams from all across the Southeast who fire up their smokers for a chance at the Grand Champion title. As a sanctioned contest, Smoke on the Water is

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Earth Day Trash Bash This Saturday



Participants at a previous Earth Day Trash Bash

photo provided

Keep Lee County Beautiful, Inc. (KLCB) officials are encouraging people of all ages to volunteer for Lee County's upcoming Great American Cleanup event on Saturday, April 21. Most cleanup times are from 8 to 11 a.m.

Earth Day Trash Bash involves volun-

teers cleaning up litter and debris from public lands and shorelines across Lee County. More than 750 volunteers have already registered at the 38 locations KLCB is hosting.

"Whether the place is a neighborhood park or a river shoreline, public

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The famous Ascot Gavotte scene

photo provided

A Beloved Musical At Broadway Palm

by Di Saggau

My Fair Lady has been thrilling audiences for over 60 years. There's another revival on Broadway, but I'm sure it could not top the production now showing at Broadway Palm Dinner Theatre. What a

delightful evening. Based upon George Bernard Shaw's *Pygmalion*, *My Fair Lady* is a love story between professor Henry Higgins (Daniel James Canaday) and a gritty but vulnerable cockney flower seller, Eliza Doolittle (Maxwell Porterfield). When the two meet on the street, Higgins makes a wager with his friend Colonel Pickering (Dale Given) that with the proper coaching he can turn Eliza into a woman of high society and pass her off as a duchess in six months. Thus the challenge begins.

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An Unlikely Friendship At Lab Theater



Michael Hennessey and Brandon Somers

photo provided

by Di Saggau

The award-winning play *Visiting Mr. Green* has been presented around the world for over 20 years, including Israel where it won the 2001 Israeli Theatre Award in the Best Play category. You can see it now at Laboratory Theater of Florida, and I highly recommend this play because it shows a heartfelt performance by two completely opposite characters. Ross Gardiner (Brandon Somers) is an up-and-coming

young business executive in his early 30s, who has been sentenced to six months of community service visits to Mr. Green (Michael Hennessey), the 86-year-old widower he almost ran over with his car.

We hear a knocking on the door and in walks Ross, totally surprising Mr. Green who says, "Who are you? How do you know my name?" Ross tidies the apartment that is strewn with papers. He also stocks the refrigerator and brings Mr. Green soup

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Historic Downtown Fort Myers, Then And Now:

Marching Past Citrus Street

by Gerri Reaves, PhD



Streets have lives of their own. Some seem to have been around forever. Think how First and Hendry form the crux of historic downtown, their essential outlines traceable even in the mid-19th century map of the U.S. Army Fort Myers.

Others change names, which, even when for a good reason, can be confusing.

Did you know that until about a century ago, Fort Myers had a street named Banana? It became Michigan Avenue. And, it wasn't until the 1930s that Washington Avenue became Poinsettia Avenue.

More recently, Peck Street became Widman Way and Mango Avenue was renamed Dr. Ella Piper Way.

Then there's another category -- streets that just disappear after a long acquaintance, like little Citrus Street, shown in the 1964 photo.

Unless you've lived in Fort Myers for quite a while, you might not recognize the setting or the name.

The parade marching west down First Street is passing the Citrus intersection. Look closely at the street sign (left), and you'll see the name.

Along with Dean Street, Citrus might hold a record for having been the shortest street in town -- only a block.

The photo was taken during the Children's Parade, part of the Edison Festival of Light, during February 1964.

The photographer stood approximately at the entrance to the Post Office/Collier Arcade to take the photo of the approaching majorettes.

(By the way, that wing of the arcade was demolished in the mid-1990s for the construction of the U.S. Courthouse & Federal Building. Today an open bricked courtyard is located where part of the wing's footprint once was.)

Prettily named Citrus Street was officially created by the City in 1939 -- and well named it was, for it ran from First to the Lee County Packing House on the riverfront.

Further justifying the name is the fact that for many early years, Charles Tooke ran a fruit stand on the street.

Oddly enough, though, Citrus had technically existed for years, if you count its precursor, Riverview Court, named after the hotel whose east side it bordered.



A parade heading west on First Street in 1964 passes Citrus Street, which no longer exists
photo courtesy SWFL Historical Society, Goddard-Dibble Collection



The space between the City of Palms Parking Garage and the Strayhorn Building roughly traces where Citrus was located
photo by Gerri Reaves

Much has changed since the 1964 photo was snapped, but that chimney with "Hotel Dean" in large letters will help you get your bearings.

Follow the roofline to the right and you'll see the hotel corner at First. In 1964, that boom-time hotel had been on a downward slide. It had recently been sold and the name changed from the Morgan-Dean Hotel.

Blocking the view of the hotel is the Fort Myers Realty Building. In 1964 the Geraci Travel Agency was located there, a fact difficult to overlook given the signage.

Note the "Travel" sign on the front of the building, as well as the bright red and white signage on the brick wall facing the 1930s American Oil Company gas station (center).

Today, much of what's shown in the historic photo is gone, including the station and its neighbor, the one-story Davies motorcycle dealership, whose metal roof (far left) is visible behind the street sign.

Also now demolished is the historic home that is partially visible in the distance (left of the gas station): the Taff Langford house on the southwest corner of Dean and Bay. That house had been moved from First Street in the early 20th century.

However, the drastic changes to this scene over the last 54 years have resulted in an undoubtedly more attractive riverfront.

In 1953, the packing plant experienced a devastating fire and was never rebuilt. Edwards Drive was created in the 1950s. In the 1960s, the railroad and tracks moved from Monroe Street and the waterfront.

Eventually, the riverfront park was greatly expanded into today's Centennial Park.

As for little Citrus Street -- just a tiny puzzle piece in the redevelopment scheme -- the city vacated it in 1991, so it is no more.

Today, the 1985 Strayhorn Building is located where many of the parade-goers watched the majorettes in 1964, with it and the City of Palms Parking Garage more or less framing the former street.

Walk down to the former intersection of First and Citrus and envision a gas station on the corner and a packing house at its other end on the river.

Then visit the following two research centers to learn more about the creation, renaming and demise of downtown streets.

The Southwest Florida Historical Society is an all-volunteer, non-profit organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m. It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 or visit www.swflhistoricalsociety.org for more information.

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Hours for the all-volunteer, non-profit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only. For information, call 332-8778 or visit www.leecountyblackhistorysociety.org.

Sources: Archives of the Southwest Florida Historical Society and *The News-Press*.✱

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Thursday Night Live Concerts At Bell Tower

Bell Tower Shops will continue its popular Thursday Night Live Concert Series with Soulixer, a funk/soul band, on Thursday, April 26. Performances run from 5 to 7 p.m. at either Center Court or next to Bistro 41, central to Bell Tower Shops' many shopping and dining destinations.

Thursday Night Live is a free, open-air concert series spotlighting a wide range of musical genres, including funk, soul, lite rock, 80s, 90s, R&B, jazz, pop and today's top hits.

The upcoming schedule includes Vocalist/guitarist Julie Savannah on Thursday, May 10, followed by Acoustic solo artist Brian Markley on Thursday, May 24.

Restaurants at Bell Tower Shops will co-host Thursday Night Live, offering food and beverage sales during the concert. Guests are encouraged to bring their own lawn chairs for seating.

Bell Towers Shops is located at the corner of U.S. 41 and Daniels Parkway in Fort Myers. For more information, visit www.thebelltowershops.com.

Fight For Air Climb April 28

Breathing should not be an uphill battle, but for many it is. On Saturday, April 28 at 8 a.m., hundreds will join the American Lung Association for an endurance climb up the Oasis Grand in support of friends and loved ones who suffer from lung diseases like asthma and lung cancer, and raise funds for clean air and lung disease research, education and advocacy.

Fight For Air Climb will feature participants scaling over 31 flights of stairs of the 32-story building.

"This is truly a remarkable experience for both running and fitness enthusiasts, as well as our participants that are suffering from a lung disease," said Kurt Goerke, executive director of the American Lung Association in Florida. "It is a reminder that no one should have to fight for air on a daily basis."

Local firefighters will be showing their support at the end of the race by climbing the 31 flights in full firefighter gear – helmet, hood, pants, coat, gloves, boots and air pack – weighing over 45 pounds. Firefighters have an increased risk for lung disease from the exposure to gases, chemicals and smoke in the line of duty. Local first responders will also participate in this year's climb.

Fight For Air climbers can participate individually or as a team. Registration is \$25 per participant and includes a \$100 fundraising minimum.

The American Lung Association of Florida's 2018 Fight For Air Climb is sponsored by Oasis, Lee Health, Tobacco-Free Lee Coalition, Allyn International, LCEC, Millennium Physician Group, Edison National Bank, FirstService Residential and Polar Breeze

Oasis Grand is located at 3040 Oasis Grand Boulevard in Fort Myers. For more information or to register, contact Kurt.Goerke@lung.org, 908-2685 or visit http://action.lung.org/site/TR?fr_id=16385&pg=entry.

Neighborhood Cleanup April 20

As an ongoing effort of the Safe and Clean Task Force, the City of Fort Myers, community volunteers and citizens of Ward 3 are celebrating Earth Day with a Neighborhood Cleanup on Friday, April 20 from 1 until 5 p.m. City of Fort Myers employees and community volunteers will be picking up junk, trash, debris and litter in addition to cutting grass and trimming overgrowth.

All trash placed curbside will be picked up on the day of the event. Residents must park vehicles in driveways only, not on grass or sidewalks.

The Earth Day Neighborhood Cleanup is coordinated by the City of Fort Myers Safe and Clean Task Force (members include Public Works, Parks, Stormwater and Solid Waste; Fort Myers Police Department; Fort Myers Fire Department; Community Development, Code Enforcement Field Supervisor and Zone Code Officers) and citizen volunteers.

For more information, contact Mike Titmuss at 321-7950 or mtitmuss@cityftmyers.com.



From left, Jessica Whalen, executive director of Griswold Home Care Southwest Florida; Monica Monahan, Harry Chapin grant manager; and Elizabeth Fullerton, director of marketing at Griswold Home Care Southwest Florida photo provided

Food Bank Awarded Grant

Griswold Home Care Southwest Florida recently presented The Harry Chapin Food Bank a grant from the Jean Griswold Foundation. The grant will go toward the food bank's Care & Share Senior Feeding Program, which provides canned fruits and vegetables, canned protein, grains, cereal, and fresh produce to around 2,200 needy seniors each month.

The Jean Griswold Foundation, named for Griswold Home Care's founder, was created in 2010 with the mission of supporting nonprofits that build, strengthen and sustain programs that enhance the quality of life for low-income and elderly adults. The foundation has already awarded 39 grants across the country in 2018. The Harry Chapin Food Bank, with locations in Fort Myers and Naples, provides about 22.3 million pounds of fresh, nutritious food and other essentials each year, to about 28,000 people weekly.

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A previous Miracle baseball camp for special needs children photo provided

Miracle Youth Baseball Camps Begin April 28

The Fort Myers Miracle will be offering three baseball camps for children in Southwest Florida to learn the game from professional players and coaches.

The 13th annual Disability Dream & Do baseball camp for children with special needs runs from 10 a.m. to noon on Saturday, April 28. The camp is free in partnership with the Dave Clark Foundation, and offers children with disabilities an opportunity to interact with Miracle players and coaches on the ballfield as they progress through hitting, fielding and throwing stations.

The Miracle also are offering two baseball camps for youth looking to

sharpen their skills and fundamentals under the guidance of Miracle players, coaches and staff. The camp for children ages 6 to 8 is July 10 to 12 and ages 9 to 12 is July 17 to 19. Both camps run from 9 a.m. to noon at CenturyLink Sports Complex, 14100 Six Mile Cypress Parkway in Fort Myers. The cost is \$115 per child and includes a T-shirt, Miracle gift, pre-camp snacks and lunches, and one box seat ticket to a Miracle game each night of the camp.

"I think our players and coaches enjoy these baseball camps as much as the children," said Chris Peters, Miracle president and general manager. "It's a great opportunity for them to share their baseball knowledge and insight with area children, but more importantly, just show them how to enjoy the game of baseball."

Space is limited. For more information or to register for a camp, call 768-4210 or visit www.miraclebaseball.com.✱

Run/Walk Benefits Head And Neck Cancer Patients

Nonprofit 21st Century CARE foundation is hosting the 6th annual 5K Run/2-Mile Walk in conjunction with the Schreiner/Lemos Family to support head and neck cancer patients in Southwest Florida at the CenturyLink Sports Complex at Hammond Stadium on Saturday, April 28 at 8 a.m. Registration begins at 7 a.m. on race day. Refreshments, awards and drawings will follow the walk.

The registration fee for adult runners and walkers is \$25. Youth runners and walkers (ages 5 to 17) can register for \$15. There is no fee for children age 5 and younger. The first 100 registered participants will receive a gift bag with a

t-shirt and other gifts.

All funds raised at the 5K Run/2-Mile Walk will help provide head and neck cancer screenings, treatment, follow-up care and financial assistance to patients in Southwest Florida. More than 50,000 people are diagnosed with head and neck cancers in the U.S. annually. However, these diseases are preventable and treatable.

The idea of an awareness walk in Fort Myers came about when Stacey Brill, a speech pathologist who helps head and neck cancer patients re-learn how to swallow, noticed that many of her patients were unable to afford copays and other costs associated with cancer treatment. She started this event to help such patients. The 5K Run/2-Mile Walk coincides with Head and Neck Cancer Awareness Month, observed in April.

For more information or to register, visit www.kintera.org/faf/home/default.asp?event=1176793.✱

Networking Event Dedicated To Autism Awareness



A participant at a previous GCL Art & Poetry Networking Event photo provided

Gulf Coast Leisure's next Art and Poetry Networking Event (APNE) is dedicated to Autism Awareness and will be held at the Sidney & Berne Davis Art Center on Thursday, April 26 from 8 to 11 p.m. General admission is \$10.

April is Autism Awareness month, so APNE will highlight artists on the spectrum. Become a part of the GCL movement and meet like-minded individuals. To register as a performer or artist, visit www.gclmovement.com.

Gulf Coast Leisure (GCL) is an arts and entertainment company serving Southwest Florida locals and visitors alike. GCL features vibrant, creative expressions of art from individuals representing all walks of life. While their core following is the millennial market,

their artistic events and community outreach touches all age groups from teens to baby boomers by creating a movement, culture and lifestyle with their productions and products. GCL pushes the envelope within the arts community online and in person.

Since 2012, Gulf Coast Leisure has developed nightlife events, summer celebrations and community outreach by collaborating with local nonprofits. APNE is held on the fourth Thursday of the month.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers.

For more information, tickets, and artist registration, visit www.gclmovement.com.✱

STARS Playground Celebration

Volunteers from the City of Fort Myers, Target and the community will join KaBOOM! on Friday, April 27 to transform an empty site at the STARS Complex into a kid-designed, state-of-the-art playground in just six hours.

Hundreds of community volunteers will gather at 8 a.m. to register for the 8:30 kick-off ceremony. A ribbon-cutting ceremony is being planned for approximately 2:30 p.m.

The Dr. Ann Murphy Knight STARS (Success Through Academic and Recreational Support) Complex is a community gathering place where children and young adults come together to play, learn and explore. STARS offers before and after school programming as well as sports activities and camps that coincide with school

breaks. During Hurricane Irma, the complex served as a volunteer hub for the staging and distribution of food and supplies.

In February, kids from the surrounding community came together to draw their dream playground. The playground is based off their drawings and will provide more than 1,100 kids in Fort Myers affected by Hurricane Irma with a great, safe place to play.

This playground is one of several to be built across Florida this year serving communities that were affected by the hurricane. It will be the 36th build by Target and KaBOOM! Through this partnership, Target and KaBOOM! are creating an oasis where kids feel valued and loved, and where their potential is supported, nurtured and celebrated.

The STARS Complex is located at 2980 Edison Avenue in Fort Myers. Sign up to participate at <https://www.tfaforms.com/4659126> or RSVP to Amber Smith at 321-7545 or apsmith@cityftmyers.com.✱

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Fort Myers Art:

PlayLab Festival Winner To Open At Theater April 27



by Tom Hall

Florida Repertory Theatre continues its 20th anniversary season with the world premiere production of Mark St. Germain's *George Washington's Teeth*, which was chosen

from the company's 4th annual PlayLab Festival held last year.

George Washington's Teeth is a hilarious comedy that follows the exploits of the women of the beleaguered New Bunion Historical Society as they battle the male-dominated city council to keep their doors open. With time running out to renew their lease, the ladies must find creative ways to snare new members and lure visitors to their sleepy New England town. When a set of *George Washington's* dentures turns up in the hands of an unexpected rival, the ladies of the society brace themselves for all-out war. Heartfelt and historic, this new farce proves that our



The cast of *George Washington's Teeth*

photo courtesy www.artswfl.com

differences don't divide us, they make us strong.

Florida Rep audiences will recognize St. Germain from previous hits *Camping with Henry and Tom*, which opened the then newly-renovated ArtStage Studio Theatre in 2012, and last fall's *Best of Enemies*. An accomplished playwright and screenwriter, his work also includes the Off-Broadway sensation *Freud's Last Session* as well as last year's *Relativity* in Hartford, Connecticut starring Richard Dreyfuss as Albert Einstein. Other works include *Dancing Lessons*, *Becoming Dr. Ruth* and a number of musicals, television credits and screenplays.

St. Germain joined Florida Rep earlier this year for a developmental workshop

before the play began rehearsals in March.

"My first visit to [Florida Rep] was very impressive," St. Germain said of his experience in the 2017 PlayLab. "The audience is smart and excited. The staff couldn't have been more helpful, and the company was very talented. What's not to like?"

George Washington's Teeth features a cast of five women – something rare in the canon of American plays, and that was by design.

"Once you grow past the ingénue stage, it is progressively more difficult to get a good role as an actress," St. Germain said. "It's only because the opportunities aren't always there – how many plays can you think of with an all-male cast, then count how many plays are made up of all women? I wanted to do a play where women from all ages powered the play."

Florida Rep ensemble members Viki Boyle (*The Miracle Worker*) and Carrie Lund (*How The Other Half Loves*) return to the Florida Rep stage for the farce. They are joined by familiar guest artist Liz Abbott (*Veronica's Room*), as well as award-winning TV and theatre veteran Patricia R. Floyd (Florida Rep debut), and Carbonell Award nominee Jackie Rivera (Florida Rep debut).



Kirk Erwin

photo provided

Drones Topic At Scientists' Society Meeting

Drones and finding success in a tech career will be the topics for science students and their teachers at the dinner meeting of the Scientists' Society of Southwest Florida at the clubhouse at Lexington Country Club on Wednesday, April 25. A social hour begins at 5 p.m. followed by dinner and program at 6 p.m.

Students who were top award winners in the Regional Science Fair this year have been invited. Many will be exhibiting their science fair projects

during the social hour.

Kirk Erwin, drone specialist and photojournalist with NBC2, will speak about his dream job working with drones, and how he accomplished that goal. Erwin has been in the radio-controlled industry for almost 20 years, beginning with working in a hobby shop at age 12 as a troubleshooter. He was fascinated by rockets, nitro cars, planes, helicopters, hovercrafts, boats and nearly everything he could get his hands on. His true passion became flying remote-controlled helicopters with camera rigs. After working his way up from cleaning bathrooms, mowing lawns, bussing tables and making maps, he now is in the career of his dreams: shooting and editing stories for NBC with many cool gadgets including drones.

In addition to a drone demonstration, students will hear about Erwin's "bag of tricks" in life to get ahead of the curve. He will also talk about the importance of hard work and using your diverse experiences to reach your goals.

At this meeting, the scientists' society will be presenting its annual scholarships to four top students who will be studying in science and technology fields. Scholarships are funded by member contributions over the year.

Guests and non-members are welcome by advance reservation. There is a charge for the dinner. Lexington Country Club is located at 16257 Willowcrest Way in Fort Myers. For more information about the Scientists' Society and its upcoming meetings, visit www.science-swfl.org or call 508-728-0755.*

Foundation Awards \$50,000 Grant To Heights

The Richard M. Schulze Family Foundation has granted \$50,000 to The Heights Foundation to support School Success Programs for at-risk kids in the Harlem Heights neighborhood.

"Our School Success program includes academic tutoring, after school and summer camp programs, scholarship and college access

assistance, school supplies and tuition support," said Kathryn Kelly, president and CEO of The Heights Foundation and The Heights Center. "Each program is geared to meet the specific needs of children and young adults who seek to further their education. The support of the Richard M. Schulze Foundation helps ensure our kids have the necessary tools to succeed in school."

To learn more about The Heights Foundation and The Heights Center, visit www.heightsfoundation.org or call 482-7706.*

New York-based award-winning filmmaker and international theatre veteran Abigail Zealey Bess directs the production and comes to Florida Rep after numerous projects at Ensemble Studio Theatre, SoHo Repertory Theatre, Cherry Lane Theatre, Playwrights Horizons, Edinburgh Festival, Young Vic, and Strand Theatre, London.

Bess is joined by ensemble set designer Jim Hunter (*The Miracle Worker*), costume designer Alice Neff (*The Last Night of Ballyhoo*), lighting designer Annmarie Duggan (Florida Rep debut), sound designer John Kiselica (*Cabaret*), and production stage manager Amy L. Massari (*Night and Day*).

George Washington's Teeth is the fourth world premiere to come out of Florida Rep's PlayLab Festival. The others are *Doublewide* by Stephen Spotswood (2017; NNPN Rolling World Premiere), *Split in Three* by Daryl Lisa Fazio (2015), and the regional premiere of *The Dingdong* by Mark Shanahan (2016) – all of which have had subsequent productions since their runs at Florida Rep. The PlayLab has produced 20 new play readings, and is responsible for commissioning and premiering two works for young audiences by Christopher Parks, *Journey to Oz* and *A Dream Within A Dream: The Spirit of Poe*.

George Washington's Teeth plays in the Historic Arcade Theatre from April 27 to May 13, with four discounted previews April 24 to 26. Regular performances are Tuesday through Thursday at 7 p.m.; Friday and Saturday at 8 p.m.; and 2 p.m. matinees on Thursday, Sunday and select Saturdays. Priced at \$55/\$45 for regular performances and \$35/\$25 for previews, tickets are available at www.floridarep.org and through the box office at 332-4488.

*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.**

Free Student Concert April 24

Music lovers can enjoy a free spring concert performed by students in Florida SouthWestern State College's (FSW) music program at the Barbara B. Mann Performing Arts Hall Tuesday, April 24. Doors open at 7 p.m. Concert begin at 7:30 p.m.

The concert will feature the FSW Jazz Ensemble. FSW's two Big Band

ensembles and two jazz combos will play the sounds of New Orleans jazz, swing, blues, big band, hard-bop and mainstream jazz by such composers as Les Hooper, Count Basie, Sammy Nestico, John Coltrane, Pat Metheny, Snarky Puppy, Frank Mantooth and Oliver Nelson.

Barbara B. Mann Performing Arts Hall is located at 8099 College Parkway in Fort Myers. For more information, contact Kelly O'Neil, FSW music department, at 432-5203 or koneil1@fsw.edu.*

A Gripping Drama At The Strauss Theater

by Di Saggau

Grounded is now playing at the BIG ARTS Herb Strauss Theater and I suggest you get tickets now because it will close April 21. This is a powerful one-woman drama starring Katie Pankow as a cocky ace Air Force fighter pilot who loves “the blue.” The blue sky is her home. She worships it. She’s proud of the pilot suit she’s earned, saying, “I never wanted to take it off. This was who I was now, who I’d become through sweat and brains and guts. This is me.”

When she falls in love and marries Eric and becomes pregnant, she is grounded, working a desk job. “The pilot’s nightmare,” she says. After her daughter is born, she is assigned to a military facility in Las Vegas controlling the drones that are being used by the United States to wage war in the Middle East. She calls it the “chair force.” A metal silver chair is the only prop on stage and Pankow circles it throughout the 90-minute play displaying a multitude of emotions.

She tries to look on the bright side, thinking that tracking bad guys in Afghanistan seven days a week means she will see her daughter grow up and will be able to kiss her husband good night. The threat of death has been removed. While that’s somewhat true, the responsibility of making life and death choices that involve a drone strike killing the enemy and also watching American



Katie Pankow photo provided

forces die, changes her. Her steady hands become sweaty, she sees “the gray” of the desert for hours every day and a gradual onset of post-traumatic stress disorder begins.

Video displays in the background show us what she is seeing. The play, by George Brant, is a haunting portrait of a woman in the Air Force coming under pressure as she sees the human cost of war. It slowly eats away at her. *Grounded* is a compelling and moving one-woman show and I hope you get a chance to see it. Presented by Theater Conspiracy and directed by Bill Taylor, tickets are available by calling 395-0900 or online at www.bigarts.org. The BIG ARTS Herb Strauss Theater is located at 2200 Periwinkle Way. ✨

Artist Interpretation of Symbol X Sought

Calling all artists! Submit your interpretation of the symbol X in honor of the Sidney & Berne Davis Art Center’s 10th anniversary by May 11. Submitted works will be curated and selected for display in the center’s Grand Atrium throughout June. Exhibition opens on June 1.

Icons have power. They evoke memories, experiences, and information stored in the collective unconscious. Of these icons, the symbol X has many evocative meanings: X marks the spot. X speaks of intersections. X is numeric. X is the most controversial rating. X indicates elimination. X is where we sign. X is how we sign. X signals a choice made. X is a variable. X expresses the power of magnification. X is marked of an unknown identity.

Pieces submitted to the exhibition should fit the call to artists “X” theme, and artists must submit statements explaining how their pieces fit the theme. There are no specific guidelines for artwork dimensions and proportions, but the curator encourages innovative and unique installations. Artists may submit up to two pieces

for consideration. All entries must be digital files uploaded via the June Juried Exhibition submission form on the SBDAC website. For complete details and submission, visit www.sbdac.com/event/june-juried-exhibition-x/.

Submissions will have a chance to win the Best in Show, SBDAC Pick, or People’s Choice competition for cash prizes. Best in Show is a cash prize in the amount of \$500. People’s Choice is a cash prize in the amount of \$250. SBDAC’s Pick is a cash prize in the amount of \$250.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District. For more information, call 333-1933. ✨

Gulf Coast Writers

The Gulf Coast Writers will be meeting at Zion Lutheran Church on Saturday, April 21 from 10 a.m. to noon. The writers will be celebrating the winners of their 2017 annual Writing Contest.

Networking and admission are always free for first time guests.

Zion Lutheran Church is located at 7401 Winkler Road in Fort Myers. For more information, visit www.gulfwriters.org or call 770-906-7885. ✨



Participants at last year’s Teen Talent Night photo provided

Teens Invited To Show Their Skills At Talent Night

Young artists and performers are invited to take part in Teen Talent Night at the Sidney & Berne Davis Art Center on Friday, May 18 from 6 to 10 p.m. Teens age 13 to 17 can enter visual art, dance, film, music, or theater categories for a chance to win up to \$600 in cash prizes.

Produced by the Sidney & Berne

Davis Art Center Junior Board in 2017, Teen Talent Night has attracted the interest of many of Southwest Florida’s brightest young stars. Contestants and attendees can enjoy food, music, raffles, and so much more. It’s free to enter the contest, and only \$5 to attend.

To learn more about/.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District. For more information, sign-up or purchase tickets, visit www.sbdac.com/event/teen-talent-night-2018 or call 333-1933. ✨

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Davis Woods is the place to be, located just minutes from area beach and many amenities that SW Florida offers. This 2 bedroom/ 1 bath home has a delightful view of the community pool, lake and tennis courts. Both the living room and master bedroom provides entrance to the lanai through sliding glass doors. Roll down hurricane shutters on the lanai offer storm protection. This property will make a comfortable home or investment. The seasonal rental market at Davis Woods is very strong and many seasonal renters return year after year. The home is being sold fully furnished and has everything you need to make yourself comfortable. Pack your bags and move in!

16881 Davis Road #524



Along The River

The downtown Fort Myers River District will again be the scene for Music Walk this Friday, April 20. Restaurants, bars, art galleries and shops will showcase a wide range of music during the evening from 6 to 10 p.m. Expect live jazz and blues to rock, drums and much more. Each month brings new energy to the historic streets of downtown Fort Myers.

Visit www.fortmyersriverdistrictalliance.com to learn more.

LeeTran, the county's transit system, will be offering free rides on all fixed-route buses for Try Transit Day this Friday, April 20.

Held the Friday before Earth Day, Try Transit Day is intended to raise awareness of public transit and increase ridership. Commuters are encouraged to try out LeeTran to experience a greener transportation option. The event is organized in conjunction with the Florida Department of Transportation's Commuter Services program. Individuals who use alternative transportation modes and track their trips can visit www.commuterservicesfl.com/information/trip-tracker to enter in prize drawings donated by partnering agencies.

To view a full system map and route schedules, visit www.rideleetrans.com or plan your route using the transit option in Google Maps.

Bike or hike Wildlife Drive for free, watch a free film, and take advantage of free upcycle projects at this year's Earth Day this Saturday, April 21 at JN "Ding" Darling National Wildlife Refuge on Sanibel.

The refuge will celebrate the 48th anniversary of Earth Day in partnership with "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) and Tarpon Bay Explorers, the refuge's official recreation concession.

The morning's highlights include earth-friendly, upcycled crafts to take home and a ranger-led bike tour. Throughout the day, guests can meet Bagzilla, a "bag monster" dressed in the average person's annual plastic bag consumption, and take advantage of free bike rentals from Tarpon Bay Explorers, located two miles south of the "Ding" Darling Visitor & Education Center.



Take in an Earth Day event this weekend image courtesy CalusaNature.org

In the afternoon, watch the award-winning film *STRAWS*, a 30-minute documentary about plastic straw litter and how you can make a sea of change – one straw at a time.

JN "Ding" Darling National Wildlife Refuge is located at 1 Wildlife Drive off Sanibel Captiva Road on Sanibel. For more information and the full schedule on Earth Day at the refuge, call 472-1100 or visit www.dingdarlingsociety.org.

The Bonsai Society of Southwest Florida, Inc. annual Auction and Picnic will be held at the Berne Davis Botanical Garden this Saturday, April 21. Bonsai trees and bonsai materials will be sold at auction beginning at 10 a.m. A free buffet lunch will follow the auction.

The public is invited; free parking is available on Larchmont Street, just east of the Edison Garden Shop.

The Berne Davis Botanical Garden is located at 2166 Virginia Avenue in Fort Myers.

The inaugural Music on the Mound will feature Southwest Florida singer/songwriter Sheena Brook at The Mound House this Saturday, April 21 from 5:30 to 7:30 p.m. Cost is \$15 or \$10 for Friends of Mound House members.

As a live performer, Brook has created her own sound playing all types of genres, looping and creating on the fly. Brook has played festivals with artists like Kristian Bush, Helen Darling and Josh Turner. She has written with hit writers JT Harding, Andy Albert and many others. TV audiences know Brook from her appearance on NBC's Season 12 of *The Voice*, where she gained a spot on Team Adam. Brook also opened last year for Kevin Costner at The Ranch in Fort Myers.

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

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

Calusa Nature Center & Planetarium will be hosting an Earth Day celebration this Sunday, April 22 from 10 a.m. to 3 p.m.

There will be animal in-depth presentations, special live music outdoors, a guided meditation concert in the planetarium, drum circle, special planetarium shows, food trucks and vendors.

Admission is \$10 with members admitted free. Children under age 12 get in for free. FGCU students with school ID will be \$5.

In-depth Animal Encounters will involve a wolf, baby bear, Burmese python, crocodile and an assortment of invasive reptiles. There will also be a special mystery guest animal.

Crafting will include making recycled planters, making animal enrichment objects, making bag stencils, a scavenger hunt, a face painting table and a flag painting table.

Calusa Nature Center & Planetarium is located at 3450 Ortiz Avenue in Fort Myers. For more information, visit www.calusanature.org.

Big Brothers Big Sisters Grants

Big Brothers Big Sisters of the Sun Coast – Lee County (BBBS) recently received grants from community service groups and business.

Southwest Florida Community Foundation awarded \$50,000 to BBBS for its Beyond School Walls (BSW) program. Comcast of Fort Myers hosted the inaugural BSW during the 2014-15 academic year and it has continued to host BSW each year, with some South Fort Myers High School students having been served since the inaugural year. FineMark Bank & Trust joined BSW for the 2015-16 academic year with Cypress High School and it also continues to host BSW. Enterprise joined as a BSW host for Fort Myers High School students for the 2016-17 academic year, and it continues to host students from that high school this academic year.

BBBS received a \$5,000 grant from Arthrex for its one-to-one mentoring programs with a focus on its BSW program in Lee and Collier

counties. Community-based mentoring relationships involve one-on-one outings and activities, doing things the adult volunteers (Bigs) and children (Littles) enjoy together. Some Bigs meet their Littles on the weekends. Others get together with their Littles on weekday evenings. Each match is unique and develops a schedule that works for them.

Rotary Club of Fort Myers awarded BBBS \$2,756. The funds will be used for the purchase of four computer systems and eight new monitors for the Lee county office.

Staples Foundation has awarded BBBS \$5,000 for its BSW program in Lee, Collier and Sarasota counties.

For 50 years, BBBS has operated under the belief that inherent in every child is the ability to succeed and thrive in life. In the BSW program, high school students meet with their mentors in a business setting, giving students the opportunity to experience what it means to work for a corporation, learn business etiquette, and identify educational requirements for professional success.*



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Plaque Awarded For Help In Military Care Packages

Twelve-year-old Graci Tubbs, who is the founder of the nonprofit Operation: Military Matters, recently presented Greg Heine, the COO of Flightdocs, Inc., with a plaque thanking his company for donating \$2,500 to help send care packages to the military overseas. The money donated will be able to help send 143 care packages. Flightdocs is based out of Bonita Springs and provides full-service maintenance tracking solution for aircraft operators.

"When I was introduced to Operation: Military Matters, I knew it was something we wanted to be a part of. The support of the U.S. military is so important to us, and we wanted to help a cause that had a direct positive impact on our troops, veterans, and their families. Graci has done a great job putting together the organization, and we look forward to seeing how she is able to help others in the future," said Heine.

Operation: Military Matters is a 501 (c) (3) located in Pinellas County and was started in November 2015, as part of a project for a gifted class by Tubbs. After hearing and seeing veterans speak at a school Veterans Day assembly, Tubbs felt the need to support the military and to let the men and women sacrificing their lives to know people back home cared about them.

Tubbs collects donations from the



Graci Tubbs, founder of Operation: Military Matters and Greg Heine, COO Flightdocs, Inc photo provided

community to put in the care packages. The items include: handwritten cards, toiletry items, shampoo, soap, deodorant, toothpaste, toothbrushes, snacks, hard candy, wipes, games, instant coffee, gummy bears, romen noodles, beef jerky, tuna or salmon packs, tea, gallon zip lock bags, hand lotion, trail mix, socks, dvds, etc.

Since 2015, the nonprofit has sent more than 500 care packages. Each package costs \$17.40 to send. To find out more about Operation: Military Matters, visit www.operationmilitarymatters.com.

LeeTran Extension Of Seasonal Service Routes

Lee County Transit (LeeTran) has announced it will extend four of its five seasonal service routes through May 30.

The extensions include:

- The Fort Myers Beach Tram, which runs from Bowditch Point Park to Matanzas Pass Preserve, will continue its free service until May 30.
- The Beach Park & Ride Trolley (490) and Beach Trolley (410) will continue until May 30.
- Route 150, traveling from Bonita to Lovers Key State Park, will continue its seasonal schedule until May 30.
- Route 600, connecting Lee with Collier County, will continue its seasonal schedule until May 30.

The seasonal service route that will end as scheduled is the downtown Fort Myers River District trolleys. Routes 500 and 505 – as the downtown trolleys are known – will end as planned on Wednesday, April 18.

The decision to extend select seasonal service through May reflects strong support of the Fort Myers Beach Tram and continued robust ridership on this route. The Beach Tram has provided more than 86,000 rides since its launch on February 12.

To learn more about the services

offered by LeeTran, view schedules, buy discounted passes and plan your next ride, visit www.ridleeetran.com.

Applications Sought For Scholarships

The Dubin Alzheimer's Resource Center is currently accepting scholarship applications from local Lee County college-bound students who have a personal experience with someone suffering from Alzheimer's disease or a related disorder for its 2018 Scholarship Award Program.

Seniors from local high schools are invited to submit an application for a \$1,000 scholarship. Each applicant is asked to write a narrative about his/her positive experience with a family member or friend who is affected by Alzheimer's disease or dementia. A panel of Advisory Council members of the Dubin Alzheimer's Resource Center will review the applications focusing on the narrative as well as the student's volunteer experience and future goals.

Completed applications, including letters of recommendation, must be postmarked by April 25. Recipients will be announced in May.

To obtain an application, visit www.alzheimersswfl.org. For more information, call 437-3007.

Symphony Orchestra Receives \$23,000 Through Fundraising

At its April luncheon meeting, the SWFL Symphony Society presented SWFL Symphony Orchestra Board President Tom Uhler with a check for \$23,000. These funds were the result of the organization's spring fundraising projects. Events included small special occasions called "treats" and a festive fashion show in March. Funds raised help keep world-class music alive in Southwest Florida and help support the orchestra's many programs that reach out to the community and its youth. The society's monthly luncheons will resume in September, and music lovers are invited to join us.

The Symphony Society supports the SWFL Symphony Orchestra through volunteerism, fund-raising, community engagement and education. Its monthly luncheon meetings are open to the public by reservation. The orchestra is the area's only professional symphonic organization, providing world-class music in concerts and schools, and supporting three youth orchestras. For more information about the Symphony Society, go to www.swflso.org/symphony_society, or call the Symphony office at 418-0996.



Symphony Society President Anne Wardlow and Symphony Board President Tom Uhler photo provided

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Alter Eagles

photo provided

Coconut Point Concert Series Continues April 27

Coconut Point will host an Eagles tribute band during its next outdoor monthly concert. Alter Eagles will be providing live entertainment on Friday, April 27 from 6 to 9 p.m.

Attendees are asked to bring their own chairs or hit the dance floor during the concert that will feature the

best hits from one of the world's most famed rock bands. The concert will be held on the grassy lawn beside Florida Blue within the mall. Coolers are not allowed.

The free monthly concerts feature impersonators of some of the world's most popular acts. Event sponsors include Talent Ventures and Coconut Point.

Coconut Point is located at 23106 Fashion Drive in Estero. For more information, contact Sarah Berthold, director of marketing and business development, at 992-9966.

Pioneer Club Picnic To Celebrate Classes Of 1968



Attendees at last year's picnic

photo provided

The Pioneer Club of Lee County will hold its 69th annual picnic at the Lee County Civic Center Tinsley Pavilion on Saturday, April 28 from 10 a.m. to 3 p.m.

Approximately 1,100 invitations are mailed out for the picnic of which two-thirds are sent to local residents and the remainder to those people who live out of the area. There are normally 600 to 700 people in attendance. Barbecue chicken or pork, baked beans, coleslaw, rolls, chocolate chip cookies and iced tea or lemonade are available to the attendees for \$10 per plate.

The classes of 1968 from Alva High, Bishop Verot High, Cypress Lake High, Dunbar High, Fort Myers High and North Fort Myers High will be recognized for celebrating their 50th class reunions. Also recognized at the picnic will be the eldest pioneer man and woman born in Lee County; the couple married the longest (both spouses need to be in attendance); pioneer who traveled the longest distance to the picnic; and the eldest person in attendance.

Lee County Civic Center is located at 11831 Bayshore Road in North Fort Myers. To RSVP, call 337-9505.

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

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

ALL SAINTS BYZANTINE RITE CATHOLIC

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

ANNUNCIATION GREEK ORTHODOX

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

BETH SHILOH MESSIANIC SYNAGOGUE

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

BIBLESHARE

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

BREAD OF LIFE MINISTRIES

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

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

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

CHURCH OF THE CROSS

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

CONGREGATIONAL

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

COVENANT PRESBYTERIAN

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

CYPRESS LAKE BAPTIST

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

CYPRESS LAKE PRESBYTERIAN

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

CYPRESS LAKE UNITED METHODIST

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

FAITH FELLOWSHIP WORLD OUTREACH

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

FAITH UNITED METHODIST

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

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

FIRST UNITED METHODIST CHURCH

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

FORT MYERS CHRISTIAN

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

KINGDOM LIFE

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

LAMB OF GOD

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

View Drive, lambogodchurch.net, 267-3525.

NEW BEGINNINGS CENTER

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

NEW COVENANT EYES

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

NEW HOPE BAPTIST

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

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

SAMUDRABADRA BUDDHIST CENTER

Meditation classes. MeditationInFortMyers.org, 567-9739.

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

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

SAINT JOHN THE APOSTLE METROPOLITAN

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

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

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m. 111 Evergreen Road, saintnicholasmonastery.org, 997-2847.

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETHEL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE NEW CHURCH

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

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

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

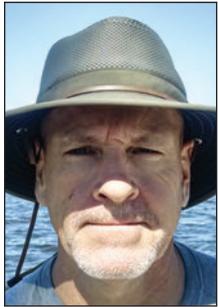
ZION LUTHERAN

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

CROW Case Of The Week:

Common Loon

by Bob Petcher



The common loon (*Gavia immer*) is a long-bodied water bird whose biggest distinction from its cousins – Pacific loon and red-throated loon – is its head color in the summer months.

From April to September, the so-called great northern diver has a black head and bill to go along with their black-and-white spotted back and white breast.

Common loons are best known to be songbirds of freshwater lakes in the northern wilderness. One can usually hear them on a calm night with only the buzz of insects providing background noise. The loon's eerie call can echo across the water and awaken any tranquil moment.

Interestingly, the common loon is a great underwater swimmer. Its solid bones cause them to be less buoyant, unlike other birds. Its quick descent is courtesy of an ability to blow air out of its lungs and flatten its feathers to remove air within its plumage. The loon's heart actually slows down to conserve oxygen.

At CROW, an adult common loon was admitted after being found floating onto Bunche Beach in Fort Myers. Reports said the finder noted that the bird had

“signs of injury under its wing,” and clinic medical officials noticed the patient had two linear wounds in the left inguinal area that were crusted over and covered in a white scabby material during the initial exam. The loon also has a small laceration on its right hock and a scab on the medial aspect.

“The loon came in with old looking, scabbed-over injuries. They extended into the muscle layer. When they were cleaned and dead skin removed, the underlying tissue was healthy,” said Dr. Malka Spektor, CROW veterinary intern. “There were two wounds at the inner thigh, one next to the other, in a line. The other wound was on the back side of the same leg, and it was the same size as the other two, in the same linear configuration.”

X-rays did not indicate any fractures. The loon may have suffered an attack from a predator.

“A possible cause is a bite wound, with each wound being a tooth mark, since they are on the upper and underside of the leg,” said Dr. Spektor. “It could also be wounds from rocks or shells when the loon beached itself, however we cannot be one hundred percent certain of the cause.”

The patient was provided pain medication and the wounds at the left inguinal area were cleaned surgically down to healthy tissue and sutured closed. The right hock was flushed and honey banded.

“The honey was used the first day as an antimicrobial dressing on the wounds while the patient was too unstable to anesthetize for full wound care,” said Dr.



Patient #18-0985 has been moved outdoors so that it can build up strength

photo by Brian Bohlman

Spektor. “Once the loon stabilized, we were able to anesthetize it, and clean, debride and suture the wounds closed.”

After a week of care and healing at the clinic, the patient was ready to begin rehabilitation in anticipation of a release. All signs look good for a return to the wild.

“The injuries are looking good, and should mostly heal within a week or two,” said Dr. Spektor. “The loon was moved outside on Friday to be able to build up strength in the water. When the patient

is moving around well, the wounds have mostly healed, and it has put on some weight, it will be time for release.”

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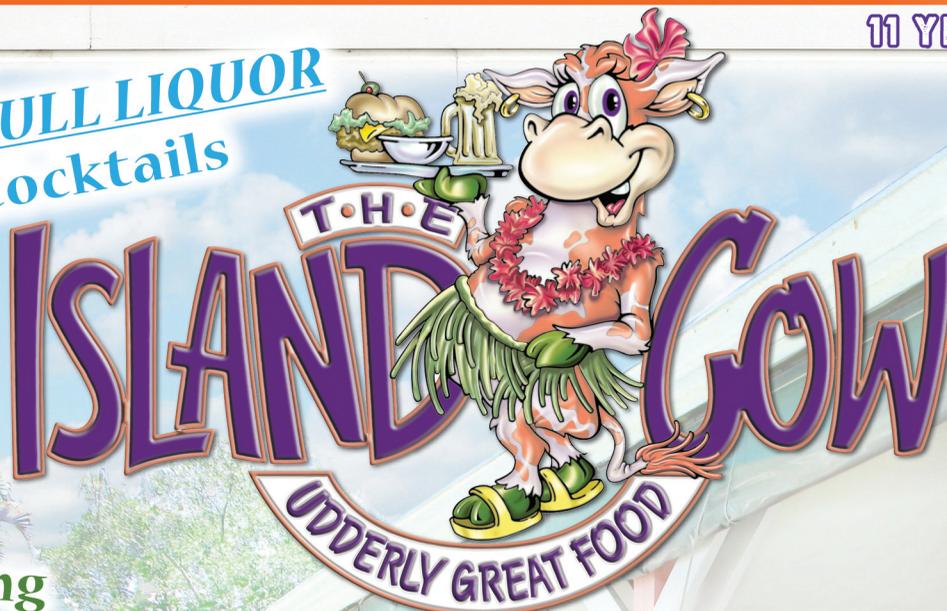
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Struggling For That Snook



by Capt. Matt Mitchell

Great tides and great bait don't always mean great fishing. This week proved to be a struggle when fishing for snook and redfish. Even though I did catch some of each,

Day one, after running all over the sound to the places I had seen snook laid up all week, we had very little success by only catching a variety of other species until the last hour of the tournament. As the tide got up higher during late morning, I made the run to a favorite oyster bar looking to catch one good fish. First cast on the oyster bar with the bait in the water for less than 10 seconds, we hooked up on a nice 29-inch snook and landed it. We continued fishing the other oyster bars in the same area and managed to land a monster 24-inch trout before time ran out on us. My friend Capt. Travis won day one with a snook that measured 31.5 inches.

Day two, I had a different game plan by planning to run north and sight-fish some snook on the bayside of Cayo Costa in the clear water. Idling down a favorite shoreline, I located lots of larger snook but could just not get them to eat even a live chum. After a couple more frustrating hours working down this shoreline without even a bite, I made the run back to the south to fish an island by rocky channel in the northeastern sound now that the tide was finally high enough to reach it. Idling around this mangrove island, we noticed every sand pothole had snook laid in it. Setting up way out and making long casts, we had snook blowing up on live shiners, and it looked like it was going to happen. On the second or third cast, we finally did catch our first small snook of the day, and then it just quit.

Motoring around to the next deeper shoreline, I spotted about 20 oversized redfish laid up under the mangroves along with a half dozen big snook out

the bite was just never on fire and every single fish we caught took work. The best action continues to be our big trout fishing that has been outstanding with lots of fish over the 20-inch mark. Tarpon fishing was beat up a little by more strong winds. Anglers who were willing to put the time in soaking cut baits continue to hook them in the southern sound. Along with tarpon, more sharks are starting to show up along with Spanish mackerel, ladyfish and jacks of spring.

This week, I had the pleasure of fishing with one of my favorite groups (Diageo and ABC Liquors) during their three-night stay on Captiva. These clients have done this annual business strategy meeting and fishing tournament for the last 10 years. This year was no different with five boats booked for two days. They only want to fish for snook with the big snook each day being the winner. Day one of snook fishing was tough with big high pressure on us. We did manage to catch four slot-sized fish on the five boats.



Alex from ABC Fine Wine & Spirits with a 29-inch redfish caught while fishing with Capt. Matt Mitchell photo provided

in the deeper sand hole. After throwing baits to these snook without a bite, we did hook three big redfish and landed one 29 inches before time ran out on us. Day 2 proved tough for all the captains with the largest snook caught only measuring 26 inches.

The day two winner was caught by Capt. Jason Marsh who operates my second boat. After probing Jason a little bit, he gave up the fact that after struggling all morning with snook fishing, he went back to our home marina in St. James city and caught one of our pet snook we feed everyday right in my boat slip for the win. If my morning wasn't frustrating enough to have the winning

fish be one of your pets, it was worse yet because I didn't think of it first. All in all, it as a great two days spent on the water with very generous clients that have become my friends over the past 10 years. Add in some friendly competition amongst fishing guides and I can't wait until next year when I hopefully get to redeem myself.

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

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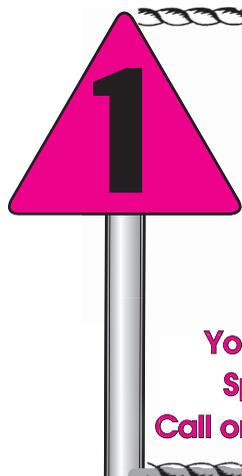
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Native Carolina geranium commonly pops up in sunny spots

photos by Gerri Reaves

Plant Smart

Carolina Geranium

by Gerri Reaves

Carolina geranium (*Geranium carolinianum*) is a low-growing native wildflower found virtually throughout Florida.

It grows in sunny spots in fields, woods and disturbed area and along roadsides, sometimes in large colonies.

This leafy herb, the only member of

the geranium family native to the state, often volunteers in yards and is typically regarded as a weed.

However, the pretty flowers and lack of required maintenance might make you reconsider not ripping it out or dousing it with herbicide.

It can grow as tall as two feet, but usually reaches only about a foot.

Because the inch-long tubular beaked capsule resembles a crane's head, it inspires additional common names, crane's bill and Carolina cranesbill.

The word *Geranium* is derived for the Greek word for crane.



The long "beaked" seed capsule's resemblance to a crane's head inspires the common names crane's bill and Carolina cranesbill

The plant is also called wild geranium.

The capsule eventually ripens, turns brown and splits to reveal small seeds, which songbirds and small mammals consume.

The pale pink, white, or lavender flowers appear nearly all year long. Measuring only about half an inch across, they usually bloom at the stem ends. They have five notched petals and spine-tipped sepals below the flowers.

The leaves and bracts are hairy, or pubescent, and the leaves have an overall round shape but are deeply divided into five lobes.

Because the lobes are further divided into lobes with toothed edges, the leaves have a fringed appearance.

This wildflower is high in tannins and is used medicinally to treat sore throats and diarrhea.

Sources: *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *National Audubon Society Field Guide to Florida* by Peter Alden et al., *Wildflowers of Florida Field Guide* by Jaret C. Daniels and Stan Tekiela, and www.eattheweeds.com.

Plant Smart explores the diverse flora of South Florida.*

From page 1

Smoke On The Water

a qualifier for the Jack Daniels Invitational Draw and the FBA's new championship contest, the Sonny's Smokin' Showdown Invitational. Festivalgoers can purchase barbecue from the vending teams. Other vendors will be selling local sweets, food and retail merchandise.

Musical acts will include Sheena Brook, the Nowhere Band, The Electric Mud and the Ben Allen Band.

There will also be a fun-filled Kid Zone for children. VIP tickets for Saturday are \$75 and include a covered picnic area near the stage, one meal, a T-shirt and two drink tickets.

For more information, call 333-1933 or visit www.sbdac.com/smoke-on-the-water-fort-myers.

The 5th annual Smoke on the Water Barbecue Competition is sponsored by Victory Lane Chevrolet, Campo Felice Independent Living, The Lodge, City Tavern, The Florida Barbecue Association, Advance Solar and Courtyard Marriott.

For more information, call 333-1933 or visit www.sbdac.com/smoke-on-the-water-fort-myers.

Centennial Park is located at 2000 West First Street in the downtown Fort Myers River District.*

Earth Day Open House At Ostego Bay

Ostego Bay Foundation will host an open house at its Marine Science Center in honor of Earth Day on Saturday, April 21 from 10 a.m. to 3 p.m.

From poisoning and injuring marine life to disrupting human hormones, from littering our beaches and landscapes to clogging our waste streams and landfills, the exponential growth of plastics is now threatening the survival of our planet. In response, Earth Day 2018 is dedicated to providing the information and inspiration needed to fundamentally change human attitude and behavior about plastics.

Ostego Bay Foundation President Joanne Semmer believes in conservation through education. "Throughout the existence of the Ostego Bay Foundation, we have found the more people learn about our area ecosystems, the more they are concerned and become stewards of our natural resources. Education plays a very important role as once people learn they share their new-found knowledge which instills changes in

behavior and may influence government stakeholders."

Ostego Bay Foundation Marine Science Center is located at 718 Fisherman's Wharf on San Carlos Island. For more information, visit www.ostegobay.org or call 765-8101.*

Plan Before You Plant On Earth Day

With Earth Day on Sunday, April 22, one may feel compelled to partake in the Earth Day fun and plant a tree. It is important to resist that urge without planning, say Lee County Electric Cooperative officials.

With some forethought, you can plant a tree within a safe distance from any overhead utility lines and ensure that the plant will grow in a way that conserves electricity. Properly placed plants and trees can help reduce your heating and cooling costs by 20 to 30 percent.

Visit the Landscaping tab under Energy Efficiency on www.lcec.net or call LCEC at 656-2300 for information on selecting the best location, landscaping to conserve electricity and selecting the most appropriate species.*

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Author Speaks To Sold-Out Crowd During Fundraiser

Even the standing room was gone for the annual benefit dinner for Lifeline Family Center featuring *5 Love Languages* best-selling author Dr. Gary Chapman at McGregor Baptist Church in Fort Myers. More than 600 people attended the March 22 dinner.

Drawing on experiences from his own life, plus more than 35 years of pastoring and marriage counseling, Chapman spoke about how to have a successful relationship by learning which “love language” your partner responds to: 1) words of affirmation; 2) quality time; 3) acts of service; 4) physical touch; or 5) receiving gifts.

The success of his first book *The 5 Love Languages; The Secret to Love That Lasts*, which is a *New York Times* best seller, led him to write special editions for singles, men, teens, children and those in the military.

To date, the event raised \$107,412 for the work of Lifeline Family Center, which helps women in crisis pregnancies become self-supporting.

“We are very pleased that Dr. Gary Chapman came to Southwest Florida to share his message about how we all can improve our relationships by utilizing the five love languages,” said Lifeline Family Center President and Founder Kathy Miller.

Lifeline Family Center graduate Katherina Gonzalez also gave testimony of how the program changed her life and that of her young daughter. Gonzalez now works at Lifeline Family Center in the public relations/development department.

Major sponsors for the event were Jerry and Dee Horne and Glenn and Ada Ann Healey. Other sponsors included The Breeze Newspapers, CTN Southwest Florida, Best Western Fort Myers Waterfront and Susan Bennett Marketing & Media.

Lifeline Family Center provides a home in Cape Coral for homeless young



Dr. Gary Chapman and Kathy Miller
photos provided



Ken Nesselroade and Jim Davey



Gayle and Dennis Brandon



From left, Frederick White, Fred Atkins and Dr. Gary Chapman

women in crisis pregnancies to help them become self-supporting through education, job training, parenting classes, professional counseling and spiritual guidance. It is the only residential program in Lee County for homeless young women in crisis pregnancies who are not part of the foster care program.

The non-profit organization serves up to 12 young women, ages 16 to 25, and up to 24 babies at a time. The non-profit also operates a 24/7 Pregnancy Phone

Helpline, provides free pregnancy tests, free ultrasounds by appointment, and does outreach to all areas of Lee County, including all college campuses.

Lifeline Family Center receives no government funding and is wholly dependent upon donations from generous individuals, churches and corporations as well as United Way funding. For more information about Lifeline Family Center, visit www.LifelineFamilyCenter.org.



Camille Herduiza and Esther Alessi



Joy Lough and Joan Watson



From left, Ron Boud, Dee Horne and Peter Nanfelt



From left, Pam DeCicco, Jenny DeCicco, Kelly Johnson, Stu Johnson, Leslee Malone and Dee Thompson

Publix Serves Day: A United Way Day Of Caring



Publix Super Markets employees volunteering for United Way on Publix Serves Day photo provided

During Publix Serves Day, 150 associates from 20 local Publix stores converged on SalusCare's Ortiz campus and The Salvation Army's Edison Avenue building for a United Way Day of Caring. The United Way Volunteer Center worked with SalusCare, The Salvation Army and Publix to organize the volunteer events. SalusCare and The Salvation Army are United Way partner agencies.

Publix Serves Day is a companywide effort that involves their associates in a variety of volunteer work. While Publix associates give back individually throughout the year, associates look forward to helping their communities and team building with fellow associates within their respective districts to help to change lives.

At SalusCare's Building G, the 80 Publix volunteers painted the outside and inside of the building. Because it is being repurposed for a children's center, it will be called SalusCare Center for Growth, and will be dedicated to a comprehensive practice for all of a child's behavioral healthcare needs. Consolidating services in one building, and making surroundings more attractive and inviting will help in

terms of improved patient care and family comfort.

Seventy Publix associates volunteered for spring cleaning at The Salvation Army Outreach Services Center. They painted the outside areas of the center, mowed and weeded the landscape, and cleaned and organized the freezer and dry storage pantry. As part of any good spring cleaning, the volunteers thoroughly cleaned the Shelter Unit rooms. The volleyball court, which is great therapy for residents, was refurbished with new sand and smoothing of the surface. Debris from Hurricane Irma remained on the center property, and the volunteers dealt with the branches and raked up the leaves.

Publix Serves Day honors Publix founder George Jenkins who fervently believed in giving back to the community, and Publix employees are still carrying on the tradition. Brian West, Publix spokesperson, said, "We have the greatest associates. Every day, they give back to their communities in so many great ways. Publix Serves Day is an opportunity for them to do something together and meet the needs of organizations in a big way."*

LCEC Pledges \$25,000 To FSW

When it comes to supporting workforce education, Lee County Electric Cooperative (LCEC) took it a step further by pledging \$25,000 to Florida SouthWestern State College's (FSW) School of Business and Technology over the course of the next five years.

"This gift will help us continue providing the workforce education so our students can become the professionals our Southwest Florida region needs," said Susie DeSantis, executive director, FSW Foundation. "We will use this generous gift to provide materials for several areas of study, including crime scene tech labs,

and construction and engineering materials."

LCEC supports education through involvement and financial support of local initiatives in order to strengthen the workforce pipeline.

"Mentoring students, serving in leadership roles, and offering internships are just a few of the ways we become part of the solution for a sustainable future," said CEO Dennie Hamilton. "We are excited about how our partnership with FSW has developed over the years, and we look forward to the impact we can make for business and technology students."

In recognition for LCEC's support, the company has a five-year naming of the welcome lounge of FSW's School of Business and Technology on the second floor of Building K on the Fort Myers campus.*



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From left, Teri Palmer, Kenny Brewer, Kathryn Kelly and Cindie Barker photos provided



Patricia and William Hearn



From left, Vicki and Richard Pitbladdo with Maria Wiles

Blues By The Bay Raises \$133,000 For Children

The Heights Foundation's 4th Annual Blues By the Bay event raised \$133,000 for School Success programs for at-risk children in the Harlem Heights neighborhood in Fort Myers. Edison National Bank/Bank of the Islands was the presenting sponsor. Additional sponsors included Golisano Children's Hospital, Entech Florida IT Services, FPL and *The Islander/Island Reporter*. VIP sponsors included Mark and Gretchen Banks, Denise Baumert, Chuck Bergstrom/RE/MAX of the Islands, Jolie Black and

Jeffery Gross, Timi Coleman, Steve and Doris Colgate, Bro and Dede D'Arcy, Ron and Dorothy Fitzgerald, Michael and Coleen Frye/RE/MAX Realty Group, Chris W. and Joni Q. Hall Foundation, Rich and Sandy Heinrich, Kelly Brothers Marine Contractors, Richard and Vicki Pitbladdo, Carl and Dana Schultz, and Wayne and Maria Wiles.

The VIP reception was held at the waterfront home of William and Patricia Hearn. St. Charles Yacht Club hosted the main event. Live music was provided by The Juice Rockin' Blues Band.

Guests had samplings from some of the area's finest restaurants including Blue Coyote Supper Club, Café Italia, Cip's Place, Culinary Education Center of Sanibel, Key Lime Bistro, LaMotta's

Italian Restaurant and Pizzeria, St. Charles Yacht Club and Society. The Timbers Restaurant and Fish Market provided a raw bar for the VIP reception.

Guests had the opportunity to bid on auction lots including tickets to a Maroon 5 concert, a wine dinner for four at RumRunners, a stay at South Seas Island Resort with a private sailing class by Offshore Sailing School, an in-home cooking class for 10 by renowned chef Loretta Paganini, a wine cooler from Good Deals Appliances filled with standout wines, including a rare bottle of 100 pt. Screaming Eagle Cabernet, an insider's trip to Cuba with chef Gloria Jordan, tickets to James Taylor and Bonnie Raitt concerts with use of a Jaguar or Range Rover from Jaguar Land Rover of Fort Myers, a wine tasting for 20 at Total Wine with hors d'oeuvres from Ruth's Chris Steakhouse and limousine from JP Morgan, and an in-home dinner for 10 by chef Justin

Fleming of St. Charles Yacht Club. Guests were able to sign up for a seven-course dinner at the home of Dorothy and Ron Fitzgerald by chef Dustin Valette of Valette's in Healdsburg, California and St. Charles Yacht Club's Executive Chef Justin Fleming.

"We are so appreciative of our sponsors, donors, restaurants, guests and our hosts who opened their hearts in support of The Heights Foundation," said Kathryn Kelly, president and CEO of The Heights Foundation. "Our School Success programs include our charter school, academic tutoring, after school and summer camp programs, scholarship and college access assistance, school supplies and tuition support. Each program is geared to meet the specific needs of children and young adults who seek to further their education."

For more information about The Heights Foundation and The Heights Center, visit www.heightsfoundation.org or call 482-7706.✪



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Bringing The Outdoors In - Part 3 of 3

Fabrics



by Jeanie Tinch

Why not consider a fade proof, stain-resistant and worry-free fabric for your outdoor fabric needs, especially when it comes in bold, beautiful colors and fabulous

prints? One type of high performance fabrics is called Sunbrella. Sunbrella fabrics are water repellent and air dry very quickly due to their breathable nature. Unless there is food or dirt on the fabric, it won't grow mildew. This is great news for outdoor furniture. No fabric can completely withstand the sun, but Sunbrella provides guidelines on the number of hours the fabrics will resist the UV rays. It also has been recommended by the Skin Cancer Foundation as a fabric to help prevent 98 percent of the UV radiation in shade applications like awnings or umbrellas.

Let's also consider seat cushions.

What are they made of? Will the water move through or will it soak into the foam or filling and turn to a mildew mess on the first little rain? The fiber filling is an important consideration, especially if you don't take your cushions off the seats.

Let's not forget to cover the floor of your outdoor space. Adding an outdoor rug that is resistant to the elements is one way to make your outdoor area feel like an extension of your living space. There are many great selections today for outdoor area rugs, some of them are even recycled products.

No outdoor space would be complete without beautiful lighting. Many outdoor lights can be ordered to compliment your new furniture, including lamps. Draperies and screen shades also make the outdoor living space more comfortable throughout the day and add privacy in the evening. Allowing for shade control and sun regulation, these products add to the comfort of the space and provide privacy. Decorative accessories, sculpture and pillows make the outdoor area feel like the indoors and truly make it another room in your home.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindceden.com.✪



Amanda Ross photo provided

Attorney Joins Litigation Division

Attorney Amanda Ross has joined the Tort & Insurance Litigation Division at Henderson, Franklin, Starnes & Holt, PA.

Ross focuses her litigation practice in the areas of automobile and trucking liability, premises liability, construction defect, professional liability, insurance coverage defense, products liability, negligent security and wrongful death. Prior to joining Henderson Franklin, she worked in the Miami area and handled maritime and admiralty defense, as well as vessel and yacht purchase and sale transactions and continues her work in the field of maritime/admiralty defense. During law school, Ross worked with the University of Miami Athletic Department as well as the Miami Dolphins Legal Department. She is also fluent in both English and Spanish.

Ross has received much recognition over her legal career, including being named by Florida Trend Legal Elite as a Best Up and Coming attorney (2008), by Florida Super Lawyers as a Rising Star (2011, 2014 to 2017) and by the South Florida Legal Guide as a Top Up & Comer (2014 to 2017). She is a member of the Stetson University Alumni Board.

Ross received her undergraduate degree from Stetson University (bachelor of arts, 1999) and her law degree from the University of Miami Law School (JD, cum laude, 2002).*

When asked what the benefits were from Immokalee incorporating, one respondent said, "A more uniform city, a city that has formal representation and can unite its community for a better Immokalee."

Others often cited cost as the prohibiting factor for incorporation.

"There is cost and time that you cannot avoid with this type of change," a respondent wrote. "People will get discouraged easily with the process if the plan is not laid out for the community ahead of time."

To be sure, the demographic findings point to a struggling community. Per capita incomes are less than half of those recorded for Collier County as a whole. Agriculture dominates economic activity, resulting in a seasonal and low-paid workforce.

"Agriculture is Immokalee's comparative advantage. This is a blessing, but it means that general worker productivity will be different there than it is in a region dominated by, say, medical device manufacturing," Westley said.

"Capital will attract the type of labor necessary for it to be most productive. Agricultural capital investment tends to attract lower-skilled labor relative to other types of capital. This explains, at least in part, differences in educational attainment. But it also points to benefits for Immokalee if it can attract other types of capital over time," he concluded.

Westley also noted only 31 Immokalee business leaders participated in the survey. The lack of participation creates a 10 percent margin of error. Even so, he hopes the initial report will serve as a baseline for future studies.

To read the full report, visit www.fgcu.edu/reri.*

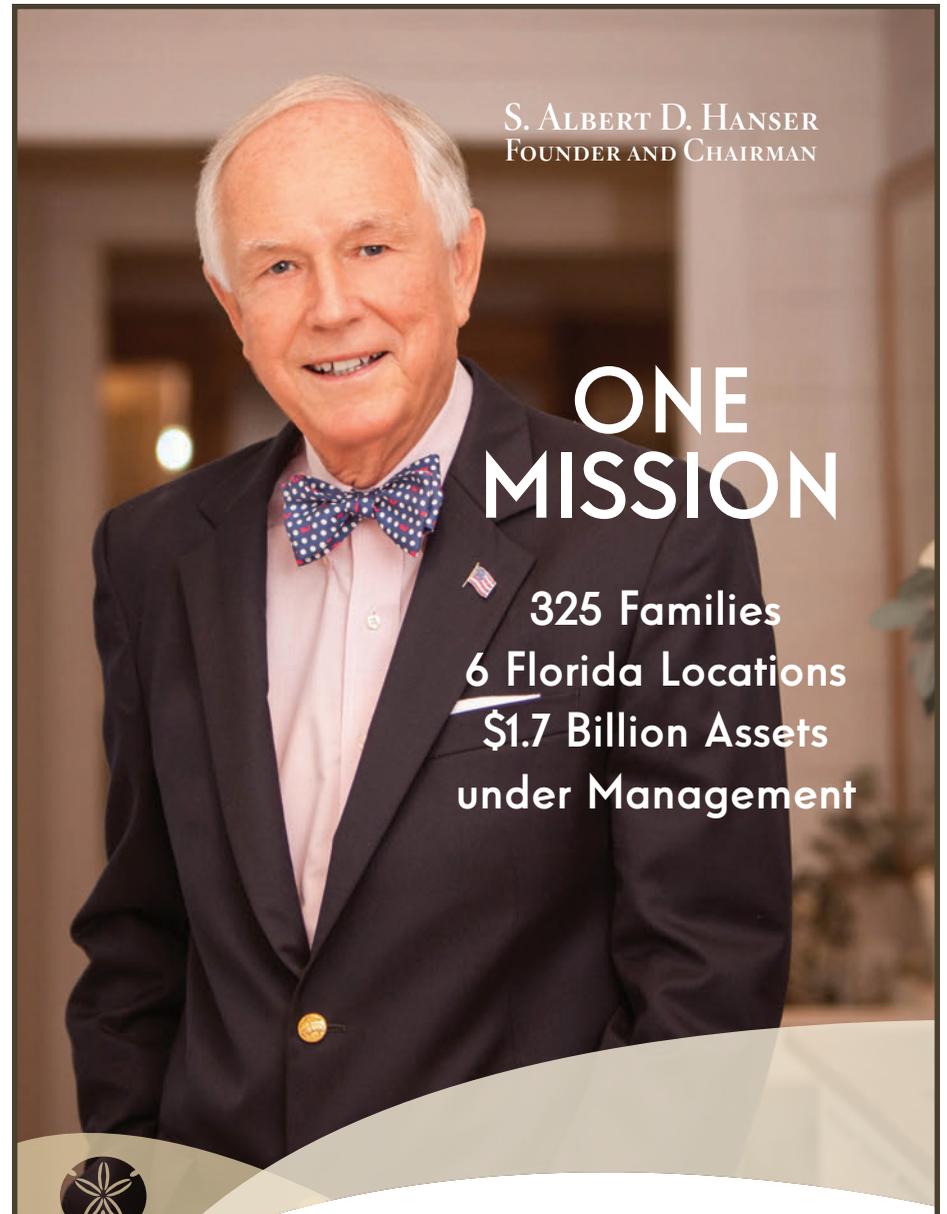
Insight Into Immokalee Business Climate

What's the future of Immokalee's economy? Researchers at Florida Gulf Coast University are on a mission to answer that question with a new survey targeting business owners and executives. Collectively, the initial respondents have an optimistic outlook when it comes to doing business in the Collier County community.

"The survey portion is the most important part of the publication, in my opinion," said Christopher Westley, director of FGCU's Regional Economic Research Institute in the Lutgert College of Business. "To gauge the future of a given economy, you start with the sentiments of the people who have vested interests in its success."

In recent years, the largely Hispanic community has faced citrus greening, a lack of capital investment and costs associated with Hurricane Irma. Nevertheless, 71 percent of survey respondents said they expected improved industry conditions within a year. They also indicate having little problem finding qualified workers for openings.

With respect to questions regarding the creation of an Immokalee city government, the business community was split. Forty-eight percent of executives believe that incorporation is very or somewhat important for Immokalee, while 39 percent believe it is unimportant. Roughly two-thirds of the people surveyed are also concerned about excessive costs related to change.



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Bank Appoints Vice President

Sanibel Captiva Community Bank has promoted Laura Dimmer to vice president and office manager of the bank's College Parkway branch. She will manage daily operations and customer relationships, including business and consumer banking.

Dimmer joined the bank in 2015 and most recently served as an assistant manager at its McGregor branch. She has more than 15 years of banking experience that spans Florida, Tennessee and Michigan.

A Fort Myers Beach resident, Dimmer holds a financial certification from the National Endowment for Financial Education and is registered with the Nationwide Multistate Licensing System. She has been



Laura Dimmer photo provided
recognized with numerous awards for sales and service excellence.✪

valuable? It is – to a degree. The larger your home equity, the more money you'll get to keep when you eventually sell your home.

But in the meantime, that home equity may be less useful than you might imagine. For one thing, just building more equity won't make your home more valuable – it will rise (or fall) in value along with whatever's happening in the housing market. By contrast, you could take the extra money and buy more shares in an investment such as stocks – and the more shares you own, the more valuable your investment will be if the price per share rises.

Also, if you were to experience a temporary job loss or some other financial emergency, your home equity might not help you much; if you're not working, you could even have trouble getting a home equity loan. Conversely, your investment portfolio can offer you greater liquidity, depending on your specific investments. Most investment vehicles, such as stocks and bonds, generally can be sold quickly, without much difficulty. (Keep in mind, though, that if you were forced to sell investments when their price was down, you could take a loss on the sale.)

Clearly, you could gain some advantages by using any extra money to invest, rather than paying down your mortgage. Nonetheless, you may simply get emotional and psychological satisfaction by speeding your progress toward the day when your house is paid off – and that type of satisfaction certainly has value. You'll need to weigh these intangible factors carefully in deciding whether to increase your investments or make extra mortgage payments – because, ultimately, you need to feel that you're doing the right thing, for the right reasons.

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

Director Of Philanthropy Hired

Valerie's House, Inc., a Southwest Florida nonprofit helping grieving children work through the loss of a loved one, has hired Jay Graham as director of philanthropy. Graham will oversee fundraising and donor development efforts, working closely with Valerie's House founder and CEO Angela Melvin to expand the program's impact on grieving children in the community.

"We are excited to have Jay join the Valerie's House team," said Melvin. "Not only are his years spent helping build non-profits a benefit, but his personal experiences of dealing with loss make him believe helping our children is a calling, not just a career."

Graham is an experienced senior development executive, bringing 20 years of philanthropic work experience with him including executive positions at the Muhammad Ali Center and The Healing Place, both in Louisville, Kentucky. He is also an entrepreneur who has launched and run several



Jay Graham photo provided
businesses throughout his career.

Graham earned his bachelor's degree in education from Jacksonville State University in Alabama, where he was a member of the football team. He holds a master of arts in missiology from Southern Baptist Theological Seminary in Louisville.✪

Financial Focus

Extra Mortgage Payments Or Add Investments?

by Jennifer Basey



Every month, you pay your mortgage. And, depending on your circumstances, you may be able to afford to put in additional payments – perhaps sizable ones. But should you? Or, if you really

have the extra money, should you invest it?

Initially, you might think it would be quite nice to rid yourself of that mortgage sooner, rather than later. But is it really the burden it seems?

Actually, you get some real benefits from a mortgage. It certainly provides something of great value to you – your home. If you got your mortgage – or refinanced your home – within the past decade or so, you are borrowing money at a pretty favorable interest rate, by historical standards. And even assuming a mild rate of inflation, such as we've had for the past several years, you'll essentially be paying off your mortgage with cheaper and cheaper dollars over time. Plus, your interest payments may well be tax deductible. (The new tax laws limit deductions on new mortgages of \$750,000 or more. For questions on your specific situation, consult your tax professional.)

So, given these advantages, an argument could be made that you should be in no hurry to pay off your mortgage. Still, you might be tempted to make the extra payments because you'll be building home equity. After all, isn't this equity

Self Help Center Opens Downtown

Getting access to justice is about to get easier in Lee County. Clerk of Courts Linda Doggett opened the county's first Self Help Center on the first floor of the Lee County Justice Center's east entrance on April 18 to assist people wishing to represent themselves in civil court. The Self Help Legal Center will provide its patrons with computers and software to assist in the filing of civil actions, and staff to provide assistance instructing patrons how to utilize the services. Additionally, attorneys have partnered with the clerk's office to provide low cost limited consultation services to patrons at the rate of \$1 per minute in the Self Help Center.

"We've partnered with local attorneys to provide citizens with low-cost attorney consultations to help them file small claims, evictions and other civil matters," Clerk Doggett said. "The new center will give people the proper guidance they need to confidently represent themselves in court."

The Self Help Center will also assist customers with obtaining and e-filing court documents, getting certified and notarized copies of documents, and obtaining child/family support payment history documents. Customers can also get assistance with filing small claims or eviction cases through an online system, TurboCourt.

"The Self Help Center is designed to be a one-stop shop for a variety of legal matters," Clerk Doggett said.

The Self Help Center will be open weekdays from 8 a.m. to 5 p.m. To schedule an appointment with an attorney, call 533-5000 or stop by the center. Attorney appointments are available on Tuesdays and Thursdays from 9 a.m. to 1 p.m. A non-refundable payment is required at the time of scheduling.

Attorney consultations will be scheduled in 15-minute sessions, for up to 30 minutes, per case. The cost for an attorney consultation is \$1 per minute and must be paid at the time the appointment is

scheduled. The attorneys that provide legal assistance at the Self Help Center cannot represent the individual in court. Fees also apply for copies of documents.

The Self Help Center is located at 1700 Monroe Street in Fort Myers. For more information about the Self Help Center or free legal seminars provided at the Clerk's office, visit www.leeclerk.org or call 533-5000.✪

From page 1

Lab Theater

from his favorite Jewish deli. They aren't quick to bond with one another, but as the play progresses, the two unlikely friends develop a kinship. Both men have secrets. Each passing scene reveals the cracks in the old and young man's emotional shells.

The two-act play consists of many short scenes or vignettes that slowly reveal details about each of the men. There is something for everyone to connect with including family, aging, sexual orientation and faith. Strong actors are needed to pull this off and both Hennessey and Somers fit the bill. There is a sense of chemistry together on stage and this includes both funny and moving scenes. Mr. Green is helpless and stubborn, and Ross is honest and vulnerable. Both are authentic in their roles. Hennessey's role seems the most powerful because of his age and what he has lost in life.

Director Annette Trossbach deserves praise for top-notch staging as the actors move briskly around the stage. One small and memorable touch is when Ross installs a lightbulb in a lamp and turns it on, lightening up the claustrophobic apartment. Mr. Green hasn't done this for years. The play has many shining moments.

Visiting Mr. Green plays through Sunday, April 29 at Laboratory Theater of Florida, located at 1634 Woodford Avenue in downtown Fort Myers. Tickets are available at www.laboratorytheaterflorida.com or by calling 218-0481.✪

Our email address is press@riverweekly.com

Book Review

The Bricklayer Of Albany Park



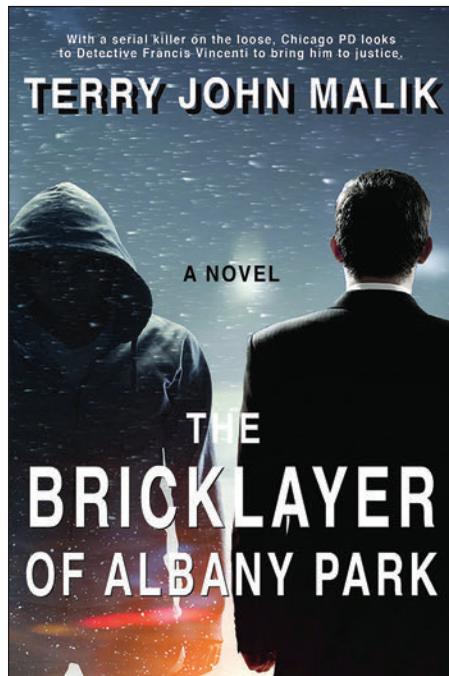
by Di Saggau

Does it take a monster to find a monster? That's the question behind *The Bricklayer of Albany Park* by local author Terry John Malik. The book is a psychological thriller

that won't let go. You'll follow Detective Frank Vincenti, who has always had a knack for understanding the killers he hunts, as he searches through the back alleys of Chicago for the notorious "Bricklayer," a serial killer who strikes at night and buries his victims under bricks. The chapters pretty much alternate between Vincenti and Anthony, the serial killer. Slowly we get to know each of these men. Anthony is amused that the press calls him The Bricklayer. He feels justified in killing all his victims. He has an apparition that haunts him and keeps him on task.

Vincenti enlists the help of an old mentor, former Chicago PD detective Thomas Aquinas Foster, whose unconventional teaching methods help Vincenti in his search for the killer. Foster plays with his former student's mind, which helps Vincenti get into Anthony's mind. The short chapters with alternating views result in a gripping investigation and a riveting story.

Malik says that the book is not inspired by true events or people, but certain characters may resemble people in his life. He actually knew an older man named Thomas Aquinas who had many of the same habits as



the one in his book. The true-crime, serial-killer aficionado will find several tidbits of interest in the book including the address of John Wane Gacy, and a lounge where some famous serial killers picked up their female victims. As to his favorite character, Malik says, "Vincenti. He is a victim of his father, of Foster and ultimately of himself."

TB, a federal court judge, says of the book. "Mr. Malik's extensive research into mental illness, woven with details that ring of a true criminal investigation, make for a riveting story that elicits both sympathy for the killer and fears for his victims. A book that sucks the reader in and does not release its grip before the completely unexpected ending. It is a scary thrill ride."

I was fascinated with how Vincenti's mentor plays with his mind and also the thought process of Anthony. *The Bricklayer of Albany Park* is a book you will try to finish in one reading, it's that good.✪

it promotes a fixed mindset. You're really saying that the ability to do math is just something your child "has."

We've been told that we should be praising the child's effort. Again, this type of praise is not enough to promote a growth mindset because kids can try hard but not succeed because they aren't using strategies that work. Dr. Dwerk says what's most important is to praise the way they approached the challenge, not how hard they tried or how well they did. For instance, you might praise your child for the way she solved a math problem or how she organized her homework to get it all done. Dr. Dwerk calls this process praise. She says that it's the most helpful type of praise for promoting a growth mindset. It puts the emphasis on the steps your child took to get to the end result. By focusing on process, you and your child's teachers can show how getting stuck, asking for help and trying new strategies are important, too.

A big part of having a growth mindset is not to allow failing at something stop you from working to improve. It's important for your child to know that setbacks can provide a way forward. Talk about what your child learned from the experience. For instance, you might say, "How would you study differently next time? Would it help to talk to your teacher? Would a study guide be useful?" Tell your child it's OK to speak up when something isn't working. Encourage her to self-advocate and ask for help from the people around her.

Developing growth mindset is an ongoing process. Getting and taking feedback from others, learning from mistakes and finding innovative ways to approach tasks isn't easy. But it's a valuable way to help your child learn that her talents can be developed.

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

City Seeks Bids On Historic Building

The City of Fort Myers is seeking bids on McCollum Hall, located at 2701 Dr. Martin Luther King Jr. Boulevard, as a part of an ongoing effort to foster community redevelopment along that boulevard corridor. The McCollum Hall Request for Proposals (RFP) will be re-advertised and interested parties will have 30 days after date of publication to submit proposals. For the latest information on the CRA, including meeting dates and times, visit www.cityftmyers.com.

For more information, contact Leigh Scrabis at 321-7100 or lscrabis@cityftmyers.com.✪

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, Recently I've been seeing the term "growth mindset" and how it's important for kids to have this. I really don't understand

what a growth mindset is and why it's important – please explain.

Carolyn V, Fort Myers

Carolyn,

Growth mindset is a term that has become quite popular lately but the concept has been around for a while. Growth mindset is a concept that refers to how we face challenges and setbacks. It was developed by Stanford University professor, Dr. Carol Dweck, one of the world's leading researchers in the field of motivation.

Dweck and her colleagues did a series of studies that found that kids who pushed through challenges held the belief that they could improve their abilities. Kids who pulled back from challenges believed their abilities were fixed. It describes how a child faces challenges and setbacks. Kids with a growth mindset believe their abilities can improve over time. By comparison, kids with a fixed mindset think their abilities are a set trait that can't change, no matter how hard they try. For example, think about a child who struggles with math and has gotten low grades on her tests and assignments. If she's convinced she's "just bad at math," and that no amount of work will change that, she's showing a fixed mindset and is likely to stop trying. If she says she has trouble with math but continues to try to improve at it, that shows a growth mindset.

Parents sometimes think it helps to praise their child's talents and intellectual ability. However according to the growth mindset theory, if you say to your child, "You're really good at math,"

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Female Pioneers of Fort Myers

Women Who Made a Difference in the City's Development

By Robin C. Tuthill and Thomas P. Hall

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

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

Despite Miserable Weather, Red Sox Have Best Start In The Team's History



by Ed Frank

In the long 118-year history of the Boston Red Sox, the team has never had a better season start than this year – 13-2 through the first 2-1/2 weeks.

We know this torrid pace of .867, the best in baseball as the week began, cannot continue. But many a team has buried itself in the early weeks of a season with lop-sided losing records. Not so for the Red Sox in 2018 under first-year manager Alex Cora.

In cold rainy weather, with wind chills below freezing at Fenway Park, Boston completed a weekend sweep of Baltimore to finish their first home stand of the season at 8-1. The

weather was so bad, as it has been in so many baseball cities, that the traditional Patriots' Day game scheduled for Monday was postponed.

It was the first time since 1984 that this game on the day of the Boston Marathon was postponed.

We wrote last week of the problem year-after-year of early season baseball in snowy, frigid weather. And it hasn't improved since.

Red Sox All-Star pitcher Chris Sale said after Sunday's game, "This is the most miserable I've ever been on a baseball field by far, not even close. Similar sentiments were expressed by Chicago Cubs manager Joe Maddon after Saturday's game at Wrigley Field.

The weather even worsened the next day in Chicago, forcing postponement of Sunday's and Monday's games.

Blizzard conditions in Minneapolis resulted in postponing three of four weekend games between the Minnesota Twins and the Chicago White Sox. The Twins were happy to escape that weather for a two-game series this week in Puerto Rico against the Cleveland Indians that helped raise funds for the hurricane-ravaged island.

The April snow, sleet, rain and wind have wreaked havoc on Major League baseball schedules, wiping out 24 games through the first 2-1/2 weeks.

There's going to be a lot of double-headers and scheduled off-day games played to make up for these postponements.

Everblades' Brad Ralph – League Coach Of The Year

The Florida Everblades began postseason hockey Monday with a 4-1 victory over the Atlanta Gladiators at Germain Arena in a best-of-seven series. Following the first

two games on home ice, this first round of the Kelly Cup Playoffs shifts to Atlanta for Games Three, Four and a fifth game if necessary.

Everblades Coach Brad Ralph has been named winner of the John Brophy Award for the ECHL Coach of the Year. In his two seasons behind the bench, his Everblades have compiled a 99-34-11 record.

Fort Myers Miracle Begin Season At 6-5

The Fort Myers Miracle baseball team, the advanced A club of the Minnesota Twins, began the 2018 season with a 6-5 record. In the early going, this record found the team in fifth place in the Florida State League South Division as this week began, but only two games behind first-place Bradenton.

The Miracle started a long nine-game road trip Tuesday with stops at Dunedin, Bradenton and Clearwater before returning home to Hammond Stadium April 26 for three games against Daytona.

Outfielder Jimmy Kerrigan leads the team's offense with a .389 batting average.✪

Spring Training Teams Rank High In Attendance

More than 276,000 fans attended Major League Baseball spring training games this year at Lee County Parks & Recreation's JetBlue Park and Hammond Stadium at CenturyLink Sports Complex.

The Boston Red Sox led all 15 teams in the Florida Grapefruit League with a total attendance of 165,688 at JetBlue. The Minnesota Twins drew 110,770 fans to CenturyLink, despite having one rainout. Both teams ranked in the top three in the state in average attendance per game.

Statewide, about 1.5 million fans attended 237 spring training games, for an average of 6,318 per game, during the course of 33 days.

The 2018 Florida Spring Training attendance figure accounts for all games between Major League teams played in the state. Attendance is compiled daily by the Florida Sports Foundation, the State of Florida's sports promotion and development organization and a Division of Enterprise Florida, Inc., and is verified by each team.

Lee County Sports Development and Lee County Parks & Recreation play an integral role in supporting spring training efforts. The Lee County Visitor & Convention Bureau assists as well. The county's tourist tax covers the debt service (bond payment) and major maintenance on the stadiums.✪

SPORTS QUIZ

1. Who holds the Texas Rangers record for career batting average?
2. Name the only catchers elected on the first ballot to the Baseball Hall of Fame.
3. Who was the last Washington Redskins quarterback before Kirk Cousins in 2016 to throw for at least 350 yards in consecutive games?
4. Entering 2018, who were the last two men's basketball coaches to lead their team to an NCAA championship without having ever coached in a Final Four before that year?
5. Name the first NHL player to record a hat trick for the Vegas Golden Knights?
6. Who was the first driver to win in races in Formula One, IndyCar and NASCAR?
7. When was the last time before 2017 that two American female tennis players were in the final of the U.S. Open?

ANSWERS

1. Al Oliver, with a .319 average (1978-81). 2. Johnny Bench (1989) and Ivan Rodriguez (2017). 3. Jay Schoefer, in 1986. 4. Tubby Smith (1998) and Kevin Ollie (2014). 5. William Karlsson, in 2017. 6. Dan Gurney. 7. It was 2002, when Serena Williams defeated Venus Williams.

Safe Boating Course

Peace River Sail and Power Squadron will present America's Boating Course a two-day safe boating course at the Punta Gorda Boat Club on Saturday, April 28 and Saturday, May 12 from 8:30 a.m. to 12:30 p.m. each day.

The two sessions will cover boating law, safety equipment, safe boating practices, navigation, boating emergencies, personal watercraft, charts, GPS, trailering, and much more. Attendees will receive the America's Boating Course manual, and after passing an exam, a completion certificate. The class is approved by the Florida Fish and Wildlife Conservation Commission for the Florida boater safety education ID card, required for anyone

born after January 1, 1988 who operates a motorboat with 10 horsepower or more in Florida waters. The course is also approved by the National Association of State Boating Law Administrators and the U.S. Coast Guard.

The \$65 fee (for the first person, \$30 for second sharing materials) covers the cost of the manual.

Punta Gorda Boat Club is located at 802 Retta Esplanade in Punta Gorda. For more information, or to reserve your space, call 941-637-0766 or email puntagordaboating@gmail.com. Reservation deadline for this class is Friday, April 20. Registration and material pick-up is Saturday, April 21, from 10:30 a.m. to noon in the Peace River Sail and Power Squadron Classroom in the Bayfront Center, 750 Retta Esplanade in Punta Gorda.✪

This Week's
Featured Property



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Officials at a ribbon-cutting ceremony for new Interventional Radiology Lab at HealthPark Medical Center photo provided

New Radiology Lab Now Open

A new interventional radiology lab opened recently at HealthPark Medical Center. The lab, specializing in minimally invasive, image-guided diagnosis and treatment of disease, is equipped with advanced, state-of-the-art equipment for angiography and fluoroscopy procedures, and will be used for both adults and children.

Interventional radiology serves as an alternative to many traditional surgeries because it is safer, cost effective and can drastically decrease patients' recovery time. The lab will be used for inpatient and outpatient procedures, broadening the scope of services available at the hospital.

In the new lab, physicians are now offering prostate artery embolization, which shrinks the prostate without surgery. Many other procedures are also now available in the lab, including arterial and venous embolization; dialysis catheter insertion; biliary

drainage, intervention and stent placement; peritoneal and pleural PleurX catheter placement; cholecystostomy and gastrostomy tube placement; arteriograms of A/V fistulas w/intervention (i.e. angioplasty/stent); IVC filter placement and removals; kyphoplasty; jejunostomy tube replacement or exchange; nephrostomy tube placement and removals; ureteral stent placement; mediport catheter insertion and removals; TIPS (transjugular intrahepatic portosystemic shunt); PICC line placement; diagnostic and interventional Angiograms (i.e. angioplasty/stent); venograms; and prostate embolization.

"Equipped with the latest technology, this new lab is a great addition to the services available at HealthPark Medical Center," said Scott Kashman, chief acute care officer at Lee Health. "Lee Health is committed to providing leading-edge, high-quality, safe options for care, like interventional radiology that can be an alternative to surgery, in convenient, easily accessible locations throughout Southwest Florida." ❄️

Fishing For Non-Native Species

The Southwest Florida Cooperative Invasive Species Management Area (CISMA) will host its annual Non-Native Fish Round-up for two weekends beginning in Naples on Friday, April 27 and concluding in Fort Myers on Saturday, May 5. The roundups are team events, with one to four anglers per team in both youth and adult categories.

The competition during the first weekend will be held Sugden Park. It begins at 3 p.m. on Friday; check-in is between 3 and 4 p.m. on Saturday; scales open for weigh-in at 4 p.m. For children age 12 and younger, a non-native fishing blitz will be held 4 to 6 p.m. Saturday at Avalon Lake in Sugden Park.

The competition during the second weekend will be held at Lakes Regional Park. It begins at 3 p.m. on Friday; check-in between 3 and 4 p.m. on Saturday; scales open for weigh-in at 4 p.m. For children age 12 and younger, a non-native fishing blitz will be held from 4 to 6 p.m. within the lake at Lakes Park.

Southwest Florida waterways are home to several non-native freshwater fish species. Many of these non-native species have a detrimental impact on the health and populations of the region's native fish communities. The roundup

is intended to raise awareness about the harmful effects of releasing non-native fish species into local waters and to collect data about non-native fish distribution to assist wildlife-management professionals with efforts to control these species.

Participants must register in advance at www.floridainvasives.org/southwest to compete in one or both weekends. Registration is free.

Fishing during the competition is permitted in all legal freshwater fishing areas in Southwest Florida, including Lee, Collier, Charlotte, Hendry and Glades counties. Participants must follow all state and federal fishing regulations. For more information on state regulations, visit www.myfwc.com.

Prizes will be awarded each weekend for largest non-native fish and most weight of total non-native fish caught. Additionally, a grand slam prize will be awarded to one adult angler and one youth angler who reel in the most diverse group of non-native species from either weekend.

The event is co-sponsored by the Southwest Florida CISMA, UF/IFAS Extension, U.S. Fish & Wildlife Service, Lee County Parks & Recreation, Collier County Parks & Recreation, Conservancy of Southwest Florida, and the Naples Zoo

Sugden Park is located at 4284 Avalon Drive in Naples. Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers. ❄️

Florida School Health Educator Of The Year

The School District of Lee County recently announced that one of its teachers is the Florida School Health Association (FSHA) Health Educator of the year.

Leisha Roy is being honored for her work in school health and prevention. She teaches 7th and 8th grade health at Gulf Middle School. "We are very, very proud of her," said Gulf Middle School Principal Dr. Michelle Cort-Mora.

Roy's program to give selected students an education infant simulator is considered one of the highlights of her 8th grade class. The students take the doll home over a weekend to learn what it is like to take care of a baby.

School Board Member Mary Fischer is among those offering her congratulations. "Leisha has been a key player in our district health education for some time and has contributed her time and energy selflessly. Please join me in congratulating



Leisha Roy photo provided

Leisha for this notable achievement."

Roy will be presented with her Health Educator of the Year Award at the FSHA Annual Conference on Friday, April 27 in Orlando. ❄️

Take Stock In Children Awards



From left, Champions For Learning's Ashley Bowers, Barbara Uible, Lisa Church and The Immokalee Foundation's Steven Kissinger photo provided

The Immokalee Foundation and Champions For Learning, Collier County's affiliates in the Take Stock in Children program, have each been recognized with the Gold Level of Excellence Award for the sixth consecutive year, as well as the nonprofit scholarship program's Innovation Award. Both organizations were recognized at the annual Take Stock in Children Leadership Summit & Day in Tallahassee.

"We're grateful that Take Stock recognizes the work that we are doing to forge pathways to success for the students of Immokalee," Steven Kissinger, executive director of The Immokalee Foundation said. "The Immokalee Foundation's excellent staff, dedicated mentors and invaluable community and corporate support make honors like this possible."

"We are so proud that we are collaborating and sharing best practices between our organizations to ensure that the students who are part of the Take Stock in Children program in Collier

County have the best possible experience and outcomes for their future," said Susan McManus, president of Champions For Learning.

The Gold Level of Excellence is reserved for the local affiliates of the statewide organization that meet high marks on its Balanced Scorecard indicators. These include student recruitment, mentor pairing, timely advocacy, two-year action plan, student growth, increased GPA and EDGAR self-certification – which indicates compliance with federal education funding guidelines. The Balanced Scorecard provides a uniform way for Take Stock in Children to assess performance of all affiliates through the same lens and to manage their performance through action and improvement plans.

The Innovation Award recognizes consistent innovation and expansion of support to students and families.

Take Stock in Children was established in 1995 and operates in every county in Florida. ❄️

Philanthropic Leaders Lauded At Generous Cape Reception



From left, Therese Everly with Linda and Dennis Gingerich
photos courtesy Jim Jett Photography

The Cape Coral Community Foundation honored philanthropic heroes, leaders and the nonprofits they serve during the Generous Cape Reception at the Cape Coral Yacht Club recently. The annual event brought together recipients of generosity — our local nonprofit organizations — with those who give so generously — our business and community leaders.

Six nominees known for their service in the community, having a record of exceptional generosity, showing civic and charitable responsibility and demonstrating leadership that inspires others to a life of generosity were recognized for their efforts. Those nominees were: Dr. Brad Middaugh, Karen Scott, Scott Kashman, Elaine Green, Keith Grossman and Gloria Tate. Kashman was presented with the Elmer Tabor Generosity Award for his extraordinary philanthropy in the community.✱



Jenny and Scott Kashman



From left, Linda Fiore, Sally Jackson and Darlene Grossman



From left, Christin Collins, Kathy Gardner, David Collins and Donna Caruso



From left, Karen Scott, Angela Melvin, Rita Miller, Elaine Green and Joanne Elardo



Philanthropic heroes at the Generous Cape Reception



From left, Doug and Susan Thrasher with Wayne and Mary Kirkwood



Carmen Salome and Rita Miller



From left, Dana Brunett, Bob Knight and Joe Padgett



From left, Sally Jackson, Nickole Hendra, Mary McDonough, Connie Ramos-Williams and Jaimie Miller

Beautifulife:

Remove



by Kay Casperson

The word remove is one of my favorites for so many reasons. It is such an important word that I even chose years ago to name one of my very first product creations after it. I

decided to attach words to my products that would not only address what the product was designed to do but to help people look into their lives to stay on the right path. Remove is not only the very first thing you need to do to move forward in life, but it is also a necessary thing to do daily to stay balanced and to continue to have your most beautiful life.

Why do I put such great importance on this word? The reasons vary, but the most important one is that if you don't pay attention to the things that need to be removed from your life, you will never make room for the good stuff that will fill that space. You see, things tend to make their way into your life without you even realizing whether they are helping or hindering you.

Let me give you some of my favorite examples of things that should regularly be removed:

(Emotional) – Negative thoughts and feelings of self-doubt. Tell yourself how awesome you are and make way for the I can and I will attitude that you were blessed with.

(Spiritual) – Deeply held beliefs that don't inspire you to be better. If

whatever you were taught to believe isn't helping you to grow into a better human being, then leave it behind and find something that will.

(Physical) – Unhealthy habits that are limiting you from being your best. The time is now to take control of your body and your health, clean out and enjoy the benefits.

(Environmental) – Clutter from things that are no longer necessary in your life. It is now time to filter through closets, cabinets, offices and garages to make room for better space and organization.

(Social) – People that don't support or inspire you to be all that you can be. Let's face it, before you even realize it, there are people in your life that are taking you away from the important people that matter the most and continue to enhance your world. Build a healthy distance from those that drain your energy instead of fuel your fire.

Remove is a word that we need to keep in our daily lives but I especially believe that springtime is a perfect time to assess the things that need to go. What a great time for cleaning out and starting fresh with a new outlook, new goals and possibly some new friends that will support you on your journey.

My affirmation for you this week is: "I will take a close look at the various aspects of my life to remove the things that might keep me from moving towards being the best that I can be."

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

Mental Health First Aid Training

In an effort to increase mental health literacy in our community, Lee Health is offering Mental Health First Aid training. The course will be held at the Healthy Life Center at the Wellness Center – Cape Coral on Thursday, April 26 from 9 a.m. to 5 p.m. There also will be a session at the Healthy Life Center – Coconut Point on Saturday, April 28 from 8 a.m. to 4 p.m.

Youth Mental Health First Aid gives people the tools to identify when an adolescent might be struggling with a mental health or substance abuse problem and to connect them with appropriate support and resources when necessary. This is a valuable course for anyone working or volunteering with youth between the ages of 10 to 18, including teachers, coaches, medical staff, church youth advisors, sports club staff and camp counselors.

One in five Americans has a mental illness, but many are reluctant to seek help or might not know where to turn for care. Unlike physical conditions,

symptoms of mental health and substance abuse problems can be difficult to detect. For friends and family members, it can be hard to know when and how to step in. As a result, those in need of mental health services often do not get them until it is too late.

Just as traditional first aid and CPR help even those without clinical training assist an individual during a medical emergency, Mental Health First Aid prepares participants to interact with a person experiencing a mental health crisis. Participants in the program learn a five-step action plan that guides them through the process of reaching out and offering appropriate support.

The National Council for Behavioral Health helped bring Mental Health First Aid to the United States in 2008. In 10 years, more than 1 million people have been certified as Mental Health First Aiders.

The Wellness Center – Cape Coral is located at 609 SE 13th Court in Cape Coral. The Healthy Life Center – Coconut Point is located at 23190 Fashion Drive, Suite 105, in Estero. For more information or to register to participate, call 343-6199 or email Richard.Keelan@LeeHealth.org.*



Kidney transplant program patients pictured with Lee Health officials photo provided

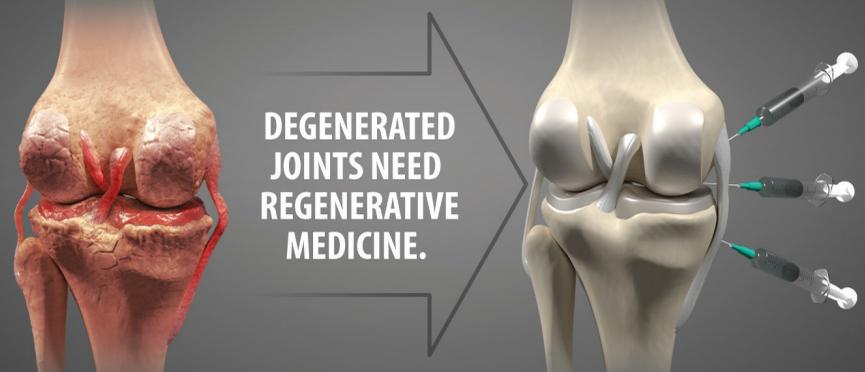
Kidney Transplant Program Patients Hail Anniversary

Just days after receiving his new kidney, recipient Allison Robinson joined several other kidney transplant patients to celebrate the one-year anniversary of the kidney transplant

program's reopening at Gulf Coast Medical Center.

In the first year after reopening, 23 patients received new kidneys through the Lee Health transplant program – more than doubling the program's goal. The celebration featured remarks by recipient Michele Jones; Lynsey Biondi, MD, program director and transplant surgeon; and Larry Antonucci, MD, MBA, president and CEO of Lee Health.*

JOINT DAMAGE?



DEGENERATED JOINTS NEED REGENERATIVE MEDICINE.

PROLOTHERAPY MAY SAVE YOUR JOINTS!

KATIE WORSNICK, MPAS, PA-C

ROSS HAUSER, MD



239.303.4069
CaringMedical.com

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

dearRPharmacist

Coffee Shops Must Display Cancer Warning



by Suzy Cohen, RPh

Dear Readers: When I think of acrylic, my mind goes to nail salons where they apply hard acrylic to your fingernails... it doesn't go to coffee or potato chips! But this compound is, in fact, almost always present

in coffee and potato chips, as well as many other foods such as cereal, French fries, peanut butter... even prune juice.

Acrylamide levels are higher in things that are fried like French fries. Just like frying, toasting can produce acrylamide; that's why dark toast is worse for you than light toast, as are well-down hash browns versus lightly browned ones... basically the darker (more cooked) areas on your food tend to have more acrylamide. Coffee is high in acrylamide, and that's why coffee shops are facing scrutiny now. I'd like a vanilla latte, double-shot, extra whipped cream, no acrylamide.

Starbucks and other big-name cafes are under fire. You see, acrylamide is a compound known to the FDA as a "possible" carcinogen. To be fair, the carcinogenic potential of dietary-related acrylamide from foods and beverages is actually unknown.

Natural coffee beans don't have acrylamide, it happens during the refinement process. When coffee growers roast their coffee beans, the acrylamide content goes up to a certain degree. Then coffee houses

prepare beverages for us (the consumer), and we drink it. Does that mean we're drinking acrylamide?

In recent breaking news, Superior Court Judge Elihu M. Berle has just ruled that coffee companies like Starbucks, Peet's and others will have to carry the cancer warning label in the state of California. I am confident this cancer-causing acrylamide problem won't even impact their sales... not even a dollar! Coffee lovers aren't going to run because we, as a nation, are fairly desensitized to toxins by now. Nobody cares if meat contains 28 different ingredients, aside from meat. Nobody cares if blueberry cereal doesn't have real blueberries in it, but rather purple goo. Nobody cares if French fries are fried in disgusting oil. These are the foods that are the highest in acrylamide, so you'll want to avoid or minimize these:

- French fries and potato chips
- Grains like pasta
- Breakfast cereal
- Darkly toasted bread or bagels
- Certain cookies
- Lightly roasted coffee beans
- Peanut, almond or sunflower butter

That's just the main foods. There are others which I can share in my extended version of this article. I've written a much more comprehensive article about this, including more about why the foods above are high in acrylamide and what you can substitute. I've also offered a list of foods and supplements that offset the damage done by acrylamide. To get all of this, it's simple. Just sign up for my free newsletter at www.suzycohen.com, and I'll email it to you on Tuesday.

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. ✨

Doctor and Dietician

Maintaining Social Connectedness



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

Healthy eating and proper exercise are essential for a robust life, but another important aspect of healthy living is connecting socially. Maintaining meaningful social connections boosts overall health by strengthening the immune system, improving physical health and maintaining psychological well-being. Social connectedness helps folks maintain a healthy body weight, manage blood sugars, improve cancer survival, reduce cardiovascular mortality, alleviate depression, decrease posttraumatic stress disorder and improve overall mental health.

Connection with others who feel what we feel, understand how we think, and who are able to relate to us on a heart-to-heart level is one of life's most important skills and

needs. As you might guess, those who are disconnected reap the opposite results, such as physical and emotional disease and isolation. In the United States, social isolation is becoming increasingly prevalent, with 40 percent of Americans indicating they are lonely. Social isolation weakens and shortens our lives, and its negative effects are comparable to things like smoking, obesity, substance abuse and violence. We need human connections for physical, emotional and spiritual health. Those who feel connected have lower rates of anxiety and depression because their involvement in a social network provides the giving and receiving of trust and empathy. If you find it difficult to connect with people, adopting a furry friend may be the path for you. Pet owners show similar benefits in terms of well-being compared to non-pet owners.

Belonging is an irresistible need of all people. We are biologically, cognitively, physically and spiritually wired to love, to be loved, and to belong. When that doesn't occur, our health suffers.

Be courageous and take the initiative. Foster, nurture and build your social connections. In addition to following a healthy diet and exercising, cultivating meaningful relationships is a crucial aspect of your well-being.

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

Savvy Caregiver Program

The Alvin A. Dubin Alzheimer's Resource Center, in conjunction with Grace Church, will be hosting the Savvy Caregiver Program at the church on Tuesdays starting May 1 from 2 to 4 p.m. There will be free respite including important socialization, music, art and, on occasion, pet therapy. Snacks will also be provided.

Then, from 6 to 8 p.m. at the church, the Alvin A. Dubin Alzheimer's Resource Center will collaborate with Choices in Living adult day care to offer an evening course of the Savvy Caregiver for those who work.

This educational program is designed to train family caregivers in the basic knowledge, skills, and attitudes needed to cope with the challenges of caring for a family member with Alzheimer's disease or related dementia. Sessions are delivered in two-hour increments over a six-week period. There is no charge for this program, and seating is limited. The programs are made possible through a grant from the Cape Coral Community Foundation.

Grace Church is located at 13 SE

21st Place in Cape Coral. An RSVP is needed by Friday, April 27 by calling 437-3007. ✨

Chronic Disease Program

Lee Health's Lee Health Solutions, in partnership with many local community agencies and supported in part initially by a grant from the Southwest Florida Community Foundation, is offering It's All About You – a research-based Chronic Disease Self-Management program at Lee Health Solutions' office for six weeks on Wednesdays beginning May 2 from 9 to 11:30 a.m.

Developed by Dr. Kate Lorig of Stanford University, the 2.5-hour program is designed for people age 18 or 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.

Lee Health Solutions' office is located at 12550 New Brittany Boulevard in Fort Myers. For more information or to register, call 343-9264. ✨

From page 1

Broadway Palm

The two leads give strong performances all the way around. Canaday gives the right amount of frenetic energy to the pompous Professor Higgins, with a sharp wit that keeps us from disliking his rather brutish behavior and language. Calling Eliza "deliciously low" and "horribly dirty" and even suggesting he may "throw the baggage out" doesn't exactly warm him to our hearts. But it's all part of the story and the audience was charmed and delighted. Porterfield has a beautiful soprano voice and delightful expressive facial expressions. She captures her transition brilliantly. Pickering shows kindness and respect to Eliza. It takes a bit longer for the professor to change his tune.

The songs are unforgettable and include *I Could Have Danced All Night*, *The Rain in Spain*, *I'm Getting Married in the Morning*, *On the Street Where You Live*, *I've Grown Accustomed to Her Face* and *Wouldn't it be Lovely*. The hilarious Ascot Gavotte scene is an audience favorite and definitely one of mine. The ensemble, dressed in black and

white, move in stoic choreographed union watching the races with a lack of vibrant passion. They represent the upper crust, and their facial expressions, including one young man whose mouth seemed fashioned in a perfect square, had me in stitches.

The choreography by Ford Haeuser is something to behold with vivacious dances that look like the actors are flying about the stage. The costuming is superb. Both the sumptuous gowns and the plain garb associated with the lower class add immensely to the production. Freddy (Charlie Tingen), Eliza's suitor, has a solid tenor voice that pleased the audience during the *On The Street Where You Live* number. Others to be recognized are Joshua Lehman as Alfred P. Doolittle, Eliza's wayward father, and Sherry Konjura as Mrs. Higgins, the professor's mother. The cast of servants and dancers remained in character throughout with strong singing and dancing. There's everything to like about this show. I recommend you see it.

My Fair Lady plays through May 19. For tickets, call 278-4422, visit www.broadwaypalm.com or stop by the box office at 1380 Colonial Boulevard in Fort Myers. ✨

PETS OF THE WEEK

Lee County Domestic Animal Services

Brinley And Josie



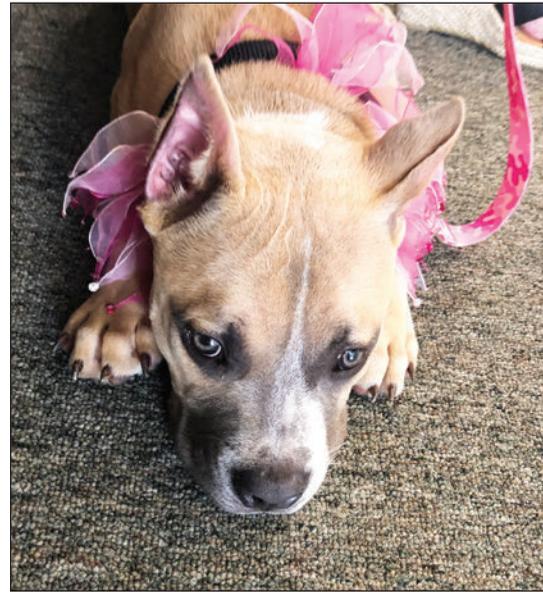
Brinley ID# A734471

photos provided

Hello, my name is Brinley. I am a 2-year-old female domestic shorthair who is your typical tabby cat that likes to run around and check things out. I love to play with my cat toys especially the ones that squeak. I am very well-behaved when humans brush my beautiful brown tabby fur.

My adoption fee is \$50. When you adopt me, you can another cat for free.

Hi, I'm Josie. They call me an itty bitty pittie because I am a pitbull that is going to stay pocket-sized. I am an 8-month-old female pit bull who is only 34 pounds and won't get too much bigger. I have a super sweet temperament and love to be around people. I have great leash manners and am very well-behaved in a crowd. I will make a great addition to any lucky family.



Josie ID# A735611

My adoption fee is \$75.

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

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

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

The adoption package is valued at \$500.**

Haven on Earth Animal League

Triscuit And Malia



Triscuit

photos provided

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

Hi there! I'm Triscuit. I am a beautiful, 1-year-old calico kitty, and I just had a litter of kittens. I am being fostered while I raise my babies and will be available for adoption in about a month. I will be spayed and brought up to date on all vaccines. As an adult, my special adoption fee is only \$35 during the month of April.



Malia

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

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



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

ARTS

Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321

CLUBS & ORGANIZATIONS

American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE(National Active & Retired Federal Employees	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Gateway to the Islands	218-5768
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900

AREA ATTRACTIONS

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

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

PUZZLES

Answers on page 29

Super Crossword

COLLECTION OF SHADES

- ACROSS**
- 1 In addition to
 - 9 Like racist or sexist jokes
 - 14 Small country in Europe
 - 20 Kellogg's cereal
 - 21 As thin as —
 - 22 Gotten up from bed
 - 23 Certain Burgundy fruit
 - 25 Small
 - 26 Regular: Abbr.
 - 27 Bullring yell
 - 28 W-2 expert
 - 29 Belfast's county
 - 30 Cheesy Italian dish
 - 36 First emperor of Brazil
 - 39 Pigeon's call
 - 40 Airline serving Oslo
 - 41 Honshu coin
 - 42 Annual Calgary or Rochester celebration
 - 47 Suffix with 119-Across
 - 50 Jackie's #2
 - 51 Texter's "Then again ..."
 - 52 "— penny, pick it up ..."
 - 54 Still-life fruit
 - 58 Sam of "The Piano"
 - 60 Very shy sort
 - 65 Ending for cyan
 - 67 British rocker Brian
 - 68 Most indigent
 - 69 Have too much of, for short
 - 72 The 1890s' nickname
 - 77 See 71-Down
 - 78 Any of 12 pontiffs
 - 80 Two-base hit: Abbr.
 - 81 That gal
 - 83 What playing kids "go round"
 - 88 Expand upon
 - 92 Not as daft
 - 93 Hairy twin in the Bible
 - 94 Garr of film
 - 96 "Ni-i-ice!"
 - 97 — -do-well (idle person)
 - 99 Suspect in Clue
 - 104 Charade
 - 107 — Fridays (restaurant)
 - 109 Wriggling fish
 - 110 Post-teens
 - 111 1951 Alec Guinness comedy
 - 118 Left fielder Minnie
 - 119 Tearful
 - 120 Tear's place
 - 121 Zero in
 - 124 Ink-squirting creatures
 - 125 Whoopi Goldberg film that's apt for this puzzle
 - 131 Israeli money
 - 132 "St. — Fire"
 - 133 Least quiet
 - 134 Albanian city
 - 135 Jr.-year exams
 - 136 Singers Frank and Nancy
 - 10 NHL's Bobby
 - 11 Civil rights org.
 - 12 Robert Browning's "— Passes"
 - 13 Unclogs
 - 14 Ill feeling
 - 15 Circular gasket fitting
 - 16 Old crime boss Frank
 - 17 In error
 - 18 Dion of song
 - 19 Like a single-person band
 - 24 Do a spit-take, say
 - 30 Noted period
 - 31 Peter out, as a trail
 - 32 Present
 - 33 "— will not!" (firm refusal)
 - 34 "Mazel —!"
 - 35 Made do
 - 36 Intend (to)
 - 37 Ireland, to the Irish
 - 38 Ovid's 552
 - 43 Dawn goddess
 - 44 "Be quiet!"
 - 45 Invite
 - 46 Maui garland
 - 48 Verbalized
 - 49 No longer edible
 - 53 City of central Sicily
 - 55 Appeal
 - 56 For fear that
 - 57 Kin of -kin
 - 59 Tackles, e.g.
 - 61 Gun, as an engine
 - 62 Suffix with opal
 - 63 Tropical tern
 - 64 Signs made by winners
 - 66 Runner Zatopek
 - 69 Chooses
 - 70 Qatari capital
 - 71 With 77-Across, not closing early, as a store
 - 73 Inn in France
 - 74 Employs
 - 75 Taper off
 - 76 Gulager of "The Killers"
 - 79 Unblemished
 - 82 Flattop, e.g.
 - 84 Sharp knock
 - 85 Karel Capek sci-fi play
 - 86 Aves.
 - 87 "For — a jolly ..."
 - 89 Voodoo —
 - 90 Hype up
 - 91 Measures of resistance
 - 95 Gallivant
 - 98 French "Presto!"
 - 100 Atop, in odes
 - 101 Jewish cry of disgust
 - 102 Architect Saarinen
 - 103 Alehouse
 - 104 Maximally
 - 105 Overly stylish
 - 106 Person camping out, often
 - 108 Foot part
 - 112 "Don't — gift horse in the mouth"
 - 113 Quaking tree
 - 114 Writer Roald and actress Arlene
 - 115 Stalk swelling
 - 116 City south of Dijon
 - 117 "Vive —!" (French cry)
 - 121 Imitator
 - 122 Rick Blaine's love, in film
 - 126 Folding bed
 - 127 Old spy org.
 - 128 Lapel insert
 - 129 D.C.'s land
 - 130 Slowing, in music: Abbr.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19			
20								21					22								
23							24						25								
26						27				28			29								
			30	31	32				33	34			35								
36	37	38						39				40					41				
42							43	44				45	46	47		48	49				
50				51								52	53		54		55	56	57		
58			59			60		61	62	63				64							
			65		66			67				68									
69	70	71			72	73	74					75	76				77				
78				79						80				81	82						
83								84	85				86	87		88		89	90	91	
92							93					94		95				96			
			97		98					99		100	101	102					103		
104	105	106			107			108				109					110				
111			112	113				114	115					116	117						
118								119											121	122	123
124								125				126	127				128	129	130		
131								132													
134								135													

King Crossword

1	2	3	4	5	6	7	8	9	10	11		
12					13				14			
15				16					17			
			18				19	20				
21	22	23				24						
25					26	27				28	29	
30										32		
33			34						35			
		36						37				
38	39					40	41					
42					43	44				45	46	47
48					49					50		
51										53		

ACROSS

- 1 Old
- 5 Always
- 9 "See ya"
- 12 Took the bus
- 13 Anger
- 14 Legislation
- 15 Pyrite
- 17 Anger
- 18 Implement
- 19 Makes one's way
- 21 English composition
- 24 Behave
- 25 Cookware
- 26 Both ways
- 30 Equal (Pref.)
- 31 Bichon — (dog breed)
- 32 "— the fields we go"
- 33 Reins
- 35 Metal refuse
- 36 Actor McGregor
- 37 How one says "alas"
- 38 Georgia city
- 40 Leaves
- 42 Past
- 43 Absolute dominance
- 48 Web address
- 49 Teeny bit
- 50 Soon, in verse
- 51 Pop
- 52 Vacillate
- 53 Relaxing discipline
- 54 on the donkey" prop
- 55 Wild party

DOWN

- 11 Rams fans?
- 16 Sauce source
- 20 Conclusion
- 21 Grand tale
- 22 Mediocre
- 23 Absolutely
- 24 Church service
- 26 1982 movie with a 2010 sequel
- 27 Lubricant
- 28 Authentic
- 29 Hollywood's "Talking Mule"
- 34 Pair
- 35 Strut about
- 37 Witness
- 38 Tennyson poem
- 39 City of India
- 40 "— match?"
- 41 Fine
- 44 Explanation
- 45 Yoko of music
- 46 Journal
- 47 "CSI" evidence

MAGIC MAZE ● CHINESE NEW YEAR CUISINE

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

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

- | | | | |
|---------|------------|----------|--------------|
| Bakkwa | Jiaozi | Nián gáo | Taro cakes |
| Duck | Leek | Noodles | Turnip cakes |
| Fish | Lobster | Pork | Yusheng |
| Jau gok | Melon seed | Sweets | |



"It's my _____ . She had a sudden change of plans over the weekend."

answer on page 29

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Outfit

FISHRUN

Pair

POLEUC

Keep

TRAINE

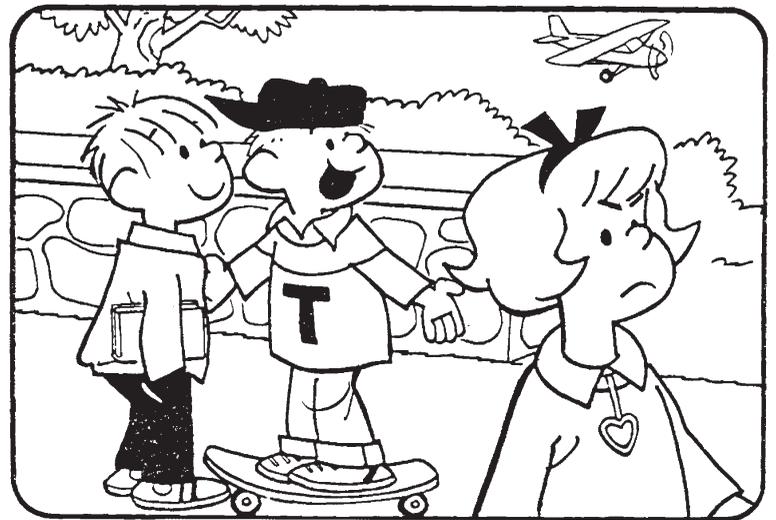
Pierce

PARSE

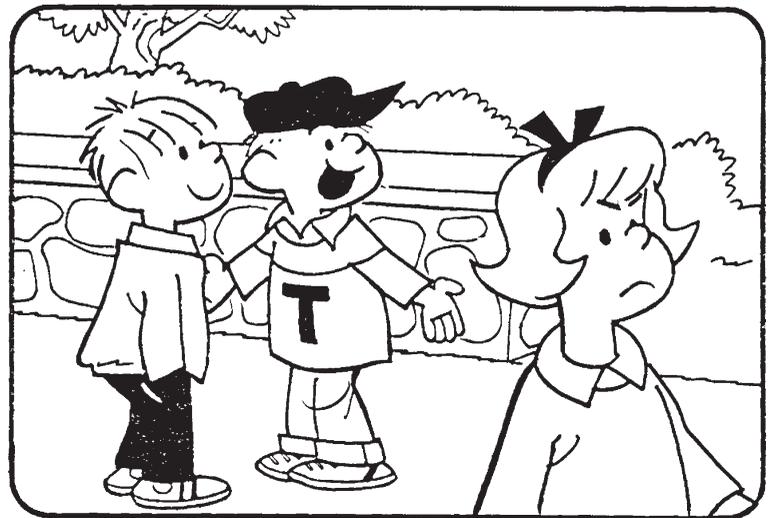
TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Book is missing. 2. Cap is reversed. 3. Skateboard is missing. 4. Airplane is missing. 5. Hair is shorter. 6. Pendant is missing.

SUDOKU

To play Sudoku:

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

answer on page 29

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



Cucumber, Tomato and Radish Salad with Citrus Dressing

- 2 tomatoes, seeded and chopped fine
- 2 cucumbers, peeled, seeded, and chopped fine
- 3/4 pound radishes, trimmed and chopped fine
- 2 tablespoons fresh lemon juice
- 2 tablespoons fresh lime juice
- 1 clove garlic, mashed to a paste with 1/4 teaspoon salt
- 1/4 cup virgin olive oil
- 1/3 cup cilantro finely chopped, or to taste
- 6 scallions, sliced thin

In a large bowl whisk together the juices and garlic paste, add the oil in a steady stream, and whisk the dressing until it is emulsified. Whisk in the chopped cilantro and salt and pepper to taste. Add the tomatoes, cucumbers, radishes, and the scallions, toss the salad to combine it well, and garnish the dish with the leftover cilantro sprigs.*



Cucumber, Tomato and Radish Salad with Citrus Dressing

photo courtesy Fresh From Florida

 FRIDAY Mostly Sunny High: 80 Low: 73	 SATURDAY Partly Cloudy High: 83 Low: 76	 SUNDAY Sunny High: 85 Low: 74	 MONDAY Mostly Sunny High: 78 Low: 71	 TUESDAY Sunny High: 77 Low: 70	 WEDNESDAY Mostly Sunny High: 76 Low: 69	 THURSDAY Mostly Cloudy High: 75 Low: 68
--	--	--	---	---	--	--

Redfish Pass Tides

Day	High	Low	High	Low
Fri	6:35 am	9:02 am	4:02 pm	None
Sat	4:54 pm	12:07 am	None	None
Sun	6:05 pm	1:23 am	None	None
Mon	11:29 am	2:38 am	7:47 pm	1:24 pm
Tue	11:39 am	3:44 am	9:35 pm	3:34 pm
Wed	11:57 am	4:37 am	11:00 pm	4:51 pm
Thu	12:17 pm	5:21 am	None	5:48 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	5:40 am	9:04 am	3:07 pm	None
Sat	3:59 pm	12:09 am	None	None
Sun	5:10 pm	1:25 am	None	None
Mon	10:34 am	2:40 am	6:52 pm	1:26 pm
Tue	10:44 am	3:46 am	8:40 pm	3:36 pm
Wed	11:02 am	4:39 am	10:05 pm	4:53 pm
Thu	11:22 am	5:23 am	11:13 pm	5:50 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	5:43 am	10:06 am	3:35 pm	None
Sat	6:55 am	12:03 am	4:36 pm	10:39 am
Sun	8:10 am	1:23 am	6:17 pm	11:25 am
Mon	9:16 am	2:40 am	8:27 pm	2:36 pm
Tue	10:17 am	3:40 am	9:44 pm	3:47 pm
Wed	11:09 am	4:33 am	10:57 pm	4:48 pm
Thu	11:47 am	5:21 am	11:58 pm	5:44 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	8:45 am	2:14 am	6:12 pm	12:18 pm
Sat	7:04 pm	3:23 am	None	None
Sun	8:15 pm	4:39 am	None	None
Mon	1:39 pm	5:54 am	9:57 pm	4:40 pm
Tue	1:49 pm	7:00 am	11:45 pm	6:50 pm
Wed	2:07 pm	7:53 am	None	8:07 pm
Thu	1:10 am	8:37 am	2:27 pm	9:04 pm

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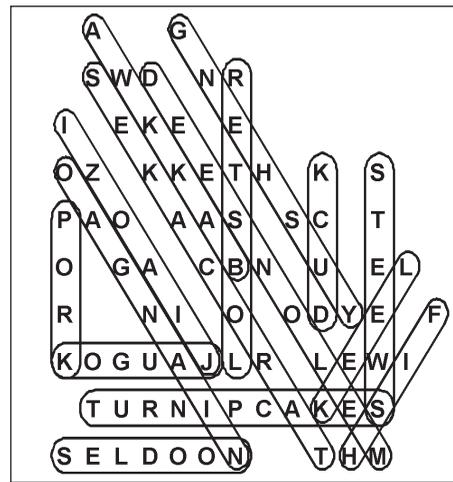
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

My Stars ★★★★★

FOR WEEK OF APRIL 23, 2018

Aries (March 21 to April 19) You easily handle your tasks this week, thanks to those high energy levels that never seem to run down. But pace yourself, Lamb, for the demanding week ahead.

Taurus (April 20 to May 20) With the arts dominant this week, you might want to pick up any of those creative projects you've neglected. A workplace situation benefits from some fresh insight.

Gemini (May 21 to June 20) Music helps replenish your energy levels. Stream your playlist if you must. But a live concert could prove more rewarding, especially if you go with that very special someone.

Cancer (June 21 to July 22) Close friends reach out to help perk up your lagging social life. That workplace situation also eases, leaving you time to do more fun things by week's end.

Leo (July 23 to August 22) A revelation clears up that perplexing job-related problem. Some changes will have to be made, which, no doubt, will meet with the Big Cat's roaring approval. Good luck.

Virgo (August 23 to September 22) Reaching out to someone in need is the noble thing to do. But try to restrain the temptation to add a lecture -- no matter how well-intended -- to your good deed.

Libra (September 23 to October 22) There could be another tough challenge to face before the month is over. But all that hard work is winning you lots of important recognition from your peers.

Scorpio (October 23 to November 21) Keeping to your work schedule could prove difficult with all those personal distractions. Best advice: Stay with it. There'll be time later for socializing.

Sagittarius (November 22 to December 21) Jumping hurdles this week might be vexing for most, but not for the sage Sagittarian, who recognizes that meeting a challenge can open up opportunities.

Capricorn (December 22 to January 19) More obstacles might be thrown in your path as you try to finalize a new agreement. But the sure-footed Goat ignores the stumbling blocks and stays the course.

Aquarius (January 20 to February

18) We know the Water Bearer takes pleasure in giving to others. But why not let someone else enjoy the experience too by accepting that offer of help?

Pisces (February 19 to March 20) You might find that you need to ease up on your hectic schedule this week. Don't fret about it. It could be helpful to take a break and replenish your energy supply.

Born This Week: You have a way of finding practical solutions to complex problems, and you do it with grace.

THIS WEEK IN HISTORY

- On April 25, 1859, at Port Said, Egypt, ground is broken for the Suez Canal, an artificial waterway intended to stretch 101 miles across the Isthmus of Suez. Labor disputes and a cholera epidemic slowed construction, and the Suez Canal was not completed until 1869 -- four years behind schedule.

- On April 27, 1865, boiler explosions on the Mississippi River steamboat Sultana kill an estimated 1,547 people, mostly Union soldiers returning home after the Civil War. The passengers were killed by flying metal, scalding water and collapsing decks.

- On April 28, 1897, the Chickasaw and Choctaw, two of the Five Civilized Tribes, agree to abolish tribal government and communal ownership of land, following the goals of the Dawes Severalty Act. The other tribes soon followed, throwing open all of Indian Territory to white settlement.

- On April 29, 1945, the U.S. Seventh Army's 45th Infantry Division liberates Dachau, the first concentration camp established by Germany's Nazi regime. In the course of Dachau's history, at least 160,000 prisoners passed through the camp.

- On April 23, 1969, Sirhan Sirhan, a Palestinian immigrant, is sentenced to death after being convicted in the assassination of politician Robert F. Kennedy. In 1972, Sirhan's sentence was commuted to life in prison after California abolished the death penalty.

- On April 26, 1977, the world-famous Studio 54, in New York City, opens its doors for the first time. Actors, models, musicians and athletes, as well as political figures came out to be seen during the disco club's brief heyday, which lasted less

than three years.

- On April 24, 1980, an ill-fated military operation to rescue the 52 American hostages held in Tehran, Iran, ends with eight U.S. servicemen dead and no hostages rescued. The hostages would not be released for another 270 days.

STRANGE BUT TRUE

- It was Edna St. Vincent Millay, a playwright and the first woman to win the Pulitzer Prize for poetry, who made the following observation: "A person who publishes a book appears willfully in public with his pants down."

- I don't know who studies such things, but those who do say that over the course of a lifetime, you'll probably spend about three years in the restroom.

- Despite numerous arrests and trials, famed 19th-century outlaw Frank James was never convicted of anything and never went to prison. He died in 1915, at the age of 72, of natural causes.

- In Germany in the 1500s, a court physician by the name of Oswaldt Gabelthouer wrote a medical book full of remedies that he guaranteed would be effective. For insanity, the patient must cut his or her hair close to the head, then tie two halves of a ram's liver to the head. A severe case of epilepsy, he claimed, could be cured if the patient wore the right eye of a wolf and the left eye of a she-wolf on a thong about the neck for three months; also, the patient had to forgo bathing during that time. There's no mention in the record at hand of how a patient would go about redeeming the guarantee.

- When groups of shrimp end up with too few males to sustain the population, some of the females turn into males.

- If someone called you a "mumpsimus," would you be flattered or insulted? It seems that the appropriate reaction would be to take offense. According to the Merriam-Webster dictionary, a mumpsimus is "a stubborn person who insists on making an error in spite of being shown that it is wrong."

THOUGHT FOR THE DAY

"Calamities are of two kinds: misfortunes to ourselves, and good fortune to others." -- Ambrose Bierce

SCRAMBLERS

- Furnish; 2. Couple;
- Retain; 4. Spear

Today's Word
FIANCEE'S

TRIVIA TEST

- Science:** What vitamin did scientist Linus Pauling advocate as having health benefits when taken in high doses?
- General Knowledge:** Where is Arlington National Cemetery located?
- U.S. Presidents:** How many children did President Franklin Roosevelt and first lady Eleanor Roosevelt have?
- Time & Measurements:** If the military hour is 1600, what is the time to civilians?
- Astronomy:** What was the first planet to be discovered using the telescope?
- Theater:** Who wrote the 20th-century play *Private Lives*?
- Games:** What color is the No. 1 ball in billiards?
- Movies:** What kind of creature is Thumper in the Disney movie *Bambi*?
- Television:** What was the name of the club where husband Ricky worked on the show *I Love Lucy*?
- Geography:** What is the world's largest active volcano?

TRIVIA ANSWERS

- Vitamin C
- Arlington County, Virginia
- Six, although one died in infancy
- Yellow
- Uranus
- Noel Coward
- A rabbit
- Thumper
- The club where husband Ricky worked on the show *I Love Lucy*
- Tropicaliana

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

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 4/20 * 4/20

Cycling Safety Notes

- Ride to the right
- Warn to pass
- Wear a helmet
- Use lights at night
- Always be courteous



SANIBEL BICYCLE CLUB

From page 1

Trash Bash

places provide a neutral space in which people can come together, share ideas and establish meaningful relationships. When provided with the right tools and resources, we've found that people tend to take better care of these places, resulting in even greater community benefits" said Trish Fancher, KLCB executive director.

Visit www.klcb.org to learn more about the organization, sign up for the newsletter, donate or register to participate in an event.

Sites still open for registration include:

- Bowditch Point Park, 50 Estero Boulevard, Fort Myers Beach
 - Bonita Beach Park, 27954 Hickory Boulevard, Bonita Springs
 - Cape Coral, 230 Burnt Store Road South, Cape Coral
 - Charleston Park, 2541 Charleston Park Drive, Alva
 - Daniels Parkway, 9090 Daniels Parkway, Fort Myers
 - Dog Beach, 8800 Estero Boulevard, Fort Myers Beach
 - Fort Myers Beach, 2751 Oak Street, Fort Myers Beach
 - Lehigh Acres, 601 Williams Avenue, Lehigh Acres
 - North Fort Myers, 2000 North Recreation Way, North Fort Myers
 - Olga, 2325 South Olga Drive, Fort Myers (7 to 9 a.m.)
 - Page Park 507 Center Road, Fort Myers (8 a.m. to noon)
 - Pine Manor 5547 10th Avenue, Fort Myers (8:30 to 11:30 a.m.)
 - Summerlin Road 17101 Pine Ridge Road, Fort Myers Beach
 - Suncoast Estates 2241 Case Land, North Fort Myers
 - Sanibel Boat Ramp, 888 Sextant Drive, Sanibel (waterways cleanup with own watercraft)
- The local sponsors of the 2018 Great American Cleanup to date are: Advanced Disposal, Waste Pro, Coca-Cola, Lee County Parks & Recreation, Spherion, Surfing's Evolution and Preservation Foundation, and Lee County Solid Waste.✱



Publix employees volunteer to help raise the walls on a new, affordable Habitat home photo provided

Publix Helps Build Affordable Habitat Home

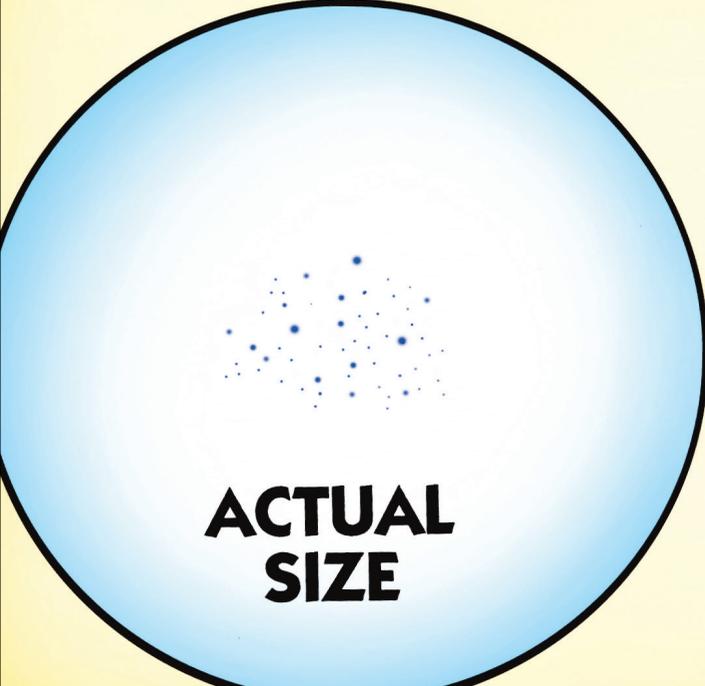
Publix Super Markets Charities donated \$55,000 to Habitat for Humanity of Lee and Hendry Counties as part of their continued effort to make a difference in the communities they serve. This year's donation will sponsor a new, affordable Habitat home in Lee County. Along with their generous financial gift, Publix employees spent their Saturday volunteering to raise the walls on the house.

Helping to empower Lee County families through affordable homeownership since 1996, Publix Super Markets Charities, has donated over \$890,000 to Habitat Lee and Hendry and, in 2017 alone, Publix employees donated 350 volunteer hours offering a hand up to neighbors in their community.

Habitat homes are built through the use of volunteer labor and donations of money and materials.✱

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Marina Pointe	Bonita Springs	1997	8,667	\$4,750,000	\$4,500,000	58
Barefoot Beach	Bonita Springs	2000	6,485	\$4,250,000	\$3,775,000	426
Richardsons O L Subd	Sanibel	2000	3,643	\$3,999,000	\$3,675,000	47
Bonita Beach	Bonita Springs	1997	3,175	\$3,499,000	\$3,100,000	74
Bonita Beach	Bonita Springs	1989	1,725	\$2,900,000	\$2,600,000	90
Carolands	Bonita Springs	1990	3,955	\$2,295,000	\$2,100,000	23
Belle Meade	Fort Myers	2007	5,613	\$1,795,000	\$1,500,000	13
Cape Coral	Cape Coral	2010	3,751	\$1,690,000	\$1,527,500	112
Cape Harbour	Cape Coral	2009	3,533	\$1,650,000	\$1,420,000	48
Oakbrook	Estero	2005	3,565	\$1,375,000	\$1,335,000	19

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