



Fundraising Events Kicking Off For Love That Dress

Love That Dress!, the 9th annual fundraiser benefitting PACE Center for Girls of Lee County, begins with a full season of dress collection parties, building anticipation for the main event on Wednesday, August 23 from 5 to 9 p.m.

Fundraising efforts kick off with the 8th annual Spada-thon collection at the SPADA Salon & Day Spa, located at 13161 McGregor Boulevard in Fort Myers on Tuesday, May 23 from 4 to 8 p.m. Admission is \$10. Attendees are asked to bring one or more gently "loved" dress or accessory. Guests will receive \$20 wet haircuts, \$15 mini-manicures, \$15 chair massages, discounted Botox services and other specials. Photographer Megan DiPiero will also be offering \$50 kids photography sessions. Call 482-1858 or visit www.SpadaSpa.com for reservations.

Other collection parties include the 3rd annual Sunset at Summerlin Jake's, hosted by Summerlin Jake's Seafood and Steaks, on Tuesday, June 13; the Funky Fashion Show, presented by Iberiabank and hosted by the Cape Coral Yacht Club, on Monday, June 21; and the season finale River District Collection at Goodwill Boutique on First and the Red Door Photography studio in downtown Fort Myers on Thursday, July 20.



Welcoming guests at a previous Love That Dress collection party are PACE Center For Girls volunteers, from left, Debra Govaker, Carol Wonderly, Jennifer Pfenninger, Christen Trash and Shelley Starnor

photo by Jeff Lysiak

The main event will take place at the Embassy Suites, located at 10450 Corkscrew Commons Drive in Estero. In the months leading up to the event,

members of the Southwest Florida community are asked to donate new and gently "loved" dresses and accessories at one or more of the four collection

parties and drop-off locations across the county. Collection parties hosted by local businesses and organizations are a valuable way to connect with community members and sample the local fare, all while collecting inventory, raising funds and generating awareness for the main event.

Love That Dress!9 is sponsored by White House Black Market. This year's event chair is Deanna Hansen of Banana Branch Harvesting with co-chairs Shelley Starnor, assistant general manager of Miromar Outlets, and Jennifer Pfenninger, director of sales at Embassy Suites in Estero.

"We are so pleased to have Deanna leading this event," said board of directors chair Diana Willis. "Her extensive experience in community events, combined with her passion for the PACE mission, makes her an ideal choice for this role."

This year's goal is to generate an inventory of more than 4,000 dresses and raise \$125,000. All proceeds generated by the Love That Dress! events benefit PACE Center for Girls of Lee County.

Anyone interested in participating in a collection party in support of Love That Dress!9 may contact Allyson Ross, development manager of special projects for PACE Lee, at Allyson.Ross@PACECenter.org. For more information, call 470-7548 or visit www.pacecenter.org/lee.

Shell Museum Offering Summer Beach Walk Series

by Jeff Lysiak

The Bailey-Matthews National Shell Museum's summer beach walk series will be held at Bunche Beach, located at 18201 John Morris Road in South Fort Myers.

Dedicated in 1949, Bunche Beach – officially called the San Carlos Bay/Bunche Beach Preserve – is a 718-acre facility located on San Carlos Bay. The natural tidal wetlands are a particularly good area to see mollusks.

Low-tide excursions at Bunche Beach will be lead by Dr. José H. Leal, the museum's science director and curator, as well as staff marine biologist Stefanie Wolf.

"Bunche Beach is a pristine area that is a classic example of the protected 'back bay' coastal sections of Southwest Florida," said Dr. Leal. "Given the very gentle slope of the sandy beach area, low tides at Bunche Beach are characterized by exposure of very large expanses of sandy bottom, which enables the observation of the diverse and abundant local marine life."

Upcoming dates/times for the Bunche Beach walks include:

Wednesday, May 24 at 7 p.m., Dr. José H. Leal

Wednesday, June 7 at 7 p.m., Dr. José H. Leal

Sunday, June 11 at 7 a.m., Stefanie Wolf

Thursday, June 22 at 7 a.m., Stefanie Wolf

Thursday, July 6 at 7 p.m., Dr. José H. Leal

Sunday, July 9 at 7 a.m., Stefanie Wolf

Sunday, July 23 at 7 a.m., Stefanie Wolf

Thursday, August 10 at 7 a.m., Stefanie Wolf

Wednesday, August 23 at 7 a.m., Stefanie Wolf

The cost is \$10 for museum member adults and \$5 for museum member

continued on page 21



Bunch Beach at sunset

photo by Dr. José H. Leal

Historic Downtown Fort Myers, Then And Now:

Heitman Motors



by Gerri Reaves, PhD

In 1948, Gilmer M. Heitman, Jr. opened Heitman Motors on the corner of Richmond and Lee.

The stylish building pictured in the 1948 drawing housed one of his many business concerns. According to his late son, Rod Heitman, his father and other Fort Myers business people thought the automobile business would be a good investment after World War II (WWII).

Their theory proved to be correct. The city blossomed with car dealerships in the postwar period to fulfill a pent-up demand caused by the suspension of car manufacturing during the war.

Heitman Motors encompassed not only sales of Plymouths and DeSotos, but parts and accessories, and promised “fair, fast, friendly service.” (The now unfamiliar DeSotos, by the way, were manufactured from 1928 until 1961 by a division of the Chrysler Corporation.)

Given the gargantuan, over-the-top style of car showrooms today – not to mention the vast acreage of dealerships -- Heitman Motors is not only diminutive but charming. The rounded corners, streamlined look and “eyebrow” projections over the windows are a nod to the Art Deco style.

According to Rod Heitman, the building’s beams came from Buckingham Army Air Force Base, where structures were being dismantled and reused.

It was originally constructed as one sweeping showroom visible through a curv-



Recently, a bar and art gallery occupied the now-vacant building photo by Gerri Reaves

ing series of glass panels. However, decades ago, the building was divided into two storefronts for a duplex effect.

It had a varied history after it ceased to be Heitman Motors.

In the 1950s, other people ran automobile dealerships in the building.

In later years, Heitman, who still owned it, sometimes used it as storage space or a spare office.

The distinctive sign corner, which at first glance resembles a shamrock, was added when an insurance agency was located there.

Later, a restaurant occupied it.

The 2009 photo illustrates the extent of the alternations to the dealership since it gleamed with new cars.

In the last few years, after a period of vacancy, it has housed a couple of innovative nightclub and art gallery ventures.

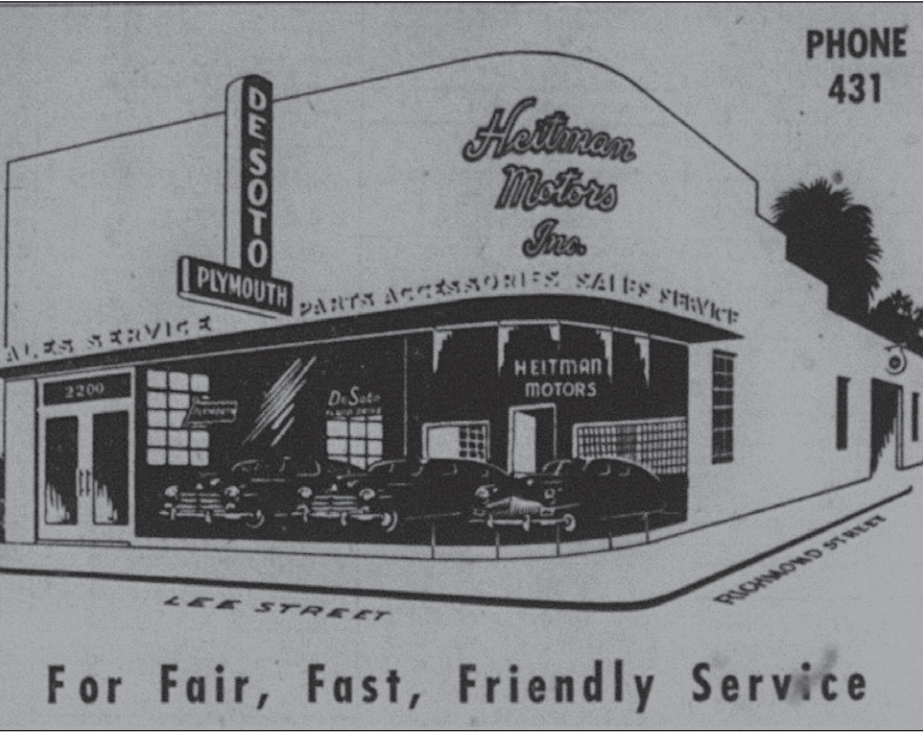
Walk down to Lee and Richmond to see a former post-WWII car showroom.

Then visit the following two research centers to learn more about which businesses took off after the war.

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.✧



Heitman Motors opened at Lee and Richmond in 1948

photo courtesy SWFL Florida Historical Society

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The Drill team and their leaders are Kayla Amendt, Kevin Covell, Marilyn Pozo, Christopher Coleman, Madeline Teague, Dylan Covell, Allyson Trueblood, Brendon Bradstreet, Kayla Darr, Kennedy Harris, Ashleyann Miller, Zachary DiSalvio, Gasper Marquez, Bret Nutter, Bryce Schoelkoph and Alyssa Williams photo provided

Drill Team Places Fourth Nationally

The Mariner High School's Leadership Academy Drill Team recently placed fourth in the nation at the All-Services National Drill

Competition held in Daytona Beach. On Saturday, May 6, the local team, competed in seven areas and placed in three of them. They captured second place in Exhibition Platoon, third in Squad Exhibition and third in Armed Platoon Regulation Commander.*



High School gymnastics teams are gearing up for nationals photo provided

Lee County To Host Gymnastics Nationals

Lee County will host the National High School Gymnastics Association (NHSGA) Senior Showcase Invitational at the Estero Recreation Center on Friday, May 19 and Saturday, May 20. The meet will take place from 9:45 a.m. to 2 p.m. on Friday, and the finals are from 9 a.m. to noon on Saturday.

The invitational will bring 12th grade female gymnasts from across the country to Southwest Florida to compete for individual and team titles on vault, uneven

bars, balance beam and floor exercise. Last year's event brought an estimated 600 sports visitors to the area, generating 500 hotel room nights, which resulted in \$289,000 in direct visitor spending. The competition is open to spectators. Tickets are available at the door. One-day tickets are \$10, and two-day tickets are \$15. For more information on the event, visit www.nhsga.net/senior-invitational.html. Estero Recreation Center is located at 9200 Corkscrew Palms Boulevard in Estero. For more information, contact NHSGA Meet Coordinator Michael Martin at michaelsilverfox13@yahoo.com or 508-813-9774.*

Volunteer And Teacher Appreciation

Junior Achievement of Southwest Florida will host a Volunteer & Teacher Appreciation event at Six Bends Harley-Davidson on Wednesday, May 24 from 6 to 7:30 p.m. The free event is open to the public and will feature free food, refreshments, prize drawings and an awards ceremony to recognize volunteers and teachers for their contributions.

Teachers and volunteers make the mission of Junior Achievement a reality by bringing the organization's curriculum to life, sharing their personal backgrounds and professional expertise to create a Junior Achievement program that is unique for each student and classroom. Throughout the 2015-16 school year, Junior Achievement of Southwest Florida partnered with more than 150 classroom business volunteers

in order to bring Junior Achievement programs to more than 8,700 students. This year's totals are still pending, but Junior Achievement of Southwest Florida anticipates that programs will have reached more than 9,600 students during the 2016-17 school year. During the appreciation event, local students will share stories on how Junior Achievement has positively impacted their lives through compassionate volunteers and the essential business skills taught through the Junior Achievement programs. The event will also provide these students with valuable networking opportunities with other Junior Achievement supporters in attendance. Prospective volunteers or guests of current volunteers are also invited to attend the event to learn more about supporting local students as a Junior Achievement volunteer. Six Bends Harley-Davidson is located at 9501 Thunder Road in Fort Myers. For more information, or to RSVP for the event, contact Jodie Greenhoe at jgreenhoe@jaswfl.org or 225-2590.*

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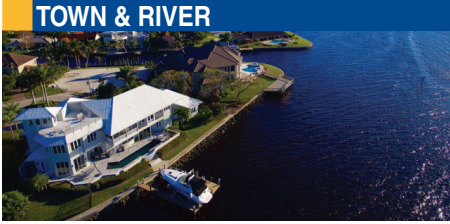
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Fort Myers Art:

Play Shines Light On Severely Burdened Seniors



by Tom Hall

Opening for a limited, three-performance run on Friday, May 26 at Lab Theater is a new play by the name of *55 and Over*. The comedy shines a stark light on severely

burdened seniors – retired folks living exclusively on Social Security – who shell out more than half of their income for rent.

According to the 2014 census, 11.4 of the 43.1 million Americans who lease their apartments or homes spend more than half their income on rent. Nearly two million are seniors who have no savings and no income except for Social Security. Often, they're forced to choose between paying their rent and utilities or buying groceries and medicine.

55 and Over revolves around a 75-year-old by the name of Moe who's been evicted from his apartment because he opted for groceries and his expensive heart medication in lieu of paying his rent.



Stella Ruiz

photo courtesy www.artswfl

Moe's next-door neighbor takes pity on him and allows Moe to sleep on the couch. If that's not bad enough, Moe's 30-year-old grandson, Bobby, decides to pay grandpa an unannounced visit with his 17-year-old girlfriend, Ariella, in tow. Her age is the least of Bobby's problems. Ariella's is pregnant

and ready to deliver any day. On top of that, Bobby and Ariella are also homeless, plus the co-op does not allow anyone under the age of 55 to stay at Tidewater.

You won't know until the very end which, if any, of these characters will still be together. *55 and Over* will have performances on Friday, May 26 and Saturday, May 27 at 8 p.m. and Sunday, May 28 at 2 p.m.

55 and Over comes from the vivid imagination of local writer Zalman Velvel. Lab Theater audiences thoroughly enjoyed Velvel's last offering, *The Second Book of Ruth*, which centered around a non-Jewish woman who visits an Orthodox Jewish rabbi for conversion classes so that she can remarry her first husband. Like *Book of Ruth*, *55 and Over* is a work-in-progress by the prolific amateur playwright, who wrote two award-winning plays – *Honeymoon in Hell* and *The Unemployment Line* – which were performed Off-Off-Broadway.

Playing the role of Moe will be Dave Yudowitz (*The Last Days of Judas Iscariot*, *The Diary of Anne Frank*, *Standing on Ceremony: The Gay Marriage Plays*). *55 and Over* also stars Holly Hagan (*Sirens*, *Stage Kiss* and *Twelfth Night*), Mike Dinko (*Play On!*, *An Empty Plate in the Cafe du Grand Boeuf*), Todd Fleck (*Cat on a Hot Tin Roof*, *Glengarry Glen Ross*, *House of Yes*) and Cindy Hile, who makes her Lab Theater debut.

The director is Stella Ruiz, who is also the organizer extraordinaire of The Lab's annual 24-Hour Playwriting Challenge.

Tickets are \$25 for adults and \$21 for seniors and military. This show is covered by the 2016-2017 season pass. For reservations, call 218-0481 or visit www.LaboratoryTheaterFlorida.com.

Lab Theater is located at 1634 Woodford Avenue in downtown Fort Myers.

Local Artists Attend Conference Of Public Art Professionals

The Florida Association of Public Art Professionals held its annual convention from April 19 to 21. This year, the three-day event was held in Orlando with Terry Olson, Chief Arts Instigator for Orange County Cultural Affairs, serving as host.

A mix of more than 80 artists and administrators attended, including City of Fort Myers Public Art Committee members Ava Roeder and Pat Collins along with former City of Fort Myers Public Art Consultant Barbara Hill.

The event's itinerary, in part, involved public art tours by foot (University of Central Florida and Convention Center) and by golf cart (downtown), as well as a series of substantive sessions featuring special guest speakers Barbara Goldstein, Renee Piechocki and Patricia Walsh.

Next year's conference will take place in Tampa during the month of May.

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.✴

Library Program On WWII Heroes

In honor of Memorial Day, Steve Valdespino will present a multi-media tribute to the Greatest Generation at the Fort Myers Regional Library on Monday, May 22 at 6:30 p.m.

The program, which is free and sponsored by the Friends of the Fort Myers Library, is filled with wonderful memorabilia and history of the heroes of World War II. Valdespino is founder of Have Lecture Will Travel, a collection of intellectually stimulating audio-visual programs on a variety of subjects.

The tribute will be held in the Fort Myers Regional Library meeting rooms at 1651 Lee Street, next to the library's parking lot. Registration is required at www.bit.ly/FML522.✴

The motorcycle ride will begin with registration starting at 9 a.m. and "kickstands up" at 10 a.m. at the Six Bends Harley-Davidson, located at 9501 Thunder Road in Fort Myers. The last stop for a Sizzlin' Sunday ends at Six Bends Harley-Davidson with prizes and a live concert by the Tom Petty Tribute Band. If you bring a package of diapers, you will get a free raffle ticket.

For more information or to pre-register for the event, visit www.actabuse.com or call Christine Kobie at 939-2553.✴

Network With Art

The next Gulf Coast Leisure's Art & Poetry Networking Event will take place at the Sidney & Berne Davis Art Center on Friday, May 26 at 8 p.m.

Artwork of every media type is represented at the event. Expect music, spoken word, poetry and crafts. Network with like-minded people and expand the Southwest Florida artistic community.

Gulf Coast Leisure for the Art & Poetry Networking Events are held every third Friday of the month. Sidney & Berne Davis Art Center is located at 2301 First St. in the historic downtown Fort Myers River District.✴

Poker Run Benefit

Motorcyclists are invited to join the ride around Lee County on Sunday, May 28 to raise funds for ACT to continue to provide services to victims of domestic violence and their children and survivors of sexual assault and human trafficking in Lee, Hendry, and Glades counties. The ride is \$15 per person and \$5 for the rider.

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Chris Hansen photos provided

Comedy Night Benefit With Local Celebrities

Six local celebrities will headline the 3rd annual Laughter Is the Best Medicine Comedy Night to benefit SalusCare, the area's most comprehensive provider of treatment for individuals with mental health and substance use issues.

The fun gets under way at the Sidney & Berne Davis Art Center in downtown Fort Myers on Saturday, July 22 from 7 to 10 p.m.

Each of the local celebrities will perform a five-minute, stand-up routine for event attendees who will "vote" for the best comedic performance with their dollars. The local celebrities who will exchange laughs for votes are Chris Hansen, Lee Health board member and Park Royal Hospital business development director; Dayna Harpster, WGCU Expressions editor; Mike Jung, News-Press president and publisher; Frank Mann, Lee County commissioner; Cole Peacock, RC Peacock Consulting managing director; and Will Prather, Broadway Palm Dinner Theatre owner.

Nationally recognized, yet-to-be-announced comedians will round out the evening, said Sue Ackert, SalusCare



Dayna Harpster

development committee chair.

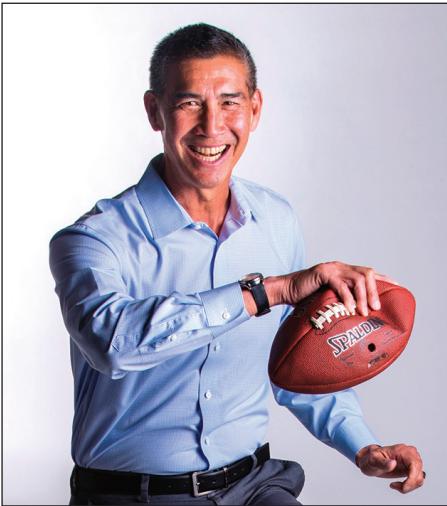
VIP tickets are \$175 each, including reception with the comedians, heavy hors d'oeuvres, beer/wine and show or \$125 each for dessert, beer/wine and show only. Tickets are available at www.saluscarecomedyevent.org

Park Royal Behavioral Health Services is the Headliner sponsor of the event. Other sponsorships are available from \$500 to \$10,000.

"Laughter Is the Best Medicine not only showcases our local celebrities, but gives everyone an opportunity to support a charity that provides mental health and substance use treatment for more than 16,000 people per year," Ackert said.

Funds raised at the event will be used to provide outpatient psychiatry and therapy to children and adolescents in our area whose families can least afford it. One in 10 children has serious mental health problems severe enough to impair how they function at home, in school or in the community, according to the National Center for Children & Poverty at Columbia University. Left untreated, mental illnesses can lead to more difficult ways to treat illnesses and to the development of co-occurring disorders.

For more information about sponsorships and Laughter Is the Best Medicine Comedy Night, contact Todd Cordisco at 791-1575 or email tcordisco@saluscareflorida.org.



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Frank Mann



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Will Prather

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Along The River

The downtown **Fort Myers River District** will again be the scene for **Music Walk** this Friday, May 19. Restaurants, bars, art galleries and shops will showcase a wide range of music during the evening from 6 to 10 p.m. Expect live jazz and blues to rock, drums and much more. Each month brings new energy to the historic streets of downtown Fort Myers.

The River District comes alive every month with live music on the third Friday with Music Walk, featuring more than a dozen participating venues with music by local and regional talent.

Organized by the River District Alliance, Music Walk was conceived as a sister event to the extremely popular first Friday Art Walk, which brings out more than 2,000 people during off-peak months. Event sponsors include the River District Alliance, Lee County Visitor & Convention Bureau, Edison National Bank, River District, Fort Myers Community Redevelopment Agency and the City of Fort Myers.

Visit www.fortmyersriverdistrictalliance.com to learn more.

The 6th annual **“Ding” Darling & Doc Ford’s Tarpon Tournament** will drop lines this Friday, May 19 from 7 a.m. to 5 p.m.

The “catch, care and release” tournament is hosted by “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS). Proceeds will benefit wildlife and conservation education at JN



Children try their luck with hula hoops during a past Kids To Parks Day

photo courtesy www.cityoffortmyers.com

“Ding” Darling National Wildlife Refuge on Sanibel Island. Last year, DDWS raised \$55,000 for the refuge as a result of sponsorships, donations and auction proceeds. In its five years of existence, the tournament has raised nearly \$250,000.

This year’s tournament field is full. The event pays out 100 percent of the entry fee (\$500 per boat of up to four) as tournament awards, DDWS raises money exclusively through sponsorships and a silent auction during the captain’s dinner on May 18 at Doc Ford’s Rum Bar on Fort Myers Beach. The

tournament pays homage to the refuge’s tarpon legacy: The first recorded tarpon caught on a rod-and-reel happened in Tarpon Bay in 1885.

For more information on the tournament, visit www.dingdarlingtarpontourney.org.

The inaugural **Veterans’ Golf Classic** will take place Friday, May 19 at **Kelly Greens Golf and Country Club** at 12300 Kelly Greens Boulevard in Fort Myers. The shotgun start for the charity tournament will be at 1 p.m. and the awards dinner and silent auction will begin at 6 p.m.

In recognition of Military Appreciation Month, the event will support Cape Coral-based Hearts & Homes for Veterans to provide housing and basic necessities such as food, clothing, bedding, recreation, training and education for local low income veterans and homeless veterans.

Golfers and sponsors who want to participate or donate a silent auction item can call Arlene “Red” Moran-Crandall at 565-1031.

The City of Fort Myers is taking part in a nationwide ‘national day of play’ for children this Saturday, May 20 at **Centennial Park** in downtown Fort Myers. Park and city officials will host four fun-filled hours of kids’ events from 10 a.m. until 2 p.m.

This is part of National Park Trust’s 7th annual **Kids To Parks Day**. Games and activities for kids of all ages will include a potato sack relay race, dance contests, kids’ Zumba, street hockey, bounce houses, arts and crafts, and more. Other returning favorites include bubble soccer and a rock climbing wall. Kids will have a chance to get a close-up look at the Public Works Department’s vehicles and the Fort Myers Police Department’s K9 unit. New this year is a zero-gravity bouncer.

All kids’ activities are free. Food trucks will be on site to sell a variety of reasonably-priced lunch items.

For more information about Kids to Parks Day in Fort Myers, contact Amber Smith at 230-321-7462 or apsmith@cityftmyers.com.✱



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Children at a previous NatureLab Summer Camp

photo provided

Register Now For Nature Lab Summer Camp

The Calusa Nature Center and Planetarium (CNCP) will hold its weekly-themed NatureLab Summer Camp each week from Monday, June 5 to Wednesday, August 9. Children from age 6 to 15, first grade to 10th grade, can register for the camp, which is daily from 8:30 a.m. to 4 p.m. with early

optional drop off at 8 a.m. and pre-arranged aftercare available until 6 p.m.

The 105-acre nature center, located at 3450 Ortiz Avenue in Fort Myers, is the perfect backdrop for fun, adventure, exploration and education that includes activities in the museum, nature trails, planetarium and outdoor areas. Each camper will enjoy arts and crafts, hands-on experiments, and observation and fun encounters with animals, butterflies and nature.

Calusa’s NatureLab Summer Camp is a unique active learning experience

continued on page 12

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Register For Summer Programs

Registration is open now for youth programs offering summer fun from Lee County Parks & Recreation, Libraries and LeeTran.

• Parks & Recreation – Registration has started for the 2017 summer camps at Lee County Parks & Recreation. These camps draw thousands of youngsters throughout the region to programs, outings and activities at traditional camps, teen camps and specialty camps. Each year, the spots at Wa-Ke Hatchee, Lakes Regional Park and Estero Recreation Center fill up well before school is out. Summer camp runs eight weeks from June 5 through July 28.

Here’s a tip from the registration desk: If you plan to register for camp at one of the four major recreation centers, you need to obtain a facility membership first. This applies to Wa-Ke Hatchee, Estero, North Fort Myers or Veterans Park in Lehigh Acres. Parents interested in swimming lessons also can register now. Those lessons and other summer aquatics programs are available at the county’s four year-round community pools located in Lehigh Acres, North Fort Myers, Pine Island and San Carlos Park. To register, visit your nearest community pool or online at www.LeeParks.org. For summer camp and aquatic registration, call 533-7275, or visit www.LeeParks.org.

• Lee County Library System

– Beginning May 22, children and teens may sign up for the summer program and select a free book while supplies last. Planned activities at the libraries include story time, magic and juggling and puppet shows, as well as crafts and games. The programs help children and teens stay mentally active while having fun. Age-appropriate programs also are available for infants to adults. The summer reading program is designed to help foster literacy skills and develop a love of reading.

Event schedules are available in the libraries or at www.leelibrary.net/ calendar. All events are free, but tickets or advanced registration is required, depending on location. For more information, visit a library, go to www.leelibrary.net/summer-reading-program or call 479-INFO.

• LeeTran – This summer, and all year round, students are eligible to ride LeeTran for half price with a LeeTran student ID. Bring your school ID to Rosa Parks Transportation Center, 2250 Widman Way, in Fort Myers and for just \$1 receive your LeeTran Student ID card. This card allows you to ride all fixed route buses for just 75 cents and the Beach Trolley for just 35 cents.

Later this summer, join LeeTran for Summer Bus Bash and scavenger hunt fun. Students will be eligible to win prizes for visiting select locations throughout Lee County that are accessible by LeeTran bus routes. In June, visit www.RideLeeTran.com for contest rules and more information or call LEE-TRAN.*

Students To Help Cancer Patients

Fifth graders in Amy Taylor’s Allen Park Elementary School classroom are joining forces with the nonprofit 21st Century CARE foundation to host the second annual Drawing out Cancer art show on Monday, May 22 from 10 a.m. to 12:30 p.m. It will be held in the teacher’s classroom at the elementary school, located at 3345 Canelo Drive in Fort Myers. Refreshments will be served.

Fundraising at the art show will help kids with cancer in Southwest Florida. The event comes from the caring heart of one of Ms. Taylor’s students, Ava, who asked to start a club that would raise donations to help kids with cancer. The entire class joined her campaign with excitement and appreciation that no matter how young they are that they can help those in need.

“We are proud to partner with Ms. Taylor and Allen Park Elementary School to help bring Ava’s dream to life,” said Sharon Salenius, MPH executive director of the 21st Century CARE foundation. “It’s the work and ideas of our young bright minds that give hope to cancer patients in our community.”

All funds raised will go directly to help kids with cancer through the 21st Century CARE foundation, a charitable foundation that helps to financially support cancer patients while

undergoing treatment. The foundation provides financial assistance for cancer patients, and provides free screenings and educational materials.

Cash and checks (payable to Allen Park Elementary School) will be collected at the event. Credit card donations can be made at www.21stCenturyCare.org. Specify “SW Florida kids” in the gift note. All donations are tax deductible.

For more information about 21st Century CARE, visit www.21stcenturycare.org.*

Student Acrylics Workshop

A Summer Acrylics Workshop for middle school and high school students will be held on June 8, 9 and 10 from 1 to 3:30 p.m. at the Art League of Fort Myers. Cost is \$30. For information and to register, contact instructor Penny Fox at 292-7105.

The June exhibit titled Jumping into June is open to the public. Entries will be accepted on Saturday, May 27 between 1 and 3 p.m. A People’s Choice award will be given during the Art Walk reception on Friday, June 2 from 6 to 7:30 p.m.

The Art League of Fort Myers is located at 1451 Monroe Street. Visit www.artleagueoffortmyers.org to view the prospectus.*

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

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

ALL SAINTS BYZANTINE RITE CATHOLIC

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

ANNUNCIATION GREEK ORTHODOX

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

BETH SHILOH MESSIANIC SYNAGOGUE

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

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, revtedalthouse@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.*

Planned Giving Council To Meet

The Planned Giving Council of Lee County, Inc. (formerly Partnership for Philanthropic Planning) will present Inside the Minds of Major Philanthropists at the Thursday, May 25 meeting at Blue Coyote Business & Social Club. Networking begins at 11:30 a.m., lunch and program begin at noon.

The event is free to members. Cost for non-members is \$30 and includes lunch. Reservation deadline is Monday, May 22 at noon. To RSVP, go to www.plannedgivinglee.org.

A guest panel will explore giving philosophies, and attendees will have the opportunity to learn about donor motivations. The event is sponsored by Medical Claim Service of Southwest Florida.

The panel includes: Mark Loren, owner, Mark Loren Designs, national award-winning designer, jeweler, goldsmith; Jerry Nichols, wealth management advisor and community leader, founder, Junior Achievement of Southwest Florida; and Sandy Stilwell, owner and CEO of Stilwell Enterprises & Restaurant Group, member, Hodges University Board of Trustees, Southwest Florida Children's Charities Board of Trustees.

The discussion will be facilitated by Dr. Joe Kramp, senior director of development, FSW Foundation.

Blue Coyote Business & Social Club is located at 9854 Caloosa Yacht and Racquet Club Drive in Fort Myers.

For more information, call 850-0040.*



Nicole Holdgrafer

photos provided

Girl Scouts Earn Gold Awards

Fort Myers Girl Scouts Nicole Holdgrafer and Cynthia Young have earned Girl Scouting's highest honor – the Gold Award.

Holdgrafer discovered a hidden need in her community after touring the Family Visitation Room at the Department of Children and Families in Fort Myers. With donations of books, toys, art supplies, board games, a new coat of paint and her own original artwork, she transformed the bare,



Cynthia Young

unwelcoming room into a pleasant space where families could play, read and color while they enjoy their time together. Her goal was to facilitate enriched interactions between children and parents, resulting in more relaxing, meaningful family visits. Holdgrafer is a junior at Bishop Verot High School.

For her Gold Award project, Young sought to address the need for more outdoor playground equipment in her community. After discovering that cost is the most common barrier to creating safe, outdoor play spaces, Young learned of a program in which plastic screw-on caps are collected and used to manufacture playground components.

She enlisted the help of others to promote the project, establish multiple cap collection sites, and deliver the caps to the sponsoring organization. Young, a junior at South Fort Myers High School, hopes to inspire other autistic girls like her to set big goals and overcome their unique challenges to achieve them.

Holdgrafer, Young and eight other Gold Award recipients will be recognized at the 2017 Young Women of Distinction Ceremony in Punta Gorda on Sunday, May 21. The annual ceremony celebrates the accomplishments of hundreds of Girl Scouts from across the Gulfcoast Council's 10-county service area.

"The Girl Scout Gold Award represents the highest achievement in Girl Scouting," said Girl Scouts of Gulfcoast Florida CEO Mary Anne Servian. "The amount of time and dedication put into the projects is inspiring, and illustrates a Girl Scout's commitment to bettering her community."

Open only to girls in high school, this prestigious award recognizes girls who demonstrate extraordinary leadership through remarkable take-action projects with sustainable impact. Select colleges and universities across the country offer scholarships unique to Gold Award recipients, and young women who enlist in the U.S. Armed Forces may receive advanced rank in recognition of their achievement.

To learn more about the Girl Scout Gold Award and local award recipients, visit www.gsgcf.org/girls/gold-award.*

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A group representing Children's Advocacy Center

photos provided

Bling & Bags Raises \$20,390

The Children's Advocacy Center (CAC) of Southwest Florida recently announced that \$20,390 was raised at the inaugural Bling & Bags Bingo fundraiser at the Landings Yacht, Golf and Tennis Club. This exceeded a set goal by over \$5,000.

More than 200 women were in attendance to experience Lee Tax Collector Larry Hart in his role as bingo caller and to win fabulous designer bags and jewelry. "The money we raised will help the Children's Advocacy Center to continue its fight against child abuse and neglect in our community," said Hart.

Thanks goes out to major sponsor

Florida Blue; platinum sponsors Entech Consulting, The Hansen Family, Investors' Security Trust, Kiwanis Gateway to the Islands, Strayhorn & Persons, Thompson Family Law, Wilbur Smith Law Firm; gold sponsors Edison National Bank, FineMark Bank, Island Mortgage of SWFL, Inc., Marieb College of Health & Human Services, Premier Insurance, United Healthcare; and silver sponsors BB&T Oswald Trippe, Law Office of Karla Campos, Riverside Realty/Staging Matters, Sally Frizzell Coleman, CPA.

"We couldn't have done this without the participation of community businesses and individuals who so generously supported the event," said Event Chair Candis Loving, a CAC Board Director.

For more information on Children's Advocacy Center, call 939-2808 or visit www.cac-swfl.org.



Robbie Roepstorff and John Ammons of Edison National Bank



Larry Hart and event volunteer Karen Whitmore

Planetarium Raises \$10,000 At Fundraiser

The Calusa Nature Center & Planetarium (CNC) raised approximately \$10,000 during its inaugural Expedition Calusa Fundraiser held April 22, coinciding with the celebration of Earth Day. The event is the first of several future events with the intention to increase awareness and membership in the only urban nature center and planetarium in Southwest Florida, as well as to encourage public and corporate donations to fund on-going improvements of facilities and programs. The CNC is currently building a state-of-the-art Aviary, that will house its resident Bald Eagle and other birds needing refuge. It is slated to be completed mid-summer, for which donations are still being accepted.

The safari-themed event kicked off with a VIP reception for 80 guests hosted by the CNC Board of Directors inside the center's museum, and included chef's selections sponsored by Moody River Grille, Ada's Natural Market, Chef Keith Meyer, Pawnbroker Restaurant Group and with desserts from Ellie Bee Bakery and Norman Love Confections.

Guests were escorted into the Planetarium for a welcome by Master of Ceremonies Dave Elias, NBC2 political correspondent, and a message

from CNC President and Founder Dr. William Hammond. Anissa Karim, Lee County's Department of Parks and Recreation East District manager, spoke to attendees about the beneficial impact of the nature center on future generations and the center's positive offerings to the health and well-being of Lee County citizens.

Dr. Win Everham, professor and program leader of environmental studies at Florida Gulf Coast University, discussed how vitally important CNC is to connecting people with nature in order to educate about and to instill responsibility for our earth, especially with the present decrease of green space and current climate issues. To celebrate nature, entertainment for Expedition Calusa was quite eclectic as world-renowned percussionist and musical guest Aiyb Dieng performed with his ensemble, dazzling the audience with spontaneous beats and sounds from exotic instruments. Cypress Lake High School Center for the Arts dance students performed a tribal-inspired contemporary dance and the media production students produced an inspirational video about the nature center's mission and goals.

The evening culminated with a heartfelt call to action by Larry Aguilar, CNC's new executive director, for help to achieve the CNC's fullest potential and vision for the future.

"It is the phase of rejuvenation and metamorphosis we are experiencing, not unlike the butterfly, working from

its humble beginnings to reach its apex, and with each stage of its life, to achieve its fullest beauty," said Aguilar. "Please consider joining the forces of nature already at work here, as many hands are required to achieve its fullest potential."

Sponsors who contributed to the event's success included Moody River Grille; Driven By Design; Mindy LaCroix CPA of Vidussi, Goldsmith, Hull & Co.; the Wellness Triangle; Costco; Publix; Ada's Natural Market; Chef Keith Meyer; The Pawnbroker Restaurant Group; Ellie Bee Bakery; Norman Love Confections; Gioli's Illuminations; Advanced Business Solutions; Aerial Perspectives; Cypress Lake High School; and Florida Gulf Coast University.

Entrepreneur Meeting May 24

Angela Melvin, founder and president of Valerie's House, will speak about building a successful entrepreneurial organization at a meeting of the Entrepreneur Society of America at Endeavor Innovative Workspaces on Wednesday, May 24 from 6 to 8 p.m. Cost is \$25 per person. Register at www.esoa15.wildapricot.org

Valerie's House is a nonprofit dedicated to helping grieving children. Endeavor Innovative Workspaces is located at 8831 Business Park Drive, unit 301, in Fort Myers.

From page 8

Summer Camp

that keeps the campers engaged and amazed. The camp is staffed by professional teachers assisted by advanced FGCU Environmental Studies majors, and all camp personnel are fully background-checked.

Children will need to dress accordingly for the outdoors.

There is no registration fee and camp prices are \$202 per week for non-members or lapsed members and \$157 per week for current CNC members. Two shorter scheduled weeks due to summer holidays (three camp days each) are pro-rated accordingly.

Summer Camp Theme Weeks are:

Session 1: Back to Nature/Ecosystems – June 5 through June 9 Back to Nature; June 12 through 16 Ecosystems

Session 2: Uplands, Wetlands, and Wayfinding – June 19 through 23 Up! Florida's Uplands; June 26 through 30 Wet! Florida's Wetlands; July 3 through July 7 Which Way is What Way? Finding your way in the woods

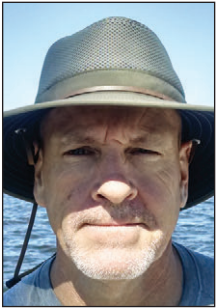
Session 3: Nature Builders, Survival, and Plant Play – July 10 through 14 Nature Builders; July 17 through 21 Survival Week; July 24 through 28 Those Silly Green Things...Plants

Session 4: The Five Senses, Run Wild! – July 31 through August 4 Five Senses, Five Days; Aug 7 through 9 Run Wild!

For more information, membership or enrollment, visit calusanature.org/. For details on specific information, call 275-3435.

CROW Case Of The Week:

Florida Softshell Turtle Eggs



by Bob Petcher

The Florida softshell turtle (*Apalone ferox*) is regarded as the largest softshell turtle in North America. Females can grow to nearly 24 inches in length, yet males typically grow to only half

that size. Softshells are also known as one of the largest freshwater turtles in the continent.

The Florida softshell turtle is so named due to its carapace being... well, soft. It is more like leather, also flattened, and contains less hard bony material than its cousins.

Florida softshells range from dark brown to olive green in color. Their most striking feature is a streamlined face, which sports beady eyes and a pointed, snorkel-like snout with nostrils at the tip. You can find them along ponds, lakes, rivers, streams and canals, often basking in the sun on a log or rock. But don't try to approach them. This species' Latin name suffix "ferox" means ferocious. This reptile can be aggressive and bite if prodded. They are also strong swimmers.

Softshells are carnivorous. They dine on a diet of invertebrates, fish and

amphibians – crayfish, snails, mussels, frogs and assorted worms and insects – but some eat a more varied diet that includes plant material.

Female softshell turtles tend to lay their eggs in sand or mud on the banks of waters in which they reside. Viable sperm may be retained inside the female for about six months after copulation. Interestingly, females spawn simultaneously on days of heavy thunderous rain. On egg-laying sites, eggs are stacked in layers from the bottom to the mouth of the nest. Newly-laid eggs stick together, and their eggshells are soft and leathery to the touch.

At CROW, a Florida softshell turtle was admitted on April 12 from Fort Myers after being hit by a car. Unfortunately, the patient's injuries were deemed too severe, so it was humanely euthanized to prevent suffering. On the positive side, x-rays taken during the patient's intake exam showed that the female turtle contained 25 eggs inside her body, 18 of which were not affected by the injuries. The eggs were removed, placed in vermiculite and then placed in an incubator.

CROW medical staff said the deceased turtle's eggs will incubate for approximately 80 days from the date of extraction before they are expected to hatch. The success rate of the 18 eggs during this procedure looks good, says Dr. Heather Barron, CROW's medical director

"More often than not, we are successful with hatching eggs that are incubated," she said. "They are expected



Patient #17-1007 (not shown) succumbed from injuries sustained by being struck by a vehicle, but many of her eggs survived and are now in the incubation stage

photo by Brian Bohlman

to hatch in late June or early July."

Once hatched, the hatchlings will remain at the clinic for an appropriate time period.

"In the wild, chelonians (turtles) do not provide any parental care once the eggs hatch," said Dr. Barron. "After they hatch at the clinic, they remain in care for about a month to provide a head start and growth through a vital time when

they are most vulnerable to predators."

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.

Thank you to our sponsors of the 6th Annual "Ding" Darling & Doc Ford's Tarpon Tournament, May 19, 2017



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Prime Time For Tarpon



by Capt. Matt Mitchell

Weather conditions for tarpon fishing got much more consistent this week and so did the action. After finding lots of rolling tarpon just out from the beaches earlier in the week, we returned to these same places and found these fish for most of the week. By the weekend, wind patterns changed and blew from the west, making

it just too rough to look for these beach fish. The hunt was on again. Being able to run straight to these beach tarpon and fish for them while watching rolls for the first few hours of a morning charter is how tarpon fishing should be.

After a full week of near perfect, sticky, hot humid conditions, the weather did wonders for tarpon fishing by helping to push lots of fish into our nearshore waters. Tarpon were spotted rolling and free-jumping in all the usual places, both in the sound and out on the beaches. Even during a windy weekend and spotting them in rough conditions proved tough, we were still able to anchor up and catch them. Finally, after the up and down weather conditions we have experienced this past month, big numbers of tarpon have flooded in.

During morning light wind periods, some of the best action and the largest pods of fish were out along the beaches. This bite, as usual, was best on a variety of live baits: crabs, threadfins, big shiners and pinfish

fished under a float. Finding these schools of tarpon out on the beaches can be a little frustrating at times as there is just so much water out here to cover. This method of sighting these fish to locate them often leads to you having these fish all to yourself.

Once I did find them earlier in the week, they were in roughly the same area (few miles) for the whole week. For as long as the conditions remained the same, these tarpon were like clockwork in hanging out along a few miles of beach day after day. We set up the boat on the line, and it was the best method as these fish were traveling. Watching them roll in line with the bait before they eat only adds to the rush. By mid-morning, our sea breeze would kick up, and the fish would quit showing. It was all over.

Over the weekend, the winds kicked up and the only option to tarpon fish was to duck and hide from the wind. I returned to a favorite windy day place and anchored up with very low expectations due to the lousy conditions. Surprisingly, it took only a few minutes until we saw a fish roll only 30 feet from the boat, and the next moment we were on. This big tarpon skied a few times before breaking off. We stayed put for a few hours and ended up striking out (0 for 3) while watching fish roll and crash bait in whitecap conditions. This is a really good sign these fish have finally invaded the sound. These tarpon in the bay ate a variety of baits including crabs, pinfish and cut baits. With another sticky hot week forecasted, this is primetime to catch em.

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.✱



A tarpon comes boat side just before being released
photo provided

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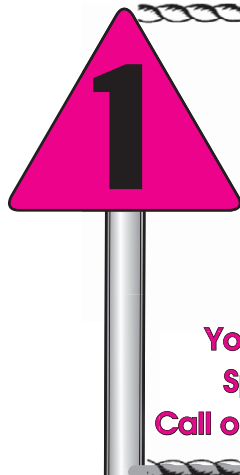
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Dave Doane



Sea rosemary is listed as endangered in Florida

photo by Gerri Reaves

Plant Smart

Sea Rosemary

by Gerri Reaves

Florida is the only state in which sea rosemary (*Heliotropium gnaphalodes*) is native. Due to loss of its native habitat -- coastal uplands and dunes -- it has ended up on the state's endangered list.

This long-lived multi-branched evergreen shrub of the borage, or forget-me-not, family is also known as sea lavender, bay lavender and beach heliotrope.

Because it helps to prevent shoreline erosion, it is used in coastal restorations.

It grows up to six feet high and nearly as wide, forming large mounds, with the lower branches rooting when they are covered by sand. It sometimes develops into a woody small tree.

The foliage is especially attractive -- whorled clusters of silvery gray velvety leaves. A coating of silky hairs gives them a soft texture and helps the plant retain moisture.

The leaves are fleshy and linear or spatula-shaped, measuring about one-half inch wide and up to four inches long. Dead leaves tend to remain on the lower branches.

The plant flowers and fruits intermittently though the year.

Tiny white flowers appear on curled spikes, or cymes. They attract various pollinators, so this is a good nectar

plant for a butterfly garden. Five-petaled with dark rosy throats, the flowers turn lavender with age.

The very small, one-seeded drupe fruit ripens from yellow to white to black. Because it is corky, the fruit floats, which helps in dispersal.

Use highly drought- and salt-tolerant sea rosemary as a groundcover, hedge, or even a pot plant.

Plant it in full sun and sandy or limestone soil. It will grow in nutrient-poor soil and needs no irrigation once established.

Avoid putting it in a moist place or over-watering it, for it will develop root rot. In fact, it's not recommended for inland locations.

You're likely to find this rare ornamental plant for sale only at native nurseries.

In the Bahamas, a tea made from this species is used to treat a variety of ailments.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *Shrubs and Woody Vines of Florida* by Gil Nelson, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, fnps.org, lee.ifas.ufl.edu, and wildsouthflorida.com.

Plant Smart explores the diverse flora of South Florida.✱



Trustees of the SWFLCF with the construction and design team

Collaboratory Project Under Way

More than 300 city leaders, business professionals and Southwest Florida residents recently attended the construction kickoff celebration of the Southwest Florida Community Foundation's new Collaboratory in downtown Fort Myers on Thursday, April 27.

Celebrating the public-private partnership of the foundation and the City of Fort Myers, the event marked the beginning of the transformation of the Atlantic Coast Railway station and construction of a 13,000-square-foot LEED addition to create a campus that includes the foundation's regional headquarters and state-of-the-art shared space for the community and tenants. A brief program featured comments from the leadership of the foundation, the City of Fort Myers and a representative of the Florida Community Loan Fund.

The foundation is funding the project with a \$10 million New Market Tax Credit deal, or NMTC, a program that encourages economic development in distressed neighborhoods. Florida Community Loan Fund provided the NMTC allocation. U.S. Bancorp Community Development Corporation is an investor on the project.

Whitney Hancock Bank provided additional financing.

Fort Myers-based Parker Mudgett Smith Architects and OAK Construction Company are leading the project's renovation and construction. The project is focused on preserving historical features of the property and railway station.

When complete in summer 2018, the Collaboratory will feature vibrant spaces for work, gatherings and special events. In addition, plans include state-of-the-art technology that encourages regional collaboration.

The Atlantic Coast Line (ACL) railway station was presented to the city on February 4, 1924, the same year Fort Myers was poised to join the Florida real estate boom of the 1920s. In the face of shrinking revenues, the Seaboard Coast Line (which had merged with ACL) sold its track, discontinued all passenger service into Fort Myers and closed the station in 1971. After sitting empty for a decade, the Southwest Florida Museum of History opened on the site in 1982. In 2015, the museum merged with the Imaginarium Science Center and recently moved physically to the Imaginarium's site at Cranford Avenue.

For more information on the Southwest Florida Community Foundation, call 274-5900 or visit www.floridacommunity.com.✱

Continental Women's Club

The Continental Women's Club meeting on Thursday, June 1 will feature guest speaker Barb Brayton from Long Term Care Ombudsman Program of Florida. This agency advocates on behalf of those who live in long-term settings such as nursing homes, assisted living facilities and adult family care homes.

She will provide information on how to utilize their services, or even become a volunteer.

The club's monthly meetings are held on the first Thursday of the month at 11:30 a.m. at Colonial Country Club, located at 9181 Independence Way in Fort Myers. The cost to attend the luncheon is \$19.

Call 672-8683 before 8 p.m., Sunday, May 28 to make a reservation for June's luncheon.✱



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Dr. K. Alex Daneshmand photos provided

Lee Health Executive Promotions

Lee Health recently announced the promotions of Lisa Sgarlata, DNP, FACHE to chief patient care officer; K. Alex Daneshmand, DO, MBA, FAAP to chief patient safety officer and Alex Greenwood, MBA to vice president of Lee Health – Coconut Point.



Alex Greenwood

Sgarlata will begin her new role on June 1 with the retirement of Donna Giannuzzi, RN, MBA, NEA-BC. With more than 25 years of experience in various areas of health care, Sgarlata's most recent roles include associate chief patient care officer of Lee Health and chief administrative officer for Lee Memorial Hospital. She also has an extensive background in forensic and emergency nursing, and has served previously as director and executive director of emergency services and vice president of patient care services. Sgarlata earned her doctorate in



Lisa Sgarlata

nursing practice and recently completed a fellowship with the Robert Wood Johnson Executive Nurse Program.

Dr. Daneshmand will begin his new role on June 1. He currently serves as system medical director of pediatric clinical and quality services at Golisano Children's Hospital of Southwest Florida. Since joining the hospital in 2007, Dr. Daneshmand has served as a physician in the pediatric intensive care unit, medical director of the pediatric procedural sedation center, committee member of the oversight system medical staff quality services committee and as

chairman of the pediatric medical staff quality committee. Since June 2016, he has been medical director of quality for the children's hospital. During this time, he developed quality initiatives, organized quality subcommittees and promoted the common goals of patient safety and excellent clinical outcomes. His efforts and collaboration led to the hospital being named one of Leapfrog's Top Children's Hospitals—one of only nine in the country to earn this distinction.

Greenwood currently serves as orthopedic service line director for Lee Health. He will continue in that role along with his new appointment. As vice president, Greenwood will support and work to ensure the vision of Coconut Point as a health and wellness destination for residents of Southwest Florida comes to fruition when the facility opens in 2018. Greenwood has been employed by Lee Health since 2006. In addition to his leadership role with orthopedics, he also served as system director of operations at Gulf Coast Medical Center and Cape Coral Hospital.

"Lee Health is proud to promote from within," explained Larry Antonucci, MD, chief operating officer. "We are very fortunate to have many loyal employees who know our system well, commit to our mission, vision and values, and work hard every day to propel their careers and our health system, forward."✱

VCB Seeks New Resident Artist

Calling all photographers, videographers and creative types with a passion for visual storytelling: Lee County Visitor & Convention Bureau (VCB) is seeking candidates for its third-quarter 2017 Resident Artist Program. This initiative gives aspiring and/or established photographers and videographers an opportunity to further develop their work and connect with the people and nature of Lee County.

What will the next resident artist do? Convey a sense of place, such as what it's like to catch a tarpon, watch a sunset over the Gulf, glide beneath the mangrove tunnels or experience the Fort Myers River District. The VCB will use these images and video in promotions to show what it's like to unwind, unplug, explore, gather together and be surrounded by the nature of Lee County.

The program offers a \$5,000 stipend, and it allows the VCB to use the submitted imagery and/or footage in the destination's ongoing global marketing efforts. Work from the VCB's past resident artists – Jamie Williams, Dennis Gingerich and Rob Hoovis – is currently incorporated into print, digital and social media campaigns across multiple platforms.

Applicants for the upcoming residency must reside in Lee County

full- or part-time. During July to September, the selected candidate will be required to capture 30 digital, high-res photos and/or videos that highlight the unique attributes of different communities within the county. In addition, the selected candidate will be asked to post images regularly to social media and attend a monthly status meeting with VCB managers.

How to apply

- Submit a 500-word statement, share your approach for capturing elements of the destination and state what you hope to gain from participating in the program.
- Provide a link to your online portfolio and your active social channels (Twitter, Facebook, Instagram, etc.) as well as the numbers of followers/subscribers per channel.

- The deadline for entries is June 9, 2017. The candidate that is selected will be notified shortly after the close of the application period.

"Our next resident artist will join a growing list of local creatives whose work has helped us to create high impact visual assets that effectively position Lee County as an attractive tourist destination," said Brian Ososky, the VCB's director of marketing. The bureau expects the new set of images to further bolster its Islandology marketing and advertising campaign that celebrates our unique way of life in Southwest Florida.

The Lee County Visitor & Convention Bureau retains full rights usage for images selected. Stipend

will be paid in full following program completion. No living accommodations, studio or equipment will be provided.

For more information about the Resident Artist Program, or to apply, visit www.leevcb.com/rap.✱

Development Center Awards

Florida Small Business Development Center (FSBDC) at Florida Gulf Coast University (FGCU) announced the winners of the 2017 Distinguished Entrepreneur of Southwest Florida Awards at the annual awards dinner on Wednesday, May 10.

The FSBDC awards are held annually to recognize three Southwest Florida small businesses for their innovation, advocacy, and business growth. This year's awardees include Distinguished Entrepreneur of Southwest Florida, Dr. Anais Aurora Badia, owner of Florida Skin Centers; Innovator of the Year, Guido A. Minaya, owner of Minaya Learning Global Solutions; and Advocate of the Year, Brian Rist, owner of Storm Smart. An additional award presentation included the William O. Webb award, which was presented to A & E Auto Repair.

"We celebrate the business owners that took an idea, grew that idea into a business and created a positive impact on the economy in the Southwest Florida community," said Lois Knox, FSBDC regional director.

Dr. Badia is a board certified dermatologist and the only pediatric dermatologist in Lee County. In 2001, Dr. Badia opened Florida Skin Center in Fort Myers. Since 2001, she has expanded her operations into Cape Coral and Lehigh Acres, with the community's public opinion polls naming her Cape Coral and Fort Myers dermatology centers "The Best" in 2014, 2015 and 2016.

Minaya has a deep background working directly for Fortune 500 companies. He has over 25 years of corporate learning and development management expertise. Minaya Learning Global Solutions helps clients define a path forward to accomplish their business and workforce performance improvement goals. Minaya's education and experience are the driving force of his company's success to innovate from a position of strength and knowledge.

Rist is sought out by local companies seeking insight, dedication to the community and commitment to excellence. He is actively engaged in seven different non-profit associations and has engaged in numerous community initiatives over the company's history, including Harry Chapin Food Bank Hunger Walk, Golisano Children's Hospital of Southwest Florida and Lee County Public Schools Continuous Systematic Improvement.

For more information, visit www.fsbdcswfl.org.✱

Assistant Manager Appointed

Sanibel Captiva Community Bank has promoted Laura Dimmer to assistant office manager at its McGregor branch. She will assist with daily operations and customer relationships, including business and consumer banking.

Dimmer joined the bank in 2015 as a teller and has more than 15 years of banking experience, including serving as branch manager, assistant branch manager, team lead, senior personal financial associate and sales and service associate in Tennessee and Michigan.

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

Founded in 2003, Sanibel Captiva



Laura Dimmer

photo provided

Community Bank has two locations on Sanibel and five additional locations in Fort Myers. To learn more, visit www.SanCapBank.com.✱

Republican Women To Meet

Lee Republican Women Federated will hold a dinner meeting at Pinchers – The Marina at Edison Ford on Monday, June 12. The function, which is open to the public, will begin at 5:15 p.m. with a social. Dinner and program will follow.

Amira Fox, the chief assistant state attorney for the 20th Judicial Circuit of Florida covering Lee, Collier, Charlotte, Hendry and Glades counties, will be the guest speaker. Cost is \$25 to attend; RSVP by visiting www.leerepublicanwomen.com or contacting Wren Morefield at 270-210-1284 or wrenspet@hotmail.com before June 8 at noon.

Fox graduated from American University in Washington D.C. with degrees in international studies and economics and received her law degree from The George Washington University.

Fox has served as chair of the 20th Judicial Circuit Grievance Committee and is currently a member of the Florida Bar's Special Committee to Study Unethical and



Amira Fox

photo provided

Illegal Solicitation of Legal Business. She was appointed to the 20th Judicial Circuit Nominating Commission by Gov. Rick Scott in 2014 and is currently serving a four year term with the Commission.

Pinchers – The Marina at Edison Ford is located at 2360 West First Street in Fort Myers.✱

Financial Focus

Is Your Portfolio Fit And Healthy?

by Jennifer Basey



May is National Physical Fitness and Sports Month. If you can exercise regularly, you'll help yourself feel better, control your weight and even reduce the chances of developing certain diseases. But why

not extend the concept of "fitness" to other areas of your life – such as your investment portfolio?

And to help maintain a healthy portfolio, you can draw on some of the same principles that apply to keeping your body in good shape.

Consider, for example, one of the things that happen when you exercise – namely, your body uses more oxygen. As an investor, you may need your portfolio

to get "oxygen" in the form of infusions of new investment dollars. If you stop putting money into your portfolio, you'll need to rely on your existing investments to grow enough to help you meet your long-term goals, such as a comfortable retirement. Could that happen? Maybe, but you will likely be better off by investing consistently, year after year. And by spreading your contributions over a period of decades, you don't have to come up with large sums at any one time.

Another element important to exercise is the need to avoid injury. That's why all sorts of athletes, both competitive and casual, stretch before they swing into action. Many of them also take other injury-avoidance steps, such as strengthening their core through abdominal work and increasing their flexibility through yoga. When you invest, you can be "injured" if your portfolio takes a hit during a market downturn. However, this type of injury will likely be much more severe if your portfolio is over-concentrated in just one asset class, and the downturn primarily affects those exact assets. But if you own many different types of assets – stocks, bonds, government securities, and so on – you may reduce the impact of a

downturn on your portfolio. Keep in mind, though, that this type of diversification can't guarantee profits or help you avoid all losses.

While exercise is essential to maintaining good health, it isn't the only factor involved. You should also get regular checkups with a medical professional who can run various tests to measure changes in cholesterol, blood pressure, heart function and other areas. To help ensure your portfolio is healthy, you also need to chart its progress over time. And that doesn't just mean determining if you're getting the growth you need, though that's obviously of great interest to you. You also need to evaluate whether your portfolio has gotten out of balance, which can occur without your doing anything at all. To illustrate: If you start out with a certain percentage of one type of investment, such as stocks, and these stocks grow to a point

where they now take up a bigger share of your portfolio, you may be taking on more risk than you had intended.

Consequently, you should review your portfolio at least once a year to evaluate both its performance and its balance. Once you've compared where you are today with where you were a year ago, you'll be in a better position to make appropriate changes if needed.

Do what it takes to keep yourself physically fit – but also take steps to ensure your investment portfolio is in good shape. It's vitally important to your future – and you can do the work without even breaking a sweat.

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.✱



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Successful Early Season Start For The Minnesota Twins Surprises The Experts



by Ed Frank

From last to first. From disaster to euphoria. From misery to sudden hope. How else can we describe the sudden reversal of fortunes for the 2017 Minnesota Twins?

When this team departed here about six weeks ago, nearly every so-called baseball expert predicted another dismal season for the Twins – the team that ended last season with the worst record in all of baseball with a 59-103 (.364) mark.

But if you picked up your newspaper at the start of this week, you might have been startled to read that the Twins were riding atop the tough American League Central Division after winning two of three games last weekend from the defending American League Champion Cleveland Indians.

We hate to jinx the Twins as the season has not yet reached the first quarter mark. However, the team began this week at 19-15 (.559), nearly 200 percentage points higher than they finished last season.

Many still question whether the team is for real. An answer may come this week as they face the Colorado Rockies in a three-game interleague battle. Colorado came into Target Field in first place in the National League West Division at 24-15 (.615)

Sure, the season is still very young. However, the youngsters that the Twins have counted on for several years – Miquel Sano, Max Kepler, and Byron Buxton – are now playing and producing at a strong Major League level. Sano is among the league leaders in home runs and runs scored. All came up through the Minor Leagues and have played here for the Fort Myers Miracle.

Another top prospect, right-hander Jose Berrios, was recalled last week from Triple A Rochester and responded by allowing just two hits over 7 2/3 innings in a 4-1 win over Cleveland. The 22-year-old was a first-round draft pick of the Twins in 2012.

A major key to Minnesota's early-season success is the pitching of Ervin Santana who began the week with a 6-1 record and a sparkling 1.50 ERA, third best in the league. Should the Twins remain in playoff contention near the July 31 trade deadline, the question looms whether new front office management officials would consider trading Santana with just one year remaining on his contract.

Each week, Major League Baseball publishes team power ratings. This week the Twins moved up six places to Number 10.

If you recall when Spring Training ended here, our other local team, the Boston Red Sox, was among the favorites to reach the World Series at 12-1. The Twins were 100-1. The Red Sox were still power ranked at Number 9 in this week's rankings having slipped four notches from the week prior. At barely over .500 at 19-18, Boston began the week in third place in the AL East, four games behind the New York Yankees.

Minnesota in first place, Boston in third. Few would have thought it at season's start.

Miracle In Midst Of Seven-Game Homestand

The Fort Myers Miracle baseball team began a seven-game home stand Monday with a 7-3 victory over Clearwater.

Following this four-game series with Clearwater, first-place Bradenton is here for three games beginning tonight, Friday at 6:35 p.m. First pitch Saturday is 6:05 p.m. with a Sunday matinee at 4:05 p.m.

The Miracle began the week with a season record of 18-20, 6-1/2 games behind Bradenton in the Florida State League South Division.✴

Paddling Race To Return To Beach

The 3rd annual Battle on the Blueway will return to Crescent Beach Family Park, 1100 Estero Boulevard, on Fort Myers Beach on Saturday, June 10. The Battle on the Blueway is a competitive race event for paddling enthusiasts and includes competitive events for standup paddleboarders (SUPs) as well as kayaks, outrigger canoes and surf skis.

The event is a World Paddle Association Region 5 sanctioned points race that will include 7-mile and 2-mile races, sprints, a free Calusa Kids Race and a Special Olympics Fun Race. More than 120 paddlers from across the U.S., Mexico and Canada attended last year's race.

"This year we really opened up the race for everyone to participate," said Calusa Blueway coordinator Mike Hammond. While the first two years were geared more toward elite SUP racers, whom are expected to return again this year, all craft will be allowed to enter the Body Glove

two-mile race this time. This will enable more recreational kayakers and youth paddlers to participate. "Also, everyone has an equal chance of winning great prizes like the Body Glove Performer 11-foot iSUPs being given away," Hammond said.

The event is free for spectators, who can see the races from the beachfront or the pier at Lynn Hall Park. This year, Battle on the Blueway organizers hope to attract even more local participants and spectators.

All non-motorized vessels are welcome. There will be a demonstration and vendor area for those who wish to try out a paddleboard or surfski.

Pre-registration is required for racers. There will not be an opportunity to register the day of the event. Race entries are \$45 to \$55. After June 5, the entry fee will increase from \$55 to \$65. There will also be a fee to park at the beach. All proceeds from the Battle on the Blueway will benefit Special Olympics Florida - Lee County SUP Team.

For event information, call Hammond at 707-7981 or 533-7275.✴

SPORTS QUIZ

1. Against which team did Babe Ruth hit his first home run as a member of the New York Yankees in 1920?
2. Which starting pitcher had the most combined regular-season victories for the Cincinnati Reds in 1975-76, when the team won the World Series each year?
3. In the 2016 season, the seniors on Alabama's football team set a FBS record for most wins in a four-year span (51). Who had held the mark?
4. Who holds the Los Angeles Clippers' franchise record for most career steals?
5. The Philadelphia Flyers of 1979-80 hold the NHL record for longest unbeaten streak. How many of those 35 games were wins, and how many were ties?
6. Name the first Major League Soccer player to score in five consecutive matches during the same postseason.
7. Heavyweight boxing champion Larry Holmes started his pro career 48-0, then lost three consecutive bouts. To whom did he lose?

ANSWERS

1. Ruth hit a home run against Boston. 2. Gary Nolan won 15 games each year, for a team-leading total of 30. 3. Boise State with its 2011 senior class, and Ohio State with its 2015 season class. 4. Randy Smith, with 1,072. 5. The Flyers had 25 wins and 10 ties during that streak. 6. Toronto's Jozy Altidore. 7. Michael Spinks (in 1985 and 1986) and Mike Tyson (in 1988).

Senior Softball MegaDraft Nears

Lee County will host the Senior Softball-USA (SSUSA) Masters MegaDraft from Friday, June 16, through Sunday, June 18. Players competing in the new format tournament will be informed of team assignments only while attending a pre-event draft function. Teams will then compete throughout the weekend at the CenturyLink Sports Complex, 14400 Six Mile Cypress Boulevard, in Fort Myers.

The Masters MegaDraft is open to all players age 40 or above by year-end, who love to play softball. A maximum of 13 players will be assigned to each team to ensure generous playing time for all competitors. Interested players must enter registrations individually, via the form posted at www.leaguelineup.com/megadraft and submit payment to Senior Softball-USA by calling 916-326-5303. Early registration ended May

15. Late registration, which costs \$50, ends May 31, at which time players will be accepted, provided space allows.

Once registered, all players are guaranteed team placement, a minimum of five matches over the course of the weekend, an SSUSA 2017 player registration card, access to Adidas-sponsored skills challenges and prizes, access to the Adidas merchandise tent and draft party attendance at Stevie Tomato's.

The tournament weekend begins on Friday, June 16, with player check-in, a welcome reception and draft announcements from 7 to 9 p.m. On Saturday, June 17, bracket games and Adidas skills competitions run from 9 a.m. to 5 p.m. Tournament games begin at 9 a.m. on Sunday, June 18, with awards and presentations to follow. All tournament activities will conclude by 3 p.m. June 18.

For more information, visit SSUSA's website at www.seniorsoftball.com.✴

Golf Tournament For Homelessness

The Lee County Homeless Coalition invites sponsors and players to Drive Out Homelessness at the Coalition's 8th annual Charity Golf Tournament on Saturday, June 10. Shotgun start begins at 8:30 a.m.

The fundraiser, hosted by Florida State Representatives Matt Caldwell, Dane Eagle and Ray Rodrigues, will be held at Colonial Golf & Country Club. All proceeds from the event will benefit the Lee County Homeless Coalition.

"We have various levels of sponsorships available," said Janet Bartos, executive director for the Lee County Homeless Coalition. "We are also signing up players for the tournament: Teams of four can play for \$400 and individual players for \$100. Proceeds from the tournament will benefit the coalition whose purpose is to end and alleviate homelessness in Lee County."

Janet Bartos explained, "This event provides an opportunity for our community to pull together to help our fellow residents who are faced with homelessness. The Lee County Homeless Coalition is a

local agency, and the profits remain in our community and allow us to make an impact with the children, families and individuals who are faced with homelessness every day."

Sponsorship opportunities ranging from \$250 to \$2,500 include signage on the course, complimentary player registrations and recognition at the awards luncheon. Registration includes 18 holes of golf with a cart, light breakfast and coffee, drink ticket and lunch. The tournament features numerous prizes and contests, including 1st, 2nd and 3rd place winners, 50/50 raffle, longest drive, hole-in-one and closest to the pin. Space is limited.

On any given night in Lee County, there are an estimated 2,300 persons without a place to call home. "Many of the community's homeless blend right in," said Janet Bartos, executive director of the Lee County Homeless Coalition. "They are the families who foreclosed on their home after losing their jobs, kids your child sits next to in school, and veterans returning from war."

To participate in the event, register, become a sponsor or learn more about how you can help join the fight against homelessness, visit www.leehomeless.org or contact Bartos at 322-6600.✴



Suncoast Emmy award winners

photo provided

TV Student Interns Win Four Emmys

The Lee Schools TV student intern program received four Suncoast Television Awards of Excellence, known as Student Emmys, from the National Academy of Television Arts and Sciences (NATAS).

The Suncoast Emmy is a regional award given by NATAS. The Suncoast region includes Florida as well as parts of Georgia, Alabama, Louisiana and Puerto Rico. Nationwide, more than 8,000 entries are received for Regional Emmys and less than 10 percent of the entries are recognized.

- Winners include:
- Sports: More Effort, More Wins by Marissa Giambalvo
 - Audio/Sound: Welcome Back to School by Vince Marcucci
 - Editor: Welcome Back to School by Vince Marcucci
 - Writing: Happy Radio by Paige Renyhart
- Our Honorable Mentions:
- Public Affairs/Community Service: Team Buckingham by Macey Callans

- and Rahmah Alamoudi
- Director: CurrentLee Episode 45 by Vince Marcucci
- Director: Chromebooks in the Classroom by Vince Marcucci, Paige Renyhart and Eric Martinez
- Writing: A Special Kind of Security by Vince Marcucci

The Lee Schools TV student intern program has won 33 Regional Student Emmys since 2010 and were awarded a National Student Emmy in Light News Feature last year.

Regional winners will be advanced to the National Student Production Awards and winners will be announced in October 2017.

NATAS Student Awards encourages the pursuit of excellence in video production and focuses public attention on outstanding achievements produced by students. Student awards for excellence are awarded by the Regional Chapter of The National Academy of Television Arts & Sciences. The awards are intended to be an incentive for the pursuit of excellence in television journalism and focus public attention on outstanding achievements in television produced by high school students.✪

Chrysalis Awards Celebrated

The Lee County Visitor & Convention Bureau (VCB) and the Greater Fort Myers Chamber of Commerce Inc. honored six local individuals and businesses with Chrysalis Awards at the annual Celebration of Business & Tourism Awards Luncheon and Trade Show recently at the Sanibel Harbour Marriott.

The 2017 Chrysalis honorees that were celebrated for their positive impact on the local community were:

- Business Development: Fleamasters Fleamarket
- Cultural Achievement: River District Alliance
- Education: FutureMakers Coalition
- Sports: Perfect Game Baseball, Inc.
- Sales & Marketing: Florida Everblades
- Eco-Innovation: Rosy Tomorrows Heritage Farm

The nominees included area attractions,

accommodations, retailers, educational institutions, arts and cultural organizations, transportation companies and other local businesses in the six categories. The awards are designed to foster a stronger alliance between the tourism industry and the county's business community.

Chrysalis Award nominees were judged on innovation in their respective category, how they have distinguished themselves in the community, the results of their efforts to promote the destination, their contributions to business and tourism partnerships for the overall benefit of the county and their work to foster growth and sustainability. Honorees were recognized for their commitment to excellence in improving community growth and creating job opportunities for the citizens of Lee County.

The trade show and luncheon celebrates the successful collaboration between tourism and the community to maintain and enhance tourism as the major economic engine for Lee County.✪

Pilot Club Presents Check To Sheriff's Office



Joy Augustine, president of the Pilot Club of Fort Myers, center, presents a check in the amount of \$1,166.85 to Lee County Sheriff's Office representatives Stacey Payne and Capt. Robert Gizzi

photo provided

The Pilot Club of Fort Myers held a shredding event recently at Miromar Outlets. All proceeds, totaling \$1,166.85, have been donated to the Lee County Sheriff's Office to support Project Lifesaver, which began as a partnership in 2006. Individuals with Alzheimer's and Autism, as well as others with related brain dysfunction disorders who tend to wander, wear a personalized wristband that emits a tracking signal.

When caregivers notify the Lee County Sheriff's Office that the person is missing, a search-and-rescue team responds to the wanderer's area and starts searching with a mobile locator tracking system. Search times have been reduced from hours and days to minutes.

For more information about the Pilot Club, contact Joy Augustine at personalpropertyappraiser@yahoo.com or 691-0069.✪



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Business Hall Of Fame Inductees

Junior Achievement of Southwest Florida inducted 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 during a dinner and awards ceremony on May 2 at the Hyatt Regency Coconut Point Resort & Spa in Bonita Springs.

More than 400 local business professionals attended the event, which recognizes outstanding entrepreneurs who serve as role models for youth through their professional accomplishments and commitment to the community.✧



2017 Business Hall of Fame, Lee County laureates, Teri Hansen and Sandy Stilwell
photos by Michael Owen



From left, Doug Meurer and Gail Markham with Vicki and Richard Pitbladdo



From left, Stephanie Hoffman, Angela Fisher, Mayela Rosales and Ethel Palaci



From left, Gary Bryant with Gay and Gary Trippe



From left, Staff Officer Darryl Aubuchon, Staff Officer C. Vernon Tyus, Lt. Angelo Vaughn, Staff Officer Gerald McNulty, Commissioner Cecil Pendergrass, Lt. James Bogliole and Cmdr. Morgan Bowden



Jeff Miloff and Mark Loren



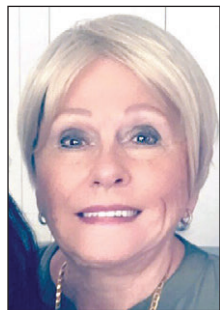
Robbie and Geoffrey Roepstorff



From left, Pam Edwards, Liz Aurensan, Susan Nasworthy and Kim Nyberg

Book Review

News Of The World



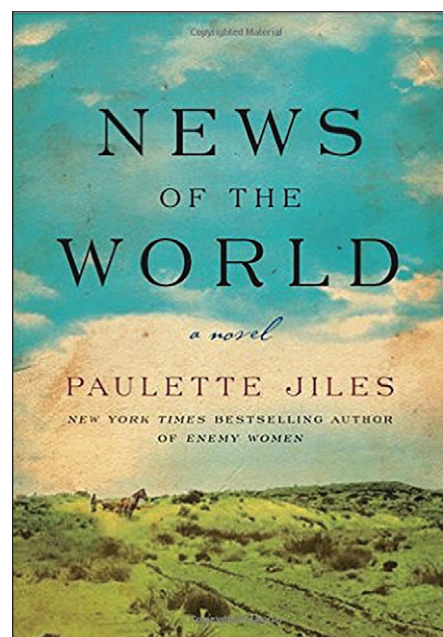
by Di Saggau

News of the World by Paulette Jiles is an enjoyable little book that tells the tale of a 71-year-old man, Capt. Jefferson Kyle Kidd, who travels from town to town in North Texas with his newspapers

reading aloud the news of the day to various assemblies for a dime a head. The setting is the aftermath of the Civil War, and people are hungry for news of the world, of the Irish pouring into New York City, of the railroad driving into the new

state of Nebraska, of a volcanic eruption in Mexico. During a stop in Wichita Falls, Capt. Kidd is offered a \$50 gold piece to deliver a young girl to her relatives near San Antonio. Four years earlier, a band of Kiowa raiders killed her parents and sister, raising Johanna as their own. The 10-year-old has once again been torn away from the only home and family she knows.

Capt. Kidd feels a sense of duty even though he knows the journey will be a difficult one winding through unsettled territory and unforgiving terrain. There is no one else who can or will help this girl. The captain must watch for thieves, Comanches, Kiowas and the federal army. His toughest job is watching over Johanna, who refuses to answer to her name. The small, thin, despondent child has forgotten the English language and tries to escape at every opportunity. She refuses to act civilized and even throws away her shoes.



As their journey continues, she slowly draws closer to the man she calls "Kep-dun," and the two forge a bond that makes the difference between life and death in a treacherous land. Jiles tells the reader how children, like Johanna, suffer from a post-traumatic stress disorder and always seemed to want to return to the Indians who had kidnapped them. There is suspense throughout the book about what will happen to Johanna and the captain when they reach their destination. Not only is the book about how the two main characters learn to trust each other, it's about a time long ago when the news was a rare commodity and an expert reader like Capt. Kidd could entertain and inform eager crowds as to what is happening in the wider world.

Unfolding in gorgeous prose, *News of the World* is a vigorous book that captures a beautiful and hostile land, and a masterful exploration of the boundaries of family, responsibility, honor and trust.✧

School Smart



by Shelley M. Gregg, NCSPP

Dear Readers, Here is the third and last column on resiliency. Now that we have a basic foundation in this topic, let's discuss the characteristics

of children who are resilient. Who are these kids and what do they do differently? Here is what the research from the Resilient Schools Program says.

Social Competence

Resilient children tend to be responsive, have good social skills, are capable of initiating and sustaining close relationships with adults and peers, and are able to show appropriate empathy. They have good communication and conflict resolution skills, and an appropriate sense of humor. The basic elements of social competence include:

- Basic interaction skills (e.g. smiling, making eye contact, listening)
- Entry/approach skills (how to approach an individual socially or join a group)
- Maintenance skills (e.g. how to share, take turns, follow rules, co-operate, etc.)
- Friendship skills (e.g. involve others in decision-making, be inclusive, etc.)
- Conflict resolution
- Empathy
- Communication of needs and ideas
- Sense of humor
- Assertiveness (how to say no and stand up for oneself, etc.)

Problem-solving Skills

The ability for effective problem solving is essential for resiliency. The resilient child is generally able to think creatively, flexibly and skillfully in dealing with problems. They are able to ask adults for help when needed. Starting at about age 11 to 12, when children begin to think abstractly, is a good time to teach them a general problem-solving

model, although with guidance, younger children can be taught the initial problem identification. Here is a basic problem-solving model:

- Identify the problem
- Brainstorm solutions
- Evaluate potential solutions, choose the best solution and put it into action.
- Evaluate the outcome. If it does not solve the problem, repeat the process.

Autonomy

A degree of autonomy is essential for the development of good problem-solving skills. If children do not have a sense of their own independence, they will continually rely on adults around them to solve their problems, and they will not develop their own problem-solving skills. Parents can promote children's autonomy by:

- Encouraging them to take on age-appropriate responsibilities at home such as caring for a pet.
- Assisting them to think of their own solutions to problems rather than stepping in and solving the problem for them.
- Teaching children that it is OK to make mistakes and fail.
- Encouraging them to make their own choices when appropriate rather than choosing for them.

Optimism

In regard to resiliency, optimism refers to a sense of a positive future, a tendency to find positive meaning in experiences, and a belief in one's ability to impact positively on one's environment. Some children tend to be naturally optimistic and persistent in the face of obstacles. Others are more sensitive to setbacks and inclined to taking things poorly. However, optimism is a learnable skill. Children can learn optimism by observing people around them, such as parents, or by learning how to be optimistic as a skill that can be taught to them.

Clearly as parents there is much that you can do to help your children become resilient. Teaching and modeling for them good social and problem solving skills, encouraging autonomy and demonstrating an optimistic outlook will go a long way in developing resiliency in

your children.

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.✧

From page 1

Beach Walk

children (ages 5 to 17); the cost is \$12 for non-member adults and \$7 for non-member children. Parking is \$2 per hour. The beach walk will last about an hour. All participants receive a coupon for half-off museum admission and advanced booking is required. Beach walk tickets are non-refundable; a full refund will be given if the museum cancels due to weather. Call 395-2233 to make reservations or visit www.shellmuseum.org for more information.✧

Available at
www.AMAZON.COM
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."

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

FGCU Hosts Governor's Cup For Entrepreneurs

Florida Gulf Coast University (FGCU) recently hosted the REEF Governor's Cup of Florida Business Model Competition at which teams from 10 colleges and universities pitched their ideas for new products in an effort to win top honors and financial backing.

A University of Florida student team placed first, winning a \$6,000 prize and the trophy for a pitch on a kitchen device that safely and easily opens coconuts in seconds – the first in what is planned to be several innovative coconut tools under the company banner Cocovana.

Second place went to the University of Tampa and its patent-pending LiftSync hardware that utilizes two wristbands to record and analyze personal workouts, while Florida



From left, Randy Lopez, Joshua Rentrope and Josiah Husingor from Florida Polytechnic; Mathew Phillips and Mariner Cheney from University of Tampa; and Sheldon Barret from University of Florida, were top finishers in this year's REEF Governor's Cup competition. photo provided

Polytechnic University took third with an aftermarket device, Logentix, that gives self-driving capabilities to existing vehicles to assist commercial drivers and accident-prone consumers.

The Roundtable of Entrepreneurship Education in Florida competition, sponsored by TAMiami Florida Angel Funds, gives some of the top collegiate business minds in the state a chance

to get real-life experience collaborating and developing products and ideas, relevant business plans and effective pitches through which to attract startup funding. Besides the verbal presentation, each team displayed a prototype of its project inside FGCU's Cohen Center ballroom.

"This second annual Governor's Cup provided us the opportunity to showcase FGCU and the Institute for Entrepreneurship," said Dr. Sandra Kauanui, director of the institute. "Based on the feedback I received from attendees, from the community and the other nine universities, we accomplished our goal."

Besides the three winning schools and host FGCU, others participating were Bethune-Cookman, Florida Atlantic, Florida State, Stetson, Central Florida and South Florida.

For more information, contact Sandra Kauanui, director of the Institute for Entrepreneurship, at 590-7433 or skauanui@fgcu.edu.*



Leaders from Healthy Lee recognized the School District of Lee County as the Million Mile Movement's top team. District leaders also recognized their top movers. photo provided

Lee County Moves 726,552 Miles In 90 Days

Individuals and teams from all areas of Lee County walked, biked, ran, danced and swam in logging 726,552 miles in response to Healthy Lee's Million Mile Movement challenge. More than 6,000 people registered to take steps toward a healthier lifestyle by participating in the 90-day challenge that concluded March 31.

"We are pleased at the number of people who participated in the challenge and the miles logged," said Christin Collins, co-chair of the movement and Lee Health Business Partner for Health and Wellness. "The response to the challenge is a clear indication that Lee County wants to be a healthier community."

Although the challenge was issued as a non-competitive initiative, several teams surpassed the goals they set for the movement. Here are the top 'achievers':

- Top Teams:
 1. Lee County School District 70,745 miles
 2. City of Cape Coral 54,840 miles
 3. Physicians' Primary Care

49,630 miles

- Top Cities:
 1. Fort Myers Beach 249,234 miles
 2. Cape Coral 244,029 miles
 3. Fort Myers 112,795 miles

Robbie Roepstorff, Healthy Lee chair, presented a Certificate of Achievement for outstanding leadership and innovation to Dr. Greg Adkins, Lee Schools Superintendent. Dr. Adkins, in turn, recognized the school districts top movers, including:

- Three top movers:
 - Rich Chechilo, teacher, Dunbar Middle School; Michelle Cron, school nurse; Erin Grisse, teacher, Dunbar Middle School
- Top administrator:
 - Jen Seluck, assistant principal, Estero High School
- Top human resources staff:
 - Jeanne Beatson, Insurance & Benefits

The Million Mile Movement was created to support Healthy Lee's mission to empower and inspire healthy lifestyle choices through education and action. This is the second time the challenge was issued by Healthy Lee; miles logged more than doubled this year, compared to the first challenge in 2015.

In addition to celebrating the success of the Million Mile Movement, Healthy Lee officials also shared the next initiative, the 5210 Pledge, which includes committing to eating at least five fruits and vegetables a day, limiting recreational screen time to two hours per day, engaging in one hour of physical activity every day and

drinking zero sugar-sweetened beverages. Healthy Lee gifted posters to the district to help them promote the healthier lifestyle choices.

For more information about Healthy Lee and the 5210 Pledge, visit www.HealthyLee.com.*

Florida History Day Winners

Secretary of State Ken Detzner and the Museum of Florida History recently announced the winners of the annual Florida History Day (FHD) state competition, formerly known as Florida History Fair, held in Tallahassee. More than 60,000 students from around Florida participated in Florida History Day this year, and the top entries from each county competed at the state contest. At the event, outstanding history teachers from across the state were also recognized and presented with awards.

"The students and teachers who participated in this year's Florida History Day are a shining example of the talent and creativity in Florida schools," said Detzner. "I'd like to recognize all of the students who devoted time and energy to their projects, and I want to congratulate the award winners who will represent Florida in the National History Day competition. I also applaud the teachers who were honored with awards this year for inspiring students and cultivating their interest in history."

More than 1,140 middle and high school students competed in the FHD state competition. Students presented award-winning research in a variety of mediums including documentaries, exhibits, papers, performances and websites. The top two placements in each category are invited to represent Florida at the National History Day contest from June 11 to 15 in College Park, Maryland.

Local winners from the Southwest Florida region included Chase Estes, a homeschool student from Collier County, and Molly Wilson of Paul Laurence Dunbar Middle School in Lee County.

Estes won with a Senior Historical Paper titled *Sir Edmund Barton and Sir Henry Parkes: The Drive for Federation and the First Australian Constitution*. Wilson won with a Junior Individual Documentary titled *Thurgood Marshall: Taking a Stand Against Segregation*.

For more information and a full list of student and teacher award winners, visit www.floridahistoryday.com.*



A student winner is announced at the annual Florida History Day photo provided

Healthy Living Lecture Series



Dr. Salvatore Lacagnina photo provided

The next in a series of free lessons in the Healthy Living Lecture Series will be held at Lee Memorial Hospital's Auditorium on Tuesday, May 23 from noon to 1 p.m. These interactive and informative lectures are presented by Dr. Sal Lacagnina, system medical director of wellness and employee health. They are designed to cover a variety of health care topics to help improve your physical and mental well-being.

How do you know you are healthy? What is the value of a wellness examination? Should we all be doing routine health maintenance? Join Dr. Sal for an informative and interactive session to learn the answers to these questions and more.

Seating for this lecture is limited and reservations are requested. Call the Health and Wellness registration line at 424-3234.

The Healthy Living Lecture Series is presented as a program of Healthy Lee, a community resource that was created to empower and inspire the people of Lee County regarding healthy lifestyle choices through education and action.

Visit www.HealthyLee.com for more information.✱

Electrical Safety Month Awareness

During the month of May, LCEC joins the Electrical Safety Foundation International (ESFI) to help raise awareness about potential home electrical hazards and the importance of electrical safety. Although May is National Electrical Safety Month, it is important to be mindful every day when working with or around all things electrical. Below are some tips to help protect you from injury or death from electrical-related home fires and accidents:

- Keep ladders, kites, booms, pool

skimmers and antennas away from overhead power lines

- Never touch or attempt to move a downed power line
- Before you dig, call 811 to have utility lines marked. Remember that power lines are underground as well as overhead
- Never attempt a project that is beyond your skill level. That's what professionals are for
- Always turn off power to a circuit that you plan to work on. You can do this at the circuit breaker in the main service panel
- Always unplug appliances before attempting to work on them
- Invest in safety items such as

gloves, goggles and hearing protection that is appropriate to the work or electrical tool that you will be using

In celebration of National Electrical Safety Month 2017, ESFI has launched the fourth installment of its National Electrical Safety Month publication, *Electrical Safety Illustrated*. This year's theme of Decoding the NEC to Prevent Shock and Electrocution informs readers on the changes made in the 2017 National Electrical Code.

For more information on National Electrical Safety Month, visit www.esfi.org/program/national-electrical-safety-month-314. For more tips on electrical safety, visit www.lcec.net or contact LCEC at 656-2300.✱

Free Screenings

Narconon drug and alcohol rehabilitation centers remind families that Fentanyl overdoses are at an all-time high and affecting all communities nationwide. Fentanyl isn't only in heroin. Learn more about where Fentanyl is being found and get your loved ones help if they are at risk.

Visit www.narconon-suncoast.org/blog/fentanylits-not-only-in-heroin.html to learn more about the new sources of Fentanyl, where it's found and what drugs it's being mixed with.

With free addiction screenings, Narconon can help you take steps to overcome addiction. Call 877-841-5509 for free screenings or referrals. ✱

38th ANNUAL ROAD RALLY

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OPTIMIST CLUB

The Sanibel Captiva Optimist Club 2017 Official Entry Form

For an early start time, preregister and mail this form along with entry fee of \$40.00 to:

Sanibel Captiva Optimist Club
P.O. Box 1370 Sanibel, Florida 33957

Additional Info (area code 239) Randy @ 699-8739 or Richard @ 292-4631 Dani @ 472-0836

on-line @ www.sancapoptimist.org

Contact - e-mail Sanicapoptimist@comcast.net



Card Type ☐ AE ☐ Visa ☐ MC ☐ DISC

Exp: Date Card # Card Digit code Billing zip

Team Name:

Driver's Name & Shirt Size:

Navigator's Name:

Where Can We Contact The Team Leader? Please Print:

Team Leader Name:

Address:

City: State: Zip:

Cell Phone: E-Mail:

Time Out: Time In: Total Time:

Mileage Out: Mileage In: Total:

Route Score: + Bonus: - Penalties: Total:

Preregistration Fee \$40.00. Walk-in fee day of event \$45.00
Includes: Car, Driver, Navigator, Unlimited Crew, and 1 Official Road Rally T-Shirt.
(Additional T-Shirts will be available for \$15.00)

Penalties:

- Five points deducted for each mile over or under computed mileage.
- Points may be deducted for each minute over or under average course time at the Committee's discretion.
- Entry disqualified for exceeding posted speed limit or for receiving a moving violation on the course.
- Entry may be disqualified if not at finish point within 2 1/2 hours.
- The Rally Master reserves the right to adjust the time equally for all contestants if conditions warrant.
- Afterglow party in The Sanibel Grill @ The Timbers Restaurant!



Registration from end of Parade to 12:00 Noon Monday, July 4th,
in the parking lot at Timbers Restaurant
703 Tarpon Bay Road, Sanibel Island, Florida
Conducted by: The Sanibel Captiva Optimist Club

The Sanibel - Captiva Optimist Club is a 501(C)3 Corporation and your donation is fully tax deductible. Please note that we are an all-volunteer, not-for-profit organization and all of the funds go directly to Helping The Kids

dearRPharmacist

Not To Freak You Out, But We're Kind Of Dirty



by Suzy Cohen, RPh

Dear Readers: Most of us don't allow our home to get filthy and disgusting. We clean it up from time to time, right? We throw out trash, do dishes, dust and vacuum. So how come some people let toxins build up and get

nasty inside the body?

We have so many antioxidants and natural chelating supplements that 'vacuum and dust' our bodies. Sweating is actually the easiest and fastest way to clear toxins, plus, by moving lymph, you're filtering out the sticky poisons.

If you think you're 'clean' don't be so quick to dismiss me because if you eat and drink (by drink, I mean anything including water, but you can certainly insert soda, alcohol or coffee), you should continue reading. Many of the things we naively ingest sticks to our colon and spawns free radicals, raising risk of stomach and colon cancer (all cancers for that matter) as well as heart disease.

Our planet is a mess. Google Kamilo Beach in Hawaii to see. Chemicals and pesticides routinely flow through our bodies. Babies are born with over 200 chemicals according to umbilical cord studies! Then some idiot panel decided that newborns should get 'stuck' with about 36 immunizations comprised of more chemicals, metals or half-dead viruses within weeks of their first breath. Since their liver isn't even completely operational, multiple shots with different chemicals could stockpile or collide. My point is cellular garbage accumulates.

One tuna fish sandwich contains

so much mercury, nutritional guidelines recommend limiting tuna. It's in the water, and injected into some amalgams. We can't get away from toxins, so I recommend becoming proactive before disabilities set in, before we've had an opportunity to skydive, visit Paris, or ride in a hot air balloon.

The brain is made of fat so that's where toxins accumulate causing neurological symptoms of an unexplained nature, what your doctor calls "idiopathic." Vague symptoms of toxic overload include fatigue, diarrhea, brain fog, anxiety, insomnia, obesity, DNA damage (cancer), menstrual irregularities and blood sugar problems. I've written a longer version of this article, now posted at my website if you're interested in more 'red alert' symptoms as well as more solutions.

Today, let's all unite and do some exercise (do anything!) and eat some organic fruit, cook up veggies tonight and skip the soda. That last one is not only fattening, but expensive. Soda makes me burp, is that TMI?

As for natural 'chelating' detoxification supplements, one of many to consider is chlorella. This tiny microalgae acts like a wet sponge and soaks up dirt stuck inside your gut. Some theorize it can bind to heavy metals, medications, pesticides and plasticizers that might be hiding inside the folds of your intestines. Chlorella is an awesome superfood, getting its green color from the chlorophyll (which tints leaves green). You can buy chlorella supplements or (superfood green powdered drink mixes that contain chlorella) at any health food store or online store. Since it's a breath freshener, you might notice that it improves your kissability. Start with the lowest dose possible because a big dose could trigger a detoxification response, especially if you have been exposed to a moldy house in the past.

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

Doctor and Dietician

Don't Cover Up Pain



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

If your house was on fire and the smoke detectors were sounding, would it be in your best interest to remove the batteries in the smoke detectors so the alarms stopped blaring? When patients suppress pain with corticosteroid shots, anti-inflammatory and narcotic medications, they are, in essence, not allowing the body to "sound the pain alarms" and have little hope of curing the pain/putting out the fire. For a family to go about their normal business during a fire, just because the alarm is not sounding, would be absolutely deadly. The same is true with suppressing the pain of an injury. Playing tennis or other sports and activities while pain is blocked by anti-inflammatory medications can essentially do the same thing to the

injured joint. Pain protects the body from further harming itself. Anyone who takes anti-inflammatory medications for painful joints runs the risk of increasing the joint damage. In addition, it is harmful to choose to do nothing because these progressive conditions only lead to more destructive joint motion. The majority of chronic joint pain begins with some type of soft tissue injury and joint instability. Bones move out of alignment if the stabilizing structures, like ligaments, have been injured. Treatments that encourage blood flow to the originally injured area are ideal to naturally activate the body's own repair resources. These may include various types of acupuncture, osteopathic or chiropractic techniques, as well as regenerative injection therapies, including prolotherapy with stem cells or platelets (PRP), which stabilizes joints and eliminates pain.

Remember, chronic pain is not due to a corticosteroid or anti-inflammatory drug deficiency. We recommend not removing the batteries when the pain alarm is going off, but rather, take a more active role in finding out how to put the fire out for good.

*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.**

Alzheimer's Center Program

The Alvin A. Dubin Alzheimer's Resource Center will be conducting the savvy caregiver program for family caregivers. The weekly sessions will be held at the center from 2 to 4 p.m. on the following dates: Thursday, May 25; Wednesday, May 31; Wednesday,

June 7; Thursday, June 15; Wednesday, June 21; and Wednesday, June 28. Light refreshments are provided. There is no charge for this program. Registration is required, and seating is limited. RSVP by Wednesday, May 24 by calling the Alvin A. Dubin Alzheimer's Resource Center at 437-3007. For more information, visit www.alzheimersswfl.org. The Dubin Alzheimer's Resource Center is located at 12468 Brantley Commons Court in Fort Myers.*

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,
I was surfing the Internet tonight,

looking for help getting my adult daughter and two grandkids out on their own and found your article. I love your advice!

My daughter is divorced and she lost her job and moved back home in August 2003. She started a new job three months ago and doesn't say anything about moving. We are retired and want our house back, but can't afford to move to a condo in Florida.

How much time should we give her and how do we get them out? Help!!!
Thanks.

Margaret

Dear Margaret,

Unfortunately, this is a dilemma many retirees face. You have helped your daughter and grandkids at a time of crisis, but that crisis is now over. It is time for an exit plan for all involved as soon as possible.

I feel our retirement years should be as enjoyable as possible. Most of us want to live in our own space in a quiet environment. We want privacy to watch TV, eat, sleep, go where we want, when we want to and to be able to leave our

medicines on our own bedside table. These are the payback years free from the normal noise, stresses and confusion of raising children.

You and your husband need your home back to yourselves. Your daughter also needs to get on her own, to make a new life for herself and her children. In a quiet, relaxed time, tell her you are happy she has found a new job and you know she must be thinking of moving out. Tell her you would be happy to assist her with her budgeting, finding a place for herself because you know it is best for her to be on her own as soon as possible. Exercise a little tough love and later she will thank you for it!

Lizzie

Dear Margaret,

I think it was great for you and your husband to help your daughter out the way you did. Divorced women with young children struggle a great deal to get by. On top of that, poor economic conditions make a difficult situation even more difficult. As old as we adult children are, as independent as we think we are,

we will always need our parents. With embarrassment, I will admit when around my parents, I behave more like a kid than a grown responsible adult – always the kid. I do not think my behavior is much different from others, and therein is your situation.

Continue your discussion with your daughter about her future plans and goals. Generally, when someone starts a new job, the first 60 to 90 days are probationary. In some companies, benefits will not begin until after this period. Your daughter is close to, if not past, her probationary period. It is time she plans for the future. Four to six months is a reasonable time for your daughter to find a place to live, and get her life into an independent setting. Simplify your discussion; explain your needs... to have your home back. You love her, want her to be happy and successful and will be there for her and she needs to be out on her own.

Pryce

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



Southern Fried Mahi-Mahi Sandwiches photo courtesy Fresh From Florida

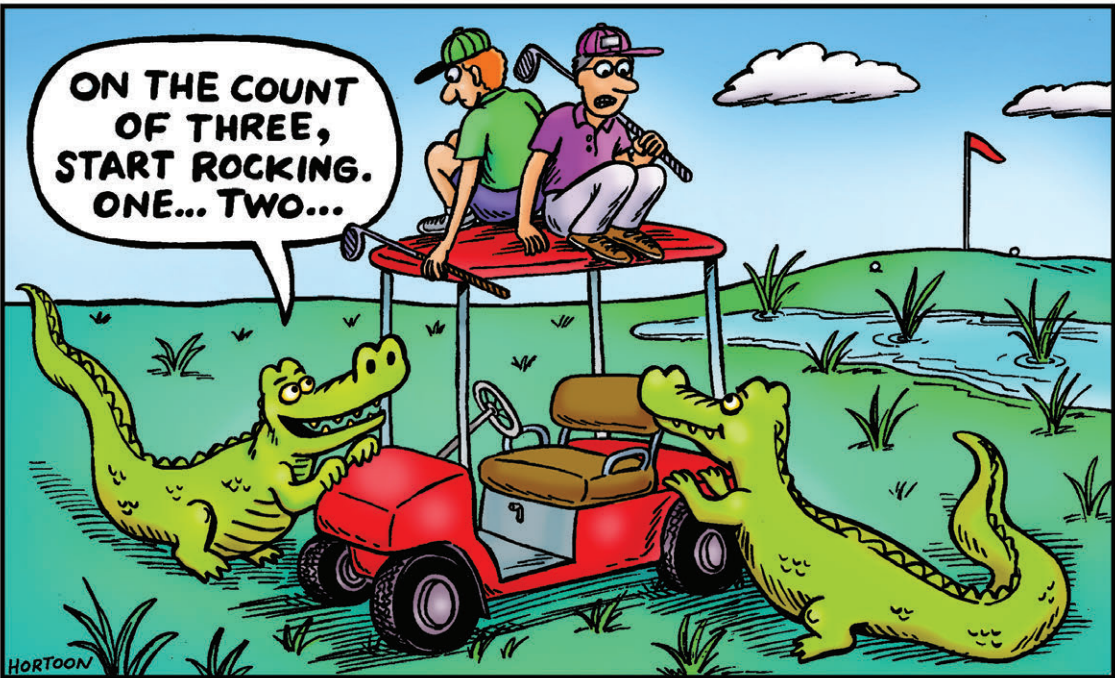


Southern Fried Mahi-Mahi Sandwiches

- 2 eggs, large
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 cup all-purpose flour
- Salt and pepper to taste
- 1 cup cornmeal
- 4 five-ounce mahi-mahi fillets
- 1 cup vegetable oil
- 8 soft sandwich rolls, split

Leaf lettuce
2 tomatoes, sliced thin
Beat together eggs, salt and cayenne in a shallow dish. Mix flour, salt and pepper in a shallow dish; place cornmeal in separate dish. Coat fillets in seasoned flour; dip in egg wash and then into cornmeal to coat. In a deep fry pan, cook the fillets in oil at 375 degrees F. for 2 to 4 minutes, browning on each side. Drain on absorbent paper. Serve on sandwich rolls with lettuce and sliced tomatoes.
Yield four servings
Nutritional Value Per Serving
Calories 314, Calories From Fat 59, Total Fat 7g, Saturated Fat 3g, Trans Fatty Acid 0, Cholesterol 127mg, Total Carbohydrates 34g, Protein 28g, Omega 3 Fatty Acid 0.12g
Look for “Fresh from Florida” ingredients at your grocery store.*

HORTOONS



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 Coral Barbershop Chorus.....	1-855-425-3631
Cape Coral Stamp Club.....	542-9153
duPont Company Retirees.....	454-1083
Edison Porcelain Artists.....	415-2484
Embroiderers Guild of America - Sea Grape Chapter.....	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy.....	728-3743
Friendship Force Of SW FL.....	561-9164
Garden Club of Cape Coral.....	239-257-2654
Horticulture and Tea Society.....	472-8334
Horticultural Society.....	472-6940
Lee County Genealogical Society.....	549-9625
Lee Trust for Historic Preservation.....	939-7278
NARFE (National Active & Retired Federal Employees.....	482-6713
Navy Seabees Veterans of America.....	731-1901
Paradise Iowa Club of SWFL.....	667-1354
Sons of Confederate Veterans.....	332-2408
Southwest Florida Fencing Academy.....	939-1338
Southwest Florida Music Association.....	561-2118
Kiwanis Fort Myers Beach.....	765-4254 or 454-8090
Kiwanis Fort Myers Edison.....	694-1056
Kiwanis Fort Myers South.....	691-1405
Gateway to the Islands.....	218-5768
Iona-McGregor.....	482-0869
Lions Club Fort Myers Beach.....	463-9738
Lions Club Fort Myers High Noon.....	466-4228
Lions Club Estero/South Fort Myers.....	898-1921
Notre Dame Club of Lee County.....	768-0417
Organ Transplant Recipients of SW Florida.....	247-3073
POLO Club of Lee County.....	477-4906
Rotary Club of Fort Myers.....	332-8158
Sanibel-Captiva Orchid Society.....	472-6940
United Way of Lee County.....	433-2000
United Way 211 Helpline (24 hour).....	211 or 433-3900
AREA ATTRACTIONS	
Bailey-Matthews National Shell Museum.....	395-2233
Burrough's Home.....	337-9505
Calusa Nature Center & Planetarium.....	275-3435
Edison & Ford Winter Estates.....	334-7419
Fort Myers Skate Park.....	321-7558
Imaginarium Hands-On Museum & Aquarium.....	321-7420
JN "Ding" Darling National Wildlife Refuge.....	472-1100
Koreshan State Historic Site.....	239-992-0311
Langford Kingston Home.....	239-334-2550
Ostego Bay Foundation Marine Science Center.....	765-8101
Skatium.....	321-7510
Southwest Florida Historical Society.....	939-4044
Southwest Florida Museum of History.....	321-7430
True Tours.....	945-0405

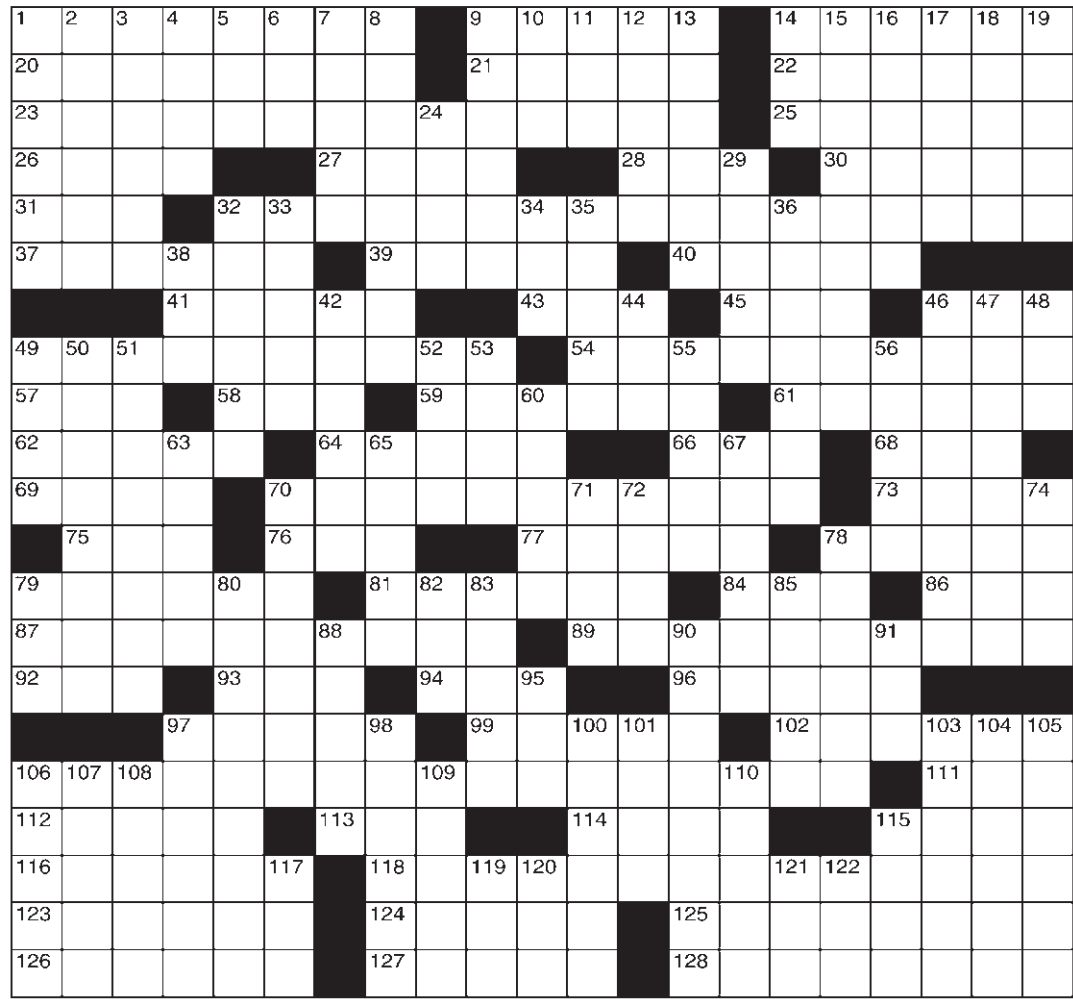
To be listed in calling card email your information to:
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PUZZLES

Answers on page 29

Super Crossword LET EM GO!

- ACROSS**
- 1 Wave with a foamy crest
9 Bugs' feelers
14 Force to be accepted
20 Waikiki site
21 Ethiopia's — Selassie
22 Of the skin
23 "The King and I" heroine who's a real angel?
25 Plural ending for bed and home
26 "Pb" element
27 Roulette turn
28 Physique, informally
30 Start of a counting-out rhyme
31 Md. hours
32 Flower used in rituals?
37 Minimalist artist Frank
39 Reese of song and screen
40 Litigious
41 Courtroom excuse
43 A, in Amiens
45 — -Magnon
46 "I've got it!"
49 Benefactor contributing supplies for a bowman?
- 54 Different acquired relative?
57 — Grande City, Texas
58 Contents of la mer
59 Like fairly high-quality bonds
61 Form images
62 At the stern
64 Penniless
66 Sports org. for the Rock
68 See 2-Down
69 Be a sign of
70 One talking to the very first man?
73 Author Janowitz
75 Waco-to-Austin dir.
76 Q-U string
77 Went off course
78 "Yeesh!"
79 "La —" (Puccini opera)
81 Region in central Italy
84 Young miss
86 Abet, e.g.
87 Atlanta university student's little slip-up?
89 Nothing except glowing coals?
- 92 Morning glistener
93 Dusk- — -dawn
94 Hornets' org.
96 Glacial ridge
97 Sauna output
99 Shark's place
102 Charge with an offense
106 Curved entryway under which Antarctic birds pass?
111 Unit of conductance now called a siemens
112 Pot fragment
113 Unit of work
114 Tallies
115 "Peek- —!"
116 Neighbor of an Iraqi
118 Unable to afford any more dental visits?
123 Seyfried of "Big Love"
124 Eldritch vendors
125 Virtual
126 Abhor
127 Turn a car
128 Short-term
- DOWN**
- 1 Belugas, e.g.
2 With 68-Across, Lincoln's nickname
3 Like instincts
4 Frog kin
5 Pixieish sort
6 Inferior mutt
7 "It's — cause!"
8 Like mechanically delivered well water, say
9 Antiseptic compound
10 Tow-offering gp.
11 Ullmann of Hollywood
12 USMA freshman
13 Madrid men
14 Carders check them
15 Potential shooting star
16 Prettifies
17 Neighbor of a Yemeni
18 Al Capp's Hawkins
19 "It's nobody — business"
24 Engage
29 Low card
32 Entirely wrong
33 "You — mouthful!"
34 Winter illness
35 Lake craft
36 More cheery
38 Language akin to Thai
42 Leaps
44 Approx. takeoff info
46 Cotton State native
47 Nastigrams
48 Stupefaction
49 116-Across, for one
50 Cytoplasm particle
51 Musical on tour, e.g.
52 Utah city near Provo
53 Absorbed-dose units
55 "Boyhood" actor Ethan
56 Below, to bards
60 Blood classifier
63 Not as many
65 Really enjoy
67 Shims, e.g.
70 "What —!" ("Whew!")
71 Lake north of Sandusky
72 Film director Avakian
74 Warhol of art
78 TV twins Ashley and Mary-Kate
79 Sleeping spot
80 1987-90 NBC sitcom
82 Popular Web portal
83 Jazz genre
85 Alan of film
88 Off to — start (behind)
90 Stupefied
91 City reg.
95 A 29-Down may beat it
97 Holy spot
98 Sharp pangs
100 Playwright Eve
101 "— walks into ..."
103 Infused (with)
104 Writer Deepak —
105 Foot, cutesily
106 116-Across president
107 Rapper's skill
108 Gem unit
109 Marsh wader
110 "Space — premium"
115 Folkie Woody's son
117 D.C. player, for short
119 Equal
120 Be situated
121 "No" voter
122 First-aid collection



King Crossword

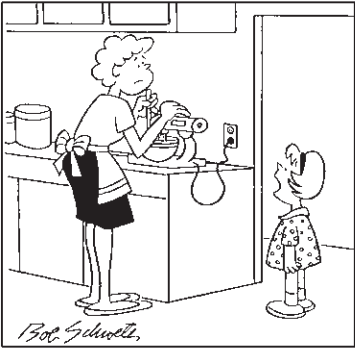
- ACROSS**
- 1 Listen to
5 Aries symbol
8 Clenched hand
12 Part of the foot
13 Clean air org.
14 Division word
15 Stead
16 One walking proudly
18 Mathematician famed for his "last theorem"
20 Lacking vigor
21 Pesky kid
23 "— Town"
24 Criminal intent?
28 Jump
31 Huge star
32 Mideast nation
34 Hot tub
35 Candle string
37 Go everywhere, as spilled liquid
39 Mouth part
41 Droplet of sorrow
42 Sun-dried brick structures
45 Beast
49 Furry Pacific denizen
51 Corpse
- 52 Sorts
53 Nightfall, in verse
54 Lotion additive
55 Carp or cod
56 "— Doubtfire"
57 Not as much
- DOWN**
- 1 50 percent
2 Great Lake
3 Computer brand
4 Ballroom dance (Var.)
5 Paraphrases
6 Suitable
7 Filly's mom
8 Irregular
9 Account extra
10 Don't dele
11 Ripped
17 Venusian vessel?
19 Bohemian
22 Dangle a car-rot
24 Away from NNE
25 On the — vive
26 Removes the cover
27 Brushes up on
29 Gorilla
30 Standard
33 Indian flat bread
36 Put the — on (stop)
38 Clan-related
40 Household pooch, e.g.
42 "Yeah, right!"
43 Sandwich shop
44 Goblet feature
46 Double agent
47 Commotions
48 Caustic solutions
50 Always, to a bard

MAGIC MAZE RAILWAY OCCUPATIONS

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

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

- | | | | |
|-----------|------------|---------------|------------|
| Agent | Dispatcher | Inspector | Platelayer |
| Boilerman | Engineer | Length runner | Porter |
| Brakeman | Fireman | Lubricator | Signalman |
| Conductor | Guard | Navvy | |



Bob Schuchle

"You ought to hear what Daddy called the _____ in the bathroom!"

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!

Issue

OPTIC

Sully

FIELDE

Grant

LOLAW

Slap

SHAB

TODAY'S WORD

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

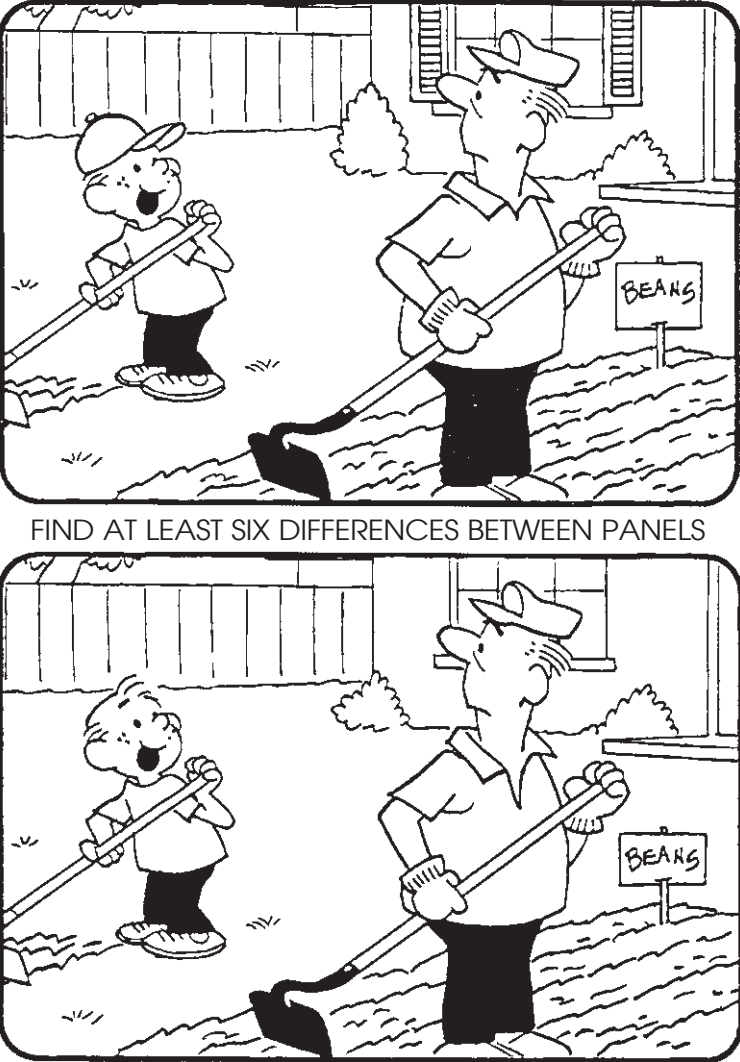
SUDOKU

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 BOLTINGOFF



Find at least six differences between panels

Differences: 1. Cap is missing. 2. Shrub is smaller. 3. Shutter are missing. 4. Arm is moved. 5. Shirt is opened. 6. Sign is smaller.

Kitten Season Signals Spay And Neuter Program

There will be a pitter-patter of paws throughout the next few months with the arrival of Kitten Season. Spring is breeding time.

With each litter born, it gets more and more difficult to sustain a cat population that balloons annually. The best way to curb such growth is to spay or neuter your pets.

That's the message being carried out by the Gulf Coast Humane Society (GCHS), the Lee County Domestic Animal Services (LCDAS) and Fortunate Ferals.

"This partnership allows the message of spaying or neutering to reach more people, and it is a very important message, considering the amount of homeless kittens which come through our doors during this time of year," said Gulf Coast Humane Society Executive Director Jennifer Galloway.

Throughout the month of May, messages of the arriving cat population will be spread, with the main slogan "Stop the CATastrophe" being used.

The campaign will be topped off by a Kitten Shower on Saturday, May 27 from 10 a.m. to noon at LCDAS, located at 5600 Banner Drive in Fort Myers. The Kitten Shower, free to the public, will feature educational booths on Trap-Neuter-Release (TNR), fostering, spay-neutering, what to do if you find an



Kitten delivery

abandoned kitten and many other topics about felines such as bottle-feeding babies and Fix by Four.

The shower's gift registry includes baby blankets, water bowls, kitten nursing bottles, flat dishes, digital thermometers, cat beds, Dawn dish soap, cat nail trimmers and Royal Canin baby cat food. The cost alone to spay or neuter your pet is much cheaper than raising a litter of puppies or kittens, while pets which have had the procedure done are healthier and live longer.

Although it's impossible to determine how many stray dogs and cats there are in the U.S., cats on average produce two litters each year, with four to six



Kitties for foster photos provided

per litter. For dogs, a fertile female will have one litter per year with four to six per litter.

Of the animals which are brought to shelters, like GCHS at 2010 Arcadia Street in Fort Myers, only 10 percent have been spayed or neutered.

"It's in our mission statement to educate about the importance of spaying and neutering," Galloway said. "Spaying and neutering are the best ways to control animal population, as well as giving your pet a healthier and happier life."

The GCHS Spay and Neuter Clinic, also located at 2010 Arcadia Street, has performed well over 6,000

continued on page 31

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"Wir Sprechen Deutsch"



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THE RIVER
WEEKLY NEWS
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5/19 ★ 6/2

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ANNUAL RENTAL

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5/12 ★ 5/19

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5/19 ★ 5/19

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★ 4/14 CC 6/2

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communications and
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Shore Fishing:
Don't Harm The Fish
by Capt. Matt Mitchell



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

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

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

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

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

- Florida just recently changed the regulations on fishing from shore. Florida residents as well as out of state visitors need a fishing license to fish from shore.

PETS OF THE WEEK

Haven on Earth Animal League
Precious And
Davey Jones



Precious

Hi, my name is Precious. I'm a beautiful 5-year-old spayed female with long white hair. I'm looking for someone to give me lots of love in a quiet environment. I'm currently residing with a foster mom. My adoption fee is \$75. I'm up to date on all vaccinations. Please make an appointment to meet me.

Hi there. I'm Davey Jones. Look how cute I am. I have a short black and white coat, and just the cutest little face. I am up-to-date on vaccinations and neutered. I have been living at the PetSmart on Six Mile Cypress Parkway and I want to live in a real home so badly. My adoption fee is \$75. Please come see me and take me home.



Davey Jones



Hope ID# 697739



Milo ID# 579308

Lee County Domestic Animal Services

Hope And Milo

Hope ID# 697739 Breed: Pit Bull Sex: Female Age: Three years old Color: Gray. Hope is the epitome of a gentle giant. It is apparent that she has had several litters of puppies and it has definitely made her a sweet and kind-natured girl. Our dream for Hope is a home where she can have the love she deserves. She is great with other dogs and children.

Adoption Fee: \$30
Milo ID# 579308 Breed: Domestic Shorthair Sex: Male Age: Three years old Color: Orange Tabby. Milo is a fun-loving guy looking for the perfect girl to take to prom! At three years of age he is past the pesky training phase but young enough to appreciate some fun.

Adoption Fee: \$30
For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal Services' website at www.LeeLostPets.com. When calling, refer to the animal's ID number. The website updates every hour so you will be able to see if these or any other pets are still available.

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

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

The adoption package is valued at \$500.✱

PAWS Of Sanibel

Prince Harry

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



Prince Harry

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.✱

From page 27

Kitten Season

spay and neutering surgeries since it opened in August 25, 2015. That is literally tens of thousands of pets' lives saved, due to controlling the pet population.

"If you think you cannot afford a spay or neuter surgery, call Gulf Coast Humane Society," Galloway said. "We are here to help."

Several other top reasons to spay or neuter your pet include:

- Avoiding the "dreaded" heat: Female felines go into heat for up to four to five days every three weeks during breeding season. They will yowl and urinate more frequently, while female dogs will discharge blood. Spaying will end these symptoms.
- Better behavior: Many aggression problems by male cats and dogs can be lessened if they are neutered, as well as roaming problems can be cut down.
- Your pet will not gain weight after being spayed/neutered: The lack of exercise and over-feeding is the cause of overweight pets, not spaying or neutering.
- Fighting pet overpopulation: Millions of unwanted cats and dogs are euthanized annually, or suffer as strays. Gulf Coast Humane Society is dedicated to provide a non-lethal solution to the problem of shelter pet overpopulation.

For more information about the GCHS Spay and Neuter Clinic and to set an appointment for your pet, call 332-1573 or go to the GCHS website at www.gulfoasthanesociety.org.✱

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2017	4,647	\$5,975,000	\$5,800,000	45
Little Hickory Shores	Bonita Springs	2017	4,000	\$3,275,000	\$3,035,000	65
Metes and Bounds	Captiva	1985	3,720	\$2,295,000	\$1,850,000	84
Creeside	Bonita Springs	1995	4,790	\$2,195,000	\$2,047,500	321
Fa Lanes Bayview	Captiva	1979	2,113	\$1,775,000	\$1,620,000	343
Cape Harbour	Cape Coral	2014	4,787	\$1,699,000	\$1,575,000	286
Cape Harbour	Cape Coral	2013	3,000	\$1,399,000	\$1,233,000	0
Castaway Estates	Sanibel	1974	2,341	\$1,295,000	\$1,090,000	131
Shell Harbor	Sanibel	1977	1,968	\$1,150,000	\$910,000	46
Town and River	Fort Myers	1975	2,212	\$1,149,000	\$1,000,000	87



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