



There will be plenty of interactive displays for kids to explore

photo provided

Kids Fishing Tournament And Expo

Reel in some fun with Ronald McDonald at the Offshore Rodeo Kids Fishing Tournament & Expo at Salty Sam's Marina on Saturday, June 10. The event kicks off at 10 a.m. with various stations where young anglers will learn to hook and catch different types of fish. Lunch and a magic show with Ronald McDonald will follow at 11:30 a.m. The

tournament is open to the first 100 kids age 12 and younger who are pre-registered.

Registration is \$25 per child and includes tournament entry, T-shirt, a fishing rod compliments of Fish Florida, trophy, lunch with Ronald McDonald and a Stow Away pass on the *Pieces of Eight* Pirate Cruise. There will also be educational, interactive displays.

To register, visit www.rmhcswfl.org/th_event/offshore-rodeo-2017/. For more information, call 437-0202. All donations benefit Ronald McDonald House Charities of Southwest Florida.

Salty Sam's Marina is located at 2200 Main Street on Fort Myers Beach. ✱

Military Benefit Offers Bluegrass Music, Craft Beer And Barbecue

Matanzas on the Bay on Fort Myers Beach will host its 4th annual Bluegrass, Brew and BBQ event from 11 a.m. to 10 p.m. on Saturday, May 27 to benefit Operation Open Arms (OOA), a nonprofit organization dedicated to the care and treatment of Posttraumatic Stress Disorder (PTSD) in military personnel and veterans.

The event will feature live music from the Bugtussle Ramblers from 1 to 4 p.m. and the Cooter Creek Bluegrass Band from 5 to 8 p.m., craft beer from Fort Myers Brewing Company, a 50/50 raffle and a \$15 barbecue plate featuring ribs, smoked pork shanks, potato salad and corn on the cob, offered from noon while supplies last. Free parking and boat dockage will be available.

Last year's event raised more than \$7,000 for Operation Open Arms, attracting more than 800 guests to support the cause. This year, 50 percent of proceeds from the barbecue, 10 percent of all restaurant proceeds and 50 percent of the 50/50 raffle will benefit Operation Open Arms. There will also be a silent auction with 100 percent of the proceeds supporting Operation Open Arms.

For the past 12 years, Operation Open arms has continued to make a difference in the lives of more than 3,400 military personnel and veterans, facilitating more than \$13.6 million in direct tangible benefits for U.S. troops returning from combat or foreign duty stations.

For more information about the organization and its cause, visit www.OperationOpenArms.org. ✱



Operation Open Arms founder Capt. John "Giddyup" Bunch with silent auction assistants

photo provided

Opening Reception For All Florida Exhibit

The Alliance for the Arts June exhibition, All Florida, will be on view from June 2 through June 30 with an opening reception on Friday, June 2 from 5 to 7 p.m. The exhibition features pieces in a variety of media created by artists from all over the state of Florida.

"It's exciting to host artists from across all the pockets of Florida," said Krista Johnson, exhibitions coordinator. "The submissions truly showcase the breadth and creative talent of Florida's independent artists."

This year's juror is Kimberly Riner. She is the visual arts director at the Averitt Center for the Arts in Georgia. Riner received her master of fine art degree from Georgia Southern University in 3D art with an emphasis in ceramics. She has held faculty positions at Georgia Southern University and Ogeechee Technical College. Her artwork has been exhibited both nationally and internationally and is held in private collections. Riner exhibited



The European by Tracy Owen-Cullimore

images provided

at the Alliance for the Arts in January's Changing States exhibition.

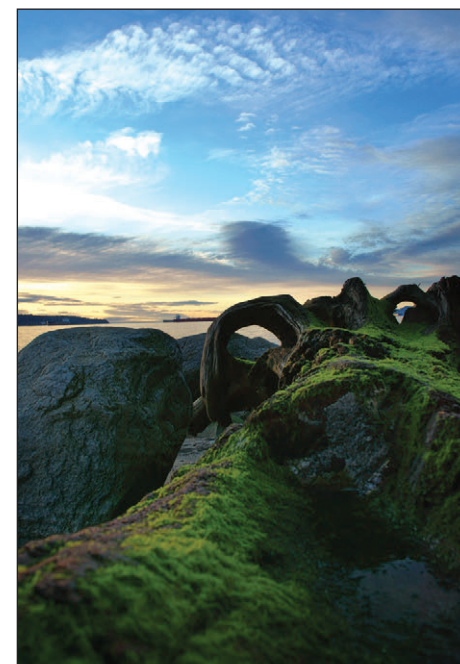
"It was an honor to select artwork to represent All Florida artists," said Riner. "With almost 400 pieces to choose from, this was a difficult task. I feel



Two is Company Three a Crowd by Nancy Terrell

confident that the exhibition consists of a great representation of different media, while showcasing high caliber artwork."

From 392 entries, 37 artists and 46 pieces were selected by the juror. Artists include: Adriana Flores, Anna



Maritime Northwest by Steve Conley

Rac, Betsy DJamoos, Buck Ward, Carla Wormington Messerli, Daniel Venditti, David Belling, Deborah Martin, Ed Takacs, Grayson Stoff, JT Phillippe,

continued on page 17

Historic Downtown Fort Myers, Then And Now:

Iconic Marquee Defines The Block



by Gerri Reaves, PhD

For more than eight decades, the iconic Arcade Theatre marquee has been the focal point of the historic Bradford block.

The Deco-style sign has recently been restored, and its neon lights glow for the first time in about 30 years.

The circa-1920 photo shows the block before that sign was installed, when a rather plain vertical "Theatre" sign marked the arcade entrance and the buildings were yet to undergo boom-time make-overs.



Circa-1920, the Bradford block lacked the iconic Theatre Arcade marquee and the Bradford Hotel's long balcony. That property with the lush foliage (center right) is Harvie E. and Florida Heitman's home, now the site of the Sidney & Berne Davis Art Center.

photo courtesy SWFL Florida Historical Society

When Harvie E. and Gilmer M. Heitman built the arcade, or Bradford Hotel Annex, circa 1915, the modernization of the entire block was complete. The arcade was originally open-air with a long skylight.

At last, there were no gaps between the 1905 first phase of the Bradford Hotel at Hendry and the 1898 Heitman Building at the Jackson corner.

In the process, the last wood-frame structures on either side of the street between Hendry and Jackson were demolished, and a little more of the town's pioneer era disappeared.

The theater building was constructed next, and motion pictures were shown there



By 1939, the arcade entrance looked much as it does today, as seen in this post-Edison Parade film still. The movie *Kentucky*, starring Loretta Young, was playing at the theater.

photo courtesy SWFL Florida Historical Society



Today's Bradford block

photos by Gerri Reaves

starting in 1917, when John T. Hendry became manager. He had started the town's first movie theater in 1908 in the wood-frame (first) Langford Building on First Street.

During its early years in the arcade, it hosted many live entertainments, as well as silent movies, and even employed a small orchestra during tourist season.

By 1939, the arcade's First Street entrance looked essentially as it does today, as evidenced by the post-Edison Parade photo.

However, perhaps the biggest change to the block since 1920 is the removal of the hotel balcony, where guests basked in the morning sun – or blocked it with a sun shade.

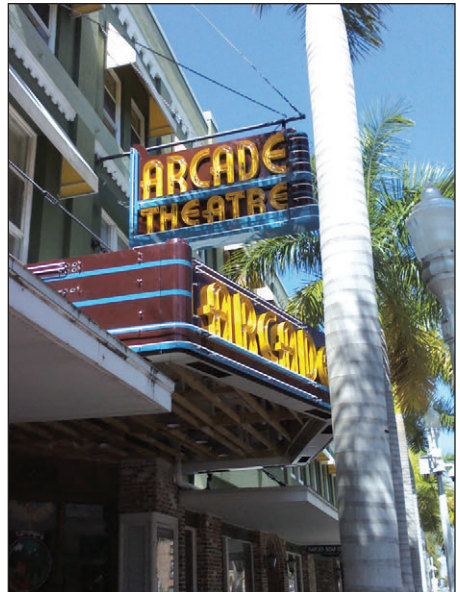
Instead, a second-story arched balcony was added at the hotel entrance, enhancing the Mediterranean style.

Walk down to the Bradford block and see the stunning "new" arcade sign that once again illuminates First Street.

Then visit these two research centers to learn about the history of the block and its signage.

The Southwest Florida Historical Society is an all-volunteer non-profit organization

continued on page 7



The neon lights of the Theatre Arcade marquee, pictured on March 22 after its reinstallation, work for the first time in about three decades

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THE RIVER
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FROM THE BEACHES TO DOWNTOWN FORT MYERS

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2017 Scholar-Athletes

Scholar-Athletes Honored By Rotary Club

Rotary Club of Fort Myers South recently honored 36 scholar-athletes at the 31st annual Scholar-Athlete Awards banquet at the Crowne Plaza in Fort Myers. The scholarship program recognizes top athletes from area high schools based on athletic and academic achievement, along with strength of character. Eighteen Lee County-area high

schools each nominated one top male and female varsity letter winner who maintains a minimum 3.2 GPA, is involved in school and community activities and demonstrates leadership characteristics. A selection committee of Rotary South members interviews nominees and selects the winners. Alina Faunce, a swimmer at Estero High School, and Santiago Corredor, a swimmer at Bishop Verot High School, were each awarded \$5,000 scholarships. The Southwest Florida Rheem Team proudly served as the Scholarship Sponsor. Service Above Self scholarships for \$1,000 were underwritten by

Rotary Club of Fort Myers South, its Foundation, Siesta Pebble, Millennium Physician Group, Grabowski family, Bill and Susan Mallett, Pool Pros, Huff Insurance, Zavada's Renegades Embroidery and McCaughan Home Lending. Those scholarships were awarded to Jaritza Crespo, East Lee; Kaleb Konieczki, Gateway Charter; Gabrielle A. Taveras, South Fort Myers; Matthew Malavsky, Evangelical Christian; Te'Niya Jones, Dunbar; Emma Barcena, Cape Coral; Kayla Easterly, North Fort Myers; Sedona Townsend, Ida Baker; Tyrik Pitts, East Lee; MacKenzie Hare, Island Coast; Patston Stewart, Lehigh Senior; Jimmy

photos provided



Santiago Corredor and Alina Faunce
O'Connor, Ida Baker; Jonah Martinez, Cape Coral; Adrienne Baker, Cypress Lake; and Journi Northorp, Mariner. Five-time Olympic medalist John Naber delivered the keynote address. Naber, who held five world records between 1976 and 1983, has attained excellence and goal achievement throughout his career, which has included work as a network television and radio sports broadcaster, author, corporate speaker and performance coach by guiding thousands of achievers to realize their world-class goals.✪

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Participants at a past beekeeping workshop conducted by Claudia Silveira photo provided

Learn To Farm In Your Backyard

The Alliance for the Arts GreenMarket will host free backyard farming workshops every Saturday morning in June and July at 10:30 a.m. Workshops will cover topics about food security, backyard vegetable gardening, beekeeping, raising livestock for eggs and meat, permaculture, brewing and distilling and food preservation.

This year's workshop series is titled When the Shelves Go Bare and deals with increased concerns about a

potential future food shortage. "Just as we pay insurance for our cars, but don't expect to be in an accident, we should know the basics of growing our own food as insurance against potential disruptions that may or may not come," said organic farmer and GreenMarket Manager Santiago De Choch. Inspired by growing up in civil unrest in South America, De Choch experienced his share of bare shelves. Later, he traveled and lived in areas that went through different events affecting the food security of the population, including Eastern Europe in the years

following the collapse of the Berlin wall, Latin America and the Middle East. Although workshops are free, small donations are welcomed. The Alliance for the Arts GreenMarket strives to support local growers, bakers and artisans. Local growers currently at the market include SOL Urban Farm, Green Paradise Eco Farm, Brittain Farms, Pine Manor Community Garden and The Unruly Gardener. The Alliance Greenmarket is located at 10091 McGregor Boulevard in Fort Myers. For more information, call 939-2787 or visit www.ArtInLee.org.



Session one of Artplay classes begins Thursday, June 1 photo provided

ArtPlay Classes For Children With Autism

The Alliance for the Arts, in partnership with Family Initiative Inc., continues weekly art classes for young artists with Autism Spectrum Disorder (ASD) this summer with three different sessions. The program, ArtPlay, is designed to engage children with ASD in the arts while focusing on identity development, self-awareness, self-esteem, social communication and building positive coping skills. The project is supported by Suncoast Credit Union, Cape Coral Community Foundation and the Sylvia Meisenberg Trust. ArtPlay classes are Thursdays from 4:30 to 6 p.m. Session one runs June 1, 8, 15, 22 and 29. Session two runs July 6, 13, 20 and 27. Session three runs August 3, 10, 17 and 24. The program takes place at the Alliance for the Arts, located at 10091 McGregor Boulevard in Fort Myers. The cost is \$10 per class, which includes art supplies. Pre-registration

is required. Students must respond to verbal direction, independently toilet and not require one-on-one supervision. "We are proud to partner with our friends at Family Initiative to expand art opportunities and promote mental and emotional growth for young artists with autism," said Alliance for the Arts executive director Lydia Black. "Through the creative process, we allow people to explore and express themselves while building valuable life skills." ArtPlay classes, designed for young artists under age 18, are taught by a certified art therapist and supported by an accredited behavioral analyst. "We are thrilled to collaborate with the Alliance for the Arts to offer this program for children on the autism spectrum," said Family Initiative Inc. president David Brown. "This program offers a unique opportunity that would otherwise not be available for children with autism in southwest Florida to develop friendships and engage in creative fun activities in a supportive environment." For more information or to register, call 939-2787 or visit www.ArtInLee.org/ArtPlay.

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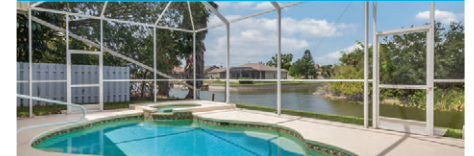
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Fort Myers Art:

The Future Of Art And Theater At Bower School



by Tom Hall

In its May 5 newsletter, Florida Gulf Coast University's (FGCU) Bower School of Music & the Arts (BSM&A) has published some interesting statistics that provide a glimpse into the

future of arts and theater in Southwest Florida. Among the relevant data are:

- Of the 13,543 undergraduate students enrolled at FGCU in the fall of 2016, 178 were art majors (with 26 minors) and 41 were theater majors (with 39 minors).

- Among the 55 undergraduate degrees FGCU offers, the university confers bachelor degrees in art (with a concentration on digital media design), theatre, music performance (with concentrations in voice, piano or instrumental music), music education and music therapy.

- Minors are available in art, art history, digital media design, music and theater.

- Of the school's 25,530 alumni, 36 percent remain in Lee County, with 15 percent residing in Collier, 3.4 percent living in Charlotte and 2.7 percent residing in Sarasota County. Thus, there's a better than even chance that future art and theater graduates will remain or spend significant time in Southwest Florida following completion



The future looks bright for musical theater production and FGCU's Bower School of Music & the Arts

photo courtesy www.artswf1

of their studies.

- During the current semester alone, the Bower School of Music & the Arts has hosted over 140 concerts, plays, exhibits and events. Its 2016-17 season

brochure lists a wide variety of events from all three programs – students, faculty, guest artists and ensembles. In addition, there are numerous student recitals, conferences, hosting community events and workshops.

This year, the theatre and music programs produced Gershwin's musical *Of Thee I Sing* with Naples-based theatre company TheatreZone. *Of Thee I Sing* was the first BSM&A's musical theatre production to be staged in U. Tobe Recital Hall.

These milestones are significant as 2017 marks FGCU's 20th anniversary and the Bower School of Music & the Arts' 10th anniversary. During these spans, both the university and Bower School of Music & the Arts have made an indelible impact on Southwest Florida.

Broadway Palm Releases 2017-18 Concert Schedule

Broadway Palm Dinner Theatre's 25th anniversary season will involve concerts. The concert series includes:

- Yesterday: The Beatles Tribute (Monday, January 15, 2018: Matinee and Evening)

All you need is love... and this incredible tribute that encompasses all eras of Beatles music from The Hamburg days through the Shea Stadium performances into pop history's magical Sgt. Pepper album and beyond.

- One of These Nights: A Tribute to The Eagles (Sunday, January 28, 2018: twilight and Monday, January 29, 2018: matinee and evening)

One of These Nights reproduces the

sounds of one of the greatest bands of all time, The Eagles. You'll experience all of the hits including *Desperado*, *Take It Easy*, *Heartache Tonight*, *Hotel California* and more.

- The Rave-Ons: Tribute to Buddy Holly, Ritchie Valens & The Big Bopper (Sunday, February 25, 2018: twilight and Monday, February 26, 2018: matinee and evening)

The ultimate tribute to Buddy Holly, Ritchie Valens and The Big Bopper is back! Buddy's last concert is recreated and features *That'll Be The Day*, *Peggy Sue*, *La Bamba*, *Chantilly Lace* and more.

- The Piano Man: The Music of Billy Joel and Elton John (Sunday, March 11, 2018: twilight and Monday, March 12, 2018: matinee and evening)

Billy Joel and Elton John come to life in this multimedia tribute starring the voice and piano of British entertainer Terry Davies. The classic hits include *New York State of Mind*, *Piano Man*, *She's Got A Way*, *Your Song*, *Daniel*, *Rocket Man* and *Candle in The Wind*.

- Dwight Icenhower's Tribute to the King (Sunday, March 25, 2018: twilight and Monday, March 26, 2018: matinee and evening)

Back by popular demand is one of the best Elvis tributes in the country. Award-winning impersonator Dwight Icenhower has the look, the voice and the hip-swiveling dance moves of the King himself. Hear Elvis favorites such as *Heartbreak Hotel*, *Love Me Tender*, *Hound Dog* and so many more.

All evening concerts begin with dinner at 5:30 p.m. and concert at 7:30 p.m. All Sunday twilight concerts begin with dinner at 5:30 p.m. and concert at 7 p.m. The matinee concerts begin with lunch at 11:45 a.m. and concert at 1:15 p.m. All concert tickets are \$70 for dinner and the show or \$45 for the show only.

For more information, visit www.BroadwayPalm.com, call 278-4422 or stop by the box office at 1380 Colonial Boulevard in Fort Myers.

Member Show Coming To Alliance In August

Elevation: The Next Level will be on display at the Alliance for the Arts from August 4 through August 31. Following this theme, members are invited to submit one work framed, wired and ready to hang between 9 a.m. and 5 p.m. on Monday, July 31. The opening reception will take place from 5 to 7 p.m. on August 4.

So what, exactly, is Elevation: The Next Level? Well, the dictionary provides three possibilities: 1) to move or raise to a higher place or position; lift up; 2) to raise to a higher state, rank, or office; exalt; promote; 3) to raise to a higher intellectual or spiritual level.

You may become a member in order to participate in the exhibit. For more information, call 939-2787 or visit www.artinlee.org.

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



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Child Advocacy Award Winner

Golisano Children's Hospital of Southwest Florida recently awarded John Ritrosky, Jr., MD, a pediatrician with Physician's Primary Care, the 2017 Prendergast Family Child Advocacy Award. This award recognizes his passion and commitment to keeping children safe through many years of service in the care of children in Southwest Florida. Dr. Ritrosky received the award at the Golisano Children's Hospital of Southwest Florida Annual Pediatric Conference at Sanibel Harbour Marriot Resort & Spa on April 29.

Every year, in recognition of Child Abuse Prevention Month, Golisano Children's Hospital and the Prendergast Family Endowment Fund host a lecture on child abuse and recognize a special individual in the community for their commitment to prevention and advocacy.

Dr. Ritrosky made Southwest Florida his home in 1967. He has been instrumental in creating and maintaining many programs designed to protect children in the region. He helped establish the Children's Medical Services Child Protection Team in Lee County,



Dr. John Ritrosky and Emad Salman

was the co-director from 1984-2000, and has served as the medical director since 2007. Children's Medical Services establishes a medical home for children

photo provided

with special and complex medical needs, and through this program, Dr. Ritrosky has led the cleft palate team. He has served on the board of the Island Coast

Primary Care Project for many years.

Dr. Ritrosky has a passion for education and has been the medical director for the annual Golisano Children's Hospital Pediatric Conference since 2005. The annual conference is designed to bring both regional and national speakers to Southwest Florida to share the latest in the care of the pediatric patient.

"The decision to nominate Dr. Ritrosky for the Prendergast Award was easy and there is no one more deserving," said Emad Salman, MD, regional medical officer at Golisano Children's Hospital.

In 2005, Mrs. Eileen Prendergast and her family gave the community "a million reasons" to help children in Southwest Florida when they made a \$1 million gift to establish the Prendergast Endowment Fund for the Golisano Children's Hospital of Southwest Florida's Child Advocacy Program and the annual Prendergast Child Advocate of the Year recognition. The program features free parenting classes taught in partnership with the Children's Advocacy Center of Southwest Florida to prevent child abuse. These classes have touched the lives of more than 7,000 parents in the Southwest Florida region.*

Call To Artists

Arts for ACT Gallery in Downtown Fort Myers is in need of professional and emerging artists for an open themed group exhibit that will open on July 7. Artists drop off days are June 26 through July 2.

Participants can choose themes from: Year of the Rooster 2; Current Social Issues or Things that Matter; and Bizarre and Surreal. Themes may be mixed.

Artist entry fee is \$10 for one piece \$15 for two pieces or \$20 for three pieces. Entry fee is non-refundable.

Cash prizes include \$100 for 1st place, \$75 for 2nd place, \$50 for 3rd

place and \$25 for honorable mention. Judge will be announced.

Art that is rejected must be picked up on Wednesday, July 5 between 11 a.m. and 4 p.m.

The opening exhibit will be held at Arts for ACT Gallery at 2265 First Street on July 7 from 6 to 10 p.m.

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

Artists will need to pick up unsold art on Monday, July 31 from 11 a.m. to 4 p.m.

For more information, contact Claudia at cgoode@actabuse.com or call 337-5050.*

From page 2

Iconic Marquee

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 and the News-Press.*

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Along The River

The **Southwest Florida Free Pain Clinic**, the only free pain clinic in Florida for low-income residents, will hold its inaugural fundraising event at **Pelican Preserve** this Thursday, May 25 at 6 p.m. Heal The Hurt will feature a live and silent auction, dinner and testimonials from patients of the clinic. Reservations are \$50 per person and can be made at www.christianmedicalministries.org.

The pain clinic was established to provide healing for individuals with chronic and acute pain, without the use of controlled drugs and with the added unique aspect of prayer and counseling. The clinic takes a holistic approach to healing and utilizes chiropractic care, massage therapy, modalities and exercise training to alleviate pain at the source. It begins an effective healing process for individuals without the ability to pay.

The Heal The Hurt dinner and auction marks the launch of fundraising efforts to expand services. Currently, the Southwest Florida Free Pain Clinic operates Tuesday evenings from 5:30 to 9 p.m. at the Fort Myers First Church of The Nazarene at 6900 Daniels Parkway. Plans to expand to full time service will cost upwards of \$300,000 per year, and be funded through grants and community donations.

Pelican Preserve is located at 9802 Pelican Preserve Boulevard in Fort Myers. To learn more about the Southwest Florida Free Pain Clinic, visit www.christianmedicalministries.org or call clinic director Michelle Martin at



Sheena Brook is having an EP release party at House of the Rising Sun Art Bar on Fort Myers Beach on Saturday.
photo courtesy www.island-hopper.fortmyers-sanibel

308-7107.

The next **Gulf Coast Leisure's Art & Poetry Networking Event** will take place at the **Sidney & Berne Davis Art Center** this 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.

The networking events are held every third Friday of the month. Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District.

NBC's *The Voice* competitor **Sheena Brook** will continue her tours of Southwest Florida closer to home this Saturday. **The House of the Rising Sun Art Bar** will host a **release party** for Brook's new EP entitled *The First Time* beginning at 6:30 p.m. Admission is free, yet VIP tickets are available to help fray costs. *The Voice* fellow competitor Sammie Zonana will perform along with Fort Myers Beach resident Brooks.

The House of the Rising Sun Art Bar is located at 17979 San Carlos Boulevard on San Carlos Island on the way to Fort Myers Beach. Visit www.facebook.com/pg/houseofrising for more information.

The **Sidney & Berne Davis Art Center** (SBDAC) will host **Teen Talent Night** this Saturday, May 27 from 6 to 10 p.m. Cost is \$5 to attend.

The event involves Lee County high school students participating in an arts competition in the areas of music, theatre, dance, visual art and film with a chance to win up to \$250 in cash prizes. Students can sign up at www.sbdac.

com/event/teen-talent-night/ or in person on the day of the event.

Motorcyclists are invited to join the **Poker Run ride around Lee County** this 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.

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 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

Guided kayak eco-tours are now offered at the **Mound House** on Fort Myers Beach. The next tour is this Wednesday, May 31 from 9 a.m. to noon. Cost is \$45 per person (\$15 for members), which includes museum admission.

Explore the winding mangrove creeks and hidden backwaters of Estero Bay as only a paddler can. This unique eco-tour is guided by Dexter Norris, biologist, naturalist and Mound House environmental educator. Participants will experience the abundant natural beauty of the ancient realm of the Calusa and search for birds, fish, manatees and dolphins during the paddle through the Estero and Hell Peckney bays in a tandem kayak. Conditions permitting, the tour includes a stop at Dog Key archaeological site. Mound House kayak tours are conducted in accordance with Florida Society for Ethical Ecotourism guidelines. All paddling equipment will be provided. Tours are weather permitting.

Reservations are required. Call 765-0865 for more information and to secure reservations.*

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River District Alliance Award

The River District Alliance (RDA), a non-profit entity representing downtown Fort Myers merchants, organizations, and attractions recently won the 2017 Award for Cultural Achievement at the annual Chrysalis Award ceremony hosted by The Greater Fort Myers Chamber and the Lee County Visitors Convention Bureau (VCB). The annual event celebrates the value of business and the work involved in maintaining and enhancing tourism as a major economic engine for the county.

The 2017 Cultural Achievement Award honors local organizations that exemplify the ability to make significant contributions to the development of Fort Myers' reputation as a cultural destination while promoting a great quality of life and diverse economy. Nominees included organizations involved in the arts, local heritage,

festivals and events. "It's really not an RDA award, it is a community award," said RDA Director Jared Beck. "We have so many tremendous partnerships in this community, from the CRA and the VCB to the chambers and other nonprofits. We have tremendous foundations and sponsors. Our businesses, our members, the board of directors and every single person that has come to one of our events or visited our businesses. The people make it a tradition, it's really an award for them." "Thank you for recognizing the evolution of the River District." The RDA organization aims to promotes and enhance the continued development of the historic downtown as a hub of economic, social and cultural activity. Become an RDA member or learn more about events happening downtown at www.fortmyersriverdistrictalliance.com or riverdistrictevents.com.*



Nancy MacPhee

photo provided

Environmental Leadership Award Winner

Lee County Visitor & Convention Bureau Tourism Product Development Manager Nancy MacPhee was recently recognized as the 2017 recipient of Paddle Florida's Environmental Leadership Award. The selection occurred during Paddle Florida's fifth annual Suwannee River Paddling Festival in April.

MacPhee was recognized for her work with Lee County's Great Calusa Blueway and for promoting sustainable ecotourism across the state through the Florida Society for Ethical Ecotourism (FL SEE).

"Each year at the annual festival, Paddle Florida recognizes a member of the paddling community that helps more people enjoy Florida's magnificent waterways in a sustainable way that encourages conservation of our state's precious water resources," said Paddle Florida's Executive Director Bill Richards. "Nancy MacPhee was instrumental in the creation of Paddle Florida's annual Great Calusa Blueway trip each February. She has made a significant contributions through her work with the Lee County Visitors and Convention Bureau. Previously, MacPhee spent 25 years working as a parks and recreation professional developing and managing outdoor recreation programs and facilities. She worked as the co-founder and organizer of the Great Calusa Blueway Paddling Festival, which set the stage for the paddling boom in the Sunshine State."

MacPhee has a degree in parks and recreation from Slippery Rock University, is certified as an Outdoor Leader by the Wilderness Education Association, a Florida Master Naturalist and also serves as a board member for the Florida Superior Small Lodging Association and Friends of Cayo Costa State Park.

Paddle Florida's 2017-18 season of paddling adventures includes: Suwannee River Wilderness Trail from October 20 to 25; Ocklawaha Odyssey from December 1 to 5; Wild, Wonderful Withlacoochee from January 18 to 23; The Great Calusa Blueway from February 10 to 16; Choctawhatchee Challenge from March 10 to 16; and Suwannee River Paddling Festival from April 6 to 8.

For more information, visit www.paddleflorida.org and join Paddle Florida's Facebook page.✧

Volunteers Sought For May 27

The Laboratory Theater of Florida is looking for volunteers on Saturday, May 27 from 10 a.m. to 2 p.m. to help organize prop storage in its permanent home on Woodford Avenue in downtown Fort Myers. Volunteers will work with Production Manager Terry Tincher to move, sort and arrange props.

With the help of more than 200 volunteers per year, The Laboratory Theater of Florida has played a small, but important role in the growth of the

performing arts scene in Fort Myer's River District. During their 2015-2016 season, volunteers accounted for over 18,000 hours of work in various positions, including set construction, box office and concession sales, and performance opportunities. With the important contributions made by volunteers, the Laboratory Theater of Florida is able to produce eight to nine full-scale productions and several staged readings and limited engagements a year.

For more information, contact Terry Tincher, production manager, at 340-6467 or volunteer@laboratorytheaterflorida.com.✧

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The cast of *Clue the Musical*

photo provided

A Board Game Comes To Life At Broadway Palm

by Di Saggau

Clue The Musical is based on the Parker Brother's Board Game, and it's live on stage now at Broadway Palm. What a fun show. The characters decked out in their crayons colored outfits sing catchy tunes to go along with a murder investigation. We learn early on

that Mr. Boddy (Christopher Violett) will be the victim.

The rest of the cast, or game pieces, are Professor Plum (Troy Bruchwalski), Mrs. Peacock (Jennifer Hope), Colonel Mustard (Kirk Lawrence), Mr. Green (Craig Smith), Miss Scarlet (Katherine Walker Hill), Mrs. White (Theresa Walker) and the Detective (Sami Doherty). If you have played the game you know the questions are: Who did it, and where, and what weapon did they use? The audience has to pay attention to the clues that are doled out during the show by Mr. Boddy, who

continued on page 21



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Those taking part in the Lee Memorial Auxiliary check presentation ceremony are, from left, Skip Leonard, chief foundation officer, Lee Health Foundation; Kathy Bridge-Liles, chief administrative officer, Golisano Children's Hospital; Jim Andrews, president, Lee Memorial Auxiliary; Bob Lotz, auxiliary vice-president, Golisano campus; and Joe Gammons, chair, Lee Health Foundation Board of Trustees. photo provided

Auxiliary Pledges \$375,000 To Health Initiative

Leaders from the Lee Memorial Auxiliary formalized their pledge to support the pediatric behavioral health initiative at Golisano Children's Hospital of Southwest Florida during a check

presentation ceremony at the May meeting of the Lee Health Foundation Board of Trustees. The pledge of \$375,000, unanimously approved by the auxiliary's board of directors, is earmarked to offset the cost of providing counseling services to young patients.

Golisano's pediatric behavioral health initiative will assist children with mental and behavioral health disorders and allow them to receive the proper diagnosis, treatment and access to

community resources needed to live healthy, successful and productive lives. Although the program is still in its planning stage, leaders have identified tax-deductible giving opportunities to support staffing, counseling, therapy, care management and other needs.

This pledge is the latest in a string of Lee Memorial Auxiliary giving to Lee Health that stretches back over 65 years. "The Auxiliary has donated \$8.2 million to Lee Health since 1950 to fund technology, programs, education and projects for our patients and

the community," said Jim Andrews, president of Lee Memorial Auxiliary. The organization played a key role in the recent Golisano Children's Hospital Capital Campaign by donating nearly \$600,000 toward that effort. The new children's hospital officially opened on May 10.

To learn more about the pediatric behavioral health initiative, visit LeeHealthFoundation.org/NotOnMyWatch or call Lee Health Foundation at 343-6950.*

Renovation At Church Nears End

Peace Lutheran Church is blessed as the completion of a 10,000-square-foot addition, increased parking and renovation of its existing facility draws toward completion. The project, which began in October 2016 with the Faith, Family, Future Building Campaign, was developed as the congregation's ministry to the community continues to expand. The architect was Tyson and Billy Architects from Rockford, Illinois and Compass Construction of Cape Coral was the general contractor. Frank Warner, who oversaw construction of the project stated, "We have been blessed with dedicated, cooperative and quality-oriented workers throughout the project, and the weather has been ideal! Our initial timeline has been achieved."

A prominent feature of the building

will be the Good Samaritan Stained Glass window that will be viewed by travelers passing the church on McGregor Boulevard. The window was designed by Ron Estep of White Stained Glass Studio in Sarasota. The window is based on the painting The Good Samaritan by Paula Modersohn-Becker, who lived 1876 to 1907 in Germany. Walter Still, Pastor of Peace Church, noted that the story in the window captures the congregation's vision of being a servant church to the world. "The story of the Good Samaritan in the window invites us to consider our neighbors as those Christ have called us to serve."

Peace Lutheran Church was organized in 2003 as a congregation of the Evangelical Lutheran Church in America. Worship for the summer is Sunday at 9:30 a.m. The church is located at 15840 McGregor Boulevard in Fort Myers. For more information, call the church at 437-2599.*

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 THE CROSS 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, 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.*



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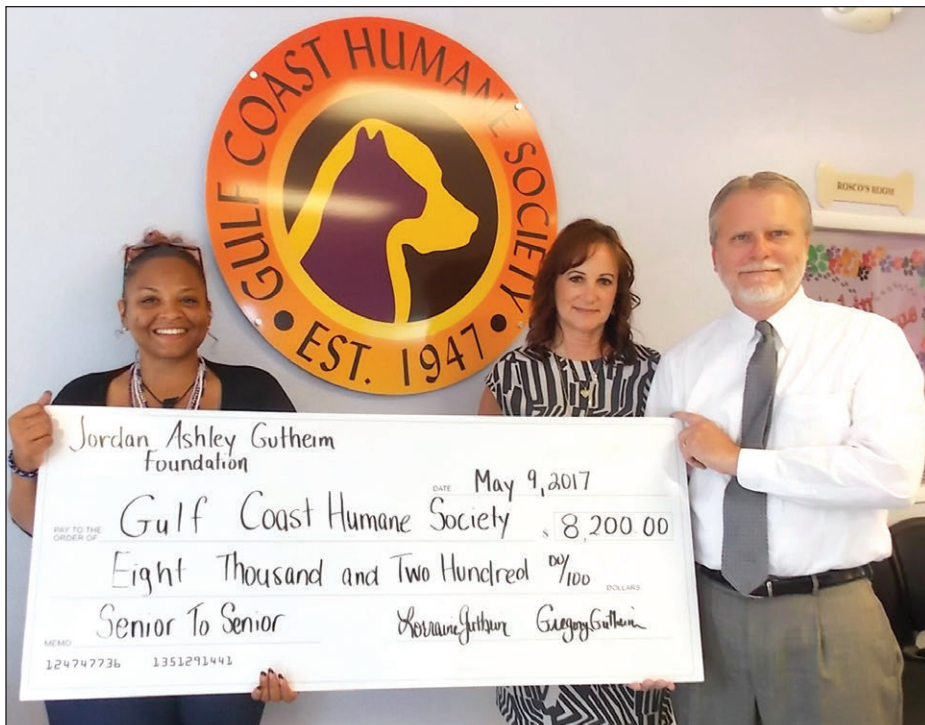
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From left, Alyssa Dudley with Lorraine and Greg Gutheim

Foundation Memorializes With Funds Distribution

Four local nonprofits, a church mission trip and a high school senior were the first recipients of funds from the Jordan Ashley Gutheim Foundation Fund and the Jordan Ashley Gutheim Scholarship Fund, funds of the Southwest Florida Community Foundation.

The funds were established in memory of Jordan Gutheim, who was tragically killed in a car accident, along with her boyfriend, Benji Piechoczek, on May 12, 2016. She was a 20-year-old graduate of Evangelical Christian School and a junior at Florida State University at the time of her death.

Recipients included Valerie's House, Gulf Coast Humane Society, Mothers Against Drunk Driving (MADD) and the Dr. Ella Piper Center's grandparents program. In addition, Evangelical Christian School senior Kathryn Pinchin received a scholarship to FSU, and a grant was also made to a New Hope Presbyterian Church to aid with a mission trip to the Dominican Republic planned for this June.

"We're honored, and words can't describe how meaningful this news is," said Angela Melvin, executive director and founder of Valerie's House. "Knowing the Gutheims' love for their daughter and what this represents to them is beyond special to all of us and especially me personally."

Valerie's House was the recipient of a \$100,000 grant to be provided during a six-year period.

According to her family, Jordan was passionate about animal safety, seniors and helping those in need in impoverished countries like the Dominican Republic. Her parents plan for the fund to support efforts including no-kill animal shelters, seniors facing dementia, humanitarian mission

trips, driver safety and family services. Annually, the foundation will also award a four-year scholarship to FSU.

"The Gutheims have been in our thoughts as they show such strength, compassion and kindness during this tragic anniversary," said Lori Burke, executive director of MADD. "My heart goes out to them. We will honor them and their daughter by ensuring we provide meaningful teen groups dedicated to road safety."

Born in Fort Myers, Gutheim was known for her fun and loving spirit, her happiness, sensitivity and interest in going out of her way to help others.

"Jordan had an outpouring of love for her family, friends and people in need," said her father, Greg. "She valued loyalty and kindness. She loved to travel, exercise, experience new things and make others laugh. We miss her more and more each day and, through this fund, our wonderfully kind and caring daughter will live on and continue to help others."

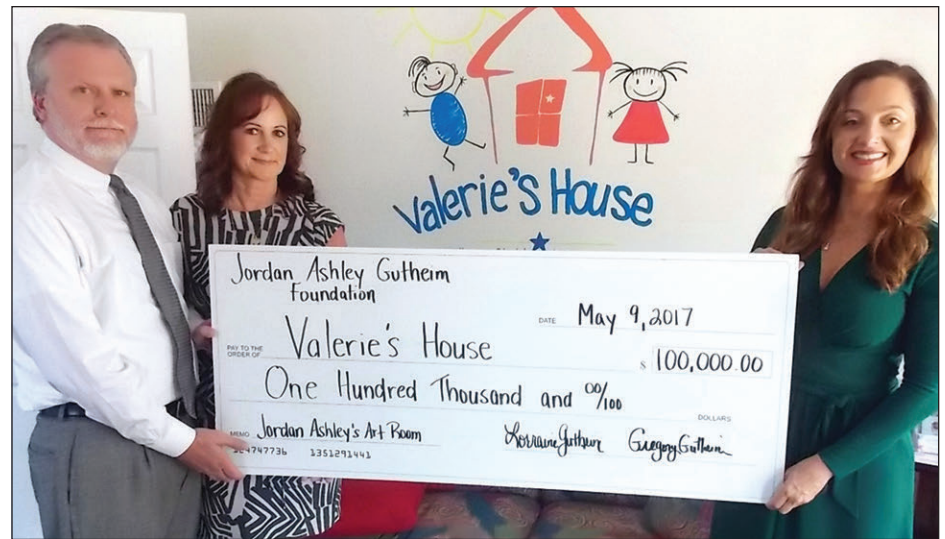
"The Gutheims are saving and enriching the lives of those that need us and enables Gulf Coast Humane Society to be their voice," said Jennifer Galloway, executive director of Gulf Coast Humane Society.

"This grant award will allow us to enroll two additional foster grandparent volunteers who will be serving at least 2,088 hours in a year serving at least five students daily with one-on-one mentoring and tutoring," said Nida Eluna, executive director of Dr. Piper Center for Social Services, Inc. "With an additional two foster grandparent volunteers, we will have a total of 98,136 hours annually devoted to mentoring and tutoring children with special needs."

The fund is available for anyone who would like to contribute at <http://bit.ly/JordanAshleyGutheim>, or those interested may send a check to the Southwest Florida Community Foundation.

For more information, call 274-5900 or visit www.floridacommunity.com.✱

photos provided



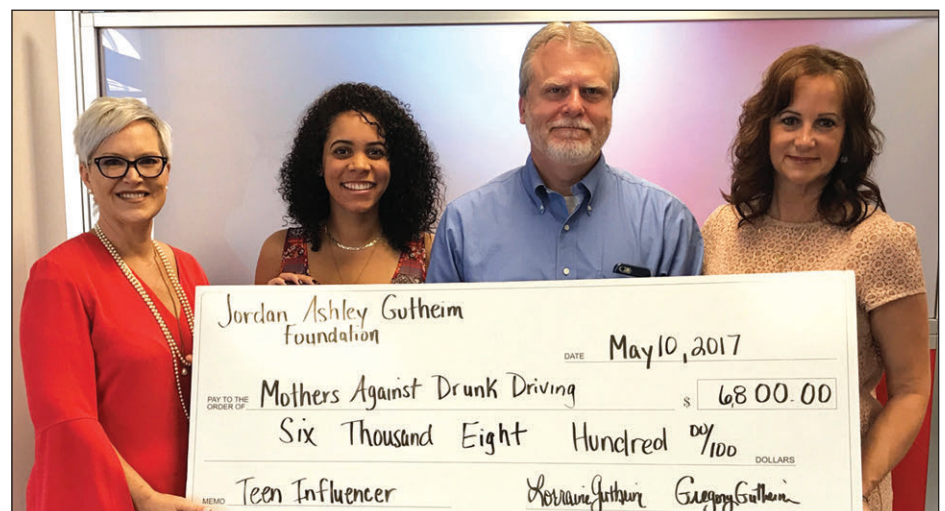
From left, Greg and Lorraine Gutheim and Angela Melvin



From left, Greg and Lorraine Gutheim with Kathryn Pinchin

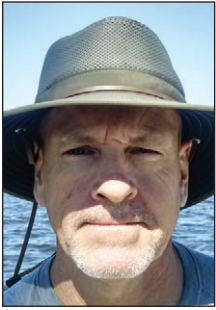


From left, Joan Willoughby, Nida Eluna, and Greg and Lorraine Gutheim



From left, Lori Burke, Malaina Mote, and Greg and Lorraine Gutheim

CROW Case Of The Week:

Juvenile
Kemp's Ridley

by Bob Petcher

The Kemp's ridley sea turtle (*Lepidochelys kempii*) is also referred to as the Atlantic ridley sea turtle. The rarest species of sea turtle, also called the world's most endangered sea turtle, is even more sparse on the west coast of Florida.

Kemp's ridleys are smaller than most of the other seven species of sea turtles. Their shells grow to an average of 23 to 28 inches, and their overall weight is only 79 to 99 pounds on average. Compare that to the more common loggerhead sea turtle that can grow up to nine feet and weigh as much as 1,000 pounds.

The Kemp's ridley's sea turtle prefers warmer waters but will migrate up to the coastal northeast states via the Atlantic Ocean. In fact, reports say their travels can take them across the Atlantic to Ireland.

At CROW, a juvenile Kemp's ridley sea turtle was admitted to the clinic on May 12 after it was reportedly trapped in a fisherman's shrimp trawling net some 11 miles offshore. The patient

was said to have nearly drowned and was very weak and emaciated upon arrival. X-rays revealed that the turtle had breathed seawater into its lungs.

Fortunately, for sea turtle populations, the process of shrimp trawling now requires turtle excluder devices (TED), where sea turtles and other larger marine animals can escape shrimp nets via a hatch opening in a metal device that is placed within the trawling net. When heavy sea creatures or objects hit the TED, the hatch opens and allows the captured animal to get away.

Dr. Heather Barron, CROW's hospital director, said TEDs have saved many turtles from suffocating after breathing seawater into their lungs to the point of drowning.

"It is not as common now as it was before the widespread use of the turtle exclusion devices on trawl nets," she said.

While sea turtles may be saved from drowning at first, CROW officials say sea water can stay in the turtle's lungs and excess salt can cause an imbalance that draws fresh water from the turtle's body into the lungs to induce drowning a few days later.

Dr. Barron said saltwater was not clinically removed from the patient's lungs. However, there are measures to help the turtles that are affected by this condition.

"The body must absorb the seawater which can lead to the secondary drowning effect and deranged blood chemistry levels," she said. "Luckily,



Patient #17-1594 nearly drowned but has passed a critical stage and is in rehabilitation

photo by Brian Bohlman

we have a machine called an iStat, purchased through the sea turtle license plate grants program, that allows us to monitor its blood chemistry and make quick adjustments to correct these levels."

Within two weeks of being at the clinic, the young Kemp's ridley has passed the critical stage, said CROW medical staff. While it is eating and swimming well, CROW officials are still closely monitoring the patient for pneumonia and treating it with strong antibiotics.

"Radiographs and white blood

cell counts indicate the possibility of pneumonia, which is being treated with antibiotics," Dr. Barron said. "It is doing well, eating well, and is bright and alert."

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

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With Great Patience Can Come Great Rewards



by Capt. Matt Mitchell

The trials and tribulations of tarpon fishing continued again this week. We did experience a few calm days and found fish as far as the eye could see, often all moving in one predictable direction as they rolled and gulped air leaving bubble trails. The other side of the coin were the days of strong winds and conditions that made spotting anything but whitecaps next to impossible. When it's good tarpon fishing, it is something you will remember for the rest of your life. But when it's bad, you just want to pull the covers over your head, go back to sleep and forget it ever happened.

The day's weather conditions can make or break a trip even more so than any other type of fishing. During rough periods, it's more of a guessing game of where these fish will be. Strong winds stir up the water to not only make it rough, but also give it a chalky color that tarpon just do not like. We often run miles looking for that pretty, blue-green clear water that holds tarpon. After this last few days of wind, finding anything that even resembled tarpon-friendly water required a run to at least Cayo Costa if not Gasparilla.

As the winds gradually relaxed, this pretty tarpon water that we look for became easier to locate and both the beaches and the sound slowly started to clear up again. Working out the puzzle to locate tarpon can be some of the most rewarding fishing you ever do but, for a little bit of reward, the cost can be days of frustration. After locating tarpon several trips this week, I would simply return to them in the exact same place the next day. Once wind directions changed, it was time to start the puzzle from scratch again.

The most memorable tarpon trips this week involved returning to fish on the beach sides of both Sanibel and Cayo Costa. One of the best mornings we had involved that long run up around Sanibel Lighthouse and towards Blind Pass. Once down the

beach past Knapps Point, the water began to finally get right, pretty and clear. Next, we started to see life with diving birds, threadfin herring and small Spanish mackerel breaking the surface. This water just looked and felt right.

After shutting down and dropping the trolling motor, it did not take long until we spotted our first rolling fish of the morning. Nothing gives you that warm fuzzy feeling than finding tarpon at the first stop of the day. After watching the tarpon show, we dropped anchor and sat for a while working out the movement of these fish. These slow-rollers were traveling south, and the majority of them seemed to be using a track about a hundred yards further out than we had positioned ourselves.

After repositioning the boat into the tarpon highway, it did not take long to get a bite. This first fish made a long, crazy run under the bow of the boat causing a few moments of chaos by staying hooked up for about 10 minutes until the hook simply pulled. Returning to our marker buoy within 20 minutes, we had another tarpon on for just one single body-curving jump before the hook came loose. Watching rolling tarpon come by us this whole time had everyone's hearts racing, and we knew it was just a matter of time before we got another hooked up.

It did not take much longer until we hooked up again. This tarpon made a wild series of jumps and quickly screamed out over a 100 yards of line. After dropping

continued on page 15



Wade Roberts caught this big beach tarpon while fishing with Capt. Matt Mitchell this week photo provided

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Dave Doane

Plant Smart

Marestalk

by Gerri Reaves

Marestalk (*Conyza canadensis*) is such a common plant that you're sure to have seen it. Native to Florida and a member of the aster family, it is usually considered a weed.

It grows not only throughout the state but throughout the U.S. and much of Canada.

Other common names include Canadian horseweed, horseweed and horseweed fleabane.

The latter name refers to putting the leaves in pets' beds as a flea repellent. In fact, the word *Conyza* derives from a Greek word for flea.

Marestalk has a single ridged stem with bristly hairs and many bushy upper branches.

The alternate leaves are lance-like or oblanceolate and stalkless, or sessile. When viewed from above, they appear to spiral around the main stem.

Rather thin and delicate, the leaves are up to four inches long and about one-half inch across. The finely toothed edges are lined with hairs.

The flowers appear in branched clusters, or panicles, in summer to fall and are a nectar source for butterflies.

The compact flowers, which measure only about one-eighth of an inch across, have yellow disk flowers.

The white ray flowers do not spread, giving the blooms an unopened look similar to that of Florida tasselflower (*Emilia fosbergii*), a naturalized member of the aster family.

The seeds resemble fluffy hairs and



Marestalk's alternate leaves seem to whorl around the central stem

photos by Gerri Reaves

disperse via the wind.

The boiled leaves and seedlings are edible, and the leaves are also used for seasoning. Native Americans made a medicinal tea from the plant and also ate the leaves, using them similarly to onions.

This ubiquitous plant can cause dermatitis, so take care when handling it.

It can grow just about anywhere and is fast-growing and drought tolerant. It is also resistant to the popular lawn chemical, Glyphosate, so it might be tempting to let it be and enjoy.

Sources: eattheweeds.com, livescience.com, plants.usda.gov, and wildflower.org.

*Plant Smart explores the diverse flora of South Florida.**



Native marestalk's numerous flowers are a nectar source for butterflies

From page 14

Capt. Matt

the anchor buoy, the chase was on as we tried to put some line back on the spool. This fish was the stubborn kind and would just not give in or let us get it any closer than 25 feet for over 30 minutes. We maneuvered the boat to keep the fish close and kept lots of pressure on it. I finally got to grab the leader and count it as a catch. What I had guessed was roughly a 100-pound, average-sized fish turned out to be much bigger as it turned over to its side to show its massive girth.

We learn more and more about tarpon every year, but we still only know a very

small part of this puzzle. The tarpon trips when everything goes just right are the days that I remember for life. Everyday I take a tarpon charter, I know I'm laying it all out there by rolling the dice and either coming home a rockstar or a loser with basically no middle ground. Tarpon fisherman have to be optimists for as many times as these fish get the better of us, we keep doing it.

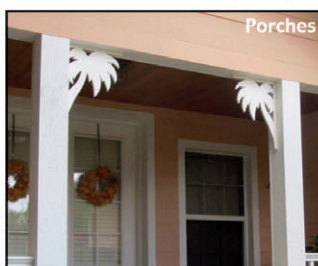
*Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email captmattmitchell@aol.com.**



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Mall Renovation Under Way

Edison Mall recently announced that construction has begun on a \$4 million renovation project. The renovation will include changes to the concourse and will add a new cut-through in the center of the mall near the Macy's Women's store. As part of the renovation, Edison Mall will add new

retailers, as well as relocate some existing retailers into newly renovated inline space.

"We are continuously looking for ways to enhance the shopping experience for our guests and this investment demonstrates our commitment to the community," said Ruben Irizarry, general manager of Edison Mall.

More details on new retailers will be announced once leases are signed.*

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Veterans and active duty service members can enjoy free cruises

photo provided

Pure Florida To Honor Military With Free Cruises

Pure Florida is honoring members of the U.S. military throughout Memorial Day weekend from Friday, May 26 to Monday, May 29 by offering veterans and active duty service members free cruises aboard all sightseeing, river and sunset cruises in Naples and Fort Myers when accompanied by a full paid adult or child admission.

Passengers cruising from Pure Florida's Fort Myers location will cruise the Caloosahatchee aboard the *M/V Edison Explorer*. Cruises will depart at 11:30 a.m. and 2 p.m. with sunset cruises departing at 7 p.m. Adult admission is \$32.50 during the day and \$35 for the sunset cruise. Children's admission is \$16. Drinks will be

available for purchase on-board.

Narration on local history, wildlife and ecology is provided by Coast Guard-certified captains, also master naturalists. Aboard the vessels, guests are invited to relax and enjoy the natural beauty of Southwest Florida and observe the wildlife native to the region. While Pure Florida cannot guarantee animal sightings in the wild, the captain will alert passengers to wildlife such as dolphins, eagles, manatee, native birds and more.

The *M/V Edison Explorer* departs from The Marina at Edison Ford, located at 2360 W. First Street in Fort Myers. Reservations are required. Memorial Day weekend cruises cannot be combined with Pure Florida's Kids Cruise Free program.

For more information on Pure Florida or to register for a Memorial Day weekend cruise, visit www.PureFL.com or call Pure Florida's Fort Myers location at 919-2965.✱

Marketing Company Hires Web Developer

CONRIC PR & Marketing has added Javier Bravo to its award-winning team as lead web developer. Bravo brings six years of front-end web development and graphic design experience to the CONRIC team. His diverse background and experience include a heavy emphasis on digital marketing for the automotive industry, including rebranding initiatives and a website build for an innovative multimedia company that garnered a case study by Google.

Born in Havana, Cuba, Bravo moved to the United States when he was 10 years old. He is a graduate of Full Sail University's Digital Arts and Design program and specializes in illustration, 3D modeling and animation, videography, photography and UX/UI (user experience/user interface) design.

"My work reflects who I am as a designer and individual," Bravo said. "I take great pride in my work and especially enjoy helping businesses realize their creative potential."

Previously, Bravo was a web developer for a leading advertising agency, where he managed web-related projects including e-blasts, landing pages and websites to



Javier Bravo

photo provided

achieve the objectives of clients including large automotive companies such as Group One, Morgan Auto Group and Sonic.

Connie Ramos-Williams, president and chief marketing officer of CONRIC PR & Marketing, said, "Javier's unique blend of technical expertise, artistic vision and enthusiasm for clients' success is an asset for our company. He will play an integral role in our rebranding projects that take clients from the 'light bulb' idea stage to an award-winning marketing strategy with brand integrity and optimal user experience."✱

Recently Opened Institute Performs 10th Transplant

Since opening on March 20, the Lee Health Transplant Institute at Gulf Coast Medical Center has performed 10 successful kidney transplants. At the time the program reopened, Lee Health had 160 patients in evaluation for a transplant and set a goal to complete 10 transplants by the end of the year. Twenty-one patient names were sent to the United Network for Organ Sharing (UNOS) to be matched with an organ when available. The team now has 50 patients on the list for kidneys.

"We are very proud to hit this milestone," said Lynsey Biondi, MD, program director and fellowship trained kidney transplant surgeon. "Ten local patients who had been living with end-stage renal disease now have hope and a chance for a healthier, more active, productive life. We are so proud of the work the team has done to comprehensively restructure the program so patients can get this life-saving and life-changing care close to home."

Stella Odie-Ali had been going to dialysis three times a week for the past eight years and had been on the kidney transplant list for six. She had been matched with two kidneys during that time, but had to turn them both down for different reasons. In April, she received the call that there was a kidney available for her and a local transplant team ready to perform the surgery.

"This time, when I got the call that there was a kidney, I was fully prepared," Odie-Ali said. "I had



Dr. Lynsey Biondi

photo provided

my support system in place and a wonderful team of highly-trained doctors and nurses who took care of me. I nicknamed my new kidney 'Phoenix' because we are rising stronger every day."

Besides Dr. Biondi, the Transplant Institute team includes fellowship trained kidney transplant surgeon Jacfranz Guiteau, MD, and fellowship trained transplant nephrologists Gautham Mogilishetty, MD, and Shalini Saith, MD. An administrative team, anesthesiologists, intensive care units, surgical progressive care units and others departments support the kidney transplant program. The transplant institute is significant for our community because it keeps patients close to home. There are only nine active kidney transplant programs in Florida.✱

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Financial Focus

College Savings Plans On 529 Day



by Jennifer Basey

You probably won't see it on your calendar, but May 29 (5/29) is 529 College Savings Day, or 529 Day for short. This day, named after the 529 plan, a popular college-savings

vehicle, is designed to promote people's awareness of the need to save and invest for the high costs of higher education. And that need has never been greater. Consider the following:

- College prices keep moving up. College costs just keep rising. For the 2016-2017 school year, the average cost (tuition, fees, room and board) was about \$20,000 for in-state students at public universities and more than \$45,000 for private schools, according to the College Board. These costs are likely to continue climbing.

- Student debt is at record levels. Of the Class of 2016 graduates who received loans – about 70 percent of the total student population – the average individual debt was \$37,172, a record high, according to a study cited by CBS News.

What can you do to help your children graduate from college without having to provide a big "IOU" in exchange for a diploma? In the spirit of 529 Day, you might want to consider investing in a 529 plan. It's certainly not the only means of saving for college, but it does offer some attractive benefits.

For starters, contribution limits are quite high – you can accumulate more than \$200,000 per beneficiary in many

state plans. And you can typically invest in the 529 plan offered by any state, even if you don't reside there. If you do invest in your own state's plan, you may be eligible for state income tax incentives.

Also, all withdrawals from 529 plans will be free from federal income taxes, as long as the money is used for a qualified college or graduate school expense of the beneficiary you've named – typically, your child or grandchild. (Withdrawals for expenses other than qualified education expenditures may be subject to federal and state taxes and a 10 percent penalty on the earnings portion of the distribution.)

Furthermore, you have complete control of your 529 plan assets. You decide who will get the money and when he or she will get it. You can even change the beneficiary to another family member.

Keep in mind, though, that your 529 plan will be counted on the Free Application for Federal Student Aid (FAFSA), although schools typically only consider up to 5.6 percent of parental assets when calculating financial aid. And distributions from a parent-owned 529 account used for one year's college expenses will not usually reduce next year's financial aid eligibility. (For more information on how a 529 plan might affect your child's financial assistance, you may want to consult with a college's financial aid office.)

If you can find a 529 Day event in your area, you may want to attend so that you can learn more about the many aspects of saving for college. But even if you can't personally take part in 529 Day, give some thought to a 529 plan – it might be part of the solution for helping your children earn a relatively debt-free degree.

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.

Bank Hires Rep

Kenneth Segura has joined Sanibel Captiva Community Bank as a customer service representative at its Gateway branch. He is responsible for assisting with customer inquiries, providing information about the bank's business and consumer products, and managing daily operations, including database information.

Segura has more than six years of experience in the banking industry. A Cape Coral resident, he obtained his associate's degree from Florida SouthWestern State College and is earning his bachelor's degree from Florida Gulf Coast University in legal studies.

Founded in 2003, Sanibel Captiva Community Bank has two locations on Sanibel and five additional locations in Fort Myers. To learn more, visit www.SanCapBank.com.



Kenneth Segura

photo provided

New Waterfront Restaurant And Retail Approved

During a May 15 meeting, the Fort Myers City Council officially accepted the recommendation from the City Selection Committee to move forward with Mainsail Lodging & Development, paving the way for the creation of Oxbow Bar & Grill, a new waterfront restaurant in downtown Fort Myers. Located in the city-owned pier building at 1300 Hendry Street, the new restaurant development on the Caloosahatchee will also feature retail space and rental services including kayaks, paddleboards, motorized watercraft and bicycles for exploring downtown streets and waterways. The timeline has not been set, but Mainsail hopes to coordinate the construction and opening of the Oxbow project to coincide with the opening of the recently unveiled 243-room Luminary Hotel.

"We're grateful for the opportunity to take an integral role in making the city's

vision for a fully activated riverfront in downtown Fort Myers a reality," said Joe Collier, president of Mainsail Lodging & Development. "As an independent restaurant, Oxbow will deliver an exceptional dining experience, but will also draw more people downtown to the water's edge by offering an experiential component ideal for group activities, eco-tourism and adventure travel for visitors and locals alike."

Inspired by its unique location on the Caloosahatchee, the casual 150-seat Oxbow Bar & Grill will offer both indoor and outdoor seating and menu selections spanning seafood, craft sandwiches and steaks.

Oxbow is the latest Mainsail development projects in Fort Myers, including the recently unveiled Luminary Hotel & Co. and the rebranding of the Harborside Event Center. "There's a lot going on in Fort Myers right now and we're thrilled to be making a significant investment in the Pier Building as part of the transformation that's taking place downtown," added Collier.

For more information, visit www.mainsailhotels.com.

From page 1

Alliance Exhibit

Janet George, Jim Stewart, JoAnn LaPadula, Joanna Coke, Joel Shapses, John O'Brien, Jose Pardo, Katy Danca Galli, Marc Harris, Mary Klunk, Mary Voytek, Melissa Miller Nece, Mike Kiniry, Muffy Clark Gill, Nancy Terrell, Penelope Breen, Roger Sherman, Sherry Rohl, Simon Huebler, Stephen Bufter, Steve Conley, Sue Higgins, Susanne Brown, Terry Lynn Spry, Tracy Owen-Cullimore and Whit Robbins.

The exhibit is sponsored in part by Elemental Stone and Waterworks.

Riner will be on hand during the opening reception to present awards including \$1,000 cash for Best In Show, a second place \$250 gift certificate for Golden Artists Colors, \$100 cash for third place and Jurors Choice Award(s) of Alliance for the Arts membership(s). There will be a conversational gallery walk and talk with the juror on Saturday, June 3 at 10 a.m.

For more information, call 939-2787 or visit www.ArtInLee.org.

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



Motherboard by Mary Voytek

image provided



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Red Sox Fans And Other Sports Fans Will Love Big Papi’s New Book



by Ed Frank

While we’re not in the business of reviewing books, if you’re a Boston Red Sox fan – and there are vast numbers in our area – you’ll want to read the new book, *Papi My Story*. In modern Red Sox history, there has never been a more exciting, lovable, charismatic player than David “Big Papi” Ortiz. This sure-fire future Hall of Famer left an indelible mark on baseball and the city of Boston in so many, many different ways. To this very day, there are scores of Red Sox faithful that argue the big man should still be playing. And Red Sox management admits that the biggest challenge facing Boston this season is filling the void left by his retirement.

At 40 years old in his final season last year, Ortiz hit .315 with 38 home runs and 127 RBIs. It’s no wonder that so many wish he was still playing. But getting back to his book, he devotes a significant portion to the disastrous 2012 season when the team was managed by Bobby Valentine. Red Sox fans remember that awful season when the negative vibes and players’ complaints about Valentine began as early as Spring Training. Valentine lasted only one year after a 69-93 season, finishing 26 games out of first place. “I’m a person who has been able to get along with a range of personalities, pretty much everybody,” he said in the book. However, he goes on to write, “He (Valentine) was aggravating as hell, arrogant and disrespectful, but I felt that we needed to try our best to support him.” He describes one awful day during a practice session when Valentine ordered his players to stop yelling, “I’ve got it,” when chasing a fly ball. He claimed it is hard to hear those words in a noisy stadium. “So when our shortstop, Mike Aviles, got under a ball he instinctively said, ‘I got it.’” He writes that Valentine snapped. “It was unlike anything I had ever seen in the majors. He went off on Aviles, cussing and verbally tearing him down in front of everyone. If it had been me, I would have gone up to him and dropped a punch.”

What a difference a year later when John Farrell took over as manager, Ortiz says. “There was trust in the room. There was peace and respect.” Ortiz devotes a major portion of his book to Patriots Day 2013, the day when two bombs exploded near the finish line of the Boston Marathon, causing horrific injuries to more than 200 persons and deaths to six. Adopting the term, Boston Strong, Ortiz will long be remembered when he addressed a sellout crowd at Fenwick Park. “This is our ----- city. And nobody is going to dictate our freedom. Stay strong.” He writes that he feared he would be in trouble for his words. “It was the opposite. What I said became a rallying cry for some people.” There is much more in this book – his one-time struggles with family issues, his devotion to civic and charitable causes and his never-ending competitive drive, a drive that played major roles in Boston’s 2007 and 2013 World Series championships. We wrote at the outset of this column that Big Papi’s book is a must read for Red Sox fans. Actually, it’s a good read for any sports fan. **Red-Hot Miracle Win Seven Straight And Eight Of Nine** The surging Fort Myers Miracle began the week just three games out of first place in the Florida State League South Division after winning seven straight games and eight of nine, including a 13-6 victory Monday night over Dunedin. The winning streak included four straight over Clearwater and two of three over first-place Bradenton to improve their season record to 24-21 through Monday of this week. Third baseman Chris Paul was among the league leaders with a .335 batting average. The Miracle is on the road this weekend at Charlotte, returning home to Hammond Stadium next Tuesday for a single game against Bradenton.*



David Ortiz photo courtesy Boston Red Sox



Participants in this year’s Memorial Day Golf Tournament at Shell Point are encouraged to show off their patriotic pride photo provided

Memorial Day Golf Tournament

Golfers are invited to participate in the inaugural Shell Point Memorial Day Golf Tournament on Monday, May 29 at The Club at Shell Point, Shotgun begins at 8:15 a.m. Lunch is 11 a.m. in the newly opened clubhouse. “The event is a great way to kick off the patriotic holiday with an exciting morning of golf followed by a mouthwatering buffet prepared by our exceptional staff,” said Charlie Howlin, general manager of The Club at Shell Point. The tournament is open to the public and welcomes all golfers, from the newest beginners to the biggest hitters. The 18-hole championship golf course offers difficult fairways, winding water hazards, and eight tees on every hole – providing challenges and rewards to every player. Entry fee, which includes lunch, is \$45 for club members or \$60 for non-members. Prizes will be awarded in multiple categories. Sign up by calling the golf shop at 433-9790. The Memorial Day buffet in the Banyan Grille at The Club is also open to the public. To make a reservation, call 225-2900. Tickets for each non-golfing individual are \$16.95 plus gratuity. The Club at Shell Point is located at 17500 On Par Boulevard in Fort Myers. To register for the tournament or for more information, call 433-9790 or go to www.shellpointgolf.com.*

Triathlon Rates To Rise In June

The end of May will bring the end to lower registration rates for the seventh annual Galloway Captiva Triathlon, with individual and team registrations set to increase for this popular local event. The nonrefundable cost to register is \$75 for individuals, \$85 for elite amateur athletes and \$180 for relay teams of two or three people. Registration fees increase May 31 to \$85, \$95 and \$200 respectively through July 31. If the race has not sold out already, on August 1 registrations will increase to \$95, \$105 and \$220 respectively. Race director Kate Gooderham stated that sponsors Trek Bicycle Stores and Billy’s Bicycles are planning roadside repair clinics. The triathlon has sold out every year since its 2011 inception and is limited

to 750 participants for the Sunday adult sprint-length race. Proceeds will again benefit the Community Cooperative’s Healthy School Pantry program, as it has since the race’s inception. The sprint event will be held Sunday, September 10 at South Seas Island Resort on Captiva. It includes a quarter-mile open-water swim, 10-mile bike (on closed island roads) and 3.1-mile run along the gulf and Redfish Pass. The Captiva Tri also holds a shorter Children’s Fun Tri on Saturday, September 9 at South Seas. The race is not timed and all finishers earn a medal. Children will compete in three age groups – 6 to 8, 9 to 10 and 11 to 13 – with the distances of each race varying. Registration increases from \$25 to \$30 beginning June 1. All three age groups are limited in size, and have sold out even before the adult event in years past. Information and event registration for both races are available at www.CaptivaTri.org.*

SPORTS QUIZ

1. In 2015, Ryan Braun became the Milwaukee Brewers’ all-time leader in home runs. Who had held the top spot?
2. Three major-league players had careers of at least 3,000 hits and 600 home runs. Name them.
3. Who was the first defensive player to be named MVP of the Super Bowl?
4. How many times has Villanova’s men’s basketball team reached the Final Four, and how many times have the Wildcats won the title?
5. Who was the first Philadelphia Flyers player to tally 50 or more goals in a season?
6. Name the first athlete born in the year 2000 or later to win a gold medal in an Olympic sport.
7. When was the last time before the 2016 Ryder Cup that the U.S. men’s golf team won the event by at least six points?

ANSWERS

1. Robin Yount, with 251. 2. Hank Aaron, Willie Mays and Alex Rodriguez. 3. Linebacker Chuck Howley of the Dallas Cowboys in Super Bowl V. 4. Villanova has reached the Final Four five times and won it all twice (1985, 2016). 5. Rick MacLeish had 50 goals in the 1972-73 season. 6. Swimmer Penny Oleksiak of Canada, in 2016. 7. It was 1981, when the U.S. won 18.5-9.5.

Audubon Annual Meeting June 3

The Audubon of Southwest Florida will hold its annual meeting at the Southwest Florida Masonic Temple on Saturday, June 3. A spaghetti dinner will be served beginning at 5:30 p.m., followed by a short business meeting that will include nominations and election of the 2017/18 board of directors.

The featured program begins at 7 p.m. with guest speaker John Cassani, who has been part of most of the region's ecologically focused nonprofits over the years including Riverwatch, the Caloosahatchee Bromeliad Society, Audubon, the Southwest Florida Amphibian Monitoring Network and the Southwest Florida Watershed Council. He was most recently named the Calusa Waterkeeper, a full-time advocate for the Caloosahatchee River, its tributaries and the estuary system from Charlotte Harbor to Estero Bay.

The dinner, prepared and served by chapter volunteers, includes beverages, salad, mixed fruit, spaghetti with sauce, garlic toast and desserts. Feel free to bring a dish to share for the dessert table, which is always a big hit at the annual meeting.

Both the dinner and program are open to the public and presented free of charge. Donations are appreciated. Send an RSVP to www.audubon.southwest.florida@gmail.com.

The Southwest Florida Masonic Temple is located at 10868 Metro Parkway in Fort Myers.✱

Business Climate Survey Results

Following two consecutive quarters of increases, the Executive Business Climate Index for Lee County fell one point to 67, according to a recent report released by the Horizon Council and Florida Gulf Coast University's Regional Economic Research Institute.

The two quarters of consecutive increases followed three quarters of decline.

"The business climate seems to have leveled off somewhat compared to the post-election optimism we observed in the fall and winter," said FGCU economist Christopher Westley. "The index is four points higher than this time a year ago. I am detecting optimism but also caution regarding where we stand now eight years into the recovery and how much longer it can last."

The index results from calculations made to survey responses of Lee County business executives and is measured on a scale of 0 to 100.

The remainder of the survey queried executives about their concerns regarding identity theft. In answering the question, "How concerned are you with identity theft," 39 percent of executives said they were very concerned, and 56 percent said they were somewhat concerned. Eighty-seven percent of respondents

indicated support for the creation of an identity theft hotline for the region to aid victims in the restoration of their identities.

Twenty-seven percent of respondents indicated they have themselves been victims of identity theft and, of these, 58 percent found the restoration process to be either moderate or difficult. Forty-three percent of respondents believe that Lee County has the same level of risk of identity theft as the rest of the country. However, the 2016 Consumer Sentinel Network Data Book ranks Cape Coral-Fort Myers as the 19th largest metropolitan area for reported identity theft complaints nationwide.

"These results confirm many of our findings about a false sense of security people develop regarding identity theft," Carrie Kerskie, director of the Identity Theft Institute at Hodges University, said. For instance, victims of credit card fraud often find it only takes a phone call to fix the problem. (But) just wait until someone uses their Social Security number; that's when they will become very concerned about the threat. Ignoring the threat significantly increases your risk of becoming the next victim."

The full report is available on FGCU's Regional Economic Research Institute website at www.fgcu.edu/cob/reri/#REI.✱

Volunteers Sought

Dr. Piper Center for Social Services, Inc. is seeking tutors/mentors for summer school and camp and throughout the year. Foster grandparent volunteers can collect a stipend of \$2.65 per hour and 40 cents per mile.

The center seeks to enhance the social and economic well-being of those age 55 and older who reside in Southwest Florida and make a positive impact in the lives of frail elderly, at risk youth, special needs children and local communities.

Call Teresa at 332-5346 ext. 107 to sign up and be ready for orientation.✱

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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



Joe Collier and Sarah Owen
photos by Jim Jeff

Hotel Plans Revealed For Downtown

Mainsail Lodging & Development recently unveiled their plans for a new 237-room hotel along the waterfront of downtown Fort Myers. Opening early 2019, Luminary Hotel & Co. will feature a signature restaurant, rooftop lounge, culinary theater, indoor and outdoor fitness facility, spacious pool area on the fourth floor overlooking the Caloosahatchee as well as a local diner and retail space at street level. The 12-story hotel will also house 8,000 square feet of function space and will be connected to the neighboring Harborside Event Center and adjacent to Centennial Park where a bandshell will also be constructed. The Luminary Hotel will be a part of the prestigious Autograph Collection of Marriott International, Inc., and is expected to be the first Autograph hotel in the Fort Myers-Naples area.

“The city’s history is a celebration of the pioneer spirit, so we’re weaving those captivating stories into the design of the Luminary Hotel,” said Joe Collier, president of Mainsail



Michael Flanders and Lee Scrabis



Arvey Krise and Samantha Howes
Lodging & Development. “We believe Fort Myers is really something special, and we’re thrilled to be a part of the transformation taking place downtown.”

A colorful cast of local pioneers, businessmen and innovators from Fort Myers’ past has inspired the branding and design of Luminary Hotel, added Collier. The mission of the hotel is to plug visitors into the rich culture of Fort Myers, engaging them with the past and the vision for the future. Some of the dining and retail outlets will also



Mayor Randy Henderson and Joe Collier



Michele Hylton and Jim Griffith



A rendering of the 12-story hotel

take inspiration from these characters and local landscape, inviting guests to dig into the eclectic history of the area.

The logo of the Luminary will be dressed in an inviting palette of cool greys, navy blue and a touch of kelly green to emote a fresh take on luxury with a timeless and classic appeal. In addition, local Fort Myers artist Joshua Noom’s work will illustrate the brand stories behind the hotel and its outlets, while being showcased on materials

and artwork displayed throughout the property.

Mainsail Lodging & Development continues to expand its award-winning collection with two additional Florida properties – Waterline Marina Resort & Beach Club on Anna Maria Island (summer 2017) and Fenway Hotel in Dunedin (early 2018). For more information, visit www.mainsailhotels.com.



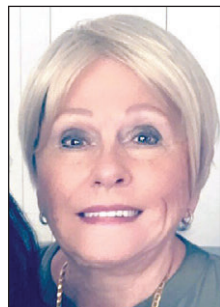
Mainsail Lodging and Development Team



From left, Beth Oliver, Steve Colgate, Doris Colgate and Norwood Smith

Book Review

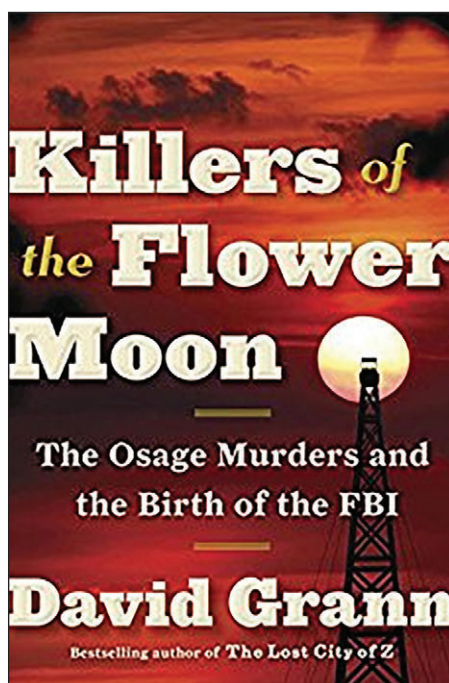
Killers Of The Flower Moon



by Di Saggau

I watched a television interview recently with author David Grann talking about his latest book *Killers of the Flower Moon*. It was on my stack of those I planned to read and review, so I moved it to the top of the stack. What a fascinating and terrifying historical tale about cruelty to Native Americans. In 1870s, the Osage were driven from their land in Kansas onto a presumably worthless reservation in northeastern Oklahoma. Later it was discovered that the land was sitting above some of the largest oil deposits in the United States. In 1923 alone the tribe took in more than \$30 million, the equivalent today of more than \$400 million. The Osage were considered the wealthiest people per capita in the world. Between 1921 to 1923, the world's richest people per capita were also becoming the world's most murdered.

The federal government figured Osage Indians were unable to handle their own affairs so they instituted court-appointed guardians, who looted Osage bank accounts. One government study estimated that before 1925 guardians had pilfered at least \$8 million directly from the restricted accounts of their Osage wards. Undertakers were among those who took advantage of the Osage charging \$6,000 for burial, a sum equivalent to nearly \$80,000 today. Grann's book is mostly about one matriarchal Osage family, and the plot to murder all the women one by one so their wealth would be inherited by white men, often their husbands. Mollie Burkhart was among the Osage who benefited from the oil under her parcel of land. She was married to Ernest, a white man she loved. Soon she saw her mother poisoned, her sister shot, another sister blown up, and herself injected with poison administered by two doctors. Prominent in the book is a man named William Hale, her husband's uncle, who



presented himself as a father figure to the Osage. In reality he was pure evil.

You read about Mollie sitting in a courtroom watching her husband, the father of her children, testify in Hale's trial, that Hale had been the mastermind behind the deaths of her family to inherit her oil rights. Ernest Burkhart was also involved. Local law enforcement was corrupt. When the Osage killings climbed to 24 the case became the first major murder investigation of the FBI and its new director, J. Edgar Hoover.

Another lead character in the book is Tom White, who Hoover appointed to unravel the mystery by putting together an undercover team, including an American Indian agent in the bureau. Together they expose one of the most chilling conspiracies in American history. *Killer's of the Flower Moon* is based on years of research and startling new evidence. Praise from John Grisham reads, "A fascinating account of a tragic and forgotten chapter in the history of the American West. As in all his work David Grann digs deep, and this powerful story reveals the unimaginable scale of these shocking murders almost a hundred years ago." The book is a masterpiece of narrative nonfiction complete with many photos of the people involved in this emotionally devastating part of history. Movie rights have already been sold to Hollywood.*

From page 9

Broadway Palm

goes from party host to murder victim but remains the narrator even after he's dead.

All six of Mr. Boddy's guests have a motive for killing him, and there is plenty of potential weaponry and rooms in which to commit the crime. Six of each. There is a lot of audience participation with everyone receiving a pencil and form to fill out their own deductions in the program. Was it Colonel Mustard in the library with a gun? Or was it Mrs. Peacock in the conservatory with a candlestick? There are

so many possibilities.

There is a lot of wit in the performance, and the combination of humor and music along with a bit of suspense makes for an enjoyable evening with a cast that is obviously having a lot of fun. The laugh lines in the script come fast and furious, and they are delivered with a strong sense of comedic timing. This is a show the entire family can enjoy. Do yourself a favor and make plans now to see *Clue* playing through June 24, at Broadway Palm, Southwest Florida's Premier Dinner Theatre located at 1380 Colonial Boulevard in Fort Myers. Call 278-4422 or visit www.BroadwayPalm.com.*

School Smart



by Shelley M. Gregg, NCSF

Dear Readers, Suicide is the second leading cause of death among school age youth. Currently, the trending Netflix series *13 Reasons Why*, based on a

young adult novel of the same name, is raising serious concerns. The series revolves around 17-year-old Hannah Baker, who takes her own life and leaves behind audio recordings for 13 people who she says in some way were part of why she killed herself. Each tape recounts painful events in which one or more of the 13 individuals played a role.

Producers for the show say they hope the series can help those who may be struggling with thoughts of suicide. However, the series, which many teenagers are binge watching without adult guidance and support, is raising concerns from suicide prevention experts about the potential risks posed by the sensationalized treatment of youth suicide. The series graphically depicts a suicide death and addresses, in wrenching detail, a number of difficult topics, such as bullying, rape, drunk driving and slut shaming. The series also highlights the consequences of teenagers witnessing assaults and bullying (i.e., bystanders)

and not taking action to address the situation (e.g., not speaking out against the incident, not telling an adult about the incident).

The National Association of School Psychologists (NASP) does not recommend that vulnerable youth, especially those who have any degree of suicidal ideation, watch this series. Its powerful storytelling may lead impressionable viewers to romanticize the choices made by the characters and/or develop revenge fantasies. They may easily identify with the experiences portrayed and recognize both the intentional and unintentional effects on the central character. Unfortunately, adult characters in the show, including the second school counselor who inadequately addresses Hannah's pleas for help, do not inspire a sense of trust or ability to help. Hannah's parents are also unaware of the events that lead to her suicide death.

While many youth are resilient and capable of differentiating between a TV drama and real life, engaging in thoughtful conversations with them about the show is vital. Doing so presents an opportunity to help them process the issues addressed, consider the consequences of certain choices and reinforce the message that suicide is not a solution to problems and that help is available. This is particularly important for adolescents who are isolated, struggling, or vulnerable to suggestive images and storylines. Research shows that exposure to another person's suicide, or to graphic

continued on page 22

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*

Life Insurance

Term Policy Outlives Its Usefulness



J. Brendan Ryan, CLU, ChFC, MSFS

I think it is valuable every so often to present a case study involving a life insurance policy that may not be doing its intended job any more or that has become – or is about to become – too

expensive. And sometimes, even better-designed policies should be reviewed.

I believe that people close to the age and sex of the client in a given case study

can interpolate or extrapolate and thus approximate if the case study can apply to a question or a problem that they have.

I recently received a call from a reader who, at age 68, wanted to review and evaluate his term policy that he got back in the 1970s.

I remember those policies. They were fairly priced, one-year renewable policies. The premium went up every year in modest steps in early years and bigger and bigger steps as the insured grew older. There were no huge steps in price, and they were designed to allow people to keep their insurance for decades.

Compare that to today's common term policies. These policies have a low, level premium for a set number of years. At the end of that initial period, the premium takes annual leaps, eventually to horrendous levels. These are designed to provide protection at a modest cost in the early years when there is little chance of the insured dying. Then later, when the risk of dying increases, the premium

increases to unaffordable levels, forcing the client to drop the policy when the risk of dying has never been greater.

But, even the 1970s policy was not adequate for the long haul because it was just term insurance with escalating premiums that eventually became too expensive. Only three percent of term policies ever pay off. They are dropped before most people die.

Back to the case study. He had a \$150,000 term policy from the 1970s that cost \$2,300 per year at the present time. Again, that premium will increase every year until it is unaffordable, probably in about 10 years, and he will probably be alive long after that.

Since he is healthy and thus insurable, I can write a new \$150,000 term policy for \$1,800 per year and the premium will not increase for 10 years. In the 11th year, it goes to \$17,000, the next year \$20,000 and so on. So, he would have to drop it.

He does not want to have to drop the coverage in 10 years. He wants it to

provide a financial legacy for his family. And, he cannot count on dying within 10 years.

So, he decided that the only reasonable choice was a universal life policy wherein the death benefit and the premium stay the same for life. That way he can be assured that the legacy will be passed on at his death.

And he chose to include a long-term-care rider, which makes the whole death benefit of \$150,000 available to cover his nursing home and home health care costs if the need arises. (Every dollar used for this purpose reduces the death benefit dollar-for-dollar.) This policy carries a level annual cost of \$3,600.

In summary, by spending a little more money now, he can be assured of leaving a legacy for his family, however long he lives, at an affordable cost.

J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at jbryanclu@aol.com.✴

Advisory Board Members Sought

The City of Fort Myers seeks responsible, community-minded citizens to serve on its citizen advisory boards. These volunteer boards provide advice and recommendations to city council on numerous topics of public concern.

Currently, there are more than 30 vacancies on these boards. The city seeks to fill these positions with qualified volunteers with an interest in community improvement. Typically, board members must reside, work, or own property within the City of Fort Myers, although some boards have parameters that are more specific.

Citizen advisory board members typically serve for two- to four-year terms. Meetings of most boards are held monthly, although some are scheduled less frequently or on an as-needed basis. Members are expected to attend a minimum of 75 percent of the board's meetings, which are held at City Hall at 2200 Second Street in Fort Myers.

The following boards have vacancies:

- **Beautification Advisory Board:** Advises on landscaping and beautification of city properties and along streets, parks and right-of-way. Members should reflect knowledge in landscaping, plants or beautification.

- **Bicycle and Pedestrian Advisory Board:** Makes recommendations on matters relating to local road plans and bicycle and pedestrian paths. Members should reflect knowledge in non-motorized transportation and bicycle and pedestrian patterns.

- **Board of Adjustments:** A quasi-judicial body that reviews decisions made in relation to enforcement and interpretation of the City's land development code.

- **Brownfields Advisory Board:** Receives and reviews public comment on the rehabilitation and redevelopment of former industrial sites. Members should have experience with environmental issues, redevelopment,

education or vocational/technical training. Business owners preferred, but not required.

- **Citizens Police Review Board:** Reviews citizen complaints about potential police misconduct. Members must be city residents, U.S. citizens or resident aliens, and must pass a city background check. Members may not be related to a member of the Fort Myers Police Department.

- **Code Enforcement Board:** Presides over enforcement proceedings related to city code violations. Members must be city residents and should be experienced in architecture, business, engineering, construction, or realty.

- **Economic Development Advisory Board:** Advises city council in matters related to economic development and business activities and programs. Seeks members with diverse business experience and interests.

- **Fort Myers Teen Advisory Council:** Communicates trends, ideas and concerns to the mayor and city council. Members must be city residents between the ages of 15 to 19. Students should be interested in public service and maintain a minimum GPA of 2.75.

- **Historic Preservation Commission:** Responsible for identifying and maintaining the city's historic resources for the benefit of city residents. Members should have experience or education in architecture, history, construction, planning, or archaeology. Members should be residents or property/business owners in one of Fort Myers' historic districts.

- **Local Affordable Housing Advisory Committee:** Provides recommendations on policies, procedures, ordinances, land development regulations and other actions or initiatives related to affordable housing. Seeks members with experience in residential home building, mortgage banking, housing advocacy, or otherwise interested or concerned with affordable housing.

- **Nuisance Abatement Board:** A quasi-judicial body that hears evidence relating to the existence of drug-related public nuisances located in the city.

Members must reside or maintain a business within city limits. Two members must have experience as trial attorneys.

- **Special Events Advisory Board:** Advises city council on special events that will enhance the quality of life for Fort Myers' citizens or produce positive social and economic impacts for the city. Members should have experience in public relations, marketing, tourism, fundraising, economic development, education, or entertainment/media.

- **STARS Management Advisory Board:** Provides recommendations

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School Smart

or sensationalized accounts of death, can be one of the many risk factors that youth struggling with mental health conditions cite as a reason they contemplate or attempt suicide.

What the series does accurately convey is that there is no single cause of suicide. Indeed, there are likely as many different pathways to suicide as there are suicide deaths. However, the series does not emphasize that common among most suicide deaths is the presence of treatable mental illnesses. Suicide is not the simple consequence of stressors or coping challenges, but rather, it is most typically a combined result of treatable mental illnesses and overwhelming or intolerable stressors. Here are some suggestions for families to help in discussing this difficult topic.

Ask your child if they have heard or seen the series *13 Reasons Why*. While NASP doesn't recommend that they be encouraged to view the series, do tell them you want to watch it with them if they want to watch it or to re-watch it if they have already seen it, and discuss their thoughts. Here are some talking points developed specifically for this series that you may want to use from Suicide Awareness Voices of Education (SAVE) and the JED Foundation at www.go.kognito.com/.

If your child exhibits any of the warning signs, don't be afraid to ask if they have

toward developing comprehensive educational success through the STARS academic recreation support program. Members should reflect knowledge in management and education.

The mayor and city council members typically appoint board members. Persons interested in serving on a citizen advisory board may download an application from the city's website at www.cityftmyers.com/266/ Board-Applications-Forms. For more information about citizen advisory boards, contact the City of Fort Myers City Clerk's office at 321-7035.✴

thought about suicide or if someone is hurting them. Raising the issue of suicide does not increase the risk or plant the idea. On the contrary, it creates the opportunity to offer help.

Ask your child if they think any of their friends or classmates exhibit warning signs. Talk with them about how to seek help for their friend or classmate. Guide them on how to respond when they see or hear any of the warning signs.

Listen to your children's comments without judgment. Doing so requires that you fully concentrate, understand, respond and then remember what is being said. Put your own agenda aside.

Get help from a school-employed or community-based mental health professional if you are concerned for your child's safety or the safety of one of their peers or call the National Suicide Prevention Hotline, 1-800-273-TALK (8255), or text "START" to 741741.

Excerpted from National Association of School Psychologists. (2017). *13 Reasons Why* Netflix series: Considerations for educators (handout). Bethesda, Maryland: Author.

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.✴

Local Navy Man Supports Versatile Combat Ship



Luc-Rikardo Fils

photo provided

submitted by Navy Office of Community Outreach

A 2008 Riverdale High School graduate and Fort Myers native is serving in the U.S. Navy to support one of the country's most versatile combat ships.

Petty Officer 2nd Class Luc-Rikardo Fils is a yeoman and is assigned to commander, LCS Squadron One that support the mission of the littoral combat ships based in San Diego.

A Navy yeoman is responsible for the administrative staff and assistant to the public affairs officer for the LCS Community.

"I like that this command gives me learning opportunities and I've learned a lot from the leadership because they are willing to help us with becoming well-grounded and learning the

ins-and-outs of public affairs," said Fils. Designed to defeat threats such as mines, quiet diesel submarines and fast surface craft, the Freedom variant of littoral combat ships are 388 feet long and weigh nearly 3,400 tons fully loaded. Twin gas-turbine engines push the ship through the water at more than 40 mph.

"Serving with this command gives me a sense of pride whenever I accomplish work," said Fils. "I love being able to do public affairs. Being able to do my part and putting people's story out there is a great experience."

According to Navy officials, the path to becoming an LCS sailor is a long one. Following an 18-month training pipeline, sailors have to qualify on a simulator that is nearly identical to the ship. This intense and realistic training pipeline allows sailors to execute their roles and responsibilities immediately upon stepping onboard.

"Sailors that work aboard this platform are expected to be capable of performing a variety of tasks to assist in the completion of the LCS mission," said Capt. Warren R Buller, commander, LCS Squadron One. "The training that is required of our sailors is rigorous and difficult. This ensures that they are mission-ready to defend and protect America at all times."

As a sailor supporting one of the Navy's newest ships, Fils explained they are building a legacy that will last beyond their lifetimes. Sailors know how important it is for the Navy to develop new war fighting capabilities to continue their success on the world's oceans.

"I joined to serve my country, and I love our nation and the chance to travel the world," said Fils. "I love all the things I see onboard the ships."

Through innovative planning, the design of systems and crew requirements, the LCS platform allows the fleet to increase forward presence and optimize its personnel, improving the ability of the Navy to be where it matters, when it matters.*

Partnership To Build A Home In One Week

Habitat for Humanity of Lee and Hendry counties and Aubuchon Homes have teamed up to build a new single-family home in just one week during the nationwide Home Builders Blitz week from June 5 to 9. The new three bedroom, two bath house will provide a family of four a safe and affordable place to call home. Currently, the future Habitat homeowner, Rubie, and her three children share a two bedroom house with her parents and younger brother. She will work alongside Habitat and Aubuchon Homes to help build and then purchase the three bedroom, two bath home with an affordable mortgage.

Home Builders Blitz is a nationwide partnership with Habitat for Humanity affiliates and their local building

industry that aims to build homes for families in a one-week period. Gary Aubuchon, a Habitat board member and president of Aubuchon Team of Companies, knew he had to get his team involved. "Aubuchon Homes marks its 25th anniversary this year and what better way to celebrate than by giving back to our community in one of the most meaningful and quickest home building projects we've ever undertaken," said Aubuchon.

In accordance with the Home Builders Blitz schedule, Rubie and her family will partner with Aubuchon Homes to build a single-family home in only one week with the help of local subcontractors and volunteers. A kickoff event is set for June prior to the beginning of construction.

For more information about Aubuchon Homes, visit www.AubuchonHomes.com or call 542-1075. For more information about Habitat, visit www.Habitat4Humanity.org or call 652-0434.*



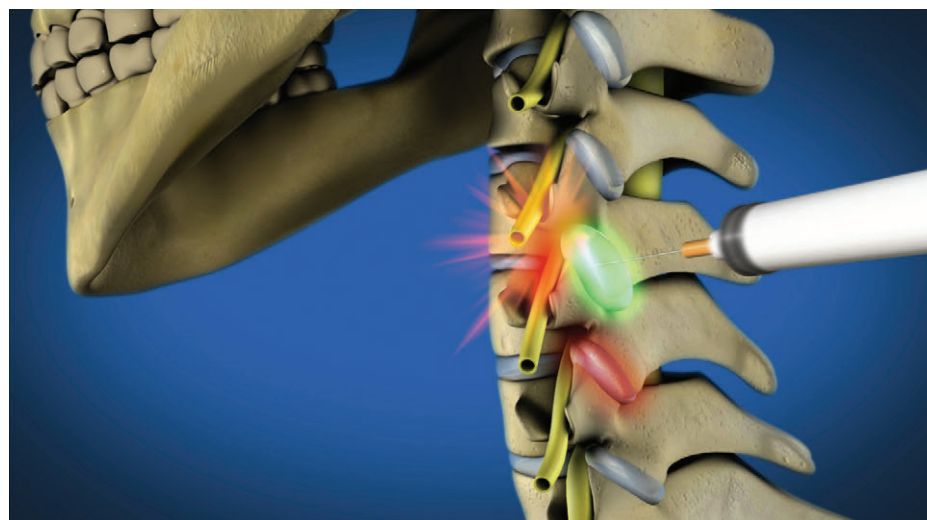
Calendar Girls pose with Bravo, their 18th sponsored pup

photo provided

Calendar Girls Sponsor 18th Dog

Bravo is a communications code word representing the letter B. Audiences yell "Bravo!"

every time The Calendar Girls pas de bourree on stage. Bravo is also The Calendar Girls' 18th sponsored pup, who will be raised by Maggie and Dave Thompson and will attend performances. For more information, visit www.calendargirlsflorida.com.*



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Man Honored For Platelet Donation



Karen Lopez, Lee Health Blood Center nurse, presented the John Woolslair Sheppard Award to Dan Latorella in recognition of his commitment to platelet donation

photo provided

Lee Acres resident Dan Latorella was recently awarded the 2017 John Woolslair Sheppard Award for his dedication to platelet donation. Since 1999, Latorella has been a faithful donor, spending an hour-and-a-half every three weeks donating platelets.

"This award caught me totally by surprise," Latorella said. "I feel good doing it because I know it is helping patients fighting cancer. I started donating by chance in 1999 when my wife was getting blood work done. Karen Lopez (the Lee Health Blood

Center nurse) asked me if I'd be willing to donate platelets. I said 'sure' and I've been donating ever since. I'm up to 200 donations."

Latorella says he does not see a time when he won't make the trip to Cape Coral Hospital to donate.

The John Woolslair Sheppard Award is given to any person who supports the mission of the blood program – whether they are a blood or platelet donor or an advocate for the program. Sheppard is a local, long-time community leader, philanthropist and friend of Lee Health who has been donating blood since 1951. He also is the Guinness Book of World Records holder for the most whole blood donated. He did not pursue the record for notoriety, rather in the hopes to inspire others to donate blood. Sheppard still donates blood every 56 days.

According to Susie Nystrom, director of Lee Health Blood Center Services, there is no other substance that can heal and save lives the way blood (and blood products) can. From one donation – one pint of blood – they can separate the platelets, the red blood cells and the plasma to help save three people suffering from various diseases and trauma.

While donating platelets takes a bit longer, donating blood is quick, as well as safe and easy. Before giving blood, donors receive a mini physical – at no cost – to check their pulse, blood pressure, temperature and hemoglobin level. Blood type and cholesterol levels are also checked after a successful donation. All blood types are welcome.

All blood donated at Lee Health stays in the community, and the system uses approximately 500 units of blood each week.

For more information, including the requirements to donate and the Blood Center locations, visit www.LeeHealth.org/BloodCenter or call 343-2333.✱

dearRPharmacist

Five Foods For A Hot Summer Bod



by Suzy Cohen, RPh

Dear Readers:

The fastest way to lose weight is to exercise more, and shrink your portions at each meal. But there are some shortcuts you can take. One of them is thyroid hormone, because it turns on your fat-burning pathways. Another shortcut is to eat and drink more of the foods (and beverages) that increase calorie-burning, termed thermogenesis. Here are the specific items I think can help, so try integrating what you like here, and do it on a daily basis:

Green tea: Drinking green tea, even once or twice daily (iced or hot) can be integrated very easily. Make sure it's organic, the flavor doesn't matter but if you put sugar in it, you're defeating the purpose.

Even if you keep your regular diet steady, you could lose as much as 2.9 pounds over 12 weeks, according to a 2013 article I read in the *American Journal of Clinical Nutrition*. The researchers theorize that it's a combination of the caffeine content and the polyphenols present in green tea that produce a thermogenic effect.

Hot peppers: Mmm, I love spicy food. It helps you burn calories due to the heat-forming compound called capsaicin. Taken internally in the form of spice, it can turn on thermogenesis. So next time you eat hot chili or salsa, or green curry... and feel

yourself starting to get hot under the collar, remind yourself that you're not being socially awkward, you're being metabolically upregulated.

Cinnamon: Cinnamon is thought to help balance blood sugar, which by the way is a short-cut to losing weight, discussed fully in my book, *Diabetes Without Drugs*. Cinnamon is also thermogenic. Sprinkle it over a bowl of fresh berries with a splash of your favorite milk or cream, put some on top of your morning oatmeal, or into a protein shake or smoothie. Cinnamon is great on top of coffee too.

Apple cider vinegar: In 2009, researchers found that acetic acid, the main ingredient in apple cider vinegar, promotes the production of fat-burning enzymes in the livers of mice. Don't drink it straight because it is very acidic and can damage your tooth enamel and esophagus. It always has to be diluted in something so use it to make salad dressing, or dilute a teaspoon in a cup of water and boom... down the hatch. My "bookface" mom drinks it that exact way, to this day.

Coconut oil: Coconut oil's molecular structure makes it uniquely able to bypass the digestive process (where its calories could be stored as fat) and sent straight to the liver where it can be used for fuel. So coconut oil isn't thermogenic because it increases calorie-burning, per se, but rather because it doesn't contribute to fat, and it could replace bad fats in your diet. In addition to being thermogenic, these five foods are extremely healthy for you in so many ways, so integrating them in to your healthy diet is a wonderful idea just for the health of it.

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.✱

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,

Our adult children have done nothing to make us proud. We tried very hard, did our very best, but they have accomplished absolutely nothing.

My husband was a non-English speaking immigrant when he came to the U.S. I am native born, and together we have done well.

Our children are lazy bums. We did not spoil them – they just seemed to be takers and expect the government to care for them.

We find it very hard to be out socially and hear others talk about their family's accomplishments.

What do you think we should do when we are out socially?

Ann Marie

Dear Ann Marie,

We may all be born politically equal – but equal we are not. Some are born with greater health, more intelligence, social advantage and they choose the right parents.

You "tried hard and did your very best." There is nothing else you can do. Most people are average, but some people seem to have a great deal of luck and always seem to be at the right place at the right time.

If you feel uncomfortable with people, try and avoid being in their company. But, if you really enjoy their company, try to change the subject. If that doesn't work, just move on to other

groups of people.

Lizzie

Dear Ann Marie,

Sorry to hear your thoughts about your adult children. Some of us adult children are not aware or do not care that our choices affect our parents' mood and happiness.

Since your children are now adults as you describe, they can make their own choices. Good or bad, outside what it means for you as their parent. You have no control over them or their choices, only your own and how much you allow their choices to concern and/or control your mood and emotions.

You can choose to focus on the fact you did the very best you could have done as a parent. Your children choose differently.

In social settings, come up with a polite but non-revealing comment about your children ("they are still looking for employment that challenges them") or something similar, then change the topic or remember you promised to talk to someone else, or you needed to refill your drink.

Pryce

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

Respiratory Care National Award

For the third consecutive year, Florida SouthWestern State College's (FSW) Respiratory Care program has received the Distinguished RRT Credentialing Success award from the Commission on Accreditation for Respiratory Care (CoARC). The Associate of Science in Respiratory Care is one of 17 career options offered in the FSW School of Health Professions.

To receive the award, programs were required to have three or more years of outcomes data; hold accreditation without a progress report; document Registered Respiratory Therapist (RRT) credentialing success of 90 percent or above; and meet or exceed established CoARC thresholds for Certified Respiratory Therapist (CRT) credentialing success, attrition and positive job placement.

"Receiving the award for the third year in a row is a testament to the hard work and dedication of our program faculty, clinical associates and clinical sites," said Jean Newberry, program director at FSW Respiratory Care.✱



Curried Chicken, Green Bean And Almond Salad photo courtesy Fresh From Florida

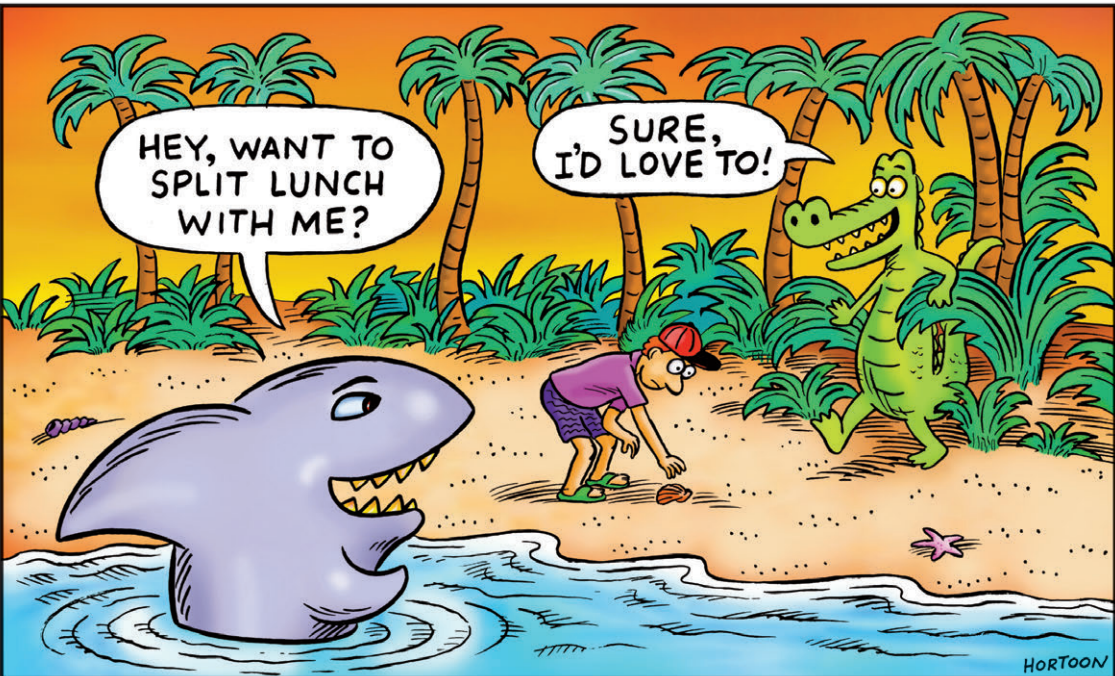


Curried Chicken, Green Bean, And Almond Salad

- 12 ounces green beans, trimmed, halved crosswise
- 2 cups roasted chicken breast meat (from about 3 chicken breast halves), shredded
- 1 cup red onion, thinly sliced
- 5 tablespoons fresh cilantro, chopped
- 2 teaspoons curry powder
- 1/3 cup plain nonfat yogurt

3 tablespoons low-fat mayonnaise
1 tablespoon fresh lime juice
2 tablespoons sliced almonds, toasted
Cook beans in pot of boiling salted water until crisp-tender, about 5 minutes. Rinse under cold water. Drain well. Transfer beans to large bowl. Add chicken, onion and 4 tablespoons cilantro. Stir curry powder in small skillet over medium heat until aromatic, about 30 seconds. Transfer to small bowl. Whisk in yogurt, mayonnaise and lime juice. Add dressing to chicken mixture; toss to coat. Season to taste with salt and pepper. Sprinkle with almonds and remaining 1 tablespoon cilantro. (Can be made 2 hours ahead. Cover and chill.)
Yield six servings.
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
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Foundation for Quality Childcare.....	425-2685
Fort Myers Beach Chamber of Commerce.....	454-7500
Fort Myers Beach Library.....	463-9691
Lakes Regional Library.....	533-4000
Lee County Chamber of Commerce.....	931-0931
Post Office.....	1-800-275-8777
Visitor & Convention Bureau.....	338-3500
ARTS	
Alliance for the Arts.....	939-2787
Arts For ACT Gallery & Studio.....	337-5050
Art League Of Fort Myers.....	275-3970
Barbara B. Mann Performing Arts Hall.....	481-4849
BIG ARTS.....	395-0900
Broadway Palm Dinner Theatre.....	278-4422
Cultural Park Theatre.....	772-5862
Edison Festival of Light.....	334-2999
Florida Repertory Theatre at the Arcade.....	332-4488
Florida West Arts.....	948-4427
Fort Myers Symphonic Mastersingers.....	288-2535
Gulf Coast Symphony.....	489-1800
Harmony Chorus, Charles Sutter, Pres.....	481-8059
Naples Philharmonic.....	239-597-1111
The Schoolhouse Theater.....	472-6862
SW Florida Symphony.....	418-0996
Theatre Conspiracy.....	936-3239
Young Artists Awards.....	574-9321
CLUBS & ORGANIZATIONS	
Angel Flight.....	1-877-4AN-ANGEL
Animal Refuge Center.....	731-3535
American Business Women Association.....	357-6755
Audubon of SWFL.....	339-8046
Audubon Society.....	472-3156
Caloosahatchee Chapter DAR.....	482-1366
Caloosahatchee Folk Society.....	321-4620
Cape Chorale Barbershop Chorus.....	1-855-425-3631
Cape Coral Stamp Club.....	542-9153
duPont Company Retirees.....	454-1083
Edison Porcelain Artists.....	415-2484
Embroiderers Guild of America - Sea Grape Chapter.....	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy.....	728-3743
Friendship Force Of SW FL.....	561-9164
Garden Club of Cape Coral.....	239-257-2654
Horticulture and Tea Society.....	472-8334
Horticultural Society.....	472-6940
Lee County Genealogical Society.....	549-9625
Lee Trust for Historic Preservation.....	939-7278
NARFE (National Active & Retired Federal Employees.....	482-6713
Navy Seabees Veterans of America.....	731-1901
Paradise Iowa Club of SWFL.....	667-1354
Sons of Confederate Veterans.....	332-2408
Southwest Florida Fencing Academy.....	939-1338
Southwest Florida Music Association.....	561-2118
Kiwanis Fort Myers Beach.....	765-4254 or 454-8090
Kiwanis Fort Myers Edison.....	694-1056
Kiwanis Fort Myers South.....	691-1405
Gateway to the Islands.....	218-5768
Iona-McGregor.....	482-0869
Lions Club Fort Myers Beach.....	463-9738
Lions Club Fort Myers High Noon.....	466-4228
Lions Club Estero/South Fort Myers.....	898-1921
Notre Dame Club of Lee County.....	768-0417
Organ Transplant Recipients of SW Florida.....	247-3073
POLO Club of Lee County.....	477-4906
Rotary Club of Fort Myers.....	332-8158
Sanibel-Captiva Orchid Society.....	472-6940
United Way of Lee County.....	433-2000
United Way 211 Helpline (24 hour).....	211 or 433-3900
AREA ATTRACTIONS	
Bailey-Matthews 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

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PUZZLES

Answers on page 29

Super Crossword

PLANETS OUT OF ALIGNMENT

ACROSS

1 Get in a trap
8 Diner dishes
15 Long tales
20 One finding
something
21 Mishmash
22 Match
venue
23 Additional
examination
[3rd from the
sun]
25 McLain
of old
baseball
26 Sioux tribe
members
27 Scene
28 Tranquil
30 — Island
(old
immigration
point)
32 Poker style
33 Eve's music
36 Sends in, as
payment
38 Run things
39 Result of
a minor
infraction in
hockey
[8th from the
sun]
42 Specks in la
Seine
43 Not be well
44 "Sand" actor
Estevez

weapons
46 Hall-of-Fame
 Jets running
 back [4th
 from the sun]
49 Launch
 platforms
51 Italian for
 "seven"
52 Complacent
54 Projecting
 crane arm
57 Major fuss
61 Lie in court
 [5th from the
 sun]
67 "I'm keeping
 my eye —!"
68 Work site
 supervisors
69 Book review?
70 One enlisting
 GIs [1st from
 the sun]
73 Milk sugar
75 Where one
 lives: Abbr.
76 Sty feed
77 Gabrielle of
 modeling
 and
 volleyball
79 Part of AFB
81 Moon rock
 source
 [7th from the
 sun]
88 — gin fizz
 (cocktail)

Indian emperor called "the Great"
94 Colo. clock setting
95 Whittish gem
96 Unexpected nice thing [6th from the sun]
99 Fight arbiters
100 Comic Berle
101 JFK takeoff guess
102 Wine-related prefix
103 Don't dissent
104 "Peter Pan" penner
106 Gen. Robert —
107 Pair
108 "Zip your lip!"
109 "Inherited or acquired" dichotomy [2nd from the sun]
116 Tolerate
117 Like sandals
118 Not shown, as on TV
119 Died down
120 Nonvital body organs
121 People being quizzed

- 1 Hobgoblin
- 2 — -TURN
(street sign)
- 3 "Page Down"
user, e.g.
- 4 Most dapper
- 5 Eldest
Musketeer
- 6 Some deer
- 7 Goof up
- 8 — -gatherum
- 9 Carnivore's
intake
- 10 Couture
magazine
- 11 Place
- 12 Naval acad.
grad
- 13 — Fridays
- 14 Meeting of
Cong.
- 15 Made blue
- 16 Tourists' aids
- 17 Non-Jewish
- 18 Funicello of
film
- 19 Declare
- 24 Home of
Elaine, in
Arthurian
lore
- 29 Prior to,
poetically
- 30 Actor Dane
- 31 Lollapalooza
- 32 Reach by
water, in a
way
- 33 Lay waste to

Ga. and Fla.
35 U.S. architect
 I.M. —
37 OS part:
 Abbr.
39 Stunned with
 a gun
40 Abbr. for
 those with
 only one
 given name
41 Infield fly ball
47 "A Mighty
 Fortress —
 God" (hymn)
48 Gain back
50 Gain maturity
52 — Nevada
53 52-Down,
 e.g.: Abbr.
54 A martial art
55 Fleur-de-lis
56 Gig fraction
57 Wild hog
58 About
59 Y facilities
60 Tyke amuser
62 "Either he
 goes — go!"
63 Confronted
64 Mrs., in Nice
65 Sprinter, e.g.
66 Extend
 (out)
68 To and —
71 Ar-tee linkup
72 Not dirty
73 To a smaller
 degree

78 Badgers' kin
79 River or lake
outing
80 Various
81 Ear-piercing
82 Odessa loc.
83 Emperor
exiled
to Elba
84 "No deal!"
85 Gap
86 Cozy eatery
87 Additional
88 LP stat
89 "Arabian
Nights" hero
90 Skin pigment
92 Beatified Fr.
woman
93 Pres. initials
97 Singer
DiFranco
98 Keanu of
film
103 Subtle
glows
105 Seth's eldest
106 Deco artist
107 Sand hill
108 Raven's cry
110 Smartphone
download
111 No. in the
white pages
112 A, in French
113 Enthusiast
114 R&B singer
Des'—
115 Mag workers

1	Nuclear
	energy
5	source
8	Pigpen
	Hairsty
	item
12	Pop
13	Raw m
14	Hawai
	feast
15	Deser
16	Paintin
	pture,
18	Confe
	exuda
20	Lasciv
21	Two, i
	Tijuan
22	Owne
23	Hodge
	podge
26	Recep
	amen
30	Coop
31	Ewe's
32	Altar a
	tive
33	Tram,
36	Other
38	Grecia
	vessel
39	Suppo
40	Pedro
43	TV sch
47	Oscilla
	render
49	Locate
50	Picture
	PC
51	Zero

12		
15		
18		
23	24	25
30		
33		
40	41	42
47		
50		
53		

52 Rabbit
53 Logical
54 Accomplished
55 Deep germ

DOWN

1 Pronto memo
2 Spelling
3 Valhalla
4 Got by how
5 Couch
6 Stumble
7 Longing
8 Contrasted section

					9	What v
					share	
					10	Dillon o
ack					11	Not idl
					17	Verve
					19	"Help!
on a					22	That g
					23	Resista
						measu
of TV					24	Garlant
VIP					14-Acr	
som-					25	Hostel
					26	Series
s						battle
e					27	Crib
j					28	Big bo
t					29	Deterio
					31	Scoote

		14			
		17			
		20			
		22			
			27	28	29
			32		
	36	37			
39					
			44	45	46
		49			
		52			
		55			

e 34 Oregon city
r 35 Singer Sheryl
36 Charged bit
37 Painting on
plaster
39 Profession
40 Unrepaired
41 Isinglass
nce 42 Privy to
e 43 Roman 57
for 44 "Once — a
ss time ..."
45 Shetland, for
of one
46 Underworld
river
her 48 Moreover
ate
d

King Crossword

ACROSS

- 1 Nuclear energy source
- 5 Pigpen
- 8 Hairdresser's item
- 12 Pop
- 13 Raw mineral
- 14 Hawaiian feast
- 15 Desert-like
- 16 Painting, sculpture, et al.
- 18 Conifer exudation
- 20 Lascivious
- 21 Two, in Tijuana
- 22 Owns
- 23 Hodge-podges
- 26 Reception amenity
- 30 Coop dweller
- 31 Ewe's mate
- 32 Altar affirmative
- 33 Tram, usually
- 36 Otherwise
- 38 Grecian vessel
- 39 Supporting
- 40 Pedro's pal
- 43 TV schedules
- 47 Oscillation rendering
- 49 Locate
- 50 Picture on a PC
- 51 Zero

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16			17				
18				19				20				
			21				22					
23	24	25				26				27	28	29
30					31					32		
33				34	35				36	37		
			38				39					
40	41	42				43				44	45	46
47					48				49			
50					51				52			
53					54				55			

52	Rabbit	9	What we	34	Oregon city
53	Logical		share	35	Singer Sheryl
54	Accom-	10	Dillon or	36	Charged bit
	plished		Damon	37	Painting on
55	Deep black	11	Not idle		plaster
	gem	17	Verve	39	Profession
		19	"Help!"	40	Unrepaired
DOWN		22	That guy	41	Isinglass
1	Pronto, on a	23	Resistance	42	Privy to
	memo		measure	43	Roman 57
2	Spelling of TV	24	Garland for	44	"Once — a
3	Valhalla VIP		14-Across		time ..."
4	Got by some-	25	Hostel	45	Shetland, for
	how	26	Series of		one
5	Couches		battles	46	Underworld
6	Stumble	27	Crib		river
7	Longing	28	Big bother	48	Moreover
8	Contract	29	Deteriorate		
	section	31	Scooted		

DOWN

MAGIC MAZE ● HOBBIT FAMILIES

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

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

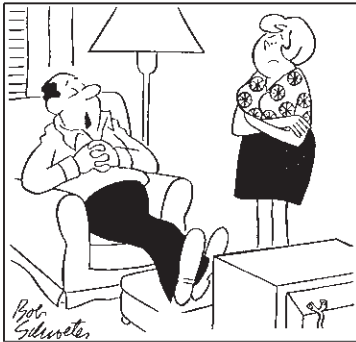
Bolger
Brandybuck
Chubb
Galpsi

Gamwich
Goold
Grubb
Hogg

Mugwort
Oldbuck
Pott
Puddifoot

Twofoot
Underhill
Zaragamba

1	2	3	4	5	6	7		8	9	10	11	12	13	14		15	16	17	18	19	
20								21								22					
23							24									25					
		26					27						28	29							
30	31					32					33	34	35		36					37	
38						39				40				41							
42						43				44						45					
46					47				48					49	50						
				51								52	53					54	55	56	
57	58	59	60					61	62	63	64					65	66				
67							68								69						
70						71	72							73	74						
75						76							77	78							
				79	80					81	82	83						84	85	86	87
88	89	90					91	92	93				94				95				
96						97						98					99				
100							101				102					103					
	104						105				106				107						
108							109	110	111	112					113				114	115	
116							117								118						
119							120								121						



"What they should have is a _____ for taxpayers!"

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!

Hurry
SLEUTH

Invent
TEECAR

Delight
ASLEEP

Advice
MORNES

TODAY'S WORD

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

SUDOKU

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

answer on page 29

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Tail is shorter. 2. Number is different. 3. Leash is missing. 4. Cone has less ice cream. 5. Neckline is different. 6. Trash can is missing.

Sediment In Motion

submitted by Ken Gooderham, ASBPA Managing Director

The story of our coastlines is a tale of sediment in motion. How it moves, where it moves, why it moves – all chronicle the forces that shape our shorelines.

At its heart, this is a (not so) simple tale: waves, winds, water and weather work together (most of the time, at least) to keep coastal sediment in constant motion. These forces ensure the coast is an ever-changing environment, albeit with changes that can be minutely subtle some days and drastically shocking on others.

Amid this fluidity, however, there are some coastal constants when it comes to sediment:

- Sediment typically moves from north to south along the coast, at least right up until it intersects
- Inlets are usually the major source of disruption for sediment flow
- A coastline is a constantly changing place, both above and below the water
- Nonetheless, coastal systems and

sediments always seek an equilibrium to whatever change occurs

While sediment works to continue its southward slog, inlets – through both interruption and hydrology – interrupt that flow, pushing sediments both seaward into shoals and landward into the inlet and the back bay. Often, efforts are undertaken – jetties, groins, channelized dredging, for example – to keep an inlet open and/or in place, which can further exacerbate the natural flow of sediment along the coast.

There are a variety of options to alter and affect the flow of sediment – all with benefits and risks. That’s where the advent of modeling – the ability via data collection and computer simulation to reasonably predict the consequences of coastal changes on sediment movement – has proven a boon to inlet management and a benefit to adjacent beaches.

Once the current movement of both sediment and water in and around an inlet is captured for analysis, numerical models can be run to predict (with all the usual caveats) how altering the inlet or shoreline will affect the coast. Variables such as dredging, channel depth and alignment, sediment placement or removal, adding or

subtracting coastal structures and other changes to the shoreline or tidal inlet can all be run through the model, with simulation results that can be fine-tuned and improved using filed data to ground-truth the model results.

The model results can tell you what should happen, if conditions evolve as predicted. Of course, nothing is ever so simple along the coast. Unanticipated changes to the conditions wrought by waves, winds and water – usually driven by weather – bring unexpected changes to the sediment they shape – and that means major changes to coasts and inlets.

The impacts from storm events can be most dramatic, opening new passes or reshaping existing ones almost overnight. Once these shock waves subside, the coastal system begins its endless quest toward equilibrium once more but these large episodic changes in sediment movement take a long time to return to “normal,” if they ever do.

This adjustment usually plays out most prominently on the adjacent beaches and inside inlets, where the always-moving sediments try to adapt to the changes to their distribution. Shoaling and erosion reshape the shoreline on both sides – all four sides, actually – of an impacted inlet.

Sometimes, these radical reshaping events resulting from storms can alter a larger hydrologic system, changing the way water moves from the back bay to open ocean along a series of inlets in ways that will affect the functioning of each one.

All of this ignores the upland changes that can affect not how sediments moves, actually, but what that movement means the further you go in from the water and waves. Look at images of inlets over decades or even longer, from their formation or wanderings when allowed to move at will, then later to how those changes are modified once the inlet’s upland is hardened to limit how much it is allowed to roam.

The coast doesn’t care if there’s a bulkhead or a building or a bridge there. Sediment still wants to move, and the inlet still impacts how all that happens.

While the science and engineering to predict what could happen gets better and better, it can never tell you what will happen over the years. That ultimately falls to waves, wind, water and weather, and how they all work to keep that coastal sediment moving along.*

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"Wir Sprechen Deutsch"




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PUZZLE ANSWERS

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L	O	C	A	T	O	R	M	E	L	A	N	G	E	S	A	R	E
F	U	R	T	H	E	R	A	N	A	L	Y	S	I	S	D	E	N
O	T	O	S	A	N	A	L	Y	S	I	S	S	E	D	A	T	E
E	L	L	I	S	T	S	T	U	D	R	A	P	R	E	M	I	T
R	U	L	E	T	W	O	M	I	N	U	T	E	P	E	N	A	L
I	L	E	S	A	I	L	E	M	I	L	I	O	E	P	E	E	S
C	U	R	T	I	S	M	A	R	T	I	N	P	A	D	S		
			S	E	T	T	E				S	M	U	G		J	I
B	I	G	T	O	D	O	C	O	M	M	I	T	P	E	R	J	U
O	N	Y	O	U			F	O	R	E	M	E	N		A	U	I
A	R	M	Y	R	E	C	R	U	I	T	E	R	L	A	C	T	O
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MAGIC MAZE

HOBBIT FAMILIES

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My Stars ★★★★★

FOR WEEK OF MAY 29, 2017

ARIES (March 21 to April 19) A heads-up alert to all free-spirited Ewes and Rams: Be wary of a deal that could result in compromising your independence. Check every detail before making a commitment.

TAURUS (April 20 to May 20) New facts emerge that help put an irksome workplace situation in perspective. Meanwhile, pay more attention to a family member who needs your wisdom and strength.

GEMINI (May 21 to June 20) A slight setback in plans is nothing to worry about. Use this delay to deal with a number of matters you might have ignored for too long. Expect news from someone in your past.

CANCER (June 21 to July 22)
You're entering a period of stability. Use it to straighten out any outstanding problems related to a very personal situation. Also, pay closer attention to financial matters.

LEO (July 23 to August 22) As much as you love being a social Lion, you might well benefit from staying out of the spotlight for a while. You need time to reflect on some upcoming decisions.

VIRGO (August 23 to September 22) A difficult family situation improves, thanks to your timely intervention. You can now start to focus more of your attention on preparing for a possible career change.

LIBRA (September 23 to October 22) An on-the-job change works to your benefit by offering new opportunities. It's up to you to check them out. Meanwhile, a stalled romantic situation starts up again.

SCORPIO (October 23 to November 21) That flare-up of Scorpian temperament cools down, leaving you more receptive to suggestions about changes that might need to be made in your personal life.

SAGITTARIUS (November 22 to December 21) An unusual period of indecisiveness is a mite frustrating. But things soon clear up, allowing the

sage Sagittarian to make those wise pronouncements again.

CAPRICORN (December 22 to January 19) You might feel that you know best, but it's not a good idea at this time to try to force your opinions on others. Best advice: Inspire change by example, not by intimidation.

AQUARIUS (January 20 to February 18) Some setbacks could affect your plans to fortify your financial situation. But things start moving again by early next week. Meanwhile, enjoy your resurgent social life.

PISCES (February 19 to March 20)
Show that often-hidden steely spine of yours as you once again stand up to an emotional bully. You've got the strength to do it, especially as friends rally to your side.

BORN THIS WEEK: Your ruling planet, Mercury, endows you with a gift for writing. Have you considered penning the world's greatest novel?

THIS WEEK IN HISTORY

- On June 7, 1913, Hudson Stuck, an Alaskan missionary, leads the first successful ascent of Mt. McKinley's south peak, the highest point on the North American continent, at 20,320 feet, overcoming difficult weather and a fire that destroyed food and supplies.

- On June 10, 1928, Maurice Sendak, author and illustrator of “Where the Wild Things Are,” is born in New York. The book was pioneering in its realistic depiction of childhood anxieties and rebellious behavior.

- On June 6, 1933, in New Jersey, Richard Hollingshead opens the first drive-in movie theater. Hollingshead had experimented in the driveway of his home in Camden, mounting a 1928 Kodak projector on the hood of his car, pinning a screen to some trees, and placing a radio behind the screen for sound.

- On June 11, 1955, a Mercedes-Benz race car in Le Mans, France, goes out of control at 150 mph and crashes into stands filled with spectators, killing 82 people. Several nations banned racing after the tragedy.

- On June 5, 1968, Senator Robert Kennedy is shot at the Ambassador Hotel in Los Angeles after winning the California presidential primary. Kennedy was shot several times by the 22-year-old Palestinian Sirhan Sirhan. He died a day later.

STRANGE BUT TRUE

- It was beloved American author of Western stories Louis L'Amour who made the following sage observation: “A wise man fights to win, but he is twice a fool who has no plan for possible defeat.”

- You might be aware of the fact that penguins mate for life, but did you know that before they mate, there's a proposal? It's true -- a penguin will spend a significant amount of time searching for the perfect pebble to offer to its prospective mate.

- Swedish chemist, inventor and businessman Alfred Nobel is best known for inventing dynamite -- and for using his fortune to institute the Nobel Prizes after he was condemned as a “merchant of death” for profiting from the sale of arms. You might be surprised to learn, though, that he also had a literary bent, writing poetry, novels and plays.

- Those who study such things say that the light produced by a single bolt of lightning is equivalent to that produced by 100 million flashbulbs. And the fact that flashbulbs are being used as a comparison may indicate some unrelated data about the age of the researchers.

THOUGHT FOR THE DAY

“The tragedy in the lives of most of us is that we go through life walking down a high-walled lane with people of our own kind, the same economic situation, the same national background and education and religious outlook. And beyond those walls, all humanity lies, unknown and unseen, and untouched by our restricted and impoverished lives.” -- Florence Luscomb

SCRAMBLERS

solution

1. Hustle; 2. Create;
3. Please; 4. Sermon

Today's Word
TELETHON

TRIVIA TEST

1. HISTORY: What charge did Spiro Agnew plead no contest to after he resigned as U.S. vice president in 1973?
2. BUSINESS: What company manufactured the Walkman portable audio cassette/tape players?
3. U.S. POLITICS: Who was Gerald Ford's running mate in 1976?
4. MEASUREMENTS: How many seconds are in a year?
5. LANGUAGE: What is a tonsure?
6. GEOGRAPHY: What group of islands does Tahiti belong to?
7. GENERAL KNOWLEDGE: What does the Hornbostel-Sachs system do?
8. ENTERTAINERS: What actress/TV host was born with the name Caryn Johnson?
9. EXPLORERS: Who was the first person to fly solo between Hawaii and the continental United States?
10. ANATOMY: What is a common name for the patella?

TRIVIA ANSWERS

1. Income-tax evasion 2. Sony
head 6. Society Islands 7. It classifies
musical instruments. 8. Whoopee
Goldberg 9. Amelia Earhart 10.
Kneecap

★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★

REAL ESTATE

BEAUTIFUL VILLA JUST OFF-ISLAND

This 2 Bedroom 2 Bath Home is partially furnished. Less than 2.5 miles to the Sanibel Causeway. Don't miss this deal! Only \$149,900. Riverside Realty Group Kevin Mulhearn 239-980-0051.

5/19 ★ 6/2

GARCIA REAL ESTATE AND CONSULTING



RICHARD J. GARCIA, GRI, BROKER 239-472-5147

garciaonsanibel.com
Offering Personal, Private, and Professional Real Estate Services on Sanibel and Captiva Islands. 30 Year Resident of Sanibel. Licensed in Florida, New York, Pennsylvania and New Jersey.

★RS 4/29 CC TFN

COMMERCIAL RENTAL

PRIME OFFICE SPACE

700 square feet at 1619 Periwinkle Way. Immediate Occupancy. Call Joe Gil 516-972-2883 or 800-592-0009.

★RS 4/7 CC TFN

WONDERFUL RENTAL IN POPULAR LOCATION ON SANIBEL



2 Rooms, Bathroom, Approx. 1,000 sq. feet. This was Molnar Electric's old office. Call Judy at 239-851-4073.

★RS 8/5 CC TFN



NEWSPAPER
Sanibel & Captiva Islands

ANNUAL RENTAL

ANNUAL RENTAL

SANIBEL

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

FT. MYERS

Both properties in Gated Communities Close to Sanibel. A) 2BD/2BA UF. Condo. \$1,350/mo. B) 2/2+den, \$1,500/mo. Both gorgeous units, a must see!!



472-6747

Gulf Beach Properties, Inc.
Helping People Become Islanders for over 35 years!
The Island Experience!
★ 5/5 TFN

RENTAL

Love where you live! Adorable vintage island cottage for rent. Located in a beautiful and quiet neighborhood on the west end. Perfect for beach lovers with a 2 minute walk to resident beach access. This 3 Br, 2 ba vintage Sanibel beauty is available July 1. \$2,300. Call 570-445-7828.

5/26 ★ 6/16

SEASONAL RENTAL

RE/MAX OF THE ISLANDS

Putting owners and tenants together
Call Ryan Block
www.remax-oftheislands.com
239-472-2311
★RS 1/23 BM TFN

VACATION RENTAL

LIGHTHOUSE REALTY

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PROPERTY MANAGEMENT & SALES
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★RS 1/4 CC TFN

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1-888-451-7277
★RS 1/4 BM TFN

ANNUAL RENTAL WANTED

ANNUAL RENTAL WANTED

Long time island family.
Please call or email
734-904-4090
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★ 5/5 CC 5/26

SERVICES OFFERED

QUALITY SENIOR CARE

24 Yrs Exp. Working With Seniors at Shell Point Retirement Community Nursing Assistant and CPR Trained
-Personal Care -Companion -Meals
-Transport -Cleaning -Shopping
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★ 4/14 CC 6/2

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★RS 6/7 CC TFN

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Will Check Your Home Weekly/Biweekly
Very Reasonable Rates
Licensed - Insured - Bonded
239-322-8054 Sanibelhw@gmail.com
★NS 9/16 CC TFN

JACOB'S LADDER WINDOW CLEANING

I have over 20 years window cleaning experience. My deep cleaning and polishing system is better than any other. Many other services offered
Call Jeff @ 239-791-9273
5/26 ★ TFN

NATURAL HOME CLEANING

Optimize your health and home
Utilizing hydrogen peroxide, fresh citrus, b. soda and Suds.
Sonya @ 239-246-7007.
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Residential Cleaning to Satisfaction
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Sanibel Lic. #11412 Lee Co. Lic. #051047
★NS 1/4 PC TFN

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Lawn Service, Shrubs and Tree Trimming
Weeding, Installation of Plants, Trees and Mulch (one month free service available)
Joe Scarnato (239) 849-6163
scarnatolawn@aol.com
★RS 1/25 BM TFN



HELP WANTED

JERRY'S FOODS SERVERS & BARISTAS

Part Time Evening And Weekend Front End Associates Needed. Looking for energetic, personable, and fun individuals, with open availability Monday through Sunday. If interested call and ask for John, Norm Sarah 472-9300. 1700 Periwinkle Way
★NS 5/6 BM TFN

VEHICLE STORAGE

GARAGE NEEDED TO STORE A VW BEETLE

Will pay a year in advance rental. Please call 859-912-0109.
5/26 ★ 6/2

VEHICLE FOR SALE

GOLF CART FOR SALE



Street legal, "gas" powered.
\$7,000. 239-209-6500
★RS 1/20 BM TFN

BOATS - CANOES - KAYAKS

DOCKAGE

Hourly, Daily, Weekly
and Monthly.
Captiva Island 472-5800
★RS 1/4 NC TFN

LEGAL NOTICE

THE FLORIDA DEPARTMENT OF ENVIRONMENTAL PROTECTION ANNOUNCES A PUBLIC WORKSHOP

To present and give the public opportunity to provide comments on draft nutrient Total Maximum Daily Loads (TMDLs) for estuaries in the Charlotte Harbor Basin and having these nutrient TMDLs, if adopted, constitute site specific numeric interpretations of the narrative nutrient criterion
Tuesday, June 6, 2017
3:00 pm
Sanibel Recreation Center,
3880 Sanibel Captiva Road,
Sanibel, Florida
For more information on the meeting, contact Ms. Shamyah Gibson, Watershed Quality Evaluation and TMDL Program, Florida Department of Environmental Protection, 2600 Blair Stone Road, MS 3555, Tallahassee, Florida 32399-2400, or by e-mail at
Shamyah.Gibson@dep.state.fl.us
5/26 ★ 5/26

GARAGE • MOVING • YARD SALES

HUGE GARAGE SALE RAIN OR SHINE

3-Car Garage Full, Furniture Indoors And Outdoors, Household Items, Linens, Tools, 5 Ladders, Antiques, Come One Come All... Let's Make A Deal!!!
1035 Blue Heron Drive, Sanibel (Gulf Shores, No Signs Permitted)
Starts Fri. 5/26 - 5/28 10:00-5:00
5/26 ★ 5/26

Read us online at
IslandSunNews.com

Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

Landing 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

PAWS Of Sanibel

Prince Harry



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 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.✽

Haven on Earth Animal League

Bowie And Big Boy



Bowie



Big Boy

Hi, my name is Bowie. I'm only a baby, and I need someone to take me home and love me forever. I have a really cute face and adorable ear tufts. I'm already neutered and up-to-date on vaccinations. I'm staying at the Petco at Gulf Coast Town Center. My adoption fee is \$125.
Hi there. I'm Big Boy. Look how cute I am. I am only 10 weeks old and just now ready for adoption. I have a short black and white coat and a very pretty face! I'm up-to-date on vaccinations and neutered. I am residing at the Petland on College Parkway. Come adopt me so that I can have a real home. My adoption fee is \$125.
We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email havenonearthanimalleague@yahoo.com.✽

Lee County Domestic Animal Services

Cisco And Sasha

Cisco is a two-year-old male catahoul mix who is an all-purpose pup who is ready to make a lifelong commitment. If you drop a crumb, he will be there to clean it up. If you need a buddy to run with, he will be ready with his leash in tow.
Adoption Fee: \$30
Sasha is a five-year-old female domestic shorthair who is a self-educated gal that knows what she wants and when. She has the whole package brains, good looks and raw talent and she is ready to use them.
Adoption Fee: \$30
For information about this



Cisco ID# 682297

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.✽



Sasha ID# 699469

Kitten Shower

Lee County Domestic Animal Services plans to be ready for the large number of cats and kittens soon to enter the shelter as most cats begin their breeding cycle. The 2nd annual Kitten Shower will be held from 10 a.m. to noon on Saturday, May 27 at Lee County Domestic Animal Services, located at 5600 Banner Drive in Fort Myers. The Gulf Coast Humane Society and Fortunate Ferals will join Animal Services for the educational event.
Animal Services is in need of volunteers to provide foster homes for underage kittens and puppies; those foster volunteers would house the nursing mother plus her litter. There will be a seminar for people interested in the pet foster care program and additional information on spaying and neutering programs.
The public is asked to donate the following items: baby blankets, water bowls, kitten nursing bottles, flat dishes, digital thermometers, cat beds, Dawn dish soap, cat nail trimmers, Royal Canin Babycat Food. The items may be brought to the shelter the day of the kitten shower or during regular business hours.
Adoptable pets can be viewed online at www.LeeLostPets.com and applications can also be filled out in advance of the kitten shower.✽

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes and Bounds	Sanibel	1994	5,025	\$5,799,000	\$5,350,000	45
Fa Lanes Bayview	Captiva	2003	3,555	\$2,995,000	\$2,725,000	0
Spring Ridge	Bonita Springs	1999	5,134	\$1,787,000	\$1,750,000	138
Anchorage at Bonita Bay	Bonita Springs	1992	2,850	\$1,295,000	\$1,180,000	105
Riverwalk	Bonita Springs	1988	3,566	\$1,150,000	\$1,050,000	121
Cedar Glen	Estero	2000	3,013	\$959,000	\$957,000	6
Cape Coral	Cape Coral	2006	3,826	\$879,900	\$825,000	43
Gulf Ridge Sub	Sanibel	1983	1,680	\$735,000	\$710,000	28
Crown Colony	Fort Myers	2004	3,021	\$719,000	\$698,000	35
Wildcat Run	Estero	1994	3,753	\$699,000	\$680,000	71

**FREE \$40
UNDER ARMOUR
GIFT CARD**

Spend \$125 Or More
Saturday, May 27th
At any combination of our 42
Designer Outlets Stores. Bring
receipts to Shopper Services.
One free gift card per
shopper.

**SANIBEL
OUTLETS**



Don't Walk, RUN!

**To this Sizzling Three-Day Event
May 27th to May 29th**

Up to 70% OFF

At All of Your Favorite Designer Brands!

MEMORIAL DAY

**SIDEWALK
SALE**

2 miles before the Sanibel Causeway • 20 minutes off I-75 to 20350 Summerlin Rd, Ft Myers

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