

Town & River Cruise Club March Luncheon

By Liz DiBenedetto and Laura McCormick

The Town & River Cruise Club held its March luncheon at the Parrot Key Restaurant in Fort Myers Beach on March 15. The Parrot Key which is located on San Carlos Island was essentially destroyed from the surge waters of Hurricane Ian. They recently reopened after a complete rebuild. Thirty-two members and guests attended and a good time was had by all. Bob Pease was the lucky winner of the 50/50 raffle in addition to Matt Milia, Mike Marra, Ellen Marra, Ken Beebe and Marge Byrne being winners of various bottles and gifts that were raffled off.

Our next event is our annual picnic on April 15 at the Franklin Lock pavilion.



The pirate greeted guests joyfully.



Decisions! Decisions!



A guest was asked to pick the 50/50 winning ticket.



"I can't believe this," exclaimed Bob.

The kitchen served many scrumptious entrees.

Town & River Cruise Club on page 2



Club members and guests socialized at the St Patrick's Day celebration.

Board Of Directors Meeting Minutes [Unapproved]

South Pointe South Clubhouse Thursday, March 9, 2023

Call To Order – President Craig O'Donnell
Officers, Directors, & Residents Present

A quorum was established. Present: President Captain Craig O'Donnell, Vice President John Kristobak, Directors, Mark Generales, Renee Notes, Martha Smith, Kay Gloris, Gary Hudson, John Kristobak, Marge Byrne.

Absent: Gary Hudson, Ann Marie Aeschliman, Tom Aeschliman, George Winn, Myriam Lentz.

Approval Of Minutes – February 9, 2023, minutes were approved.

Treasurer's Report – Treasurer not present. Financials were emailed to the Board.

Deeds Of Restriction/Architectural Review Committee

Discussion of five (5) subjects for change:

- 1 – Storage Sheds
- 2 – Dumpster/Storage Containers – time limits with exceptions of extreme events i.e. hurricane
- 3 – Front Setback Hedges – better defined



4 – For Sale Signs – establish one regulated sign for all properties for realtors and homeowners

5 – Parking on Street

Craig spoke with resident Tim Hanratty on N. T&R who desires to have all areas of T&R come under one DOR and is willing to initiate talks with residents in this direction

Violations – If anyone is not comfortable addressing an issue with a homeowner contact Craig or John and they will be happy to address.

Old Business

Follow-up discussion re: TRIU – Members of the committee for Town and River are Craig, John, and Mark. We are allowed one more member. Mark volunteered to contact Josh with the County to set up a meeting to address some specifics i.e. cost of land maintenance and budget allowance; sheriff budget

Lee County Sheriff Patrols - have increased and speed checks observed

Newsletter Articles – Craig will write one for upcoming month regarding on-going water conditions, boating, bacteria, etc. All are encouraged to obtain new articles for newsletter from residents as well

New Business

PayPal – Due to charges assessed by PayPal it was decided to look into Venmo through First Citizens

T&R Storage Unit – It was decided to arrange one Saturday morning to review what is being retained in the storage unit and remove what is no longer needed and perhaps downsize to a smaller unit

Meetings with Marine Max and Palmetto Point re: dredging – The canal between Marker 1 – 5 was impacted by Hurricane Ian as the earth shifted and created shallow areas in a previously deep canal. After much discussion it was decided by vote of present board members (One Nay vote from Board Member Marge Byrne) to contribute \$15,000 towards the \$200,000 it will cost to the dredging of the canal leading out to main egress into river from T&R. The Board concluded as a waterfront boating community to contribute to this project to continue protecting your home's value as being one of the most desirable deep water access neighborhoods in Fort Myers.

This contribution is in an effort to show "good faith" as a neighboring waterfront community to Marine Max and Palmetto Point

Executive Secretary Position – An ad will be placed in the T&R Newsletter to stimulate interest

Adjournment

With no further business, the meeting was adjourned by motion. The next regularly scheduled meeting is April 13, 2023.

Respectfully submitted,
Martha Smith and Renee Notes

**All are encouraged to attend
our next Board meeting on May 11!**

The Board meets on the second Thursday of each month at 6:30 p.m.

South Pointe South Clubhouse
9734 Foxglove Circle, Fort Myers.

Check out our new website
www.townandriverfl.com.

Town & River Civic Association Inc.
Balance Sheet
As of March 31, 2023

	<u>Mar 31, 23</u>	
ASSETS		
Current Assets		
Checking/Savings		
First Citizens Bank 2580	21,829.57	
First Citizens Bank - MMS	76,469.79	
PayPal Account	2,359.37	
Total Checking/Savings	<u>100,658.73</u>	
Accounts Receivable		
Accounts Receivable	2,871.45	
Total Accounts Receivable	<u>2,871.45</u>	
Other Current Assets		
Prepaid, Lake Expense		
Lake Maintenance	1,115.49	
Lake Utilities	610.40	
Total Prepaid, Lake Expense	<u>1,725.89</u>	
Prepaid, Insurance		
Prepaid, Auto Owners Ins	2,571.44	
Prepaid, Hartford Ins	561.74	
Total Prepaid, Insurance	<u>3,133.18</u>	
Prepaid, Other Expense	50.00	
Total Other Current Assets	<u>4,909.07</u>	
Total Current Assets	<u>108,439.25</u>	
TOTAL ASSETS	<u>108,439.25</u>	
LIABILITIES & EQUITY		
Equity		
Prior Year Fund Balance	97,337.99	
Net Income	11,101.26	
Total Equity	<u>108,439.25</u>	
TOTAL LIABILITIES & EQUITY	<u>108,439.25</u>	

Town & River Cruise Club from page 1



Bob Pease was thrilled to win once again. Lucky!



Checking for winning tickets



Ellen gets her special prize.



Mike Mara also won.



Laura McCormick and Liz DiBenedetto hosted this successful event.



The Beebes had a great time. See you next month!

Town & River Civic Association Inc.
Profit And Loss
March 2023

	<u>Mar 23</u>	<u>Jan-Mar 23</u>
Ordinary Income/Expense		
Income		
Income		
Income - Mandatory	0.00	10,680.00
Income - Voluntary	10,560.00	21,000.00
Total Income	<u>10,560.00</u>	<u>31,680.00</u>
Estoppel Preparation Income	750.00	1,750.00
Interest Income	9.74	28.28
Total Income	<u>11,319.74</u>	<u>33,458.28</u>
Expense		
Accounting Fees	315.00	1,055.00
Bank Fees	35.00	105.00
Corp Insurance	415.32	1,246.08
Email Service	0.00	243.00
General Repairs & Maintenance		
Canal Dredging	15,000.00	15,000.00
Total General Repairs & Maintenance	<u>15,000.00</u>	<u>15,000.00</u>
Legal Expense	169.00	273.00
Mailing	0.00	749.23
Meeting Rooms	0.00	275.00
Newspaper Postage	156.43	465.45
PayPal Fees	56.16	231.12
Postage & Delivery	0.00	331.20
Printing & Reproduction	0.00	841.07
Secretary Expense	0.00	1,032.50
Storage Expense	119.79	359.37
Website Maintenance	50.00	150.00
Total Expense	<u>16,316.70</u>	<u>22,357.02</u>
Net Ordinary Income	<u>-4,996.96</u>	<u>11,101.26</u>
Net Income	<u>-4,996.96</u>	<u>11,101.26</u>

Continental Women's Club

The Continental Women's Club will hold its monthly luncheon meeting on Thursday, June 1 at 11:30 a.m. at The Hideaway Country Club.

Carmen Crussard, theatre director for Cypress Lake High School Center for the Arts will be our June guest speaker. She will tell us about the wonderful performances that are open to the community throughout the year. Students from the center will treat us to a few musical excerpts from their recent plays.

Continental Women's Club is a social, cultural, and philanthropic organization established in 1975, and membership is open to women living in Lee County. Meetings are held on the first Thursday of each month at 11:30 a.m. at The Hideaway Country Club, 5670 Trailwinds Drive, Fort Myers 33907. The cost to attend the luncheon is \$25. Reservation deadline for June is Tuesday, May 23. Please call Liz Paul at (239) 691-7561 for additional information or to make a reservation.

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Boat Name: _____
 Boat Type and Size: _____

Boat example – Name: Only in America
 Boat Type and Size: Power 30', Beam 10' 6"

MEMBERSHIP DUES

Dues \$45 / household
 Initiation Fee \$50 / household
 (included burgee and name tags)

New Members Prorated Dues
 Joining between
 April 1 to September 30 \$45
 October to December 31 \$30
 January 1 to March 30 \$20

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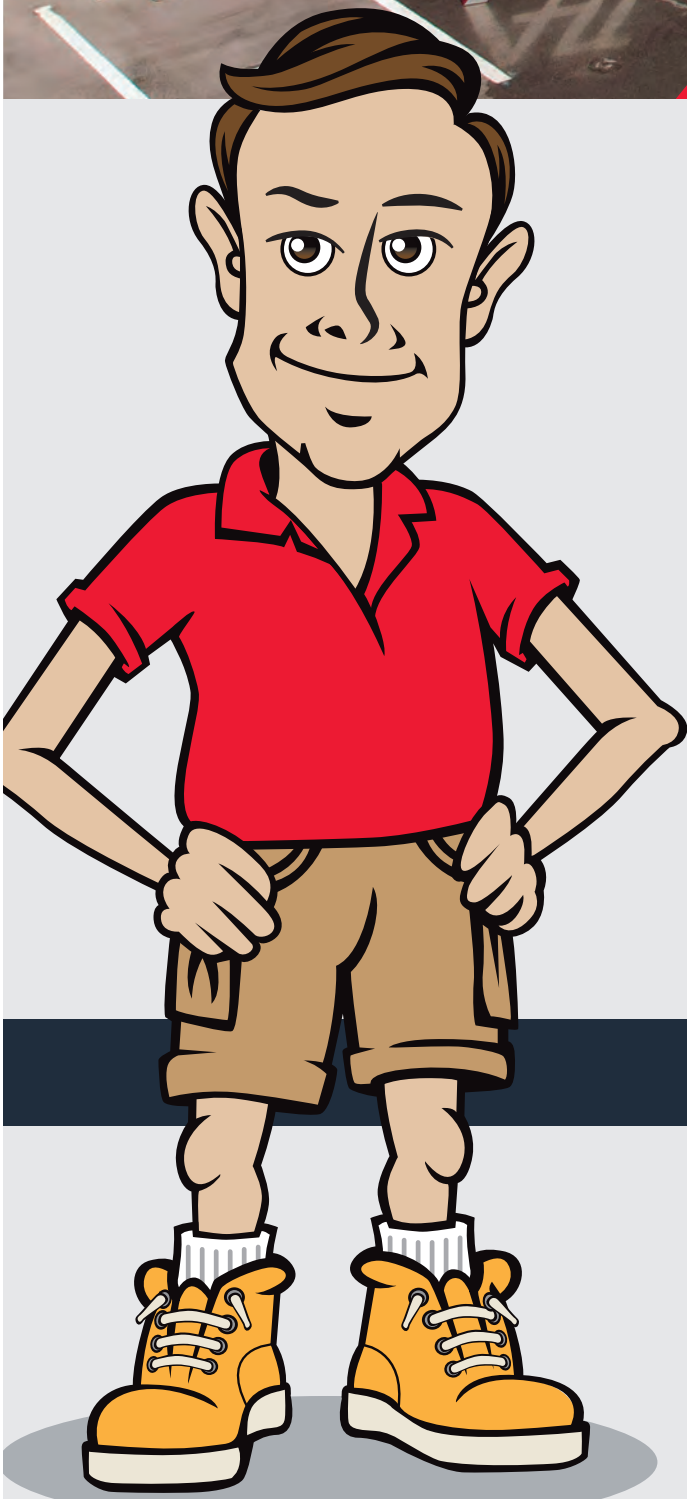
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Meet Harry "Five-Star Technician" Cane

Florida Repertory Theatre Announces Plays And Playwrights For 2023 PlayLab Festival

After a two-season hiatus due to the pandemic, Florida Rep's popular festival for new works and emerging artists returns.



Florida Repertory Theatre will hold its PlayLab Festival May 4 to 7 in the Historic Arcade Theatre. The 2023 PlayLab lineup includes five plays reflecting Florida Rep's mission to produce a wide variety of work by emerging and well-established writers.

Tickets are \$25 per reading or \$120 for an all-access pass that includes admission to five readings plus the playwright's panel. For more information or to purchase tickets visit floridarep.org or call (239) 332-4488 or toll-free at (877) 787-8053.

Selected works include: *See Monsters of the Deep* by Mark Shanahan, *Trouble (at the Vista View Mobile Home Estates)* by Audrey Cefaly, *One-Shot* by Andrew Rosendorf, *Long Layover* by Michelle Tyrene Johnson, and *Mountain Mamas* by Daryl Lisa Fazio.

Each of the festival playwrights works with a professional director and cast of actors and receives 15 hours to workshop and develop their piece before it has one public reading during the intensive weekend festival. The plays are each in consideration for a future premiere production in a subsequent Florida Rep season. The festival culminates with a playwright panel session moderated by Jason Parrish, Florida Rep's associate artistic director.

"Each reading performance includes a talk-back and a discussion with the playwrights, directors and actors," said Jason Parrish, the festival organizer. "Audience feedback is instrumental in the development process and helps the playwrights perfect their scripts and helps guide Florida Rep as it decides whether to include one of these plays in a future season."

Examples of past plays selected for production by Florida Rep include *Alabaster* by Audrey Cefaly produced in 2019, *Damascus* by Bennett Fisher, *The Dingdong* by Mark Shanahan in 2016, and *Split in Three* by Daryl Lisa Fazio produced in 2015.

Lee Moore and Dee Whited are grand sponsors of the 2023 Festival, with major support from playwright circle sponsors Darlene and Val Arnold, networking sponsor Naomi Bloom, and reading sponsors Dr. Susan B. Herbel, Dr. Gail D. McClure, and Judy Weiner. Selected plays were chosen from an

open call for submissions to literary agents and playwrights – some affiliated with the National New Play Network, of which Florida Rep is an Associate Member.

More About The 2023 Playlab Festival Of New Plays
See *Monsters Of The Deep* by Mark Shanahan
Thursday, May 4 – 7 p.m.

There are such things as monsters. Aren't there? August 1937. A strange creature has been spotted swimming in the waters off Massachusetts. Are the local fishermen's reports to be believed? And what of the giant footprints recently found on the shore? Determined to confront his fear of the unknown, a young man from Brooklyn journeys to a small island off the coast of New England to learn the truth about the mysterious and elusive beast. Instead, his quest provides more questions than answers, a roller coaster ride filled with impenetrable mystery, enchanting characters, the thrill of romance ... and the adventure of a lifetime.



***Trouble (at the Vista View Mobile Home Estates)* by Audrey Cefaly**
Friday, May 5 – 7 p.m.

An electrifying new play from the author of *Alabaster* and *Maytag Virgin!* In small-town Alabama, ex-mill worker, Euba, desperately does not want the birthday party her mother insists on throwing for her. On the eve of the celebration with their mutual friends, underlying tensions erupt to the surface in this surprising and compassionate dramedy of generational scars and the complicated relationship between mothers and daughters.



***One-Shot* by Andrew Rosendorf**
Saturday, May 6 – 2 p.m.

It's 1999. Ellen has already come out on her TV show. Jack's about to do the same on Dawson's Creek. And David and Martín – two young video store employees, film buffs, and best friends – are waiting to hear about a film scholarship to NYU that could change the trajectory of their lives. An exploration of privilege, identity, and the ever-present celluloid closet, *One-Shot* examines who gets the space to tell what stories.



***Long Layover* by Michelle Tyrene Johnson**
Saturday, May 6 – 7 p.m.

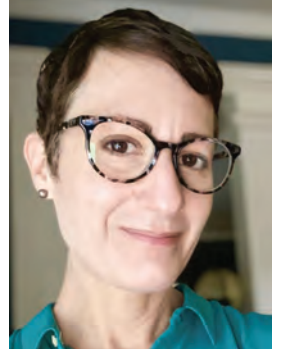
Lorraine is a single black woman at a crossroads. Unhappy with her life in Dallas, big decisions weigh her down. Kelly, her therapist, wants Lorraine to picture herself in her safe space when she's in a therapy session. Oddly for Lorraine, her safe space is an airport waiting room. Facing a layoff, Lorraine has



the chance to start over – should she move to Africa with her boyfriend ... or Amsterdam to start a new career in cosmetics ... or back to Memphis to care for her aging father? *Long Layover* is a powerful and inventive play about a woman trying to figure out what she wants, what she's become, and how to step into power, happiness, forgiveness, and love.

***Mountain Mamas* by Daryl Lisa Fazio**
Sunday, May 7 – 4 p.m.

A moving and humor-filled portrait of women coal miners in West Virginia. Patsy Armstrong is a coal miner. Just like her daddy, Earl. And just like her mother, Wanda, who was one of the first women ever hired underground in a union mine – who's still there at 60 years old. Patsy's back in mother and daddy's house after a mining accident that left her unable to move or communicate. When the family gets news about the settlement from Patsy's accident, Livvy (her bright 18-year-old daughter) jumps into the fray. And Patsy, now forced to listen and observe more than she ever did as a healthy person, is plagued by nightmares and revelations she's able to share only with us. In this story of resilience and redemption, it doesn't take long for Patsy to realize she has to learn a new way of being if she's going to save her entire world.



Playwright's Panel
Sunday, May 7 – 6:30 p.m.

Following the final reading of the 2023 PlayLab, audiences will hear from all of the festival playwrights in a roundtable discussion. Moderated by Associate Artistic Director, Jason Parrish, the playwrights will talk about their plays, their work as writers, and what it takes to make a living as a playwright in the American Theatre. The playwrights will be joined by special guests from the literary world and the National New Play Network.

More About Florida Repertory Theatre

Florida Repertory Theatre is proud to be an Associate Member of the National New Play Network in Washington, D.C., the country's alliance of nonprofit theaters that champion the development, production, and continued life of new plays, and has worked closely with the network to develop relationships with playwrights, other theatre professionals, and theatres that champion new works.

This season Florida Rep celebrates 25 years of producing professional, live theatre in the Fort Myers River District. Performances are held in the Historic Arcade Theatre and the ArtStage Studio Theatre on Bay Street between Jackson and Hendry. Florida Rep's parking lot opens two hours before each performance and offers guests **free parking** across the street from the Arcade Theatre.

Subscriptions are now on sale for the 2023/24 season and offer the best pricing and flexibility. Packages for 9, 8, 7, and 6 shows start at \$234 for 6 shows. Tickets and information are available through the box office at (239) 332-4488 or toll-free at (877) 787-8053.

Visit Florida Rep online at FloridaRep.org to see what's on stage or to view the upcoming 2023/24 season lineup of comedies, dramas, musicals, and new works. Follow the company on Facebook, Twitter, Instagram, and YouTube for updates, behind-the-scenes insight, special offers, and more. Florida Repertory Theatre is a 501(c)(3) not-for-profit organization.

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TOWN & RIVER CIVIC ASSOCIATION, INC.
 OFFICERS & BOARD OF DIRECTORS – as of February 10, 2023
 www.townandriverfl.com

President	Capt. Craig O'Donnell	239-872-3313	pres@townandriverfl.com
Vice President	John Kristobak	724-272-6818	vp@townandriverfl.com
Secretary	Renee Notes	239-209-2072	secy@townandriverfl.com
Treasurer	Ann Marie Aeschliman	239-270-0000	treas@townandriverfl.com

STREET ASSIGNMENTS	DIRECTOR	EMAIL PHONE NUMBER
Bal Isle Dr E Town & River Rd	Tom Aeschliman	dir1@townandriverfl.com 239-822-3275
Brevity Ln N Waterway Dr	Marge Byrne	dir3@townandriverfl.com 239-482-8923
Cal Cove Dr Cape View Dr Hatchee Vista Ln Jennifer Ln	Gary Hudson	dir2@townandriverfl.com 239-671-9961
Clarellen Dr Cypress Lake Dr	Marge Byrne	dir4@townandriverfl.com 239-482-8923
Cypress Lake Cr Joanna Cr Sand Spur Ln	Myriam Lentz	dir5@townandriverfl.com 239-225-8533
Deep Lagoon Ln Julie Ann Ct	Mark Generales	dir6@townandriverfl.com 239-398-5332
Erin Marie Ct S. Town & River Dr	Martha Smith	dir7@townandriverfl.com 239-671-6347
McGregor Blvd Wittman Dr	George Winn	dir8@townandriverfl.com
N. Town & River Dr	Kay Gloris	dir9@townandriverfl.com 239-470-6400
Lake Committee	Renee Notes	secy@townandriverfl.com 239-209-2072
Deeds of Restriction Committee	John Kristobak	archreview@townandriverfl.com 724-272-6818
Architectural Review Committee	John Kristobak	archreview@townandriverfl.com 724-272-6818

Please contact the Director responsible for your street regarding any issues related to Town & River.

NEW OWNER CONTACT INFORMATION REQUEST

Town & River Civic Association Inc.
 P.O. Box 07073
 Fort Myers, FL 33919

For improved communications,

Please update your contact information and go on-line to add to T&R Directory

Name(s): _____

Town & River Address: _____

Telephone Number(s): _____

Email Address: _____

Mailing or other address, including zip: _____

Attention members in good standing, who have submitted their contact information, and have agreed to have their contact information published in the online directory, please go to our Town & River website @ www.townandriverfl.com and "sign up for members only directory".

Otherwise, the information submitted is for board use only.

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Catch The Action

May On The Water

By Capt. Bill Russell

May is a month that ranks high for anglers fishing the coastal waters of Southwest Florida. It holds lots of choices for fishermen of all skill levels.

The month gives anglers the best opportunity to hook into a tarpon, as they move into Southwest Florida waters by the thousands. Look for them a short distance off the beaches, around the gulf passes and bridges, plus throughout the inshore waters. Tarpons' diet includes a variety of baits, however at times they will not eat anything you offer. Live baits including crabs, Atlantic thread herring, pinfish, and large shrimp are top choices and cut bait fished on bottom, including mullet, ladyfish, and catfish tails hook more than their share.

Sharks large and small are roaming the inshore waters, around the gulf passes, and offshore around schooling baitfish and reefs. Large hammerhead and bull sharks follow tarpon schools awaiting their next meal. Spinner and blacktip sharks are almost identical in appearance, and both offer an incredibly hard fight, often with a great aerial show. If you are fishing an area and hooking ladyfish or mackerel, you can be assured sharks are nearby. A chunk of ladyfish is sure to get attention, use a minimum of a foot or two of wire leader to prevent cutoffs.

Spanish mackerel is an underrated fish that gives an excellent fight as they are super-fast and strong. When iced down as soon as they are caught and eaten fresh, they are very good on the table. Good numbers of schooling mackerel frequent areas just outside or inside the gulf passes, around bridges, and artificial reefs within sight of land. Either trolling or casting silver spoons with a fast retrieve is the top method for consistently hooking mackerel.

Mangrove snapper are one of our tastiest fish and at times the most abundant. As our waters warm, snapper in the Gulf of Mexico move closer to shore, plus many relocate to our inshore waters. What snapper lack in size they make up for in tenacity and food value, plus they may be the easiest fish to target. Many anglers catch their fair share from land while targeting bridges, docks, and piers. Live shrimp is the



top bait, a small hook and light leader is necessary to fool their keen eyesight.

Good snook fishing will continue through the month of May. Many are on the move, as they head to areas in and near the passes for their upcoming summer spawn. Snook can range in size from little guys barely over a foot long to big girls over 40 inches. While snook will pounce on a variety of lures and baits, live oily baitfish, including scaled sardines or pilchards, Atlantic thread herring, and grunts or pigfish are the top baits. Expect the best snook bite on days with strong tides.

For a variety of fish, nearshore artificial reefs are a great place to look. You may hook into about anything from smaller fish like snapper to huge goliath grouper and everything in between. An assortment of tackle from light to heavy, a variety of bait, and an open mind is the key to



Garage Door Security

Drive down any South Florida street and you will likely find a number of open garage doors.

Reports of garage door openers being stolen from unlocked vehicles in the driveway have become more common, as well.

In addition to allowing access to any and all property left inside of the garage, these practices now turn your

taking advantage of what these areas offer on any given day. Reefs are a great place to experiment and try different things while keeping your eyes open for unexpected visitors. Permit should make their way to many of the reefs this month. While they will eat a live shrimp, they seldom pass on a small live crab.

May will give us consistent days of great weather with blue skies and light wind. Our summer afternoon thunderstorm pattern will kick in so always keep an eye on the sky to stay ahead of an approaching storm. Good weather and the potential for great fishing, what's not to like about the month!

To keep up on current fishing regulations, you can go to www.myfwc.com or download the Fish Rules app for the latest rules and regulations.

For charter information, please contact us at Gulf Coast Guide Service and "Catch the Action" with Capt. Bill Russell, call or text (239) 410-8576, website: www.fishpineisland.com, email: gcl2fish@live.com.

Capt. Bill Russell is a native and lifelong resident of Pine Island who has spent his entire life fishing the waters surrounding Pine Island and Southwest Florida. For the past 27 years Bill has been a professional fishing guide who takes pride in customizing each trip to ensure everyone on board has a great time and will return again. Come join us and "Catch the Action."



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April 14 - May 20

SISTER ACT
Follow Deloris, a disco diva, as she witnesses a crime and the cops hide her in the last place anyone would think to look...a convent! Masquerading as a nun, and under the suspicious watch of Mother Superior, Deloris helps her fellow sisters find their voices as she unexpectedly rediscovers her own. She makes new friends and breathes new life into the church, but in the process, blows her cover! This high-spirited musical comedy is a shining tribute to the universal power of friendship.

May 26 - July 1

Footloose
A lively city boy moves from Chicago to a small farming town where rock 'n' roll and dancing have been banned. After the culture shock sets in, he tries to shake things up and overturn the extreme ban. In the process he catches the attention of the lovely preacher's daughter. The Oscar and Tony-nominated Top 40 score includes *Holding Out For A Hero*, *Let's Hear It For The Boy*, *Almost Paradise* and the title song, *Footloose*.

Dates may be subject to change.

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interior garage door into an exterior door. In most cases, interior garage doors are left unlocked to allow easy entrance into the residence.

That being said, an unlocked vehicle containing a garage door opener equates to leaving your front door open and accessible.

The internal garage door should meet exterior standards in regard to thickness, locking mechanism and framing.

These doors should be of solid-core construction and at least 1¾ inches in thickness. Choose a strong and secure deadbolt lock for this entranceway. Consider a "Grade 1" single-cylinder lock, a strong deadbolt strike plate and 2½-inch screws on all hinges.

The best preventative measures begin with a closed garage door and locked vehicles!

Greeters Women's Club Welcoming New Members

Are you new to Fort Myers, or newly retired and hoping to make new friends? The Greeters Club of Fort Myers might just be your answer.

Established in 1969, the Greeters Club is a social and philanthropic organization open to all women in the Fort Myers/Cape Coral area. Originally a newcomer's club, the Greeters' focus has expanded to fostering long-term friendships between women through monthly luncheons, as well as shared social, cultural, and charitable activities scheduled throughout the month. Recent activities have included tours of nearby attractions (Hendry County Farm tour, King Tut exhibit, local distillery tour), ceramics and other craft classes, "Game Day Tuesday" (mah-jongg, cards,

dominos), "Chick Flicks" movie dates, "Lunch Bunch," "Women Dining Out," "Drinks After Dark" cocktail parties, and monthly book club meetings. Members pick and choose activities according to their interests and schedule.

The Greeters meet on the third Thursday of each month, at 11:30 a.m. at the Pelican Preserve Golf Club. The meeting kicks off with a short social period followed by lunch and a program which usually includes a guest speaker. Reservations to attend the May 18 luncheon are required by May 10. The cost is \$27 and you'll have a choice of a hot or cold entrée. If you'd like to attend to check it out or if you'd like to learn more about the Greeters Club, contact Catherine Freeman at (401) 793-0410. Hope to hear from you soon!

Save Your Knees!

Many of the new patients who visit our clinic for the first time have a similar medical history. They often will tell me the same story, 'My orthopedic doctor, who has been giving me steroid injections, told me years ago that I would eventually need a total knee replacement. He said it was just a matter of time.'

My question for anyone who has had a similar experience, did your doctor inform you of the American Medical Association Journal, JAMA randomized clinical trial that studied the safety and effectiveness of steroid injections for chronic knee pain? In this study they took 140 participants with chronic knee pain and split them up into two groups. The control group got a saline solution injection and the treated group got the steroid injection. The injections were given every three months for two years. At the end of the two years they compared notes. The pain level for both groups did not improve much. It was about equal for both groups. However, what they did find was that the treated group who received all of the steroid injections had a significant loss of cartilage between the knee joint as compared to the saline group.

Over the last 25 years I have found that the most difficult knee cases presenting in our clinic are the patients who

have received multiple steroid injections in their knees. Now it's proven to destroy the connective tissue causing the bones to shear together and resulting in chronic degenerative pain.

In our clinic we use a multimodal approach to optimize your recovery from chronic knee pain. Understanding that nothing happens in isolation, I will leave no stone unturned when I do my evaluation including a complete neurological examination.

Once I determine that you are a good candidate for the non-surgical operation, I will perform a functional neurological procedure that resets the communication between the brain and the body, changing the tone at the knee and allowing it to unlock and bend properly. This procedure instantly decreases pain and inflammation, increases strength and flexibility, and assists with tissue healing.

We get tremendous results for those that qualify for the procedure.

Dr. Robert Davis, DC, DACACD is a Chiropractic Physician with training in functional neurology and holds a diplomate in addictionology. He has been in practice for 25 years. He may be reached at (239) 482-8686.

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What's Blooming At Edison And Ford Winter Estates?

Adventures In Apocynaceae

By Victor Lazzari, Horticulture Specialist

They come in every size and shape, from tiny annuals to large trees. They bloom in every color of the rainbow. They can be found in almost every habitat, from swamps to deserts to tropical rainforests.

Oh, and most of them are poisonous. Almost forgot to mention that.

I'm speaking, of course, of the Apocynaceae (pronounced "appo-sigh-NAY-see-ee"), otherwise known as the dogbane family. Thanks to the magic worked by Linnaeus centuries ago, all of Earth's plants are grouped into families based on different plant species sharing certain key characteristics. And all of these families have names. Some of the names are obvious: The Asteraceae is the aster (or daisy) family, while the Orchidaceae is, of course, the orchid family. Others are more esoteric: The Arecaceae is the palm tree family, while the very similar-sounding Ericaceae is the family for both azaleas and blueberries.

The Apocynaceae is the apocynum, or dogbane, family. Anything with "bane" in its name usually indicates some degree of toxicity, so let's clear the air right now: Yes, some members of this family were used to poison dogs back in medieval times, long before Instagram and TikTok parlayed the endless cuteness of golden retrievers onto humanity. Today, thankfully, the darker side of the dogbane family is now a thing of the past, and the more congenial characteristics of this plant family have taken center stage.

Chief among them is their physical loveliness. Nearly all members of the Apocynaceae share the same physical traits, all of which are more or less beautiful: glossy foliage and showy flowers, usually in the shape of a narrow tube flaring out into five starlike lobes. In many instances, the lobes are swept sideways into a distinctive pinwheel shape, a calling card of many dogbanes. Flower colors include everything but black; many are also sweetly perfumed, adding another layer of delight to the group.

Another trait uniting the dogbanes is less aesthetic but perhaps more valuable economically. Most members of the Apocynaceae carry a thick, white, milky sap called latex in their stems; if the stems are cut or broken in any way, the latex oozes out conspicuously from the wound. While this latex is poisonous in many dogbanes, in others it can be used as the basis for commercial-grade rubber. Thomas Edison had great interest in many members of the Apocynaceae for this reason, and he went on to cultivate dozens of dogbane species in the gardens around his laboratory at the Edison and Ford Winter Estates (EFWE).

More recently, many members of the Apocynaceae family are now under scrutiny for biomedical research. Several species, especially the common annual vinca (*Catharanthus roseus*), have been found to contain alkaloids that have powerful anti-cancer properties, especially against child leukemia. Personally, I can't think of a more wonderful Cinderella-type ending for the dogbanes: Once feared for their toxicity, many of them are now celebrated for their ability to cure human illness, rather than cause it.

There are over 5,000 different species of Apocynaceae plants in existence, making it one of the larger plant families on our planet. A few notable standouts have head-to-toe good looks coupled with relative ease of garden cultivation. The following are all on display in the EFWE botanical collections; many are also available for sale in the EFWE Garden Shoppe.

One of the smallest dogbanes is **annual vinca** (*Catharanthus roseus*), a staple of summertime gardens in cold climates; here in South Florida, it frequently performs as an everblooming perennial. Annual vinca usually reaches 1 to 2 feet tall at maturity and blooms in shades of red, pink, magenta, lilac, and purple. Dwarf strains such as the "Soiree" series now exist, as well as weeping forms splendid for hanging baskets or containers. Give annual vinca full sun to light shade; keep plants slightly dry to ward off fungal problems.



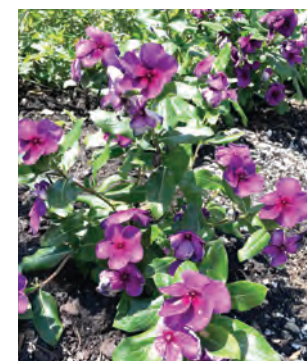
Adenium obesum



Allamanda schottii



Calotropis gigantea



Catharanthus roseus



Cryptostegia grandiflora



Dipladenia



Plumeria obtusa



Plumeria rubra



Strophanthus gratus



Tabernaemontana divaricate



Tabernaemontana divaricata flore pleno



Trachelospermum jasminoides

Somewhat larger than annual vinca, **desert rose** (*Adenium obesum*) looks like something pulled from a Dr. Seuss book. This species is one of several succulent dogbanes that stores water in a fat, swollen caudex (essentially an aboveground rootstock). For this reason, it does best in full sun and a sharply drained, gritty soil kept dry for the most part. Mature plants produce spectacular flower flushes in vivid, jewel-like tones of red, pink, or white; heaviest flowering occurs from spring through fall. Desert rose is slow growing, even in our humid heat; plants generally stay in the 2- to 3-foot range for most of their garden tenure.

If butterflies are what you want, **giant milkweed** (*Calotropis gigantea*) is what you need! This lofty perennial is both a nectar and larval food source for many butterfly species, especially monarchs. Bees also frequent the blooms, which resemble lavender frosting flowers yanked off a birthday cake. When not ravaged by hungry caterpillars, giant milkweed's leaves are soft gray with a handsome quilted texture. Situate giant milkweed in full sun to partial shade. Established plants tolerate considerable drought and neglect; leggy (or defoliated) specimens can be cut back to encourage fresh growth.

Several dogbanes form sturdy shrubs that work well as specimens, in groupings, or as informal hedges. **Pinwheel jasmine** (*Tabernaemontana divaricata*) is one such candidate, with rich green foliage that makes a good backdrop for its shining white flowers. "Flore Pleno" is a double-flowered mutation; selections with variegated foliage also exist. Give pinwheel jasmine good, rich soil, regular irrigation, and full sun or partial shade. Plants can reach 10 feet tall and wide but can be kept smaller via pruning.

Another shrubby dogbane is **rose allamanda** (*Strophanthus gratus*), so named because of the sweet fragrance of its

flowers. The pale pink blooms emerge from attractive burgundy buds and have five petal-like lobes surrounding what can only be described as a ring of short brown tentacles. The dark green leaves have a brownish cast and pearlescent sheen; plants usually reach 6 to 8 feet tall and wide. Full sun to light shade works best for this beauty.

The golden yellow trumpets of **bush allamanda** (*Allamanda schottii*) are always a cheerful sight in the garden. Though the regular species can grow 8 feet tall and wide, dwarf forms in the 4-foot range are good options for smaller yards. Bush allamanda loves South Florida's humid heat; cold snaps in winter often cause foliage to discolor or drop, but plants usually bounce back as temperatures rise. Give bush allamanda full sun and a rich, moist soil with good drainage.

Many dogbanes grow as vines in South Florida; prominent among them are **mandevilla** (*Mandevilla* spp.), **dipladenia** (*Rhabdadenia* spp.) and our native **wild allamanda** (*Pentalinon luteum*). All feature trumpet-shaped flowers with flaring lobes carried over shiny foliage. Mandevilla and dipladenia bloom in shades of red, pink, white, yellow, and peachy apricot, while wild allamanda's flowers are lemon yellow. All can bloom virtually any time of year, though heaviest flowering is usually in the warmer months. Wild allamanda is extremely adaptable as far as soil and exposure; mandevilla and dipladenia do best in a rich, slightly dry soil and full sun.

Another vining species is **Confederate jasmine** (*Trachelospermum jasminoides*), a staple of Southern gardens. The beauty with dark emerald green foliage is momentarily diverted each spring when the plant becomes an avalanche of small, white, sweetly fragrant blossoms. Confederate jasmine is one of the best flowering vines for shade, blooming well even on the north side of a house. Rich loam with regular irrigation works best for this species.

Thomas Edison had great interest in the appropriately named **rubber vine** (*Cryptostegia grandiflora*) for its latex; contemporary gardeners appreciate it more for its lovely lilac-purple flowers. Despite the name, rubber vine looks best when trained into a small, bushy tree in South Florida – its stems eventually grow heavy enough to work as self-supporting trunks. Rubber vine isn't particular about soil but flowers best in full sun.

Lastly, the various **plumerias** or **frangipanis** (*Plumeria* spp.) display fragrant flower trusses on plants that make dependable small trees in South Florida. The widest color range (and sweetest perfumes) are found amongst the various *P. rubra* varieties – their petals are usually multicolored blends that create a gorgeous ombré effect in the landscape. Flowers of the closely related Singapore plumeria (*P. obtusa*) are limited to white or pale pink, but it forms a more shapely, symmetrical tree – and unlike *P. rubra* varieties, it generally keeps its foliage all winter long.

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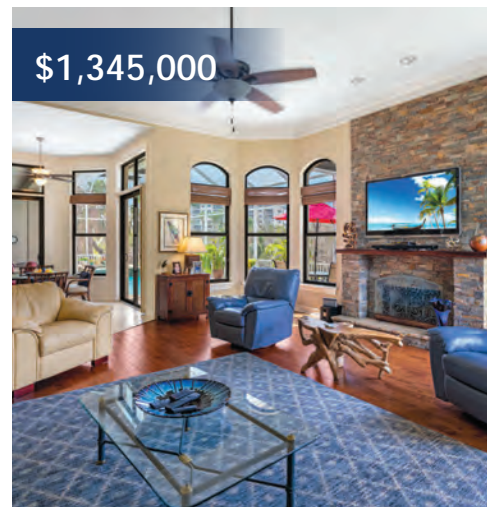
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