

Retrospective Exhibit Opening At ACT Gallery



Shared Love by Pat Cleveland

Arts for ACT Gallery will host an opening reception on Friday, May 5 from 6 to 10 p.m. during Art Walk in downtown Fort Myers. The reception will feature A Retrospective by Pat Cleveland in the Main Gallery and

photo provided

the mixed media art of Annette Brown in the White Gallery.

Cleveland began painting at age 3 when her mother, an artist herself, put a brush in her hand and gave her a small
continued on page 13



Shrimp cocktail

photo provided

Taste Of The Beach Coming May 7

The 22nd annual Taste of the Beach will be tickling tastebuds along Old San Carlos Boulevard on Fort Myers Beach on Sunday, May 7. The popular food festival, run by the Greater Fort Myers Beach Area Chamber of Commerce, will involve approximately

16 restaurants plus promotional vendors and live music provided by Jo List and Friends from noon to 4 p.m. New this year will be an updated server competition and vendor village.

Local restaurant personnel will serve samples of their best signature dishes, which will be available for purchase. They will also be competing for Taste of the Beach awards in several categories – Best Appetizer, Best Dessert, Best Meat Dish, Best Chicken Dish, Best Seafood

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Concert Schedule Announced

Internationally-acclaimed violinist Itzhak Perlman and the National Symphony Orchestra of Cuba will headline two of the five concerts planned for 2018 by the Fort Myers Community Concert Association.

Tickets are now on sale for the five performances, which organizers say bring the best in classical opera, piano, folk dance and symphony performances to Southwest Florida. All performances will be held at the Barbara B. Mann Performing Arts Hall on the Florida SouthWestern State College campus in Fort Myers.

“We anticipate that we’ll be sold out by the time the series begins in January,” said Community Concert Association President Mary Lee Mann. “Where else can you see not one, but five performances for what you would expect to pay for just one?”

All five concerts are included in one ticket price, which ranges from \$165 for



Itzhak Perlman

photos provided

prime orchestra and mezzanine seats to \$155 for other orchestra and mezzanine seats, \$85 for lower balcony seating and just \$65 for upper balcony. Most mezzanine seating already is sold out, Mann said.

For tickets and membership



Lezginka State Dance Company

information, visit www.fortmyerscommunityconcerts.org or call 693-4849. Tickets to individual performances are not available at this time.

“We have been fortunate this year to attract some of the most outstanding

artists in the world today, thanks to the generosity of our major underwriters and supporters,” Mann said.

The five performances all begin at 7:30 p.m.:

- Piano Battle – January 30.

continued on page 24

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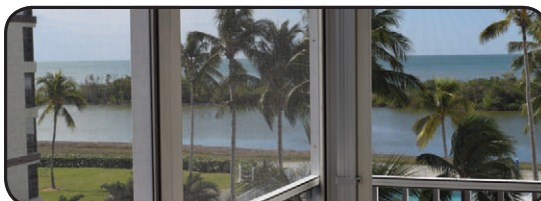
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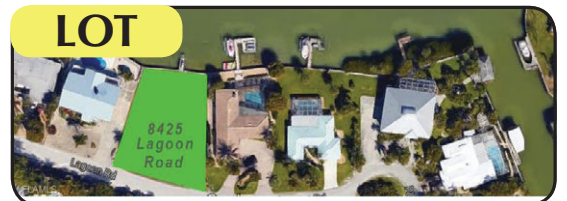
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Historic Downtown Fort Myers, Then And Now:

Dining At The Bradford

by Gerri Reaves, PhD



An on-site restaurant was part of the Bradford Hotel for approximately 50 years, beginning in the 1920s and with one brief vacancy around 1980.

While the name changed several times over the decades, it usually included the hotel's name: the Bradford Restaurant, the Bradford Coffee Shop, the Bradford Hotel Restaurant, and the Bradford Restaurant & Lounge.

The restaurants were located on the ground floor of the original portion of the three-story brick hotel on the northeast corner of First and Hendry.

Opened in 1905, the Bradford was built by Harvie E. Heitman with the financial backing of city benefactor Tootie McGregor and was named for her deceased son. Two subsequent additions were made, the first in 1908.

Prior to the advent of the first hotel restaurant, the storefront housed many businesses, from clothing, furniture and book stores to a real estate office and tourist club.

The vintage postcard image shows what one of the last restaurants to bear the Bradford name, the Bradford Restaurant, which was located there for most of the 1970s.

The photo's left-to-right view sweeps across the dining room and culminates with a look out onto First Street.

The restaurant's gold-themed décor includes chandeliers, wall murals, crisp linen napkins, white tablecloths and ornate padded chairs.

According to promotional materials, the restaurant had live entertainment in the



In the 1970s, a gold-themed restaurant was located on the ground floor of the Bradford Hotel on First Street

photo courtesy SWFL Historical Society, Sara Nell Hendry Gran Collection



Today, a law office occupies the former Bradford restaurant's location

photo by Gerri Reaves

cocktail lounge each day except Sunday.

The prices in the Bradford's Carte de Vins certainly evoke the past: Taittinger Brut la Francaise Champagne available at \$17 per bottle and \$9 for a half-bottle.

Chez Charlie Restaurant & Lounge was the last restaurant to be located there, opening in the late 1980s after the Bradford Hotel had closed, but closing just a few years later.

Today, the Bradford's former restaurant location is occupied by a law office, and the former hotel rooms above are apartments.

Walk down to Bradford Block and muse on the long restaurant history in one of downtown's first modern hotels.

Then, visit the following two research centers to learn more about the historic Bradford Block.

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 11 a.m. to 4 p.m. Tuesday through Friday and noon to 4 p.m. on Saturday.

For information, call 332-8778 or visit www.leecountyblackhistorysociety.org.

Sources: Archives of the Southwest Florida Historical Society.*

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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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Celebrate Arbor Day At Estates

On Friday, April 28 at 10 a.m., Edison & Ford Winter Estates will kick off its annual National Arbor Day celebration with students from the Edison Park Creative and Expressive Arts School. Second grade students will read poems about Arbor Day and help Debbie Hughes, senior horticulturist, plant a tree in honor of the day.

The first Arbor Day celebration was held in Nebraska City in 1872 and as many as one million trees were planted in Nebraska. Thomas and Mina Edison planted coconut palms along the fence line in celebration of the holiday for many years.

Over the years, numerous trees have been planted at Edison Ford in celebration of National Arbor Day, including mangoes, Hong Kong orchids, live oaks, geiger, citrus, calabash, royal poinciana and Jacaranda. Edison Ford has become a well-known historic garden and home to hundreds of tropical trees.

Fort Myers is one of 3,400 communities that has been designated an Arbor Day Foundation "Tree City." Cities with this designation, must maintain the trees, have a tree-care ordinance and community forestry program and celebrate Arbor Day.

Thomas Edison shared in the philosophy that trees were important. He planted many unusual varieties



Plant a tree on National Arbor Day
photo provided

that still stand today. The Edison Ford Garden Shoppe has a wide variety of trees for purchase and a knowledgeable horticultural staff available to answer questions.

The event, which does not include tours in museum or lab, is free to the public. For more information, contact 334-7419 or visit www.edisonfordwinterestates.org.

Call To Artists For Open Exhibit

Arts for ACT Gallery in Downtown Fort Myers is in need of professional and emerging artists for an open themed group exhibit that will open on Friday, July 7 from 6 to 10 p.m.

Themes to choose from include: Year of the Rooster; Current Social Issues or Things that Matter; or Bizarre and Surreal. Themes may be mixed.

Artists entry fees are \$10 for one one piece, \$15 for two pieces and \$20 for three pieces. Entry fee is non-refundable. The judge has yet to be selected.

Poster Contest For 2018 Edison Festival Of Light

The Edison Festival of Light is calling for entries for the 2018 official poster in celebration of the 80th anniversary of the Edison Festival to be held from February 10 to 18. Artists and graphic designers are welcome to submit entries for the competition. The art can be of any medium and must be a completely original concept not used in other posters, promotions, events organizations or materials. The deadline for submissions is at noon on June 15.

The Edison Festival of Light is the

Cash prizes include \$100 for first place, \$75 for second place, \$50 for third place and \$25 and honorable mention.

Artists can drop off work to be juried from Monday, June 26 through Sunday, July 2. Artists will pick up unsold art on Monday, July 31 from 11 a.m. to 4 p.m. Art rejected must be picked up on Wednesday, July 5 between 11 a.m. and 4 p.m.

For art sales, 40 percent commission will be retained by Arts for ACT Gallery with proceeds benefitting the ACT Shelter.

For more information, contact Claudia at cgoode@actabuse.com or call 337-5050. Arts for ACT Gallery is located at 2265 First Street in Fort Myers.

largest and longest running festival in Southwest Florida. It recognizes the inventions of Thomas Edison, along with his contributions to Fort Myers and Southwest Florida.

The artwork should represent the activities and events of the Edison Festival, the contributions and/or images of Thomas Edison, and imagery of Fort Myers and Southwest Florida. The poster is used for advertising the festival and in merchandising products and opportunities. Entries will be considered based on concept, artistic imagery, visual presentation and merchandising opportunities.

For more information on the contest rules and submission methods, visit www.edisonfestival.org or call 334-2999.

Lab Theater Raises \$117,000

The Laboratory Theater of Florida hosted its ninth season announcement soiree and fundraiser on, April 17. The twin goals of the night were to announce the upcoming season and to raise funds for the repair of its soon-to-be permanent home.

Artistic Director Annette Trossbach emceed the event, sharing goals for repair and refurbishment of the 94-year old building. A model of the 1.3-acre property in the Fort Myers River District also served to show the spaces that were available for naming rights.

"We are thrilled to announce that three of the spaces available for naming rights were secured by generous donors on Monday night, and that further funds were raised through our silent auction and other donations," said Trossbach.

Over \$117,000 was raised at the event.

Morph suit-clad actors Square One Improv comedians engaged the audience for the event and helped to announce the season.

This successful fundraiser comes on the heels of the theater's autumn fundraiser at The Barrel Room on Bay Street, one that raised over \$160,000 towards the purchase of a permanent home. The permanent home is the building which the theater has been renting for almost six years, and the property includes two outbuildings that will serve as an education center and a costume and storage shop.

To donate to this not-for-profit theater, or for tickets and more information about shows and events, call the theater at 218-0481 or visit www.LaboratoryTheaterFlorida.com. The Laboratory Theater of Florida is located in the River District at 1634 Woodford Avenue in Fort Myers.

Bluegrass In The Theatre April 30

Bluegrass in the Theatre continues at Alliance for the Arts on Sunday, April 30 from 2 to 5 p.m. Palmgrass artists include Frank Corso, The Other Guys and Florida Bluegrass

Express. Tickets are \$10 and are available at www.ArtnLee.org or at the door. Children age 12 and younger are free if accompanied by an adult. Doors open at 1 p.m. Seating is limited and is on a first come, first serve basis.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers.

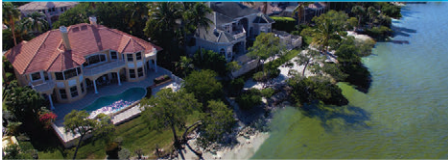
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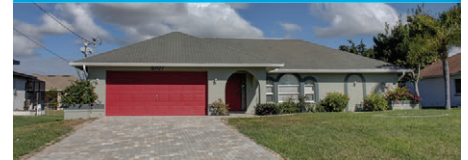
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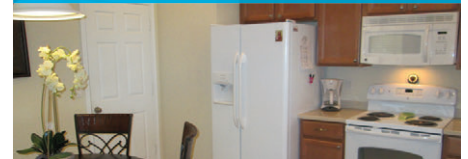
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Fort Myers Art:

All Florida Show Submission Deadline Nears



by Tom Hall

Florida artists wishing to be considered for the Alliance for the Arts' 31st annual All Florida Juried Exhibition have until this Saturday, April 29 to submit their applications. Visit www.artinlee.org/wp-content/uploads/2017/02/2017-All-Florida-Juried-Exhibition-PROSPECTUS_final.pdf for the particulars.

The All Florida show features works created by artists working in a wide variety of media from all over the state of Florida. Categories are sculpture, painting (including oil, acrylic, collage, watercolor and mixed media), photography, prints and drawings. An entry consists of one to three artworks. The juried entries come together for an exciting exhibition representing today's contemporary Florida artists.

The opening reception for this year's All Florida Juried Exhibition will be held from 5 to 7 p.m. on Friday, June 2. Kimberly Riner, who will be serving as juror for the exhibition, will conduct a walk and talk at 10 a.m. on Saturday, June 3. In addition to selecting the works that will be included in the show, she will



A past All Florida Juried Exhibition at the Alliance for the Arts

photo courtesy www.artsfwf.com

select an overall Best in Show, second and third place winners, and the recipient of a Juror's Choice Award. Best in Show will receive \$1,000 in cash. Second place will receive a \$250 Golden Paints gift certificate, with third place receiving a \$100 cash prize.

Riner is the visual arts director at the David H. Averitt Center for the Arts in Statesboro, Georgia. She has been actively involved in growing the art scene in the Statesboro area, working with ArtsFest, Summer Studios and Creative Art Studio. Most recently, she opened the Averitt Center's visual arts facility, The Roxie Remley Center for Fine Arts.

Riner received her Masters of Fine Art degree from Georgia Southern University with an emphasis in ceramics. She has held faculty positions at Georgia Southern University and Ogeechee Technical College. Her artwork has been exhibited both nationally and internationally and is held in numerous private collections. Exhibition venues include Mason City, Iowa; Atlanta, Georgia; North Charleston, South Carolina; Lake City, South Carolina; Cochran, Georgia; and Sheffield, England.

The exhibition will be on display until June 30. Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers.

Lab Theater Making Progress On Purchase, Repair

The Laboratory Theater of Florida hosted its 9th Season Announcement

Soiree & Fundraiser on April 17.

Artistic Director Annette Trossbach emceed the event, sharing with attendees The Lab's goals for repair and refurbishment of the 94-year old building that has served as its home since it relocated from the Sidney & Berne Davis Art Center several seasons ago. A model of the 1.3-acre property in the Fort Myers River District also served to show the spaces that were available for naming rights.

"We are thrilled to announce that three of the spaces available for naming rights were secured by generous donors on Monday night, and that further funds were raised through our silent auction and other donations," said Trossbach. More than \$117,000 was raised at the event.

Morph suit-clad actors engaged the audience for the event and helped to announce the season, as did Square One Improv.

This successful fundraiser comes on the heels of the theater's autumn fundraiser at The Barrel Room on Bay Street, at which more than \$160,000 was raised towards the purchase of the building, which the theater has been renting for almost six years. The property also includes two outbuildings that will serve as an education center and a costume and storage shop.

To donate to the not-for-profit theater or for more information, call 218-0481 or visit www.LaboratoryTheaterFlorida.com. The Laboratory Theater of Florida is located in the River District at 1634 Woodford Avenue in Fort Myers.

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

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Deal For Campers Benefits Children

The Fort Myers/Pine Island KOA campground, located at 5120 Stringfellow Road in St. James City, is offering campers a special Saturday of camping for just \$10 to benefit KOA Care Camps for children with cancer. The Care Camps Big Weekend event will be held Friday, May 12 and Saturday, May 13.

Campers who stay as paying guests on Friday, May 12 will receive another night of camping on Saturday, May 13 for just \$10. The entire \$10 fee will be given to KOA Care Camps, a network of 112 independent oncology summer camps for children battling cancer.

Last year, more than 25,000 camping families stayed at nearly 400 participating KOA campgrounds in the U.S. and Canada. KOA campgrounds have several fun events planned that are designed to both entertain campers and help raise funds to support KOA Care Camps, which provide a true summer camp experience for children with cancer and their siblings. Last year, the Care Camps Trust donated more than \$1.4 million to the 112 camps, allowing

hundreds of children to attend at no charge.

"The kids who benefit from these Care Camps depend on the generosity of campers throughout North America," said Wade Elliott, chairman of the Care Camps Trust. "The funds raised all year long by campers has really become an essential part of the cure for these young cancer victims."

The Big Weekend event has also become the official start to the summer camping season for thousands of camping families in North America. It is a great way to reconnect with friends and family, give camping a try, or just pull your RV out to your local KOA and get it ready for a fun summer camping season. At the same time, you get to help raise funds to send some very deserving children to a much-needed summer camp.

Campers can visit www.KOA.com to see a list of participating campgrounds and make their reservations for available tent sites, RV sites or cabins.

Kampgrounds of America is celebrating its 55th anniversary in 2017. KOA, the world's largest network of family-friendly campgrounds with more than 500 locations in North America, was born on the banks of the Yellowstone River in Billings, Montana in 1962.*



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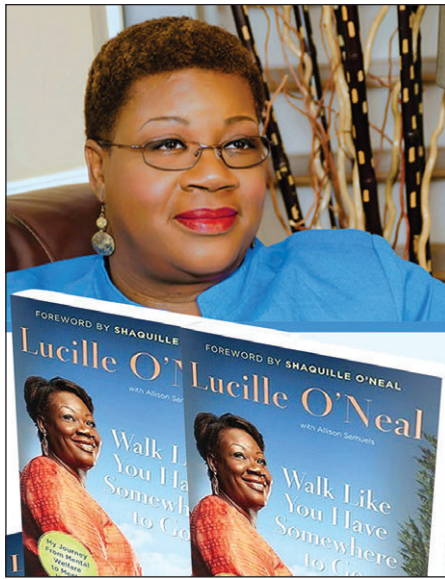


National Day Of Prayer Breakfast

The Southwest Florida community is invited to observe the National Day of Prayer during the 2017 Community Prayer Breakfast on Thursday, May 4 at Harborside Event Center, located at 1375 Monroe Street in Fort Myers. Coordinated by local faith-based organizations with support from the City of Fort Myers, this free, ticketed event brings the community together in unified prayer. In addition to a buffet-style breakfast beginning at 6 a.m., keynote speaker Dr. Lucille O'Neal and guest speaker Art Holst will inspire the attendees with their motivational and entertaining personal stories, tied to faith and humanity.

Randy Henderson, mayor of the City of Fort Myers, will emcee the prayer breakfast, with music from the Fort Myers Symphonic Mastersingers in collaboration with choirs from area churches and synagogues.

Registration for the 2017 Community Prayer Breakfast is required to obtain a guest pass, as seating is limited. Guest passes are required for event entry, and the community



Dr. Lucille O'Neal

photo provided

can request tickets online at www.cypresslakeumc.com/prayerbreakfast/.

Dr. O'Neal, mother of retired-NBA legend Shaquille O'Neal, received her bachelor's degree from Bethune-Cookman University in business administration, earned a master of arts from the University of Phoenix in organizational management and her

doctorate from Bethune-Cookman University in human letters. Author of acclaimed book *Walk Like You Have Somewhere to Go*, O'Neal values empowering women and men in hopes of overcoming obstacles while remaining an unwavering faith and obedience to God's directions for a victorious life.

Holst is a three-year World War II veteran and ranked as a first lieutenant and later a captain in the infantry led by General George Patton, one of the top U.S. commanders during World War II. Holst was honored to be a member of the National Football League's officiating staff for 15 years, officiating four championship games and Super Bowl VI and XII. A Knox College graduate, Holst was a successful salesman for 10 years and a successful business owner. He now uses his broad business background as a foundation for his inspirational messages and enthusiastic lessons that captivate audiences across the country.

"Our goal this year is to help bring the people of this community together for a time of prayer and healing," said Rev. Israel Suarez, founder and CEO of Nations Association Charities and a founder of the Community Prayer

Breakfast. "The prayer breakfast is for all people, so we've put together a program of speakers that appeal to multiple generations and a diverse population. In addition to bringing together community leaders and professionals, our goal is to reach people in local neighborhoods, so we can truly bring the community together for a time of prayer."

The National Day of Prayer is an annual observance on the first Thursday of May, inviting people of all faiths to join in unified prayer for continued blessings on the nation. Every year, local, state, and federal observances are held from sunrise to sunset across the nation. It is estimated that more than two million people attend more than 30,000 events observing the holiday, organized by more than 40,000 volunteers around the nation. The Fort Myers community has been honoring the National Day of Prayer since the inception of the Community Prayer Breakfast in 1988. Over the years, an increasing number of businesses have stepped in to support the event, through sponsorships and donations.

For more information, call 223-8458 or email cpbreakfast@yahoo.com.✱

Lutheran Church Raises \$45,500 For Local Charities

Gateway Trinity Lutheran Church's sixth annual Charity Golf Tournament raised \$45,500.

One-hundred percent of the proceeds will be split evenly between the Golisano Children's Hospital of Southwest Florida and Community Cooperative. The event was held at Gateway Golf and Country Club on Saturday, March 18.

"The community response has once again been overwhelming this year as it has the last five years," said Russ Reynolds, tournament director. "Our two deserving charities provide so much help and support to those who are less fortunate, and our success comes from the generous community of families and businesses that have donated more than \$176,000 during the last six years."

Based on community support last year, GTLC pledged to raise \$200,000 during the next five years to be split between the Golisano Children's Hospital and Community Cooperative.

Gateway Trinity Lutheran Church

is a multi-generational community that offers ministry for all ages through youth programs, Bible study and various small groups. Services are held Sunday mornings. For more information, visit www.gtlc.org.✱

Local Girl Scout Volunteer Awards

In conjunction with National Volunteer Appreciation Week from April 23 to 29, Girl Scouts of Gulfcoast Florida recently recognized two Fort Myers residents who received adult achievement awards at the council's annual meeting.

Renee Wisniewski received the Volunteer of Excellence Award, an honor reserved for those who have contributed outstanding service while partnering directly with girls to implement the Girl Scout Leadership Experience through use of the National Program Portfolio or who have contributed outstanding service in support of the council's mission delivery to girl and adult members.

In addition, Cara Pennetti of Fort Myers received the Green Angel Pin for

outstanding volunteer support.


Though both awards were issued by the local council, the Volunteer of Excellence Award is also recognized nationally by Girl Scouts of the USA as

one of the highest awards available to adults in Girl Scouting.

For more information about Girl Scouts of Gulfcoast Florida, visit www.gscgf.org or call 800-232-4475.✱

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Along The River

The 4th annual **Smoke on the Water Barbecue Competition and Music Festival** returns to the **Fort Myers River Basin** this Friday, April 28 from 6 to 10 p.m. and Saturday, April 29 from 11 a.m. to 10 p.m.

The free festival offers barbecue from one of the many competitive teams from across the South as well as local sweets from various vendors. Musical acts are *The Voice* competitor Sheena Brook, the Nowhere Band, The Blu-Tones, Strange Arrangement, The Electric Mud and Memphis Motown Experience. There will also be many retail vendors and a Kid Zone.

The local festival will showcase an authentic experience of craft barbecue, beer and bands.

For more information, visit www.sbdac.com/smoke-water-2017/ or www.sbdac.com.

South Florida's biggest two-day rock festival is coming to **JetBlue Park** this weekend.

Fort Rock will feature 26 live bands, including headliners Def Leppard, Soundgarden, The Offspring, Papa Roach and A Perfect Circle, all day long this Saturday, April 29 and Sunday, April 30. Doors open at 11 a.m.

Visit www.fortrockfestival.com for tickets, the band schedule and for more information. Ticket prices range from \$70 to \$360.



Sheena Brook

photo courtesy Sidney & Berne Davis Art Center

JetBlue Park is located at 11581 Daniels Parkway, three miles east of I-75. A **5K run/2 mile walk** will take place this Saturday, April 29 at 8 a.m. at **CenturyLink Sports Complex** at Hammond Stadium. It is presented by 21st Century CARE.

Registration begins at 7 a.m. Chris Shaw with Fox 4 News will be the event emcee. Following the walk, awards, refreshments and random drawings will be held. Fundraising is encouraged to reach the goal of raising \$50,000, so consider donating as an individual or as a team. The link to register is www.bit.ly/2nbJuQ8.

One hundred percent of the proceeds raised from the event stays in Southwest Florida to benefit the Head and Neck Cancer Alliance that provide free community screenings, education and financial assistance for patients. Funding is used to cover items often not covered by insurance such as dental extractions, feeding tubes and supplies, and supplemental nutrition, as well as rehabilitation co-pays or full payment for the uninsured, gas cards and transportation to and from medical appointments.

The American Lung Association's annual **Fight For Air Climb** will take place this Saturday, April 29 at 9 a.m. at **The Oasis Tower One**, 3000 Oasis Grand Boulevard near downtown Fort Myers. During the unique endurance event, participants will climb 31 flights of stairs in the residential high rise to raise money for lung disease research, education and advocacy.

Fight For Air climbers can participate individually or as a team. Registration is \$25, and each climber must raise a minimum of \$100 to participate.

For more information, or to register, visit www.ClimbFortMyers.org or call 908-2685.

The Symphonic Chorale presents its final concert of the 2016-17 season at **New Hope Presbyterian Church** this Sunday, April 30 at 3 p.m. There is free admission to the concert, and a free will offering will be collected.

The 70-voice chorale led by Dr. Trent Brown, artistic director and conductor, will be accompanied by a professional orchestra and will present a diverse selection of music – including Bach – which will appeal to all musical appetites. The past will intersect with the present featuring the world premieres of two newly commissioned works created exclusively for the chorale by two American prize-winning composers.

Visit www.SymphonicChorale.org or call 560-5695 for more information. New Hope Presbyterian Church is located at 10051 Plantation Road in Fort Myers.✧

Commencement Speakers Named

Florida SouthWestern State College's Class of 2017 will be tossing their caps in FSW's Suncoast Credit Union Arena on Friday, May 5. It's a new chapter not only for the graduates, but also the college.

"For many years, we have had to hold commencement off campus," said Dr. Christine Davis, vice president, student affairs & enrollment mnagement. "We're excited that this year, our graduates will celebrate this milestone on campus."

Two commencement ceremonies involve students receiving their associate in arts degree at 10 a.m. and students receiving their professional certification, associate in science or bachelor degrees at 2 p.m.

Dr. Davis said the dual ceremonies are necessary. "The seating capacity of the Suncoast Credit Union Arena is about 3,300. By having two, we avoid a ticket system that would limit how many family and friends each student can have attend," she said.

The Class of 2017 has 3,680 graduates who have earned 3,830 degrees. The student speakers are Veronica Aguilera and Trevon Davis. To be a student speaker, the student is nominated by a school dean or professor, is interviewed, and then selected.

Aguilera, who will speak at the 10 a.m. ceremony, is an honor scholar student, studied abroad in France and served as a delegate for the Harvard Model United Nations, in addition to publishing an undergraduate thesis. She has earned a full ride to the

Honors College at Florida International University, where she will pursue her bachelors in health science with a pre-med focus and a minor in public health.

Davis, who will speak at 2 p.m., has completed his associate's and bachelor's degrees at FSW. He has served as president of the School of Education's honorary fraternity, Kappa Delta Epsilon. His bachelor's degree is in middle grades language arts with both reading and ESOL endorsements. He works weekends at Lee Memorial Hospital in patient services. He has already secured a teaching position for the upcoming fall. He plans to pursue a graduate degree in English to become an English professor at the college level.

Visit www.FSW.edu for more information.✧

Continental Women's Club

The Continental Women's Club meeting on Thursday, May 4 at 11:30 a.m. will honor the club's past presidents and install new officers for 2017-18. The monthly meetings are held on the first Thursday of the month at Colonial Country Club, located at 9181 Independence Way in Fort Myers.

Cost to attend the luncheon is \$19. Call 672-8683 before 8 p.m. Sunday, April 30 to make a reservation for May's luncheon.

The annual scholarship fundraiser held on March 20 was a huge success. Thanks to the members and many guests who attended, the club will be able to award scholarships to very deserving high school seniors to help in their further education endeavors. ✧



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Jared Fleishman

photos provided

Four Scholarships To Local Students

The Speakers Assembly of Southwest Florida awarded four \$2,500 scholarships to students at its April 7 luncheon. The students, who were interviewed and selected for the scholarships by a committee of Speakers Assembly board members, are Jared Fleishman of Fort Myers High School, Makenna Lutz of Florida SouthWestern State College, Jash Patel of Fort Myers High School and Jennyfer Guerrero Torres of Immokalee High School.



Makenna Lutz

Fleishman is an accomplished pianist and a senior in the Fort Myers High School IB program. He has participated in many volunteer efforts, including food-packing in Atlanta, building homes in Peru and serving food in a Washington, D.C. soup kitchen. Fleishman will attend Purdue University in the fall to study aerospace engineering.

Lutz is an accomplished high school student who is dual-enrolled at Florida SouthWestern State College. She has participated in the Women's LEAD Conference, National Honors Society, National Beta Club and in school musicals and Chamber Chorale. Lutz



Jash Patel

will attend the University of South Florida in the fall to study marketing and international studies.

Patel has a diverse portfolio of interests, from physics to cooking to tennis. He has volunteered across the community, from processing visitors at Lee Health, to cooking for the Soup Kitchen, to acting as a head counselor at the Edison Ford Inventor's Summer Camp. Patel will study biomedical science at the University of Florida.

Torres is the valedictorian of Immokalee High School's class of 2017. Between tutoring second-grade children after school, teaching English



Jennyfer Guerrero Torres

to immigrants through Literacy Council Gulf Coast and volunteering with the Harry Chapin Food Bank, Torres has spent more than 100 hours in hands-on volunteering roles during the last four years. Her goal is to become a pediatric surgeon, and she will attend either Harvard or Yale University in the fall.

The Speakers Assembly of Southwest Florida hosts eight speaking events between November and April each year, covering a wide range of topics. Individuals interested in joining the group can find membership information online at www.SpeakersAssembly.com, or over the phone at 948-7909.✱

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

Sunday 9 and 11 a.m., Adult Education Workshop 10 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.

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

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.17671PineRidgeRoad.com, 267-7400.

PEACE LUTHERAN

Sunday 9:30 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.

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 9:15 and 11 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.✱

FORT MYERS FARE

DOC FORD'S RUM BAR & GRILLE

Doc Ford's Rum Bar & Grille is named for the Doc Ford character in local author Randy Wayne White's best-selling mystery novels.

It's a well-known gathering place with indoor and outdoor patio seating. The combined menu offers all the lunch and dinner items from 11 a.m. until closing. It includes cedar plank salmon topped with a mango chipotle glaze or a marinated grilled chicken sandwich and there's a well provisioned raw bar. Tropical drinks are a specialty, notably the signature rum drink, Island Mojito.

708 Fisherman's Wharf, Fort Myers Beach. Call 765-9660.

ISLAND COW

Where can you go when you're in the "moood" for some great cookin', local fun and prices that won't make you lose the farm? Try Island Cow on Sanibel.

Island Cow is an airy bistro with French doors leading out to the front and back patios. It is open daily for breakfast, lunch and dinner. Dine under the stars while you listen to live music

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2163 Periwinkle Way, Sanibel. Call 472-0606.

LAMOTTA'S ITALIAN RESTAURANT

LaMotta's Italian Restaurant & Pizzeria was established in 1979 and is one of the longest-running family eateries in the Fort Myers area. Chef Camelo LaMotta serves traditional Italian dishes such as chicken parmesan, lasagna, pizza and calzones as well as specialty creations like osso bucco, lobster risotto, pescatore and filet Florentine.

Try LaMotta's New York-style pizza, cooked in a 500-degree oven for the perfect crunchy slice. For specialized desserts, treat yourself to cannolis and tiramisu along with a cappuccino or coffee.

Hours include Monday through Friday from 11 a.m. to 9 p.m.; Saturday from noon to 9 p.m.; Sunday from 4 to 9 p.m.

15660-225 San Carlos Boulevard, Fort Myers, 482-5505.

SUMMERLIN JAKE'S

Summerlin Jake's Seafood and Steaks, a sunset dining water view restaurant in Fort Myers, located near the Sanibel Bridge, offers new American cuisine prepared in the old Florida tradition. Paying tribute to the rich history of Punta Rassa, where Jake Summerlin owned a wharf that he used to ship his cattle to Cuba and the local waters that are famous for being the home to big game fishing, Summerlin Jake's offers freshly caught local seafood, tender, juicy prime steaks, smoked ribs, brisket and chicken and heart-healthy, vegan choices that are locally sourced, hand-selected and artfully prepared. Summerlin Jake's is open Monday through Friday 11 a.m. to 10 p.m. and Saturday and Sunday 8 a.m. to 10 p.m. (Breakfast served 8 to 11:30 a.m.). Happy Hour is 3 to 6 p.m. daily. Live music on Friday and Saturday 5:30 to 10 p.m.

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TERRA NOSTRA

Terra Nostra Ristorante Italiano serves classic Italian fare in the former Cork & Barrel suite in the Target center at 15880 San Carlos Boulevard.

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The mission of Terra Nostra is to serve homemade food in a restaurant environment. Try some of Fernando's hand-crafted specialties: Bouillabaisse, Chicken Monte Carlo and Penne a la Fiero. With these selections and house favorites, you will never leave hungry. Have a drink from the full liquor bar or sip from the many hand-selected wines or ports. A family atmosphere and attentive service will make your dinner a dinner to remember.

Terra Nostra is open six days a week from 4:30 to 10 p.m. It is closed Tuesday until further notice.

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Gain more music knowledge at camp

Summer Arts Camps Announced

The Music Foundation of Southwest Florida’s annual summer arts program will run weekdays from June 19 through July 21. Camps are held at Paul Laurence Dunbar Middle School in Fort Myers. In its 26th year, the camps offer classes in music, theater, visual arts and culinary arts for students in grades 6 to 12, with a few camps for students as

photo courtesy The Music Foundation young as grade 3. The program is divided into four one-week sessions. Most camps are scheduled from 9 a.m. to 4 p.m. daily. The fee is \$150 per week, which includes activities, breakfast, lunch and a souvenir T-shirt. A new High School Ensemble camp for older students is priced differently. The week-long camps offer master classes, music theory, note-reading, and proper practice skills. Camps are staffed by faculty who are active professional musicians and/or music teachers selected for their expertise and ability to share their enthusiasm and knowledge with the aspiring musicians.

The summer camp programs provide a variety of high quality artistic and educational experiences that promote positive personal growth, interest and achievement in the arts. The programs are designed to develop cooperation, personal responsibility, teamwork, respect and goal achievement. Faculty members strive to ensure that all participants have positive, enjoyable and successful experiences. Ruth Christman, executive director of The Music Foundation of Southwest Florida, said, “The benefits of a music education are beyond learning to play an instrument and to read music. Students also learn valuable life skills such as self-discipline, nonverbal communication, the importance of completing a task, improved self-worth

as well as reinforced math skills, history and literature, and more.” New this year is the High School Ensemble Camp for students currently in grades 8 to 12. These include the Brass Ensemble with teachers Tony Castillo and Patrick Neuman; Saxophone Ensemble taught by Zach Deeter; and Clarinet Ensemble led by Candace Cohowcz. These camps are scheduled for 9 a.m. to noon. The fee is \$100 for the week. Students must provide their own instruments for all music camps except piano, ukulele and percussion. For more information about the Summer Music & Arts Camps, contact Ruth Christman at 275-0057 or JCMFA@aol.com or go to www.music-foundation.org.*



STARS complex

photo provided

Before-School Program Begins

From Friday, April 28 until the end of the school year, students of Dunbar, Fort Myers and Cypress Lake middle schools will be able to take advantage of a free new program at the Dr. Ann Murphy Knight STARS Complex. The STARS Middle School Sunrise Club will provide a safe environment for students from 7 to 8:30 a.m. on school days. “This is a great opportunity for students to complete any unfinished homework or get homework

assistance,” explained Gary Bostic, senior recreation center manager with the City of Fort Myers. “They can use their school-issued tablets or the STARS computer lab. Students can also receive on-site tutoring in trouble subjects before school.” STARS Middle School Sunrise Club students will be eligible for transportation to their respective middle schools through the Lee County School District’s bus system. The STARS Complex is located at 2980 Edison Avenue in Fort Myers. For more information, call 321-7545.*

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From left, Maynard and Elle Poland, Judi Ekholm, Reed Saunders, Dan and Sue Duval, and Bill Klug photo provided

Reception Held For New Art Exhibit

The Southwest Florida Community Foundation recently hosted a reception to kick off the launch of a new art display at its Community Hub.

"Fresh Aire" features an adventure in color through the paintings inspired by artist Judi Ekholm's road journey through 11 national parks and 21 states.

Ekholm focuses on different vantage points, and her technique is similar to the Old Masters with many layers of fine paint and glazing. Her images of landscapes and gardens are both romantic and bold. She creates all sizes and scales of paintings, and each one makes its own original and unique statement. Her impressionistic paintings can be found in more than 700 international collections.

The artist is originally from near Louisville, Kentucky. She received a master's degree from Indiana University and has studied with Bill Bailey and James McGarrell. She is a master gardener, and her oil paintings exhibit her knowledge and love of the land.

The new exhibit is open to the public and will run through May during regular Community Foundation business hours: Monday through Friday from 9 a.m. to 4 p.m. Some paintings are located in meeting rooms, so those interested in seeing the exhibit are asked to call before arriving to make sure all areas are accessible. The Community Hub is located at 8771 College Parkway, Building 2, Suite 201 in Fort Myers.✱

From page 1

ACT Gallery

canvas to paint on. Born in New Jersey, she graduated from Traphagen School of Design in New York.

In 1996, one of her paintings won an award in an international competition sponsored by *Artis Spectrum* magazine in New York City and was featured in an issue of that magazine. An active member of art organizations, Cleveland taught creative workshops and art programs for adults and children.

She developed macular degeneration in 2013, which has made her legally blind. She continues to paint, considering the vision change not as a challenge but as an opportunity for creative growth. Her paintings are oil on canvas and her subject matter varies from landscapes, animals, florals and still life. In 2013, she

was one of six featured artists of ACT for the annual fundraiser auction. In 2016, Cleveland received an award from ACT for 28 years of donating to the auction.

"This retrospective exhibit contains a selection of early and new paintings. Since macular degeneration has changed my vision to a great extent, the viewer will note that I am using a strong color palette and less detail as well," she said. "It is a new way of seeing and expressing my thoughts and feelings, and I have been enjoying the transition from my earlier style of work. It has given me a sense of freedom from painting with more detail."

Brown's mixed media artwork incorporates found objects and collage. She often works in acrylics and has taken classes with Verron Ennis and Leo Johnson. Her work has been called both innovative and aesthetic.

Arts for ACT Gallery is located at 2265 First Street in downtown Fort Myers.✱

Firefighters Motivated To Climb For Charity

Breathing should not be an uphill battle. But for many, it is. In the fight against lung disease, hundreds of people will join the American Lung Association in Florida at the Oasis Tower One in downtown Fort Myers on Saturday, April 29 at 9 a.m.

The 2017 Fort Myers Fight For Air Climb challenges participants to climb 31 flights of stairs at the Oasis Tower One. Local first responders, businesses, gyms, as well as families and friends compete against one another to see who can climb the stairs the fastest and raise the most money along the way. This unique endurance event helps raise funds for lung disease research, education and advocacy.

Climbing in memory of one of their own will be the Fort Myers Fire Department. Local firefighter Anthony LaBruzzo lost his battle against lung cancer, and his brothers and sisters in the fire department will be climbing alongside his wife, Cher LaBruzzo, in his honor.

"I'm very happy that the Fort Myers Fire Department continues to honor my husband and remember him in this way, and I am very appreciative of all those who support the Fight For Air Climb," said Cher LaBruzzo. "We all hope that there will one day be a cure for this terrible disease of lung cancer."

Kurt Goerke, director of Health Promotions with the local American Lung Association, noted that, "Cher has been really supportive of our event from the very beginning, but we know that she and her family still feel the loss of Anthony every day. We are all proud of the firefighters who will show up on April 29 to face the challenge of climbing 31 floors in the beautiful Oasis building. We are also very happy that the Fort Myers Fire Department 'Team LaBruzzo' continues to remember and climb in Anthony's honor."

Those wishing to participate can register as an individual or as a team. Registration costs \$25 and includes a \$100 fundraising minimum. All proceeds from the 2017 Fort Myers Fight For Air Climb go to support local research, lung disease programs in schools and hospitals as well as advocacy work for the American Lung Association. For more information, visit www.ClimbFortMyers.org.✱

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Plant Smart

Not Native, But Friendly To Butterflies

by Gerri Reaves

The three plants pictured here qualify as "Florida friendly," the next best thing to native. As the Florida Yards and Neighborhood's program defines it, a Florida friendly landscape is both beautiful and environmentally responsible – and wildlife friendly to boot.

The key to creating a Florida friendly yard is "right plant, right place." Failing to consider criteria such as maintenance requirements, water use, and soil characteristics, can result in a less-than-thriving yard.

Choose golden dewdrop (*Duranta erecta*), scarlet milkweed (*Asclepias curassavica*) or pentas (*Pentas lanceolata*) and you've taken a step toward creating a low-maintenance landscape that also is wildlife friendly.

Golden dewdrop is known for often fruiting and flowering simultaneously, which enhances its ornamental appeal.

Some plant experts believe that this member of the verbenaceae family, is in fact native to the Florida Keys.

The name refers to the golden-yellow fruit, and another common name, skyflower, refers to the blue flowers.

The nectar in those five-lobed tubular flowers attract butterflies and hummingbirds. Songbirds like the clusters of fleshy fruit, and the thorny foliage makes good cover for birds.

For the most robust shrub or small tree, give it full sun and some organic material. It is moderately drought tolerant.

Golden dewdrop is toxic if ingested and can cause skin irritation.

Although not native, scarlet milkweed is the most common milkweed species in Florida yards. It is a staple of butterfly gardens because it is a nectar and



Golden dewdrop's fleshy fruit, blue flowers, and thorny foliage are beneficial to wildlife
photos by Gerri Reaves

host plant for the monarch (*Danaus plexippus*), queen (*Danaus gilippus*) and soldier butterflies (*Danaus eresimus*).

In addition, the nectar attracts various insects and hummingbirds, too.

The scarlet and orange clusters of flowers top the stalks that contain a milky sap that can irritate the skin and be toxic if ingested.

This naturalized wildflower spreads easily via wind-borne fluffy seeds and couldn't be easier to grow. Very adaptable to almost any conditions, it prefers sun and moist, well-drained soil.

South Florida has resident and migratory populations of the monarch, so consider this when choosing scarlet milkweed over native milkweeds: So prevalent has scarlet milkweed become that there is concern that the constant availability of its nectar disrupts the monarch's migration patterns.

Detrimental effects can result if the breeding cycle extends into the cooler months.

Pentas, so named for the five-petaled flowers, comes in a variety of colors.



Scarlet milkweed is appreciated for attracting butterflies, particularly the monarch. It is perhaps over-planted in South Florida, so consider planting native milkweeds instead.



Pentas are a nectar source for butterflies and hummingbirds throughout the year

Those star-like flowers give it another pretty name, Egyptian star-cluster.

The tubular flowers are a nectar source for butterflies and hummingbirds throughout the year.

Pentas are fast growing and easy to care for. They can grow in partial shade, but for the most profuse blooms, give these colorful flowers full sun, plenty of water and fertile, well-drained soil.

For a successful butterfly garden, avoid using toxic chemicals (e.g., pesticides, herbicides) lest you lure butterflies to an early demise.

Also be prepared to tolerate caterpillars munching the leaves of the

host plants. They will quickly re-leaf.

Learn more about the principles of the Florida friendly landscape by investigating the Florida Yards and Neighborhoods program online at <http://lee.ifas.ufl.edu/FYN/FYNHome.shtml>.

Sources: *Florida, My Eden* by Frederic B. Stresau; *The Shrubs and Woody Vines of Florida* by Gil Nelson; *Waterwise* by the South Florida Water Management District; floridagardener.com; floridata.com; ifas.ufl.edu; and nababutterfly.com.

Plant Smart explores the diverse flora of South Florida.✱

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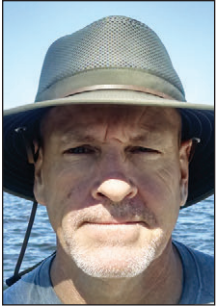
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CROW Case Of The Week:

Young Armadillo

by Bob Petcher



The nine-banded armadillo (*Dasypus novemcinctus*) is one of the most fascinating looking animals on this planet. Named for its armor, the South American

native saw a quick growth rate once it crossed the Rio Grande from Mexico into the U.S. during the late 19th century. Having a hard shell covering much of its body (back, sides, head, tail and outside surfaces of its legs) to repel natural predators helped in the population spike.

Known as the state mammal of Texas, the nine-banded armadillo is the most widespread and largest of all armadillos and is the only one of the 20 species that is found in this country. A solitary animal that is mostly nocturnal, the nine-banded armadillo feeds on insects, ants, termites and similarly related animals. It is so-called due to the typical number of bands on its armor, but the actual number varies by geographic range.

Armadillos are adaptable to different climates and can live in a range of terrains such as tropical rainforests, open prairies and in different plant communities.

Interestingly, the armadillo has some

hops with an ability to jump three to four feet in the air when spooked. Another unexpected fact is that the armadillo can hold its breath for six minutes either to burrow in soil during foraging or in water to hide from attackers. Burrowing is aided by very long claws on their middle toes, and its "swimming" ability actually requires either inflating its intestines and floating across bodies of water or sinking and trudging quickly along riverbeds.

This particular species of armadillo reaches sexual maturity at age 1. They reproduce annually during their 12- to 15-year average lifespan.

At CROW, a juvenile nine-banded armadillo was admitted to the clinic last week from Cape Coral. CROW officials stated the young mammal was found in a driveway with no apparent injuries and no adult armadillo around to care for it.

Like in most cases, it is best to call a wildlife rehabilitator like CROW before trying to "rescue" an animal. Sometimes, the interference causes an animal to be orphaned from its natural parents, who do a much better job at raising their young than humans could ever do. A rehabilitator can inform the finder what is the best course of action.

"It is always best to contact CROW first for more information before handling a wild animal," said Dr. Heather Barron, CROW's hospital director. "In this case, young armadillos like this one are usually not far from the adult, and it is likely the adult was not around to care for it."

Medical personnel at the clinic say the patient could present a challenge to the CROW staff because armadillos



Patient #17-1136 will be given to an educational home when fully healthy

photo by Brian Bohlman

are susceptible to infections and vitamin deficiencies. Dr. Barron said that is not the case with this particular patient so far.

"At this point in time, it does not have any infections or vitamin deficiencies," she said.

Patient #17-1136 will remain at the Sanibel clinic and will be introduced to food other than its mother's milk.

"It will be raised to weaning age and then an educational home will be found," said Dr. Barron. "It cannot be released due to the classification as a non-native species by FWC (Florida Fish and Wildlife Conservation Committee)."

During its stay, the armadillo will receive nutritional and supportive care. After nearly a week at CROW, the patient is adjusting.

"It is being fed two to three times a day and is doing well," added Dr. Barron.

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for native and migratory wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to P.O. Box 150, Sanibel, FL 33957. Call 472-3644 or visit www.crowclinic.org.

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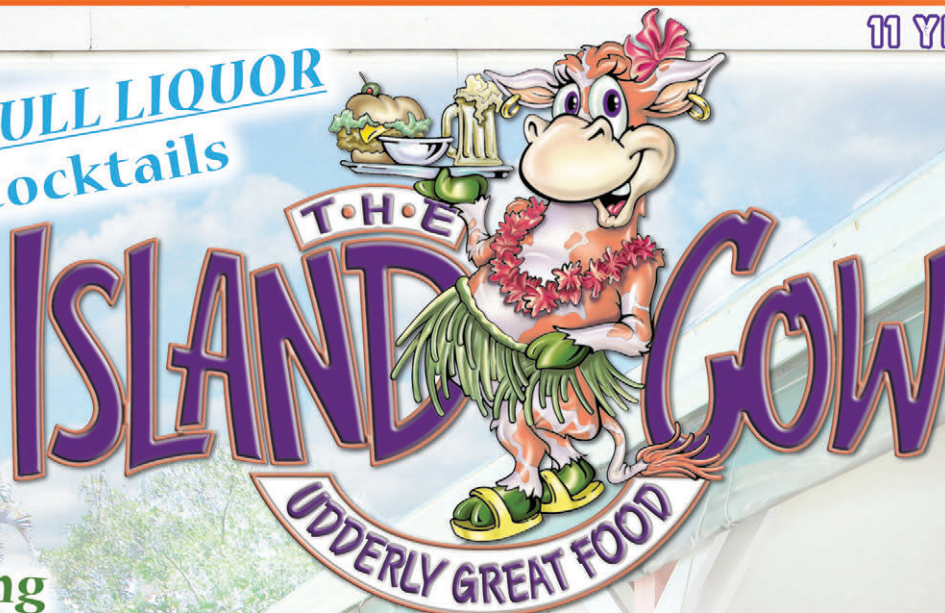
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The Greatest Fish Ever



by Capt. Matt Mitchell

Our long wait is finally over – it's tarpon time again. The annual arrival of these migratory fish has begun with the spring migration now very close to getting into

full swing. Over the next few months, thousands of these fish invade our local waters and bring the emotional roller coaster of excitement, happiness and often the frustration that we call tarpon fishing.

Come May 1, I'm lucky enough to exclusively chase these amazing fish for more than six weeks. Breaking out my tarpon gear this week to spool new line and get the terminal tackle together always gets me fired up. This fishing is not only about switching species but the change of lifestyle to tarpon fishing mode. In less than a week, I will be back to making my long-awaited daily

rounds by hunting tarpon in the places they frequent every year. It won't take long until I have retrained my eyes to spot rolling and free jumping fish from hundreds of yards away.

Obsession is a mild way to describe the next few months for many of us tarpon fishermen that spend almost every waking moment thinking about and living tarpon fishing. Vampire-like schedules, bait deliveries and daily phone calls and texts with other captains become part of a normal day.

Tarpon can be caught by a wide variety of methods from cut-bait fishing to fly fishing and every way in between, so they appeal to a wide variety of fishermen. The fact that they gulp air also makes it possible to read their behavior and sight fish them. That only adds to the mystique. Simply put, there is not a more perfect gamefish.

With the start of each tarpon season, I know I'm going to continue to learn more about what is a very challenging, complex puzzle. Every year, I see these fish do something I have never seen them do before. The more and more seasons I chase these fish I realize I know very little about these prehistoric fish even though I spend so much time in and around them. This season conditions are starting off better than we have seen



Doing battle with a hooked tarpon

in years with clean, clear water and lots of bait around. Everything is lining up just right for what should be some of the best tarpon action we have seen in years.

We all know tarpon are big, extremely strong and hard fighting, but hooking and feeling the power of a six-foot-long angry fish going totally nuts while airborne has to be seen and felt to be

understood. The easiest way to describe it is "tarpon fever."

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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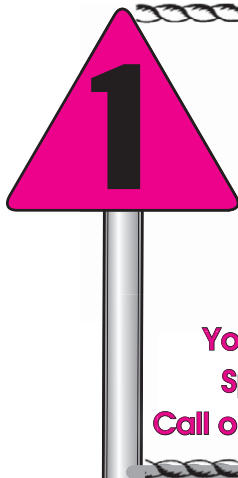
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Megan Contreras

identifying emerging trends, managing creative resources and optimizing performance metrics. Hersl will also oversee the Lonely Planet guidebook *Discover the Beaches of Fort Myers & Sanibel*.

Most recently, Hersl served as assistant brand manager for Mars Symbioscience, a division of Mars, Inc. She played a key role in the development and execution of integrated marketing campaigns for CocoaVia, a cocoa extract supplement. On this project, she managed daily social media content and directed the internal creative process. Hersl also served as the marketing lead on CocoaVia campaign targeting The Villages retirement community.

Hersl holds a bachelor's degree in marketing from Salisbury University in Salisbury, Maryland.

A singer/songwriter, Hersl plays guitar and enjoys sharing her stories through original music. In her spare time, she performs at open mic nights at Perk & Brew in Cape Coral and other locations around Lee County.

Parker's role will include promoting The Beaches of Fort Myers and Sanibel as a visitor destination in media outlets, both domestically and internationally. Through familiarization trips and building relationships with journalists, she will work to secure editorial coverage as well as originate content to promote Lee County.

Parker brings 25 years of professional journalism experience to the VCB. As travel editor of the *St. Louis Post-Dispatch*, Parker managed and was a writer for *Explore*, the newspaper's award-winning travel section. During her 15 years at the *Post-Dispatch*, Parker was also assistant metro editor for health and medicine.

Her byline has appeared in AAA's *Southern Traveler* and *Midwest Traveler* magazines as well as the *St. Louis Convention and Visitors Commission's Explore St. Louis* magazine. Prior to the VCB, she was a communications specialist for Concordia Seminary, St. Louis.

A native of Paducah, Kentucky, Parker holds a bachelor's degree in journalism from Western Kentucky University in Bowling Green, Kentucky. A 20-year resident of St. Louis, Missouri, she and her husband, Steve, are recent transplants to Fort Myers and are still adjusting to living in the Eastern Time Zone.

Contreras will host journalists visiting The Beaches of Fort Myers & Sanibel and will promote the destination in many of the VCB's targeted markets. She will also cultivate and maintain relationships with local media and tourism partners. Contreras will also play a key role in tracking public relations metrics and communicating media coverage to industry partners.

A familiar face in Southwest Florida, Contreras was most recently a TV reporter for local CBS affiliate WINK, covering beaches and the military for almost five years. Prior to that, she was a TV reporter for ABC affiliate KTWO in Casper, Wyoming.

Her interests include helping active duty service members and veterans. She has been honored by these groups for her volunteerism.

Contreras holds a bachelor's degree in broadcast journalism from San Diego State University.✱

VCB Restructures With New Hires

Lee County Visitor & Convention Bureau (VCB) recently welcomed four new employees to its office. Jill Vance has been hired as Lee VCB's new director of sales; Courtney Hersl as its content marketing manager; Jackie Parker as one of its new communications manager; and Megan Contreras as another new communications manager.

Vance has spent almost three decades in the tourism industry. Most recently she worked as group sales manager at Westin Cape Coral Resort at Marina Village. Prior to the Westin, she spent seven years as director of sales and marketing for Wyndham Cleveland at Playhouse Square. Vance also brings vast experience developing sales and marketing plans and conducting sales training.

As the VCB's director of sales, Vance will set the strategic direction of the sales team. She will also be responsible for guiding the group sales team in prospecting for new business, identifying emerging trends and opportunities, and coordinate the VCB's participation in trade shows.

"We are delighted to have Jill Vance as part of the Lee County VCB team," said Tam Pigott, executive director of the Lee County Visitor & Convention Bureau. "Jill has extensive experience in hotel sales with a proven track record. She has a wonderful combination of expertise and enthusiasm."

In 2009, Vance was awarded the Wyndham Hotel Group's Sales Leader of the Year award. She holds a bachelor's degree in business administration from Miami University in Oxford, Ohio. She relocated from Ohio to Florida with her family in 2015.

Hersl will manage the VCB's e-marketing efforts and the content it delivers to develop visitor relationships and inspire travel to the destination. She will craft integrated campaigns that engage consumers online and through social media platforms, including content-driven promotions, website development and brand messaging. Her duties include



Lee Health CEO and LeeSar/CSF Board member Jim Nathan (center) with Bob Simpson, President & CEO, LeeSar and Cooperative Services of Florida, Inc., and Linda Simpson during the retirement announcement at the LeeSar Regional Service Center photo provided

Healthcare Supply Chain President To Retire

LeeSar/Cooperative Services of Florida, Inc. (CSF) President & CEO Bob Simpson has announced plans to retire after leading the healthcare supply chain think tank for over 15 years. To ensure a seamless leadership transition, he has agreed to remain with the organization and assist in finding a successor. Simpson and Jim Nathan, CEO of Lee Health and LeeSar/CSF board member, recently made the official announcement to employees at the LeeSar Regional Service Center at 2727 Winkler Avenue in Fort Myers.

In the late 1990s, the boards of Sarasota Memorial and Lee Health decided on the vision of a shared buying cooperative and distribution business. However, in the early days, the organization struggled. Nathan, recalls, "At the time Bob was hired in 2002, he told me that he wanted me to be able to sleep at night knowing that not only was the business in good hands but that it would be amazingly successful. Bob's visionary leadership transformed the company into an award-winning and nationally recognized resource that allows member

health systems to become more efficient while also improving patient care. We are all very proud of LeeSar/CSF and appreciative of Bob's caring and focused leadership."

In addition to ensuring high quality service and financial stability for the organization, Simpson has also developed a culture that focuses on outstanding customer service. LeeSar boasts a near perfect record of a 99 percent fill rate for more than 4,500 stock products, ensuring medical professionals have the tools and supplies needed to deliver high quality care to patients.

"I've been blessed to work with some of the greatest minds in business and medicine to bring innovative solutions that improve the care we provide in this community. It's allowed caregivers to focus on what's important: the patients," says Simpson. "It has been an honor and a privilege to serve in this capacity, and I have every confidence that the outstanding leadership in place at LeeSar will continue to fulfill the organization's mission."

Simpson presently serves on the board of trustees for Hodges University, 5/3 Bank, Hope Hospice and the Editorial Advisory Board of Healthcare Purchasing News.

A graduate of Stonehill College, Simpson will receive an honorary doctorate in May.✱

LeeTran Schedule

Three LeeTran bus routes have returned to their off-season schedules as of Thursday, April 27. The schedule affects service for Fort Myers Beach, downtown Fort Myers and Southwest Florida International Airport.

The changes include:

- Downtown Fort Myers River District trolleys (Blue and Gold lines): Winter season service will end.
- Fort Myers Beach: The two trolley routes that operate during peak season

will be merged into one route called Route 400. It travels from the Beach Park & Ride at Summerlin Square, Summerlin Road and San Carlos Boulevard, to Lovers Key State Park.

• Airport: Route 50 will reduce its daily trips from 18 to 14 on weekdays and 14 to 13 on Saturdays.

View schedules, buy discounted passes and plan your next ride at www.rideleetran.com.

To learn more about the services offered by LeeTran or for schedule and fare information, call 533-8726, or visit www.RideLeeTran.com.✱

Financial Focus

Free Yourself Of Some Investment-Related Taxes



by Jennifer Basey

Tax Freedom Day generally falls around this time each year. This is the day when the nation as a whole has earned enough money to pay off its total tax bill for the year, according

to the calculations made by the Tax Foundation. So you may want to use Tax Freedom Day to think about ways you can liberate yourself from some of the investment-related taxes you may incur.

Of course, Tax Freedom Day is something of a fiction, in practical terms, because most people pay their taxes throughout the year via payroll deductions. Also, you may not mind paying your share of taxes, because your tax dollars are used in many ways – law enforcement, food safety, road maintenance, public education, and so on – that benefit society. Still, you may be able to reduce those taxes associated with your investments, leaving you more money available to help you work toward your important goals, such as a comfortable retirement.

Here are some suggestions for making investing less “taxing”:

- Contribute regularly to tax-advantaged retirement plans. Contribute as much as you can afford to your IRA and your 401(k) or other employer-sponsored retirement plan. Traditional IRA earnings grow tax deferred, and your contributions may be tax-deductible, depending on your income. (Taxes will be due upon withdrawal, however, and withdrawals made before you turn 59½

may be subject to a 10 percent IRS penalty.) Your 401(k) or similar plan also provides the opportunity for tax-deferred earnings growth. Roth IRA contributions are not deductible, but your earnings are distributed tax-free, provided you don’t take withdrawals until you’re 59½ and you’ve had your account at least five years.

- Follow a “buy-and-hold” strategy. If you sell investments you’ve owned for less than a year, and their value has increased, you will have to pay capital gains taxes at your personal income tax rate, which, in early 2017, could be as high as 39.6 percent. But if you hold investments for at least a year before selling them, you’d be assessed the long-term capital gains rate, which tops out at 20 percent. Be aware, though, that the Trump administration and Congress seem likely to change the tax rates. Early plans call for a maximum personal income tax rate of 33 percent, with the top rate for capital gains and dividends either staying at 20 percent, or possibly being reduced to 16.5 percent. In any case, you’ll still come out ahead, tax-wise, by holding your investments long enough to receive the long-term capital gains rate.

- Consider municipal bonds. If you are in one of the higher income brackets, you might benefit from investing in municipal bonds, which are typically used to finance public projects, such as roads, schools, airports and infrastructure-related repairs. Interest payments from “munis” are typically exempt from federal income taxes and may also be exempt from state and local taxes, depending on the state in which the bond issuer is located. Interest payments from some types of municipal bonds may be subject to the alternative minimum tax (AMT). Again, though, watch for developments from Washington, as both the Trump administration and some congressional leaders favor eliminating the AMT.

When charting your investment strategy, consider your risk tolerance, time horizon, family situation and estate

plans. But investment-related taxes should also be in your strategic mix, so look for opportunities to keep these taxes under control.

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.✱



Finalists from 60th science fair

photo provided

Students Excel At Science Fair

Finalists from the 60th annual Thomas Alva Edison Kiwanis Science and Engineering Fair participated at the 62nd annual State Science and Engineering Fair of Florida STEM Competition in Lakeland, Florida.

All of the following Lee County students placed in the State Science and Engineering Fair and each has been granted a scholarship to FGCU:

- Morgan Barkhurst of North Fort Myers Academy of the Arts, first place, chemistry (junior division), *BPA Free? Let's See! The Study of BPA in Plastics Using a UV-Vis Spectrophotometer*

- Kadin Musco of Varsity Lakes Middle School, third place, animal sciences (junior division), *Moo-nure: The Final Answer*

- Sierra Edelstein of Gulf Middle School, third place, earth & environmental sciences (junior division), *The Pearl of the Ocean: Do Freshwater*

Releases from Lake Okeechobee Affect the Filtration Rate of Eastern Oysters Crassostrea virginica in Southwest Florida Estuaries?

- Caspian Schultz of North Fort Myers Academy of the Arts, third place, microbiology (junior division), *Strike! Spare Me the Bacteria*

- Jennifer Jacoby of Gulf Middle School, honorable mention, plant sciences (junior division), *Radiation and Radish Seeds*

- Heidi Kinsey of Cypress Lake Middle School, recognition, environmental engineering (junior division), *A Hairy Solution*

- Dahlia Dry of Fort Myers High School, third place, mathematics & computational sciences (senior division), *Looking into the Past for Insight on the Future: Predictive Analytics and Data Science for Time Series Data*

- Group Winner: Shaan Chaudhari, Ethan Leung and Jash Patel of Fort Myers High School, fourth place, physics & astronomy (senior division), *Effects of Neodymium Magnetic Fields on Rhizochlonium Algae Growth.*✱



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Reservations are not required. Seating is on a first-come, first-seated basis for all seminars. Cape Coral Library is located at 921 SW 39 Terrace in Cape Coral.

Need a passport for your upcoming vacation and cannot apply during regular business hours? The Lee County Clerk's Office is offering extended hours for customer convenience during these peak periods for passport applications during

the week of May 15 through May 19 from 7:30 a.m. to 6 p.m., and Saturday, May 20 from 9 a.m. to 2 p.m. Special Passport Days will be held at Lee County Clerk of Court Recording Office at 2115 Second Street (second floor) in Fort Myers.

The recording office continues to accept passport applications Monday through Friday from 8 a.m. to 4:30 p.m. You may not be required to come to our office for a passport renewal. To see if you qualify for a renewal by mail, visit the passport page at www.LeeClerk.org for more information.

For more information, contact Rita Miller, community relations manager, at 533-2766 or RMiller@LeeClerk.org

Florida has a very broad Public Records Law. Most written communications to or from state and local officials regarding state or local business are public records available to the public and media upon request. Your email communications may therefore be subject to public disclosure.✱



Teri Hansen

photos provided

Business Hall Of Fame May 2

Tickets and sponsorship opportunities are still available for Junior Achievement of Southwest Florida's 2017 Business Hall of Fame, Lee County, taking place on Tuesday, May 2 at the Hyatt Regency Coconut Point Resort & Spa in Bonita Springs. Cocktail reception begins at 5 p.m. with dinner at 6:30 p.m.

The prestigious award recognizes outstanding entrepreneurs who serve as role models for youth through their professional accomplishments and commitment to the community. During the event, Junior Achievement of Southwest Florida will induct Teri Hansen, APR, owner and president of Priority Marketing, and Sandy Stilwell, CEO and owner of Stilwell Enterprises & Restaurant Group, into the 2017 Business Hall of Fame, Lee County. Hansen and Stilwell will join a distinguished group of individuals who have been inducted into the Business Hall of Fame since it was founded in 1999.



Sandy Stilwell

To learn more about the upcoming event or for information on tickets, visit www.JASWFL.org or call 225-2590.

Business sponsorships are still available and include entrance to the event with premium diamond sponsorships at \$10,000, platinum level sponsorships for \$8,000 and gold level sponsorships for \$5,500. These levels include eight seats with an additional two seats reserved for students. Additional sponsorships available are silver sponsor level for \$2,000, which includes eight seats with two additional seats for students, and bronze sponsor level for \$1,000, which includes four seats at a reserved table. Individual seats are also available for \$250 each.

Sponsors also are needed to support student admission, which is \$125 per ticket. Junior Achievement students attending the event will have an opportunity to practice their etiquette skills while interacting with local professionals. Additionally, full-page and half-page advertisements are available in the event program book for \$1,000 and \$500 respectively. Proceeds benefit local Junior Achievement programs.✱

Bank Promotion

Sanibel Captiva Community Bank has promoted Jill Grossenbaugh to vice president and loan officer at its Winkler branch. She is responsible for managing daily operations and customer relationships, including business and consumer banking, residential loans, conventional and construction loans, and for condominium and commercial lending.

Grossenbaugh joined the bank in 2007 and has nearly a decade of banking experience, including customer service and loan operations and lending. A Fort Myers resident, she earned a bachelor's degree in business management from Florida Gulf Coast University.

Founded in 2003, Sanibel Captiva Community Bank has two locations on Sanibel and five additional locations in Fort Myers.

To learn more, visit www.SanCapBank.com.✱



Jill Grossenbaugh

photo provided

Partnership Tabs New Director

Alina Gonzalez-Dockery was recently appointed new director and member of The Florida Prosperity Partnership (FPP).

Gonzalez-Dockery has over 20 years of experience practicing law and volunteering on boards of nonprofit agencies. She began her career in a private practice as an associate and then a partner in a small law firm in Lakeland, Florida. She has since volunteered on the boards of the Junior League of Greater Lakeland and the United Way of Central Florida. She was named executive director of Heart of Florida Legal Aid Society, Inc. (HOFLA) in 2008. In November 2014, Gonzalez-Dockery became the executive director of the Lee County Legal Aid Society (LCLAS), where she continues to work.

This year, LCLAS celebrates 50 years of access to justice for Lee County's most vulnerable and at-risk members of the community. Gonzalez-Dockery looks forward to continuing the efforts of LCLAS and carrying her experience into her role at the Florida Prosperity Partnership to further provide help, hope and possibility for children, adults and families across the state.

"It is an honor to serve on FPP's board of directors as I am a firm believer of their mission to promote financial stability for all Floridians. I was

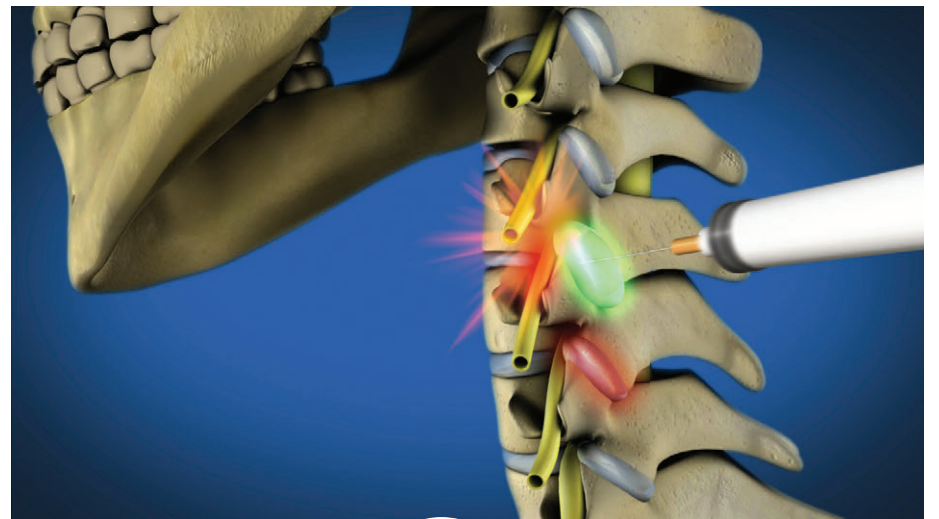


Alina Gonzalez

photo provided

first introduced to FPP as the executive director of HOFLA," said -Dockery. "Last year, I attended a United Way training event organized alongside FPP and reconnected with the organization. FPP's vision goes hand in hand with LCLAS' mission of empowering our clients to achieve financial stability and alleviating the hardships of poverty."

FPP is a 501(c)3 organization that exists to promote financial stability and economic prosperity for all Floridians. It was established to engage, through a statewide collaboration of organizations that are holistically focused to provide life-enhancing services to Floridians. For more information, visit www.floridaprospertypartnership.org.✱



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Pirates All-Star Is 88th Player Caught Using Performance Enhancing Drugs



by Ed Frank

You’ve got to wonder if it will ever stop – that is baseball players getting caught using performance enhancing drugs? The latest came just last week when Pittsburgh All-Star left-fielder Starling Marte was suspended 80 games after testing positive for the performance-enhancing substance Nandrolone. It will cost Marte \$2.5 million in lost wages. Like most of the other 87 major leaguers who have been caught since baseball instituted the drug-testing program in 2005, Marte apologized for his “mistake.”

While Marte’s suspension is the first in the young 2017 season, a total of nine were suspended last season, including a lifetime ban for New York Mets pitcher Jenrry Mejia after his third transgression, and a 162-game suspension for Cleveland’s outfielder Marion Byrd for his second positive test.

Also on last year’s 80-game suspension list was Florida Marlins gold-glove second-baseman Dee Gordon, who earlier in the year had signed a five-year, \$30 million contract extension. He lost \$1.65 million in the suspension.

Closer to home, Hudson Boyd, a fire-balling pitcher out of Bishop Verot High School in Fort Myers, was a first-round draft choice of the Minnesota Twins in 2011. Heavily scouted, Boyd got a \$1 million signing bonus. The 235-pound right-hander with a 95-mile-an-hour fastball struggled with weight issues and a number of disciplinary actions during a five-year minor league career. Twice he was tested positive for steroid use and received a 50-game suspension in 2015 after which the Twins cut him loose. He never advanced beyond Low A Cedar Rapids during his less than distinguished professional career.

When Major League Baseball announced Marte’s suspension last week, the Chicago Cubs Anthony Rizzo said drug testing is not done often enough – an indication there are PED users not being caught.

He may be right. But you would think that the stiff penalties leveled against those that are caught would serve as a lesson to these cheaters.

Everblades Stay Alive In Playoffs

By winning two of three games last weekend on the road against the Orlando Solar Bears, the Florida Everblades kept their Kelly Cup Playoff hopes alive by forcing a Game Six in the best-of-seven series back here at Germain Arena Tuesday night.

The local hockey team had their backs to the wall after losing the first two games in the ECHL South Division Semi-Finals at Germain Arena.

Should the Everblades have evened the series 3-3 with a victory Tuesday, the seventh and deciding game in the series was played Wednesday also at Germain.

Miracle Win Seven Of 10

After a slow season start, the Fort Myers Miracle started playing winning baseball by winning seven of 10 games to move within two games of first-place in the Florida State League South Division.

The Miracle will be home at CenturyLink Sports Complex for the next week with a 6:35 p.m. game tonight, Thursday, against Bradenton followed by a weekend series with Dunedin. Then Daytona moves in Monday for a four-game series.*

Wrestlers To Appear At Game

The Fort Myers Miracle, Advanced-A affiliate of the Minnesota Twins, will host wrestling superstars Greg “The Hammer” Valentine and Jerry Sags of “The Nasty Boys” during Saturday, April 29’s game at Hammond Stadium. Valentine and Sags will replace Jimmy Hart and Jim Neidhart for All-Star Wrestlers Night. The Miracle take on the Dunedin Blue Jays with gates opening at 5 p.m.

Valentine wrestled for the better part of three decades for the WWE, NWA and WCW. A 2004 WWE Hall Of Fame inductee, Valentine wrestled against and alongside such greats as Ric Flair, “Rowdy” Roddy Piper and Brutus Beefcake among others. He competed in the inaugural Wrestlemania and won multiple championships during his

career, including the intercontinental and tag team titles.

Sags is one half of The Nasty Boys and a four-time tag team champion between the WWE and WCW. He and tag team partner Brian Knobbs enjoyed a run of dominance spanning from the 1980s through 2000s. The Nasty Boys dueled with the Legion of Doom and The Bushwhackers during their run in the WWE.

Both Valentine and Sags will be at Hammond Stadium signing autographs when the gates open at 5 p.m. Fans can bring their favorite wrestling merchandise and enjoy photos with the pair as well. A photo card of the wrestlers will also be available for autographs while supplies last.

For more information on promotional nights, visit www.Miraclebaseball.com. For further information or questions regarding the 25th Anniversary Season, call the Miracle offices at 768-4210.*



Mike Lancelot, foundation president presents check to Jill Turner, CAC’s CEO

photo provided

Sports Foundation Donates To Children’s Center

The Children’s Advocacy Center of Southwest Florida (CAC) received a \$325,000 donation from the Bobby Nichols-Fiddlesticks Charity Foundation. Founded in 2002, the foundation has raised more than \$8.9 million for local children’s charities.

This year’s Nichols Cup Celebrity Pro-Am golf and tennis tournaments, held in February, enabled the

Foundation to award a total of \$824,000 to local children’s charities.

Funding from this event is vital to the continuation of CAC’s services, which include medical exams, forensic interviews, crisis intervention and therapeutic counseling. “The residents of Fiddlesticks play a critical role in bettering the lives of children who have been abused and neglected. We continue to be amazed and humbled by their generosity,” commented Jill Turner, CEO of the Children’s Advocacy Center.

For more information, call 939-2808 or visit www.cac-swfl.org.*

SPORTS QUIZ

1. When was the last time before 2016 that the Cincinnati Reds were no-hit in a regular-season game?
2. What team did the Baltimore Orioles defeat to end their season-opening 21-game losing streak in 1988?
3. In an NFL game in 2015, New Orleans’ Drew Brees and Eli Manning of the New York Giants set a record for most combined touchdown passes in a game (13). Who had held the mark?
4. When was the last time before 2016 that the men’s basketball teams for Oklahoma and Oregon met in the NCAA Tournament?
5. Seven NHL players have tallied at least 700 goals for their career. Three others finished with at least 690 goals, but did not break the 700 mark. Name the three.
6. Toronto set an MLS record in 2016 for most goals in the playoffs. How many did Toronto score in six games?
7. Who was the first light-heavyweight champion to remain undefeated during his time as champion?

ANSWERS

1. Rick Wise of Philadelphia no-hit the Reds in 1971. 2. The Chicago White Sox. 3. New Orleans. 4. It was 1939, in a semifinal game. 5. Mark Messier (694), Steve Yzerman (692) and Mario Lemieux (690). 6. Seventeen. 7. Michael Spinks (1981-85).

From page 1

Taste Of The Beach

Dish, Best Decorated Booth, and People’s Choice.

Festival gates will open at 11 a.m. Food will be served until 4 p.m. or until it runs out. Tickets will be available on site. Admission is \$5 for adults and children over age 12. All children under age 12 will be admitted free. Food tickets are \$1 each, with the cost of a plate averaging \$5.

The Taste of the Beach has come a

long way since its inception in a muddy field on San Carlos Island over 20 years ago. In 2013, the festival was moved back to Old San Carlos Boulevard, where it was held years ago. There it has grown, successfully drawing bigger crowds and more participants each year.

A new vendor village will feature local artisans and vendors of all kinds. Local performers will keep guests entertained while they shop. To sign up your business for the vendor village or to participate as a restaurant, call the chamber at 454-7500.*

Book Review

The Inhibitionist

by Di Saggau



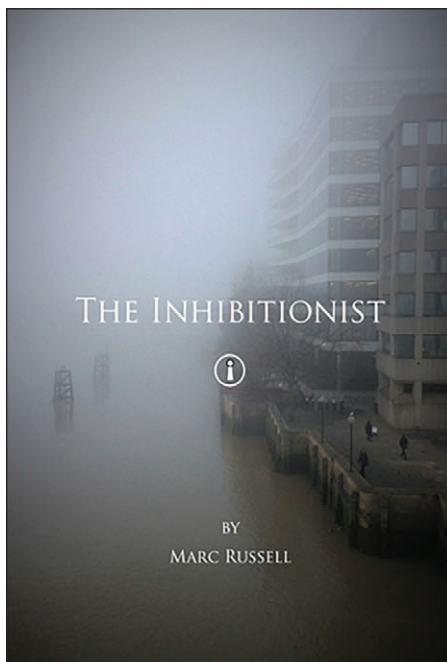
Local author Marc Russell has crafted a unique book, a strange but enlightening book called *The Inhibitionist*. In it, Russell involves himself and his wife Lucia in a drug

conspiracy to find a cure for Alzheimer's disease. It's a sinister world of corruption, madness and drugs and as they struggle within the global medical system, they realize that there are only two questions that matter. How far must we go? And what lines must we cross? It's the answers that count.

The main character is Marc. He has Alzheimer's and a cocaine habit. As bad as this habit is, somehow the coke stimulates a gene called CART (Cocaine and Amphetamine Regulated Transcript), which actually exists. Google it for more information.

The book is told in three voices, Marc's, Lucia's and the Inhibitionist's. The latter is also Marc's voice when he's affected by his illness. With the help of his clever wife, the couple finds out about an Alzheimer's medical trial, but Marc is denied to take part in it. Bit by bit, they discover corruption by big Pharma and questionable scientists and they use this information to their advantage. It's clever how they put everything together and make it work.

You'll meet some interesting characters and will travel to London and Serbia as Marc and Lucia work their way into the medical trial. The love that exists between the two main characters is what moves



them forward, and their journey is a rewarding experience for the reader. There is a chapter that contains web hacking and a lot of techno verbiage, which pulls everything together. The last chapter, *Postscript: Extracts from Marc's Notes*, is absolutely fascinating.

In a cover letter, Marc told me that he is British, still living over in the United Kingdom, but increasingly dividing his time between London and Southwest Florida. He says, "As an author, the great majority of my work has been crafting the words and arguments that inform UK national policy in a number of areas, notably technology. Now I've changed my drift, applying the same incisive thought and expression to the part of the story, albeit delighting in my newfound role of entirely unreliable narrator." You can find him on Facebook at www.facebook.com/The.Inhibitionist.

- Make them hard to miss. "Try putting the pills right by your toothbrush," suggests Dr. Baker. "Or by anything you know you'll use every day." The harder they are to miss, the easier they are to remember.

College is a time for socializing and experimentation, which may mean parties and other gatherings where drinking is the norm. So part of this process of preparing you child to be independent is to have conversations about the dangers of their medication if it's mixed with alcohol and drugs. For kids who take medication that reacts badly with alcohol, this can be a serious issue. Conversations about making responsible choices are vital and kids need to know if their medication will make alcohol affect them more than it does other kids. Discuss the dangers of mixing medication and alcohol, but don't be sensational. "Be realistic," said Dr. Baker. "Be transparent and above board. Fear tactics don't work." Be frank and specific about the potential for harm, not just saying don't do drugs or alcohol. Having details and clear reasons to fall back on can help kids make good decisions when potentially dangerous situations arise.

You must also talk to your son about the consequences of sharing his medications, which is a huge problem on most campuses now. Here are some of the major consequences he could face if he were to share his meds:

- Taking other people's meds can be really dangerous. Medications have

different effects on different people. That's why you need to go through a trained professional for a prescription. If someone is taking conflicting meds or has a bad reaction, they could be hurt or even killed.

- If you are caught sharing or selling meds, you could be kicked out of school or face legal action.

- You just don't have enough. "There is a good reason that refills are timed," said Dr. Baker. You have enough pills to last you. It helps to discourage sharing and can be a motivator to be cautious about losing or misplacing meds."

According to Dr. Baker, one of the most important factors in kids feeling competent and independent at college is the way their parents handle the transition. It's natural as a parent to feel worried when your child goes off to school, especially when a kid has struggled with health or learning problems, but parents must learn to manage their own worries about kids leaving the nest and have faith in their child's abilities to succeed.

Shelley Gregg 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.✱

School Smart

by Shelley M. Gregg, NCSP



Dear Shelley,
My son is going off to college in the fall and I am worried about him managing his ADHD medication. What can I do?

Cheryl S., Fort Myers

Cheryl,

College is a time for kids to try out living on their own, and as parents we want them to enjoy their new freedom sensibly. For some kids it will be a struggle; there is so much to learn about taking care of yourself, not to speak of college-level schoolwork. And for kids who are taking medication, part of being independent means being responsible for managing their meds.

The first weeks of college are full of change and excitement. It is not the time to start figuring out how to manage medications. Instead, allow your child to build his skills well in

advance so that by the time he's on campus, he is used to the routine of taking his medication.

Dr. Baker, a child and adolescent psychiatrist, recommends that beginning junior year, kids start learning to manage their own medication. "When kids are comfortable and familiar with managing their own meds, including calling the pharmacy or their therapist to ask for a refill, they're much more skillful and likely to maintain good practices when they get to college."

Dr. Baker recommends the following steps to foster independence by putting kids in charge of making sure they take their meds every day, but with safeguards in place:

- "To start with, I ask families to get one of those days-of-the-week pill minders," said Dr. Baker. "Then I have the kid dispense their own medication for the week. That way parents can check to be sure the meds have been taken."

- Smartphone alarms are great for meds that need to be taken at a certain time of day. Use a unique tone for the reminder so it can't be overlooked or mistaken for a call or text.

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WWW.EDITORIALRXPRESS.COM

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*



Cheri Ellsworth and Craig O'Donnell
photos provided

Madisen's Match

The 9th annual celebrity tennis experience, Madisen's Match, was held recently at The Landings Yacht, Golf and Tennis Club with a gala, live entertainment, a silent and live auction and a four-course dinner where attendees got to meet tennis players. Nearly \$150,000 was raised for brain tumor-related programs in Southwest Florida. On April 1, participants enjoyed a full day of activities including the Legends Tennis Fantasy Camp, lunch with the legends, the celebrity tennis pro-am and the pro tennis exhibition. Event attendees had the opportunity to play tennis alongside some of the game's greats including Mardy Fish, Robby Ginepi, Tom Gullikson, Mikael Pernfors, Luke and Murphy Jensen and Kathy Rinaldi.✱



Duane and Jessica Chaney



From left, Jared Brancazio, Amy Young and Austin Turner



Kevin and Susan McNamara



Madisen Abramson and Morgan Frances



From left, Sal Catalfamo with Donna and Ray Stout



From left, Eric Benson, Monique Ward, Katy Hannon and Joe Madden



From left, Kevin Buckley, Britney Sanders, Paul Pignone and Chani Anderson



From left, Mike Curran, Paul Zavala, Mardy Fish, and Mark Turnbull



From left, Terry See, Skip Leonard, Mikael Pernfors, and Christie Pollin

Chief Medical Officer Promotion

Lee Health recently welcomed Venkat Prasad, MD, MBA/MHA, FFAFP as chief medical officer of Lee Physician Group. In his new role, Dr. Prasad will oversee Lee Physician Group's clinical operations, focusing on ensuring the continued delivery of high quality patient care, as well as improving the overall health of the community. As part of a shared leader model, known as a dyad, Dr. Prasad joins Kris Fay, MHA, CMPE, Lee Physician Group and Physician Services chief administrative officer.

"We are excited to have Dr. Prasad join our team," said Scott Nygaard, MD, MBA, Lee Health chief medical and clinical integration officer. "He has significant experience serving as a bedside physician and as medical director of physician networks and community health centers – which makes him well-qualified for this new role."

Prior to joining Lee Health and Lee Physician Group, Dr. Prasad served UNC Physicians Network in Morrisville,



Dr. Venkat Prasad photo provided

North Carolina as medical director, associate quality assurance medical director and, most recently, senior medical director. As senior medical director, Dr. Prasad was responsible

for overseeing the clinical functions of employed providers and their practice sites and services. Focused on quality and empowering leaders, Dr. Prasad founded the UNC Physicians Network for Physician Leaders to help develop physicians and advanced providers into stronger leaders. Dr. Prasad has also served as the physician and medical director at Rex Family Practice in Wakefield, North Carolina, as well as medical director with Tri-County Community Health Center in Newton Grove, North Carolina.

Dr. Prasad is board certified in Family Practice and Urgent Care Medicine. He is a fellow of the American Academy of Family Physicians, holds a master of business administration/master of health administration and is a certified physician executive.*

Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, offers a

free monthly autism spectrum disorder screening for toddlers 18 months to age 5.

The next screening on the Ronald McDonald Care Mobile will be held at the Healthy Life Center on Friday, May 5 from 9:30 a.m. to 2 p.m.

It is estimated that one in every 68 children is diagnosed with some form of Autism Spectrum Disorder, making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families. They say early intensive behavioral intervention can make an immense difference not just in the development of the child, but in their families as well.

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced registered nurse practitioner that has extensive training and experience in typical child development and developmental disorders.

A physician referral is not required. To schedule a screening, call 343-6838. Healthy Life Center is located at 23190 Fashion Drive in Estero.*

Doctor and Dietician

Ehlers-Danlos Syndrome



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

May is National Ehlers-Danlos Syndrome Awareness Month. This syndrome is considered a rare disorder, but over the past couple of decades, we have seen many Ehlers-Danlos Syndrome patients in our office. Frequently, they are young women, and oftentimes athletes, suffering from chronic pain and joint subluxations due to instability.

Ehlers-Danlos Syndrome (EDS) is a group of connective tissue disorders that have joint hypermobility as the central character, but which can also cause symptoms and complications of the skin, joints, blood vessels and other organs throughout the body. When this instability is present in the cervical spine, the vertebrae can compress blood vessels or irritate nerves, causing symptoms like dizziness, facial pain, arm pain and numbness, and migraine headaches. The various disorders

are characterized by a defect in the collagen, a protein that provides strength and elasticity to the majority of our body parts from our ears to our toes.

Those with EDS are often misdiagnosed because the array of systems involved often presents a challenge to physicians unfamiliar with the condition. Patients can suffer numerous dislocations and injuries because their ligaments, the soft connective tissue that connects bone to bone, are too elastic. While this can be an edge for some gymnasts, allowing them to bend and twist in amazing ways, this same feature makes their joints unstable and prone to injury.

The traditional treatment recommendations can include wearing numerous joint braces and discontinuing activities. This can be crushing to the spirit of a young person. Treatments directed at ligament repair are often the most successful at alleviating pain and regaining a normal level of activity and social engagement. Regenerative treatment options – including Prolotherapy – can provide a strengthening effect directly to the loose connective tissue, and therefore, effectively treat the various sequelae of EDS, including joint dislocations and the associated symptoms.

*This information is not intended to treat, cure or diagnose your condition. Caring Medical and Rehabilitation Services 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.**

Mom And Me



by Lizzie and Pryce

Lizzie and Pryce answer your questions and give advice about aging concerns from a two-generational perspective. A mother and daughter team, Lizzie is a retired RN and health educator, and Pryce is a licensed psychotherapist in private practice who specializes in the care of elders and people with chronic illnesses.

Dear Mom & Me,

We are in the market for another house. The real estate broker took us to a house yesterday and we saw something we had never seen before. On the beautifully finished lower level, there was a very large private room, completely set up like a mini-supermarket. Shelf after shelf of food stuffs, canned goods, dried foods, candy, bathroom stationary, paper towels, cleaning supplies and boxes and boxes of the contents of we did not see. There certainly was enough food for a family of four to last at least two years and maybe more.

We are interested in this house and when we talked to the owner, he said his wife had grown up with parents who had suffered greatly during the great financial depression. They never wanted to be without food again, so they had always had food on reserve.

When we married 25 years ago, my wife just kept doing what was her family's tradition. What is this all about?

Nora

Dear Nora,

Some religions expect their following to have at least one year supply of food in their home for themselves and for sharing with other families in case of famine or drought.

Food used to be very expensive as a part of the total family income, but times have changed. In modern America, because of our advanced technology, food is cheap as compared to other countries. It is in abundance everywhere, and it is no longer necessary to hoard.

I think it is wonderful for good traditions to be passed along to generations, but in this case I question this tradition. Canned goods and dried foods do have a shelf life and unless they are constantly cycled, they could lose their taste and nutritional value. Personally, I prefer to let the grocery stores do the storing.

Lizzie

Dear Nora,

The "depression" left very deep impressions on many people. To a much smaller degree, my family has been through some terrible weather. There are things we store in the house just "in case" so we do not re-experience what we have experienced in the past.

I am sure if you look at your life, there are things you do now that you do based on not wanting to have a repeat of a very bad time. I am convinced people carry AAA insurance based on not wanting to repeat a bad experience, for example, being broken down on the side of the road without assistance. These folks could also be wise consumers and shop in bulk.

Pryce

Lizzie and Pryce's email address is momandmeaging@hotmail.com.*

dearRPharmacist

Gluten's Impact On Your Mood And Skin



by Suzy Cohen, RPh

Dear Readers: There are billions of pills swallowed each year, with the sole intent to reduce stomach acid. I'm referring to the category of acid blockers and antacids. Medications in this category play a huge role in gluten-related

illness due to their well-documented interference with the digestion of your food. Undigested food proteins like gluten can leak into your bloodstream and cause problems all over your body.

I think these medications are causing a lot of gluten sensitivity (not celiac which is autoimmune). With acid blockers, how are you supposed to fully digest your meals without your stomach acid? You can't. Soon I will tell you about three common symptoms that come from eating gluten-based bread, pasta, cookies, muffins, bagels, soy sauce and so forth.

When the protein gluten breaks into smaller proteins (gliadin for example), it leaves your digestive tract through microscopic holes and gets into your bloodstream. Therein lies the problem. Your body makes antibodies to gliadin and attacks whatever tissue that gliadin has attached itself, to. Your immune system is just doing its job, attacking the invader, but it's your body that pays the price.

For years we've heard anecdotally about people who test negative for celiac disease but whose symptoms dramatically improve when gluten (and preferably all grains) are eliminated. We are now starting to get some answers, because

a separate condition called Non-Celiac Gluten Sensitivity (NCGS) has recently been officially identified. Patients with NCGS will absolutely test negative for the autoimmune condition of celiac disease, because they don't have a classic allergy to wheat. But people with NCGS experience all the same unpleasant symptoms, and respond favorably to a gluten-free diet. NCGS is more common than celiac.

I'm sure you know that gluten sensitivity contributes to irritable bowel problems, obesity as well as rapid transit time (ie you probably have diarrhea and gas soon after eating). But there are other common symptoms you've probably not considered. So with that said, I'd recommend six months off gluten (and preferably all grains) if you have any of the following:

- Brain fog. Perhaps you keep forgetting thoughts mid-sentence and word finding difficulties? Cognitive dysfunction is extremely common among gluten sensitive folks.

- Skin problems. A painful rash called dermatitis herpetiformis (DH) is unique to celiac disease, but NCGS can also drive other common skin conditions, itchy unexplained rashes, rosacea and eczema.

- Bad moods. Gluten can impact your neurotransmitters. Our brains are exquisitely sensitive to fluctuations in our environment and our body's general health. The neurotransmitters serotonin and GABA are more prevalent in your gastrointestinal tract than in your brain. If your gut lining is damaged due to extended use or misuse of potent acid blockers, or gluten, then your brain chemicals are imbalanced. This leads to depression and anxiety.

If you think you have problems with gluten, the simplest, most inexpensive thing to do is reconsider your antacids, and stop eating gluten for six months and see how you feel.

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.✱



1968 Jaguar XLE on exhibit at Gulf Coast Medical Center

photo provided

Dream Car Raises Alzheimer's Awareness

Dan Summers' vision to help increase awareness for Alzheimer's disease and support for caregivers has become reality – it's a 1968 Jaguar XLE painted purple and gold, with "Alzheimer's Awareness" emblazoned in gold on each side. The car is currently on display in the lobby of Gulf Coast Medical Center in Fort Myers, and hundreds of visitors and staff are getting the message every day. Summers had the vision of the painted car sitting in the hospital lobby when he was visiting his wife, Joan, when she was a patient a few years ago.

The Jaguar was his dream car, and Joan wanted him to have a brand new one. At that time, Dan thought the idea was too self-indulgent. But in

1979, when his business was doing well and his children were older, he bought his dream car (a used, white one) and planned to spend his golden years cruising in the ragtop with Joan. In 2000, Joan was diagnosed with Alzheimer's, and Dan has been caring for her, in their home, ever since.

"It's difficult to take care of someone every day and night," he said. "But that's what we decided, and that's what I'll continue to do. I just want more people to know what Alzheimer's can do to marriages and families, and how hard it is on the caregivers."

Purple is the color designated for Alzheimer's awareness; the gold trim symbolizes the loss of golden years spent actively with Joan by his side.

"I would like nothing better than to see it on the front lawn of the capital building," Dan said. "We need our legislators to know that we (caregivers) need help.✱"

From page 1

Concert

Internationally accomplished pianists Andreas Kern and Paul Cibis go head-to-head in a piano duel featuring a variety of classical and contemporary music. The audience will decide the winner in this unique concert experience.

- Teatro Lirico D'Europa performing Puccini's *Madama Butterfly* – February 8. *Madama Butterfly* is one of the world's most famous love stories, inspired by the sights and culture of Japan. Teatro Lirico D'Europa is the most successful opera touring company in Europe and the U.S. It travels with a full orchestra of 47 to 50 members and a chorus of 40 singers.

- Lezginka State Dance Company – February 20. The Lezginka State Dance Company will perform a festival of fiery dances showcasing the folklore, national culture and traditions from their home, the Russian Republic of Dagestan.

- Itzhak Perlman – February 27. Perlman is the reigning virtuoso of the violin and is returning to the Community

Concert series for a second time.

Perlman was born in Israel and gave his first recital at age 10 before moving to the United States to study at the Juilliard School. He has been honored with more than 20 Grammy Awards (including one for Lifetime Achievement in 2008), four Emmy Awards and the Presidential Medal of Freedom in 2015.

- National Symphony Orchestra of Cuba – March 25. Since its inception in 1960, The National Symphony Orchestra of Cuba has been instrumental in developing and introducing Cuban and Latin American music to the international classical music community, in addition to covering a vast symphonic and chamber repertoire ranging from baroque to contemporary music.

The Fort Myers Community Concert Association, now in its 69th concert season, is an all-volunteer, not-for-profit organization founded by the legendary Barbara B. Mann in 1949 to bring world-class entertainment to Southwest Florida at affordable prices. The association consists of more than 1,700 members, underwriters and sponsors.✱

Eden Energy Medicine

Headache Free In One Minute



by Karen L. Semmelman, Certified EEM, JD, AAML (03-01)

We all get headaches from time to time, so learn this ancient technique, based on using points from Traditional Chinese Medicine,

located at the back of your skull and free the pain of the headache, plus get the added bonus of a "buzz" as you bring fresh energy to the brain and head. On top of these benefits, it only takes one minute to achieve this relief. Give it a try; you have nothing to lose but the headache.

1. Place both middle fingers on either side of the vertebrae at the base of the skull where the skull attaches to the neck. From the middle of the neck,

move your fingers out over the large tendon and you will feel small indents on both sides of the neck that are tender. Rub these points with pressure that takes you to your edge. Now move out from the center along the ridge of the skull, continuing with firm circling motion.

2. Place all fingers together with the index fingers positioned at the base of the neck right above the shoulders, with each hand on either side of the vertebrae. With pressure, circle the area and pull your fingers from the center of the neck to the outside edge of the neck.

3. Move your fingers up another several inches and repeat, pulling from the center of the neck to the outside edge. Continue moving up the neck until you reach the bottom of the skull.

Congratulate yourself on a job well done – now you can go dance with your significant other... or the dog!

If you have a question, email Karen at SemmEnergyCenter@gmail.com or visit www.semmelmanenergy.com. EEM does not diagnose or cure illness, but working with subtle energies of the body has been shown to help many conditions.✱



Orzo with Feta, Green Beans and Tomatoes

photo courtesy Fresh From Florida

**Orzo with Feta, Green Beans and Tomatoes**

- 10 ounces haricot verts
(thin French green beans) or green beans
- 1 cup orzo (rice-shaped pasta)
- 1 medium onion
- 2 garlic cloves
- 3 medium vine-ripened tomatoes
- 2 tablespoons olive oil
- 1 tablespoon white-wine vinegar
- 1 tablespoon chopped fresh flat-leafed
parsley leaves

1 cup crumbled feta (about 6 ounces)
Fill a 4-quart kettle three fourths full with salted water and bring to a boil for beans and orzo.

Chop onion and mince garlic. Quarter and seed tomatoes. Cut quarters lengthwise into 1/4-inch-thick slices. Trim beans and cut into 1-inch pieces. In a large skillet cook onion and garlic in oil over moderate heat until onion is softened. Add tomatoes and cook, stirring, until tomatoes are softened, about 2 minutes. Remove skillet from heat.

Have ready a bowl of ice and cold water. In boiling salted water blanch beans 1 minute. With a slotted spoon transfer beans to ice water to stop cooking. Drain beans well in a colander and pat dry. Add beans to tomato mixture and return water in kettle to a boil. Boil orzo until al dente and drain in colander. Add orzo to bean mixture with vinegar, parsley, feta, and salt and pepper to taste, tossing to combine well.★

HORTOONS

Hortoon

THE RIVER

WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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

ARTS

Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
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

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 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

X MARKS THE SPOT

- ACROSS**

1 Between

6 Cartoon thud

9 Snively cries

15 Film format

18 Chat session

20 The Bruins' Bobby

21 Author — de Balzac

22 Aussie leaper

23 "You only have so much time"

26 Ron of "Tarzan"

27 Quaint suffix with poet

28 Virgil's 61

29 "How sad"

30 Entwine anew

32 Den furniture

33 Swimmer also called a blueback

36 Scheduled mtg.

39 "+" or "-" atom

41 Take — (cab it)

42 Wee child

43 Boggy area

45 Possess

47 Campbell's product, in Spanish

49 Netherlands cheese

52 Forts made of squared timbers

55 Any "50" time

58 Slo- — fuse

59 One of the Greys on "Grey's Anatomy"

60 Emailer's "incidentally"

61 Gun of Israeli design

63 "The Waste Land" poet

65 Suffix with trick or hatch

66 New Nintendo system of 2012

68 Bingham of "Baywatch"

70 Proverbs

71 Where all eight X's appear in this puzzle

74 "No —, Bob!"

77 Greek island near Paros

78 "Time —" (1990s sci-fi series)

79 Blabber

82 Trunk gunk

84 Actress Farrow

85 Pronounce Bella — (British Columbian native)

88 CPR-trained pro

89 Be dozing

91 Has a frank discussion

94 Heavy hammer

96 Old Pontiac muscle cars

98 TV scientist Bill

99 On deck

100 Turnip, e.g.

103 Regal crown

105 Sis or bro

107 Royal name of Norway

108 "Gravity" actress

112 — -T-Pak (Wrigley's gum unit)

114 Worry-free

115 Nerve cell extension

116 River islet

117 Devilkin

120 Broadway's Hagen

121 "A Treatise on Money" economist

126 Click in Morse code

127 "Crack a Bottle" rapper

128 Dr. — ("Crack a Bottle" rapper)

129 Wields

130 I, to Johann

131 Really uncool types

132 Nile snake

133 Bird noise
- DOWN**

1 Part of a French play

2 — scale of hardness

3 Individuals

4 16-team grid gp.

5 Noted family name in wine

6 — choy

7 Opera solos

8 "Entertaining —" (Joe Orton play)

9 Cat food brand

10 Ad —

11 Pen filler

12 Bête —

13 Borgnine of film

14 Self-balancing two-wheeler

15 Had lofty aspirations

16 Saab rival

17 Senior group member

19 Puffer's cousin

24 "Bye now!"

25 Savoir-faire

31 Sommer of the screen

32 Actress Keanan

34 Unusual foreign objects

35 "Criminy!"

36 Stroll along

37 Gondola guider

38 Authorized substitute

40 Sign banning 180s

44 Statistical asymmetry

46 Compass pt.

48 Toiling insect

50 Salve plant

51 Verbal gems

53 Big Apple stage award

54 Tunic worn over armor

56 Port of Japan

57 Annual PGA Tour event

62 Drummer

64 Starkey and screenwriter Penn

66 Secular

67 Perfect

68 Poison: Prefix

69 Entry points on pipes

71 Suffix with press

72 Kerosene

73 Abstainers from alcohol

74 Flower stalk

75 "— la Douce"

76 Address that bounced email is delivered to

79 Rustic sort

80 Vega of "Spy Kids" films

81 Cable shows, e.g.

83 Tent securer

85 Clever

87 "Smoking —?"

90 Reproach to Brutus

92 Big boa

93 Resembling a vat

95 Ore deposit

97 Low bows

101 Toothache relief brand

102 City near Seattle

104 Old Big Apple theater

106 Apple tablet

108 — Arabian

109 Garret

110 Vikki Carr's "It Must —"

111 Knots on tree trunks

113 Digital book, e.g.

117 As to

118 Dole (out)

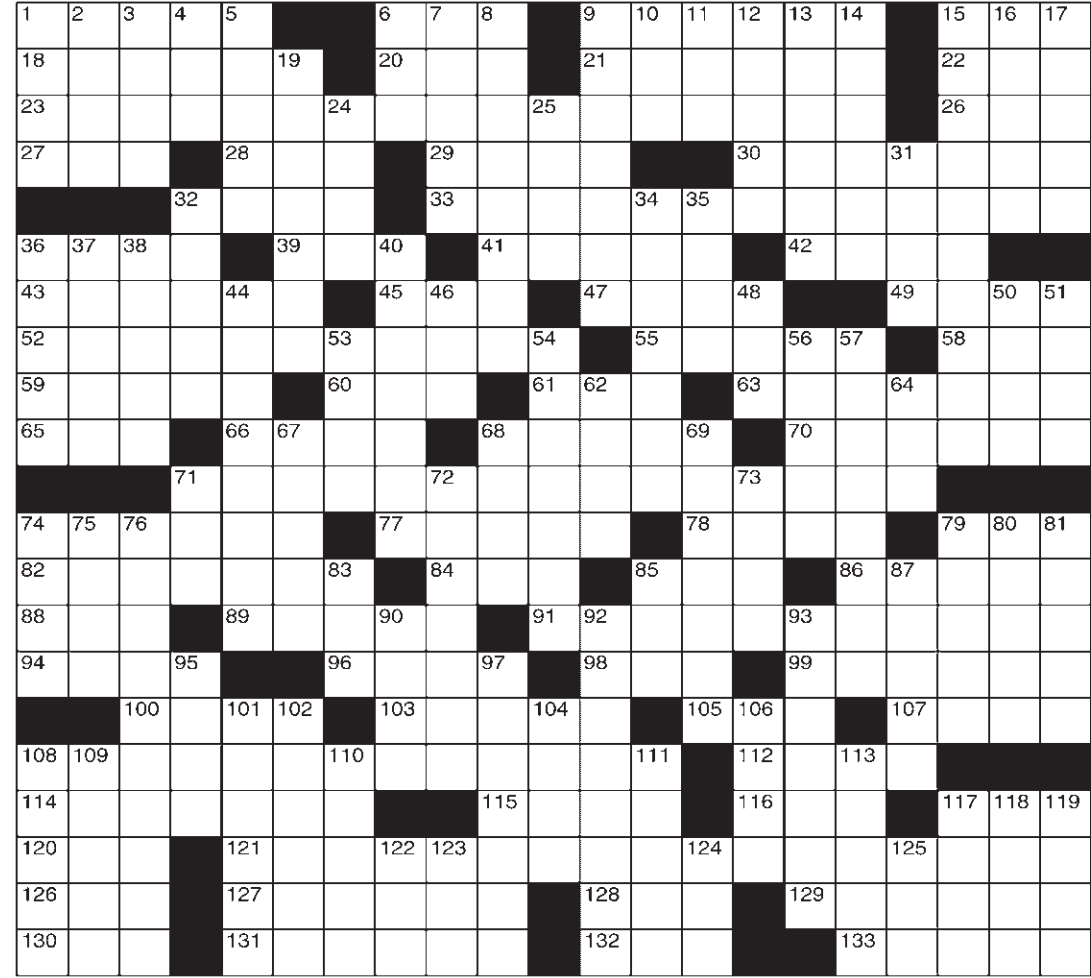
119 "Hey, you"

122 Dir. 135 deg. from 46-Down

123 Sea, in Caen

124 Sales —

125 Hedge bush



King Crossword

- ACROSS**

1 From one end to t'other

5 Egg

9 Potential syrup

12 Vast time period

13 Water barrier

14 Biz deg.

15 Fast

17 Foreman foe

18 Diamond round- trip-pers

19 Stair part

21 Qua

22 Weak soup

24 Present

27 Island garland

28 Buy stuff

31 Lubricate

32 Past

33 Rage

34 Use an old phone

36 DIY buy

37 Leftovers recipe

38 Lucky number

40 Accomplish

41 California-Nevada lake

43 Propels

47 That guy

48 Landfill, essentially

51 Commotion

52 Swindles

53 Pond organ-ism

8 Paris subway

9 Big success

10 Competent

11 Twosome

16 Storefront sign abbr.

20 "Monty Python" opener

22 Start

23 Laugh-a-minute

24 Deity

25 "Richard —"

26 Sudden assembly that some find entertaining

27 Michigan, for

29 Raw rock

30 Church seat

35 Writer

37 "Who cares?"

39 Fodder plant

40 Simpson's interjection

41 Dissolve

42 Assistant

43 "Hey, you!"

44 Congers

45 Sitarist's rendition

46 Mast

49 Fish eggs

50 Literary collection
- DOWN**

1 Rotation gauge, for short

2 Villain's adversary

3 Wander

4 Oust from office

5 Likelihood

6 See 38-Across

7 Guitar's cousin

MAGIC MAZE ● FOUR WHEELS NOT NEEDED

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

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

- Airplane

Bicycle

Cart

Dolly
- Golf caddy

Moped

Motorcycle

Rickshaw
- Rototiller

Scooter

Segway

Sulky
- Tricycle

Unicycle

Wheelbarrow



"The inflation must be cooling off — George still gives me the same grocery money as last year and I'm still gaining _____ !"

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!

Vast

GAME

Enamor ☐ ☐

TWIBECH

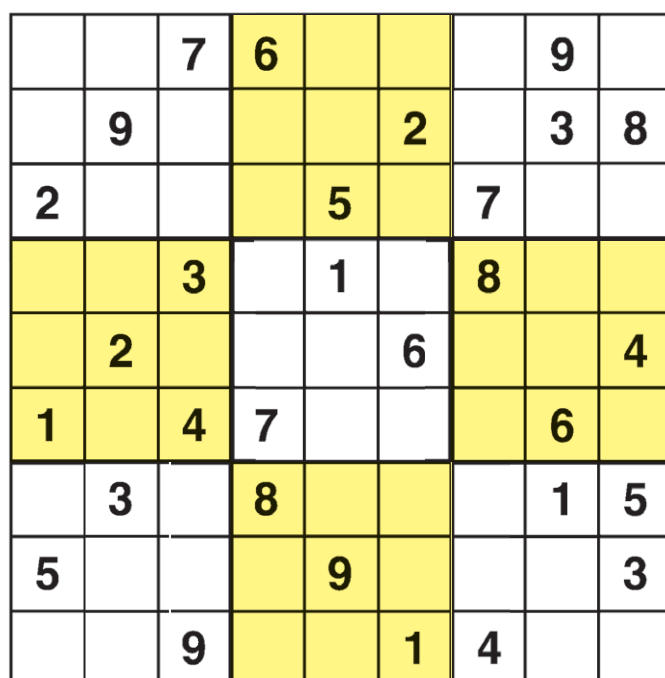
Brief

TREES

Grasp

CHARE

TODAY'S WORD



SUDOKU

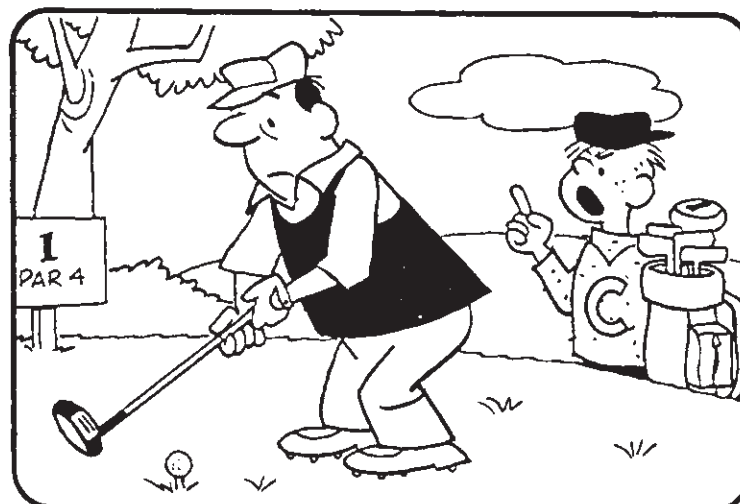
To play Sudoku:

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

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Sign is smaller. 2. Cloud head is different. 3. Sleeves are shorter. 4. Cloud is smaller. 5. Letter C is missing. 6. Strap is missing.

PETS OF THE WEEK

Lee County Domestic Animal Services

Hayden And Jelly Bean

Hayden is a 2-year-old female hound mix who is an energetic gal with a sassy personality. Volunteers are working on good manners training with her and they report that she is smart as a whip and picking things up quickly. She was picked by ACS Beatrice as her “staff favorite” because of her fun-loving nature.

Her adoption fee is Pick Your Price, \$5 to \$30 (pick an Easter egg and the price is inside).

Jelly Bean is a 2-year-old female sharpei/pit mix who is another of the staff favorites. ACS Leah loves this pint-sized cutie. She is a ball of energy and needs a home where her new family will continue with the training volunteers have started at LCDAS.

Her adoption fee is Pick Your Price, \$5 to \$30 (pick an Easter egg and the price is inside).

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.



Hayden ID# 693697



Jelly Bean ID# 695001

photos provided

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.*

Pet Festival At Humane Society

The Gulf Coast Humane Society (GCHS) will be hosting its 2nd annual Adopt a Shelter Pet Festival on Saturday, April 29 from noon to 3 p.m.

The event will include a variety of vendors available to talk about their specialties such as pet care, pet boarding and pet food and

continued on page 31

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THE RIVER
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PUZZLE ANSWERS

SUPER CROSSWORD

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

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

MAGIC MAZE

FOUR WHEELS
NOT NEEDED

WHEELBARROW												RY
ENALPRIA											EA	
		C						ED		LW		
TRICYCLE										LG	R	
R			C	P				Y	I	E		
	A		Y	O	R	L			T	S		
			C	M			L	O	O			
ELCYCIB								O	O	T		
	N	Y	D	D	A	C	F	L	O	G		
YKLUSWAH												SKCIRM

SUDOKU

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

My Stars★★★★

FOR WEEK OF MAY 1, 2017

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

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

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

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

LEO (July 23 to August 22) A workplace problem threatens to derail your well-planned project. But your quick mind should lead you to a solution and get you back on track without too much delay.

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

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

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

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

CAPRICORN (December 22 to January 19) A mood change could make

the gregarious Goat seek the company of just a few friends. But you charge back into the crowd for weekend fun and games.

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

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

BORN THIS WEEK: You have a fine business sense and a love of the arts. You enjoy living life to its fullest.

THIS WEEK IN HISTORY

• On May 11, 1864, at the Battle of Yellow Tavern near Richmond, Virginia, a Union trooper fatally wounds Confederate Gen. J.E.B. Stuart, who dies the next day. Stuart's leadership helped the Confederates maintain a superior cavalry force in Virginia for most of the war.

• On May 14, 1913, in Sportsman Park, Illinois, Washington Senators pitcher Walter Johnson throws his 54th consecutive scoreless inning. Johnson's record stood for 55 years until Don Drysdale of the Los Angeles Dodgers pitched 58 and 2/3 innings without allowing a run.

• On May 8, 1945, both Great Britain and the United States celebrate Victory in Europe Day. Both nations, as well as formerly occupied countries in Western Europe, rejoiced in the defeat of the Nazi war machine, when German troops throughout Europe laid down their arms.

• On May 9, 1960, the Food and Drug Administration approves Enovid-10, the world's first commercially produced birth-control pill. Development of "the pill" was first commissioned by birth-control pioneer Margaret Sanger and funded by heiress Katherine McCormick.

• On May 13, 1972, a fire at the Playtown Cabaret in Osaka, Japan, kills 118 people. An electrician three floors below in a department store inadvertently set off a fire that reached some oil-soaked rags in a nearby storage room and climbed the elevator shafts.

• On May 10, 1980, the U.S. Treasury announces the approval of \$1.5 billion in federal loan guarantees for the nearly bankrupt Chrysler Corporation. At the time, it was the largest rescue package ever granted by the U.S. government to an American corporation.

STRANGE BUT TRUE

• It was Miguel de Cervantes Saavedra -- widely regarded as the best writer in the Spanish language and one of the best novelists in any language -- who made the following sage observation: "No fathers or mothers think their own children ugly; and this self-deceit is yet stronger with respect to the offspring of the mind."

• You might be surprised to learn that Princess Di was also a tap-dancer.

• In the newly egalitarian society that emerged after the French Revolution in the 18th century, the color known as "royal blue" experienced a precipitous decline in popularity. Royalty may have been out of power, but practicality still ruled. For the most part, people didn't throw out their old clothes, or even re-dye them; to get rid of any monarchist overtones, they simply started calling the color "national blue."

• In New Zealand, speed bumps are commonly known as "judder bars."

• The court system in the Central African Republic is having difficulty dealing with the caseloads. One of the primary problems is witchcraft. It seems that 40 percent of all prosecutions in the nation involve some form of witchcraft, including 5 percent of all juvenile cases.

• Those who study such things say that the koala bear has two opposable thumbs on each hand.

• The jobs website Glassdoor has issued a report ranking the best jobs in America, with scoring determined by combining the number of job openings, salary and overall job satisfaction rating. Unsurprisingly, the list is top-heavy with engineers and analysts. At No. 4, though, is Tax Manager, with a job satisfaction score of 4 out of a possible 5.

THOUGHT FOR THE DAY

"An expert is a man who has made all the mistakes which can be made in a very narrow field." -- Niels Bohr

SCRAMBLERS

solution

1. Mega; 2. Bewitch; 3. Terse; 4. Reach

Today's Word
WEIGHT

TRIVIA TEST

1. GEOGRAPHY: Where are the ruins of the ancient city of Carthage?
2. MEASUREMENTS: How many tablespoons are in one-fourth of a cup?
3. RELIGION: How many plagues of Egypt were mentioned in the Book of Exodus?
4. GOVERNMENT: Who is next in the line of succession after the U.S. president and vice president?
5. MUSIC: Who had a 1977 hit with the song "Moondance"?
6. U.S. PRESIDENTS: Which American president's image is on the \$50 bill?
7. LANGUAGE: What is a sybarite?
8. MOVIE: Who played the character Austin Powers ("International Man of Mystery") in the movie series?
9. ART: Who created the bronze sculpture called "The Thinker"?
10. ANIMAL KINGDOM: What is a group of elk called?

TRIVIA ANSWERS

1. Tunisia 2. Four 3. Ten 4. Speaker of the House 5. Van Morrison 6. Ulysses S. Grant 7. A person who is self-indulgent 8. Mike Myers 9. Auguste Rodin 10. A gang

★ ★ ★ CLASSIFIED ★ ★ ★ CLASSIFIED ★ ★ ★

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★RS 4/29 CC TFN

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★RS 8/5 CC TFN

Island Sun
 NEWSPAPER
 Sanibel & Captiva Islands

THE RIVER
 WEEKLY NEWS
 FROM THE BEACHES TO DOWNTOWN FORT MYERS

ANNUAL RENTAL

ANNUAL RENTAL

SANIBEL

By Marina, Updated, 2BD/1½BA, duplex UF. Tile & Carpet, wood staircase. Most utilities included \$2,200/mo

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 ★RS 4/14 BM TFN

ANNUAL/SEASONAL

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★ 4/28 CC 4/28

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COTTAGE FOR RENT!

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 Darling beach cottage, 2BR/1BA, pool, 5 lots to the beach, fenced yard, pets allowed w/approval. Completely renovated/remodeled.

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 Website: baileysbeachcottage.com
 ★NS 4/7 CC TFN

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 ★RS 1/23 BM TFN

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 ★ 4/14 CC 6/2

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 ★NS 9/16 CC TFN

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 ★RS 1/25 BM TFN

HELP WANTED

EMPLOYMENT

Local Lawn & Landscape Company is now hiring part time and full time. Please send resume to: Enviromow@outlook.com or call 239-896-6789.
 ★ 4/28 CC 5/5

HELP WANTED

Arts nonprofit organization in Captiva seeks to engage a committed person in the role of Kitchen Assistant/ Housekeeper. The successful candidate must be detail oriented, efficient and organized with strong time management skills. S/he needs to be able to work independently, as well as perform as part of a team. A willingness to learn and grow in the position is necessary. Position begins May/June. Hourly, average 25 hrs/week, year round. Cover letter outlining interest and related experience or resume, and three references should be sent to captiva-employment@rauschenbergfoundation.org.
 No phone calls, please.
 ★ 4/28 CC 5/12

JERRY'S FOODS SERVERS & BARISTAS

Part Time Evening And Weekend Front End Associates Needed. Looking for energetic, personable, and fun individuals, with open availability Monday through Sunday.
 If interested call and ask for John, Norm Sarah 472-9300.
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 ★NS 5/6 BM TFN

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 ★RS 1/4 NC TFN

GARAGE • MOVING • YARD SALES

YARD SALE

Sat. 4/29 & Sun. 4/30, 8-1pm,
 848 Rabbit Road, Sanibel.
 Household goods, furniture,
 retail fixtures, children's clothing.
 ★ 4/28 CC 4/28

Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB

PETS OF THE WEEK

From page 27
Pet Festival



Hairless pups photos provided



Layla
treats. There also will be a microchip clinic, as well as raffles and agility demonstrations of GCHS shelter pets.
This year will be the debut of the vegan bake sale, which will feature vegan dishes, many of which will surprise attendees' taste buds.
Attendees will have the opportunity to "Ask the Trainer" and see demonstrations of agility and other types of pet-related areas. Food and drink vendors will be available, as well as fun contests and a garage sale.
"We want the public



Tank

to know that we are a great resource in finding the right companion pet," said GCHS Executive Director Jennifer Galloway. "We are also an educational and animal care resource. By having this event, we can showcase our great adoptable pets, partner with area businesses and provide information to the public about the importance of spaying and neutering, microchipping and heartworm prevention."
For more information on GCHS, visit, www.gulfcoasthumanesociety.org. GCHS is located at 2010 Arcadia Street in Fort Myers.✱

Haven on Earth Animal League
Betty Boo And Amber



Betty Boo photos provided

Hi there! I'm Betty Boo. I'm a spayed female, about two years old. I am up to date on all vaccinations. I am very sweet and have beautiful green eyes. I even have a white spot on my chest that makes me different from other black kitties. I am currently at the PetSmart at Colonial Boulevard and Six Mile Cypress. come see me and take me home. My adoption fee is \$75.
Hi, my name is Amber. I am a really sweet girl at about five years old. I am extremely lovable with dogs, other cats and all people. I am a beautiful black, long-haired kitty that is front declawed. I'm up to date on all vaccinations and spayed. My adoption fee is \$75. I am currently residing with a foster mom. Call to make an appointment to see me.



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

PAWS Of Sanibel
Prince Harry



Prince Harry photo provided

This handsome guy needs a forever home. Prince Harry is approximately 1 year old. He is a beautiful light orange Ocicat mix with a beautiful coat. He has a lot of attitude and personality. He loves to jump, run and play. He was picked up by the Sanibel Police on East Lake Road in January. He has been neutered, microchipped, combo tested, and had all his immunizations. He seems to do fine with cats, but he does not like dogs. PAWS of Sanibel would love to find him a forever home, however, a foster would really help for now. As with all of the cats at PAWS, he must be kept inside. Call Pam at PAWS at 472-4823 with questions, or to foster/adopt Prince Harry.✱

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2017	4,646	\$5,975,000	\$5,800,000	28
Hermitage	Cape Coral	1996	4,453	\$1,549,000	\$1,549,000	120
Anchorage at Bonita Bay	Bonita Springs	1998	4,692	\$1,399,999	\$1,225,000	348
Shell Harbor	Sanibel	1972	2,310	\$1,199,000	\$1,115,000	215
Woodlake at Bonita Bay	Bonita Springs	1988	4,216	\$999,000	\$890,000	91
Town and River	Fort Myers	1984	2,815	\$999,000	\$975,000	47
Georgetown	Fort Myers	1967	2,287	\$899,900	\$855,000	116
Riverwalk	Bonita Springs	1992	3,864	\$875,000	\$840,000	27
Arezzo	Bonita Springs	2006	3,500	\$849,500	\$798,500	117
Cape Coral	Cape Coral	1984	3,267	\$800,000	\$747,000	381

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