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Traffic and Tee Ball By Butch Swank



Photo: Butch Swank, President of Southwest Florida Business Alliance, goodladandswank.com

I stumbled upon some interesting relationship advice recently. It's from a cou-

ple that introduced a clever system for the end-of-day talk that pretty much all couples have. They have two categories: Do you want me to listen, or do you want help? It is such a simple thing but also brilliant. Speaking from a dude's perspective, I only want to help solve my wife's issue, and most often, she wants to vent a bit and share her day. Good Lord! Think of the arguments I would have avoided by just

listening instead of jumping in and barking orders on how to fix these very, in my opinion, fixable problems! Dudes... how do you ladies live with us?

In my book, we have the exact same situation here in that everyone on the East side of I-75 is always a listener. We talk endlessly about how bad traffic is and why it only gets worse. We almost never take the time to help ourselves by actually speaking with the right people who have the power to FIX things. Our County Commissioners are human, just like us. If they are not hearing what bothers us, they justifiably have no reason to help. We cannot blame them if we're not letting them know how bad things have gotten. If enough people call or email saying the current traffic conditions are unacceptable, then they will act. If they don't, we surely need to get new Commissioners, but I think it's only fair that we give them this much-needed feedback first. If you go to www.leegov.com/bocc, you can find your Commissioner there, along with all of their contact details. We've all been good listeners, but I say it's time for us to switch gears and start helping ourselves.

Here's another area I feel we need to let our local government know about. I've been told by multiple independent people that there will be no baseball, tee ball, or soccer in

County parks for at least six months because Hurricane Ian damaged a light at one facility, and it then fell during a game. The reaction was to close all parks. Maybe there's a legitimate reason for the six-month delay, but there have been no efforts to explain it to us. Also, I wholeheartedly agree that if the situation is unsafe, then closing the parks is a good idea. However, half a year? Why not start taking bids and pay extra to get it done fast? Again, the County Commission has a lot on its plate, but it is literally their job to prioritize what happens and where. I feel like our kids have had a really tough couple of years thanks to COVID, and now having no sports

Continued on Page 2



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Continued from Page 1

only makes things worse. If you're a parent or even someone that played sports as a kid, I encourage you to contact the Commission and ask if they can help get this done faster.

Thomas Jefferson had an interesting

quote: "The government you elect is the government you deserve." I think what he's saying is that the common people, us, get the leadership we accept. I am a glass-half-full type, so I always prefer giving the benefit of the doubt. If our local leaders don't listen to us, that is on them. However, if we don't share our concerns, then it is unfair of us to

criticize them since we have offered no feedback. I hope I've made my case that it's in everyone's best interest for you, as an individual, to take that extra five minutes from your busy day and start making your voice heard by the people in a position to make things better. We all live in such a beautiful place, and it is our responsibility to look after it.

So, once you're done with your coffee, please make that call or hit send on that email. You've moved from listening to helping, and if enough of us do this, things can only get better!

For Questions or remakrs, please email press@eastleenews.com

Claim Results Public Adjusters: Why Do You Need A Public Adjuster?

By Cary Kingsberg (LIC# D055801)

When you submit an insurance claim, your insurance company employs a professional adjuster who represents the company's best interest, not yours. At www. claimresults.com we settle claims.

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GloryWay Quartet & the Mastersingers Chamber Chorus Submitted By Charlene Golden

GLORYWAY

GloryWay was founded in Mansfield, Ohio by lead singer, Justin Crank. Raised on good old-fashion gospel music, Justin developed a love for four-part harmony. What began as four friends singing around town was blessed by God and has blossomed into a powerful full-time ministry.

GloryWay has the privilege of working with several prestigious agencies in the world of Gospel Music entertainment. GloryWay is signed with Capitol Artists as one of their booking agents and is also on the Gateway Management label, a highly-respected management agency. GloryWay travels over 60,000 miles annually, all across the United States, sometimes booking engagements over a year in advance. Every weekend of the year, plus some, is packed full of exciting ministry opportunities for GloryWay. Glory-Way songs can be heard on nationwide radio, including 'Nobody', 'God, You're Amazing, and 'End of the Story'. Many GloryWay fans have found comfort in 'Just a Little While', a ballad written by GloryWay's own John Cole.

All of these songs can be found on the most recent, groundbreaking project titled 'God, You're Amazing'. GloryWay has participated in numerous showcases at the National Quartet Convention. In 2016, they were a part of the American Gospel Celebration hosted by Pastor John Hagee. In 2017 and 2018, they were nominated for 'Sunrise Quartet of the Year' for SGN Scoops Diamond Awards, taking home the honor in 2018. GloryWay has also been named Southern Gospel Artist of the Year by Southern Gospel New York. They were honored guests on the nationally syndicated

radio program "Paul Heil and the Gospel Greats" and they've presented their ministry at the Thomas Road Baptist Church in Lynchburg, Virginia. GloryWay has been honored to perform at Dollywood in Pigeon Forge, Tennessee many times over the years.

They've been blessed to record in several studios with some elite producers and talented musicians who can be heard on the many projects that they have recorded, including a Christmas CD. GloryWay is made up of owner/ lead singer Justin Crank, tenor Bryan Langley, and baritone John Cole. GloryWay puts on a unique and versatile performance that blends classic four-part harmony with exciting and inspiring new sounds and styles.

They look forward to each and every opportunity to share their ministry. Each performance is sure to delight and encourage all who listen.

Come out and see them Friday, March 10th at 7 pm at Christ United Methodist Church in Lehigh Acres.

MASTERSINGERS **CHAMBER CHORUS**

Join the Mastersingers Chamber Chorus for a free concert exploring the themes of Joy, Love and Peace with music and readings. This concert is FREE and open to the public at Christ United Methodist Church in Lehigh Acres.

For More information about these concerts or other events at Christ United Methodist Church in lehigh, contact Charlene Golden at Admin@christumclehigh.org or (239) 369-1433.





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Pan-Florida Challenge Cancer Ride Brings Riders Of All Levels Together To Fight Deadly Disease *Powerful Stories Behind Why Riders Take Part* Submitted By Josh Milton

Cancer survivor, friend lost to cancer, cancer researcher. These are just some of the people involved with the annual Pan-Florida Challenge Cancer Ride (PFC) taking place in Naples and Tampa on March 25-26. PFC funds ground-breaking research studying the linkages between hunger and cancer at Moffitt Cancer Center. PFC also provides nutritious meals to underprivileged and hungry children to prevent cancer later in life. Whether you're looking to celebrate survival, honor a loved one, or simply want to support a worthy cause, the PFC Cancer Ride means something different to everyone.

"I'm a firsthand example of why these funds work, specifically for critical cancer research," said Janelle Morales, Administrative Support Staff Supervisor at Moffit Cancer Center. She joined the PFC Cancer Ride for the first-time last year to commemorate her personal journey as a cancer survivor, which she attributes in part to drug research being done at Moffitt, and to honor the memory of her aunt who passed away from the disease.

Dr. Nagi Kumar, Senior Member of Cancer Epidemiology at Moffitt, and teams of researchers so far have identified six specific agents derived from phytochemicals that they are using to develop cancer-fighting drugs for patients, like Morales, in pre-cancerous and early stages of cancer.

"This is an area that is high risk, but also high reward. This work doesn't get funded immediately by the government and other agencies until we have definitive proof, and almost all of them are now," said Dr. Kumar. "But, in the beginning, organizations like Pan-Florida Challenge helped with seed money for the preliminary work testing compounds derived from plants."

David McAllister, his wife, brother, and sister-in-law are self-proclaimed serial fundraisers and passionate cyclists from Jacksonville who also joined the PFC Cancer Ride last year. "The PFC Cancer Ride combined some of our favorite things like cycling in a warm place, fundraising for cancer prevention, and nutrition, which we're all involved in healthy lifestyles and believe is an important component of cancer prevention." The team, known as Angelina's Song, rides in support of dear friends who lost their daughter to cancer in 2015 and started a charity related to music therapy for pediatric cancer patients.

The McAllister's have become friends with fellow riders and say the event is a "tremendous amount of fun." They plan to do their 2023 PFC ride in Tampa. "We're looking forward to it. It gives everybody an opportunity to get involved in a charity that is both worthwhile and mission oriented. We try to come up with unique ways to meet the fundraising minimum, and this year we went to one of my friends who owns Subaru of Jacksonville. They sponsored us, covered our expenses, and they promoted it within their social network. We magnified our efforts by finding a sponsor," said McAllister.

Master Sergeant James Douglas is retired after 26 years in the Army

and is now a JROTC instructor at a local high school. "I like supporting different organizations but coincidentally one of my coworkers had cancer and actually died about three weeks before the ride last year. It gave me even more reason to support the mission," said Douglas. "I also have a friend whose wife just passed away from cancer a couple of weeks ago and I have a family member who now has cancer. So, this is something I can see always doing from here on out to try and help make a difference."

Douglas rode by himself last year but says he quickly made new friends. "The meet and greet before the ride was amazing. Overall, it was just an amazing ride. I believe everyone should get involved with PFC because with every organization, the financial side will always be there. Social media, that's the thing of today and that's probably one of the best ways to actually get out there to help with fundraising. Unfortunately, cancer is not going away and there's no definite cure. so the more awareness the better so that we can bring a cure to this disease and help prevent untimely deaths."

"I am so amazed," said Dr. Kumar. "These riders are just as dedicated as we are, training and giving of themselves physically to this cause. I am blown away by their commitment and I feel like they're definitely a part of our team," said Dr. Kumar.

"We all have been affected by cancer or will be in some way and you can help make a difference," said Jeri Goetz, Executive Director of the Pan Florida Challenge Cancer Ride. "It's a great ride to participate in as an individual or if you get friends together and join a team. It's a ride and not a race, so March 25 – 26, cyclists of all ages and abilities are welcome to join in and choose from multiple routes in Tampa and Naples."

To learn more about start times, registration fees, and fundraising minimums please visit panfloridachallenge.org.

The Pan-Florida Challenge wouldn't be possible without the support of generous sponsors. If your business is interested in sponsoring the 2023 ride, please visit panfloridachallenge.org/sponsors for more information.

ABOUT PAN-FLORIDA CHALLENGE

Pan-Florida Challenge (PFC) is a 501 (c)(3) non-profit organization with a mission to engage the community in cancer prevention research and education and distribute cancer fighting food to undernourished children throughout Florida. Founded in 2014, PFC partners with elementary schools throughout the state to distribute weekend backpack meals, also known as PFC Power Packs and Family Weekend Backpack Meals. These meals contain nutritious food items that meet or exceed the USDA's dietary recommendation for elementary school aged children. To date, PFC has provided more than 8 million meals to hungry children – all with the help of annual fundraising events, grants, sponsorships, and benefactors. For more information, please visit panfloridachallenge.org.

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MARCH 2023 | EAST LEE COUNTY NEWS

By Dr. Veja Tillman, DVM

Help! My Pet Has Giardia?

WHAT IS GIARDIA?

Giardia (pictured) is currently one of the most common causes of diarrhea in our area. At Just 4 Pets Wellness Center, we diagnose it multiple times a week. It is rapidly becoming common in our area. Giardia is not a typical "worm" parasite. It is a microscopic, protozoal parasite. It lives and grows in the bowels of humans and pets. When the numbers get high enough, it typically sends waves of cysts (their version of eggs) outside of the body, usually in the form of loose stool or diarrhea.

HOW DO PETS GET IT?

Animals (and people) who encounter contaminated stool or stool particles, become infected when they ingest the cysts. Giardia is not transmitted through blood or urine.

Exposures occur when giardia cysts are picked up from surfaces and objects that contain traces of stool from an infected animal (ie. Bathroom handles, changing tables, pet toys, pet bowls, kisses from your pet, and not washing hands after handling pets or after cleaning up poop outside or in litter boxes). Once exposed, the giardia cysts are ingested, and the infection develops inside of the intestinal tract.

Other sources of potential exposure include: dog parks /beaches, day-care and boarding facilities; drinking water sources where Giardia may live (rivers, lakes, streams or wells), traveling to countries where giardia is common, keeping your pet in a wet environment, not picking infected stools up completely and daily or not cleaning litterboxes daily and disinfecting them regularly.

HOW WILL I KNOW MY PET HAS GIARDIA?

Symptoms may vary. But the most common sign is soft stool or diarrhea. This symptom can come and go. It can be accompanied by gas, abdominal cramps, upset stomach, nausea and vomiting. Dehydration and unexplained weight loss are also common. In puppies and kittens, severe giardiasis might slow development and cause malnutrition and stunting of growth. **HOW IS IT TREATED?**

Giardia can be treated with prescription medications, which typically is administered for 10 days or more. Sometimes this treatment must be repeated in stubborn cases of giardia. Young pets may harbor the organism and keep reinfecting themselves and others around them for up to a year or more.

HOW CAN I PREVENT THIS PARASITE?

Giardia thrives in wet environments. It does not survive for long periods of time in dry environments. So, keeping your pet's environment clean and dry will help to eliminate giardia cysts from surviving and reinfecting you and your pets.

Environmental disinfection and good personal hygiene are important to prevent the accidental spread of giardiasis. For best results, thoroughly clean your pet's living and sleeping areas and then ing up yard waste. Picking up all stools promptly, daily doggie or kitty tushie-wiping and refraining from allowing

pet kisses will help decrease contamina-

tion and exposure to this parasite.

Questions? You can contact Just 4 Pets

Wellness Center by calling (239) 270-5721. More information is also available through the Center for Disease Control and Prevention which takes Giardia very seriously as a public health threat: https://www.cdc.gov/parasites/giardia/ index.

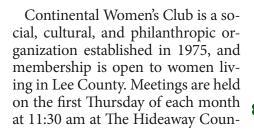
ABOUT DR. VEJA TILLMAN, DVM

Dr. Tillman is a 2002 graduate of Tuskegee University School of Veterinary Medicine. Her veterinary practice and work experience focuses on pet health and wellness. She is the owner of Just 4 Pets Wellness Center and can be reached at 239-270-5721.

Continental Women's Club Submitted By Liz Paul

The Continental Women's Club will hold its monthly luncheon meeting on Thursday, March 2nd at 11:30 a.m. at The Hideaway Country Club.

Our program this month will feature Angela Katz, Director of Development and Communications for the Lee Association of Remarkable Citizens (LARC). Established in 1954, LARC is a training center for success for individuals with intellectual and developmental disabilities.



try Club, 5670 Trailwinds Drive, Fort Myers 33907. The cost to attend the luncheon is \$25. Please call Liz Paul at 239-691-7561 for additional information or to make a reservation.



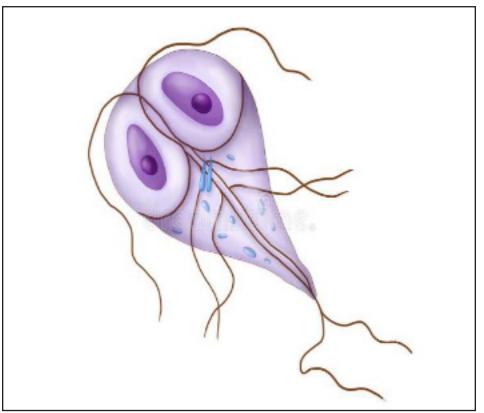


Photo: Giardia, A Microscopic, Protozoal Parasite

allow the areas to dry out for several

days before reintroducing pets. It is also

a good idea to wipe a pet's rump area

with a baby wipe after each and every

bm, to prevent traces of stool from con-

taminating rugs, floors, bedding and

Hygiene involves washing hands

carefully After handling pets in any

way, their food bowels and after pick-

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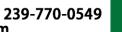
This condo has been renovated throughout. Approximately 5 years old are hurricane windows, kitchen cabinets with pullouts, bathroom vanities, hot water tank, refrigerator, and A/C. Vinyl plank flooring installed in living room, bedrooms and hallway.

SANDRA ROMAN 239-850-2018 sandrarealsales@cs.com



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Children's Advocacy Center Accepting Sponsorships For Pinwheels In The Park Event With Mighty Mussels By Rachel Peacock

Month, a time to recognize the importance of protecting children from abuse and neglect. In preparation, the Children's Advocacy Center of Southwest Florida (CAC) is now accepting sponsorships for its April baseball event in partnership with the Fort Myers Mighty Mussels and Grand Slam Title Sponsor, The Lee County Sheriff's Office, for the 2nd annual Pinwheels in the Park event. In 2008, Prevent Child Abuse America introduced the pinwheel as the national symbol for child abuse prevention. The pinwheel represents playfulness and joy that serves as a physical reminder of the great childhoods we want for all children.

The Mighty Mussels game will take place at Hammond Stadium against the Dunedin Blue Jays on April 8, at 6 p.m. One hour prior, the

April is Child Abuse Prevention fonth, a time to recognize the nportance of protecting children om abuse and neglect. In preparaon, the Children's Advocacy Cener of Southwest Florida (CAC) is ow accepting sponsorships for its

> Mighty Mussels Vice President of Sales and Marketing, Dan Lauer, is excited to partner with the CAC and host the Pinwheels in the Park event. "Seeing firsthand what the CAC is doing in our community, it's a no-brainer for us to work hand in hand during Child Abuse Prevention month. We are grateful for the CAC and their efforts to help children and families in our area, and we look forward to seeing a packed stadium!"

sponse to child victims of abuse and neglect and to improve the lives of at-risk children and their families through prevention services. The CAC provides abuse determination services, therapeutic counseling, pet therapy, advocacy, and parenting education.

The Lee County Sheriff's Office is the Grand Slam Title Sponsor of the event. "We have an amazing partnership with the CAC. Our teams work together to educate, identify, and intervene during cases of child abuse," said Sheriff Carmine Marceno. "It is critically important that we protect those that cannot protect themselves and we strive to create more programs and provide resources for the community."

Available sponsorship levels in-

- Home Run \$7,500: terrace party for 40, food included;
- Extra Bases \$5,000: private suite for 28 people, hot dogs, snacks, and sodas;
- Third Base \$3,500: private suite for 14 people, hot dogs, snacks, and sodas;
- Second Base \$1,500: 10 tickets, hot dogs, and sodas;
- First Base \$500: 4 tickets, hot dogs, and sodas.

Make every month Child Abuse Prevention Month. To become a sponsor for this event, please contact rpeacock@cac-swfl.org. To support CAC programs and initiatives that help local children and families in need, please call 239-939-2808, or consider making a tax-deductible donation at cac-swfl.org.

Since 1981, the CAC's mission has been to provide a coordinated re-

e- clude:

Green Panda Energy: Myths And The Truth About Solar

By Ava St Laurent

When a homeowner chooses to go solar, there are a lot of things to consider. By going solar, you can save money, take advantage of the financial incentives, and be more energy independent. However, there are many common misconceptions or myths homeowners have about the solar industry that pause their decision to go green. Green Panda Energy debunks these myths below:

MYTH: SOLAR WILL TAKE TOO LONG TO PAY OFF FOR IT TO MAKE SENSE.

The payback period is far less than you would think - in many cases only 3-8 years. Our experts are happy to help access all of your specific factors to determine your return on your solar investment.

MYTH: ADDING SOLAR WILL NOT ADD VALUE TO MY HOME AND WILL ALSO INCREASE MY PROPERTY TAXES.

Solar is a sought after feature when a buyer is considering a new home and tends to sell for about 4.1% more! When you improve your property by making it more energy-efficient, you not only lower your utility bills but also increase the value of your home.

MYTH: I HAVE TO WAIT UNTIL I REPLACE MY ROOF BEFORE I CAN GO SOLAR.

This does not mean you need to wait to go solar. In fact, many people are not aware that you can do this at the same time you install your solar panels. This helps you save time and allows you to go green sooner.

MYTH: SOLAR IS TOO EX-PENSIVE.

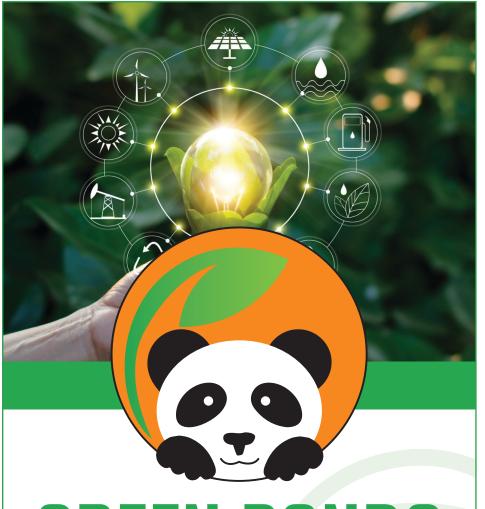
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Photo: Solar Panel Being Installed On Roof ing value to families through opportunity, while providing impactful solutions to the environment. If you or someone you know is interested in taking advantage of solar poweredd energy, contact us at 1-888-PANDA98 or email usor visit www.greenpandaenergy.com to get started.





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Student School Assignment Is Changing For The 23-24 School Year - Important Message For Parents/Guardians Of Elementary School Students By Cathleen O'Daniel Morgan, District 7

On February 7, 2023, the School • All incoming Kindergarten stu-Board approved the Superintendent's recommendation to adopt the 2023-24 Student Enrollment Plan. The new plan represents a significant change from previous plans built on a primary zone and subzone model.

WHY?

The previous plan has become unwieldy and inefficient. It was implemented in 2005 when the District had 68,000 students. Today, we enroll nearly 100,000 students and continue to grow. The 2023-24 Student Enrollment Plan and future enrollment plans will be based on a proximity zone model intended to reduce the size of attendance zones and decrease the number and length of bus routes.

The new Proximity Plan will be used for enrollment of ALL elementary students. In the new attendance zones, families will be able to choose from between three to six elementary schools, with the exception of the Barrier Islands. You can view a map of the proximity zones and use the interactive tool to search by address on the School District's website.

- dents are required to enroll in a school in their proximity zone. Transportation is provided if they live more than two miles from the school. Incoming Kindergartners may select an out of zone school if an older sibling is already enrolled, but transportation will not be provided.
- Students new the district will be assigned an elementary school according to the proximity zone in which they reside.
- Rising students (grades one through five) who live outside their new attendance zone will be given the opportunity to enroll in a new school within their new zone; if eligible, bus transpiration will be available to their new school. Rising students living outside their new attendance zone and wishingto continue to attend their current school may do so but they must provide their own transportation.

WHO IS NOT AFFECTED?

Rising K-5 elementary students who reside inside their new attendance zone and want to stay in their current school are unaffected and will continue to receive transportation if eligible. All middle and

high school students are unaffected by the new proximity plan in 2023-24. They continue to be enrolled according to the three primary zones and subzone model.

HOW WILL STUDENTS **BE ENROLLED?**

- Families participating in the Proximity Plan (incoming Kindergarten student, elementary students new to the District and those enrolled in schools outside their new zone) must rank the schools within the new Proximity Plan attendance zones in their FOCUS Parent Portal.
- Families desiring to remain in their current school when that school is outside the new Proximity Plan map must affirm they are waiving transportation in their FOCUS Parent Portal.

When the number of applicants for a school exceeds the number of available seats, a lottery process will be used. In the enrollment lottery, sibling preference will be honored.

WHEN WILL ENROLLMENT **BE COMPLETED?**

Open enrollment for elementary schools is from February 13th to

March 10th. Families who do not make an enrollment decision by the end of the enrollment period will be entered automatically in the new Proximity Lottery for a school in their attendance zone. Families will receive information about their school assignment in late March or early April.

HOW AND WHERE CAN FAMILIES GET ADDITIONAL **INFORMATION?**

Every family with children enrolled in a K-5 elementary school will receive messages from the District and from their child's current school. For general information about Elementary Student Enrollment, please go to:

https://www.leeschools.net/ our_district/departments/academic services/student enrollment/elementary_o pen_enrollment

You may view the January 20, 2023 Board Workshop at which the Superintendent previewed the Proximity Plan, the January 24th Board Briefing update and the February 7th Public Comment and School Board approval at www.YouTube. com/LeeSchoolsTV.

WHO IS AFFECTED?



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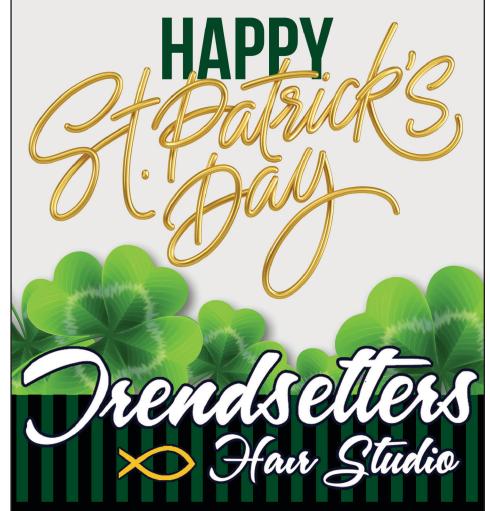
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East Lee County Chamber Moves To New Offices And Welcome Center – East Lee Welcomes Spring Training Season

By Mike Welch



Photo: Mike Welch Let Us Hear From You! **Contact Us At:** voicesoflehigh@gmail. com

Just a few weeks ago the East Lee County Chamber of Commerce (formerly the Greater Lehigh Acres Chamber) moved out of its offices of almost 20 years to new ones still located at the Lehigh Towne Center. The new Welcome Center is located at:

25 Homestead Road N. #9 Lehigh Acres, FL 33936 Tel. 239-369-3322 www.elccoc.org

no problem finding our Welcome Center with a brisk stream of visitors who come to visit for maps, tourist material and recommendations as they visit or search for lots and housing in our area. Our website is updated, and I hope you take a look at it. At this writing the Chamber gets ready for its annual Gala and meeting and we are excited for this year with recovery from Ian well underway and new regional members of the Chamber.

Late last month the Chamber was honored to co-host and attend the Senators' Annual Pre-Session Luncheon held as the Plantation Golf and Country Club. Chamber members were delighted to see and talk with members of the Florida Senate

and the House and to greet our two senators that represent East Lee County/Lehigh in the Florida Senate. This year our own state senator, Senator Kathleen Passidomo made history to be the first Senate President to hail from Southwest Florida. Kathleen is no stranger to Lehigh Acres and East Lee and her ambitious agenda on affordable housing will no doubt help our

region. Senator Ben Albritton who is a new friend to Lehigh and East Lee has hit the road running in representing the northern part of our



Photo: Annual Pre-Session Luncheon - February 24, 2023. (LEFT-RIGHT) Mayor Dan Allers (Fort Myers Beach), Senate President Kathleen Passidomo, Sanibel Mayor Holly Smith

community.

Wishing you the best for the rest of the season!

Folks visiting our area have had

The Salvation Army: A Letter To Our Community

By Major Brenda Lane

Dear Friends and Community Family,

I hope this note finds each of you well and enjoying the beautiful weather we are having, and can you believe we already in March! Before you know it, summer will be here!

I don't need to remind you that we are all facing some pretty rough times as it relates to everyday living and the daily increase in the cost of food, gas, rent and so much more. We are seeing so many more families in our office who are facing loss of jobs because they can't afford the cost of gas to get back and forth. We are seeing Families who are facing eviction due to the extreme rise in rent and mortage. I fear it is only going to continue to get worse.We are assisting more families then usual with Emergency Food. Again, this is due to loss of jobs and the rise in rents and over all cost of living.

We here at The Salvation Army stand ready to assist in any way we can. However, we can't do it alone, it takes a village!! We need your help. There are so many ways in which you can help us help those coming to us for assistance every day. We need canned goods and non-parishable food items to replemish our Emergency Food. Canned meats are a great need. We are getting requests for tarps, ponchos, help paying for Medication, help with gas and so many other necessities..We have some wonderful people in our Community of Lehigh Acres, who support us, and make it possible to continue to have the resources to serve those who come to us with various needs. Our resources are running low and we don't want to turn anyone away if they have a legitament need. We need your help.

If you are in a position to help with any of the things I have mentioned, or perhaps, you are able to make a monetary donation (tax deductable), be assured your support will go a long way in allowing us to fill the needs and requests of those who are not able to provide for their families at this time. If you would like more



Photo: Canned Goods Collected and stored in the Salvation Army Box.

information on ways to help us continue serving and providing for the needs of those who are struggling to make it day to day, please feel free to give us a call or stop by our office Monday thru Friday, 8:30 am to 4:00 pm (closed 12:00 to 1:00). We are located at:

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Next to The Chamber of Commerce in the Lehigh Town Center Mall.

We look forward to meeting you and sharing with you the services offered through our office.

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Preventing Tool Theft By Sheriff Carmine Marceno



Photo: Sheriff Carmine Marceno, Lee County Sheriff

With the enormous volume of construction and repair being done following Hurricane Ian, the demand

for tools has increased exponentially.

Both professionals and do-it-yourself residents should take a few moments to consider security methods being used to protect their valuable tools from theft. Tool theft is common from both motor vehicles and storage sheds.

Tools stored in vans, pickup trucks

and other commercial vehicles are often seen as easy targets for thieves.

There are a number of options for pickups that include cross-bed boxes, decked bed boxes and custom molded boxes to fit between the truck's rear wheel and tailgate. Two of the most important characteristics seem to be the quality of the locking mechanism and visibility to criminals.

Interior sliding deadbolts have grown in popularity and can be purchased in both manual and electric versions. They appear to be far more difficult to open than standard door lock cylinders. Puck locks offer additional security, especially when dealing with lesser-skilled criminals. Multiple puck locks can be keyed alike so as to allow you to use a single key to open all locks.

Windows are vulnerable points and are often the way vans are broken into. Consider van window grills and dark tint to make the vehicle's contents difficult to see from the outside.

Parking vehicles in well-lit areas often deter would-be criminals. Alarm systems and security cameras should be considered, as well.

Sheds and garages are equally sus-

ceptible to theft. There are a number of affordable shed and garage alarm systems that are wireless and easy to install. Additionally, there are a number of excellent locks that are virtually tamper-proof and designed to protect almost any type of door or entranceway.

The cost of the aforementioned security devices pale in comparison to the cost of tool replacement. While securing your tools and supplies take a few extra moments of your time and may require a bit more effort, consider the cost and time required to replace stolen equipment.

Valerie's House Podcast For Grieving Black Families By Susan Bennett

In honor of Black History Month, Valerie's House has released a special podcast to help Black families grieve the loss of loved ones.

"Black families say they often are left without knowing where to go when they have lost a loved one. We're hoping this podcast will reach into pockets of the community that often don't have a voice," said Valerie's House Founder and CEO Angela Melvin.

Black Americans are three times more likely than White Americans to have two or more family members die by the time they reach age 30, Melvin said.

The current podcast, which began airing February 10, includes two guests who have lost loved ones. Tasheekia Harris, founder of Crowning Daughters for Success as well as the co-founder of Impact Dunbar and a mentor of young boys and girls, gives insight into how she felt after losing her brother.

"Grief is very real. It is not something you can bury. You can only put so much dirt on top of it," Harris says in the podcast. "A lot of distrust, a lot of denial, and the strong men mentality has prevented a lot of the Black community from asking for help."

Teacher Janee Robinson, who also is a Valerie's House mother, is a second guest on the podcast and explains how the loss of her daughter's father made her feel isolated and alone.

"If we don't address self-esteem, we can't work on the grief. Knowing your worth is so important," Robinson says in the podcast. "Asking for help isn't easy, but I'm glad we did." The current Grieve, Love, Heal podcast is the 12th in the Valerie's House series, which was launched in 2019, and can be found on all your favorite podcast apps such as Spotify, Apple Podcasts or on the Valerie's House website. The direct link is: https://www.buzzsprout. com/571363/12197091-grief-loss-inthe-black-community-a-conversationempowering-children-and-families-incommunities-of-color-to-ask-for-help. Valerie's House is planning a different topic each quarter on the podcast. Valerie's House has helped more than 2,000 children and their families since its founding in 2016 by Angela Melvin, whose mother Valerie was killed in a car accident in 1987.

Valerie's House currently offers peer support groups and other activities at locations in Fort Myers, Naples, Punta Gorda, Port Charlotte and Pensacola. Valerie's House is a United Way partner agency and is fully supported by community donations.



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Weekly Friday Breakfast Connection Meeting

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FIRST FRIDAY OF EVERY MONTH

Montage Women's Club

By Rita Artwohl

The Montage Women's Club is a social and philanthropic club open to all women residing in Lee County. We meet on the fourth Thursday of each month at The Landings Yacht, Golf, and Tennis Club (community entry off McGregor Blvd between Cypress Lake Drive and College Pkwy). Meetings begin at 11:30 a.m. with a short social period followed by lunch at Noon and normally an informative speaker pro-Within the organization are gram. various interest groups for members' Membership is open participation. to both year-round and seasonal residents. We welcome you to visit Mondeserving local organizations.

Luncheon fee is \$28.00 and the planned regular menu will be sauteed turkey, asparagus, Parmesan crepes in a sundried tomato cream wrap, harvest rice, and Chef's choice of dessert. The plant based vegan entree option will be pan seared black bean cake laced with a roasted corn relish, grilled Tofu in chimichurri sauce and roasted tomato with grilled zucchini, and fresh fruit for dessert.

At our January 2023 meeting we reached our maximum number of 125

tage for a luncheon. memb

Our next meeting will be held on Thursday, March 23rd, and we are holding our largest fundraiser (Razzle Dazzle II) for the year. The theme is "Anything Goes", and it will be a Chinese auction fundraiser with all proceeds going directly into the Club's charity fund for future distribution to members permitted by our Club By-Laws, but we will maintain a waiting list and when a slot becomes available, interested women will be contacted. If you would like to attend a Montage meeting, need further information, or would like to make a reservation, please call Rita Artwohl at (239) 703-7787. Reservations cut-off to attend this meeting is Noon, Thursday, March 16th. 12:00PM TO 1:30PM BEEF O'BRADY'S CAPE CORAL 2514 SANTA BARBARA BLVD CAPE CORAL, FL 33914

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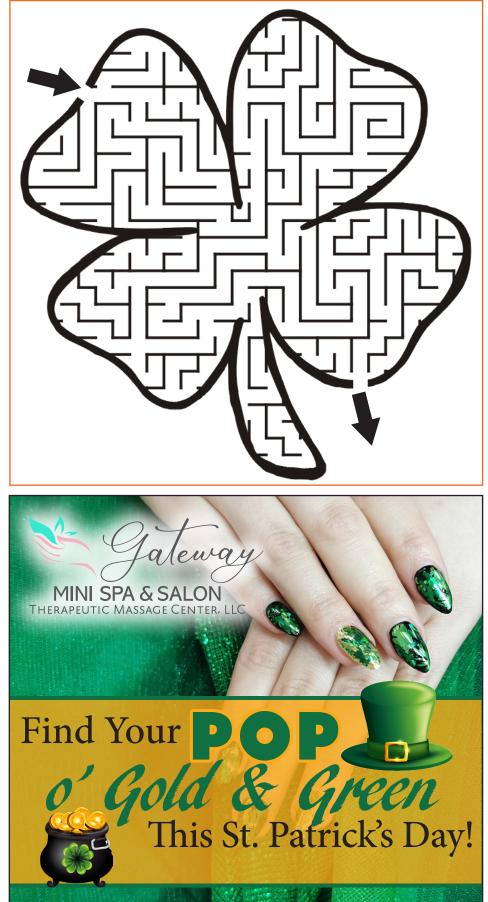
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MARCH 2023 | EAST LEE COUNTY NEWS

Dates & descriptions provided by www.holidayinsights.com

March 7 National Cereal Day

Did you have your bowl of Wheaties today? Perhaps it was Cheerios, Captain Crunch, Alphabets, or and one of dozens of different varieties to choose from. Maybe you had a bowl of bran cereal ,to really get you going. Whatever cereal you chose, you are in good company. About one half of Americans enjoy a healthy start to the day, with a bowl of their favorite breakfast cereal.

March 11 Johnny Appleseed Day

Johnny Appleseed Day honors one of America's great legends. Johnny Appleseed was a real person. Born John Chapman, he was among the American settlers who were captivated by the movement west across the continent. As Johnny Appleseed travelled west, he sold apple trees and seeds to settlers, and planted many apple trees himself along the way. Johnny Appleseed continued planting and selling apple trees for over forty years. With every apple tree that was planted, the legend grew.

March 14 National Potato Chip Day

National Potato Chip Day celebrates the ever popular potato chip. Potato Chips are America's #1 snack food. But, its not just a snack food. Its the potato of choice for many lunchtime and dinner meals. Regular (or plain) potato chips are by far the most popular. Other popular flavors are barbecue, sour cream & onion, oil & vinegar, and ranch.

March 21 World Poetry Day

Poetry makes the world go round, making it a much better place in which to live. Poetry is an extremely important and powerful art form. Humans have been writing poems for thousands of years. When we think about poetry, romance and love is what first comes to mind for most people. But, poetry is so much more. Poetry is a linguistic expression of just about anything: feelings, emotions, values, hopes, dreams, messages, and more. It addresses, war, peace, sickness, health, fear, happiness, anxiety, to name just a few. Yes, poems are written about any subject you can imagine. Are you ready to create your first poem, but don't know how to begin? We'll help you out. Begin with "Roses are red. Violets are blue......." The rest is up to you!

March 25 International Waffle Day

Celebrates the patenting of the waffle iron by Cornelius Swarthout of Troy, New York on August 24, 1869. The origin of the waffle: The waffle dates back to the 1300s in Greece. Greeks cooked flat cakes between two metal pans. At the time, they topped it with cheeses and herbs. Pancake syrup wasn't around back then. Waffles are commonly eaten as breakfast or a snack. They are also an occasional dinner meal for some people. Celebrate by having your favorite waffle today!

March 31 National Crayon Day

Today is a colorful day, one truly worth celebrating. Today is National Crayon Day. It is a day to celebrate the creation of crayons and the joy of coloring. Do you know what to do to celebrate National Crayon Day? Get out the coloring book and crayons, and show off your artistic skills.

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THE ROAR | PAGE 11





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Your caring and wealth of knowledge was the most encouraging part of my journey in Lehigh! What you did as my Realtor shows that life can be experienced with compassion and purpose every day. I am still very thankful for your help which was beyond extraordinary in our hurried world. You have my vote for Realtor of the Year again this year! I pray for your health and well being. May all those who come to you realize how blessed they are. So grateful to have known you Charlie!

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3 BEDROOM 2 BATH + DEN IN COUNTRY CLUB ESTATES ONE OF A KIND 3 BEDROOM 2 1/2 BATH POOL HOME - 4000 SQ FT LIVING AREA NEW ROOF IN 2023 2500 square feet of living area in the three bedroom two bath with den in Country 4000 square feet of living area in this "one of a kind" 3 bedroom 2 1/2 bath Club Estates. CENTRAL WATER AND SEWER with a nice neighborhood atmosphere, with an oversized great room, soaring high celings with skylights, sep family room NEW DIMENSIONAL SHINGLE ROOF IN 2017, soaring high cathedral ceilings, with fireplace, French doors to den/office with built in shelving, a separate card room with built in cabinets, new shingle roof in 2017, two zoned HVAC system SKYLIGHTS. granite tops in the kitchen with breakfast bar and pantry, great room

with new units in 2017/2015, new water heater in 2018, interior has been completely remodeled in 2018, new ceramic tile flooring, quartz tops in kitchen and bathrooms, island counter with soft close cabinets and drawers in kitchen and baths, stainlesss steel appliances w/ plenty of cabinets & counterspace, nook area with fixed glass window, walk in butler's pantry, formal dining room, oversized bedrooms, master bath with dual sinks, spacious walk in shower with multi shower heads, coffered ceilings with LED lighting, separate entry foyer, indoor laundry room, screen enclosed in ground pool & spa with waterfall surrounded by lush landscaping, plenty of privacy, covered lanai with outside kitchen and pool bath, on the Able Canal with greats views of the wildlife, CENTRAL WATER/SEWER, separate screened lanai with fenced dog run, storage shed & RV/Boat pad W/elec & water. Offered At\$595.000

floor plan with a large 38 X 16 family room under air, ceramic tile floors, double door entry to the master suite with a den off of the master bedroom that would make an excellent nursery or home office, real wood floors in master bedroom, newly remodeled master bathroom with large walk in shower with all new tile and glass door, quartz top on new vanity and luxury vinyl floors, walk in closet, vaulted ceilings in bedrooms, guest bathroom with glass block accents, pocket sliding doors, insulated casement windows, 38 X 16 screened lanai across the back of the home enclosed with vinyl windows, above ground heated spa, screened front entryway, tropical fruit trees in the yard including Acai and mango trees.



Offer	ed At	\$595,000	Offer	red At	\$350,000	0	ffered At	\$259,900
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Shellie Vahue Property Manager

Charlie Bonacolta



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• END OF YEAR INCOME STATEMENTS AND QUARTERLY INSPECTIONS.

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