



Last year's hippies will be this year's Hawaiians

photo provided

Bowling Bash Luau

Get your head out of the gutter and join the fun at the 4th annual Fort Myers Beach Chamber Bowling Bash on Thursday, July 20 at Beach Bowl

and Pelican Arcade at 17651 San Carlos Boulevard. Doors open at 3:30 p.m., and the first playing time begins at 5 p.m. followed by the 7 p.m. round.

For this year's Bowling Bash, the theme continued on page 17

Miami Music Festival To Perform July 18

Shell Point continues its 2017 Summer Concert Series with a performance from the Miami Music Festival on Tuesday, July 18 at 7:30 p.m. in the auditorium on The Island at Shell Point.

Since its 2014 inception, Miami Music Festival has established a premier destination for elite young, classical musicians to train and perform. Every year, the festival assembles some of the most talented singers from the top American conservatories and music schools for eight immersive weeks of training and performances.

This summer, East Coast meets West Coast when a group of exceptional Miami Music Festival vocalists will perform an assortment of opera arias and poignant American art songs. This evening of music will put the next generation of singing stars on center stage.

Individual tickets cost \$25 and can be purchased online at www.shellpoint.org/concerts or by calling 454-2067.*



The Miami Music Festival will present an evening performance with several young vocalists

photo provided



Chris Hansen



Dayna Harpster



Mike Jung



Frank Mann



Cole Peacock



Will Prather



Charles Runnells



Pat McGann

Buy One, Get One Comedy Night Benefit Tickets

Officials for the 3rd annual Laughter Is the Best Medicine Comedy Night to benefit SalusCare recently announced that the \$125 general admission tickets for the Saturday, July 22 show are now being offered at a buy one, get one (BOGO) price level. For \$125, two people can view the show at the Sidney & Berne Davis Art Center from 8 to 10 p.m. The ticket also includes beer/wine and dessert.

Laughter Is the Best Medicine Comedy Night features seven local

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

Nationally recognized comedian Michael Palascak of NBC's *Last Comic Standing* will serve as emcee for the evening as well as perform his stand-up comedy routine. Fellow professional comedian Pat McCann will round out the evening by performing his grand

finale while the votes are being counted.

There are still VIP tickets available at \$175 each. These tickets include a 7 p.m. reception with the comedians, heavy hors d'oeuvres, beer/wine and show.

All tickets are available at www.saluscarecomedyevent.org

Bill Smith Appliances and Park Royal Behavioral Health Services are the Headliner sponsors of the event. Lee Health is the event's Table/Linen Sponsor. Monologue sponsors are Accent Business Products, Assuage Luxury Spa/Dr. Stephen Prendiville, Genoa Healthcare, Leading Edge Benefit Advisors, Lee County Sheriff's Office, Lykes Insurance, Millennium Physician Group, and Vicki and Richard Pitbladdo. The Grand Finale Comic Sponsor is the Marieb College of Health

& Human Services at Florida Gulf Coast University.

SalusCare is the area's most comprehensive provider of treatment for individuals with mental health and substance use issues.

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

continued on page 22



Michael Palascak

Historic Downtown Fort Myers, Then And Now:

Not A Sign Left Behind



by Gerri Reaves, PhD

There's something forlorn about an abandoned sign lingering long after its namesake moves on.

Signage is one of the most recognizable and enduring "identity traits" of a business, organization, or agency.

Preserving a sign, particularly of an historic structure, can be not only a stylish thing to do, but a practical thing. Doing so preserves tangible history and insures visual continuity in an historic district.

Think, for example, of the recently refurbished Arcade Theatre sign on First Street. No matter how attractive or well-designed a brand new sign over the arcade entrance might have been, consider the intangible loss to the historic block had the iconic sign

been discarded.

And on that theme of refurbishing signs, there's another one to celebrate, the one at the new Fire Station Number 1 (known as the Central Fire Station as well).

On December 5, 2016, the new 30,700-square-foot facility opened on Jackson Street on the former library site and next door to the historic Atlantic Coastline Railroad passenger depot (now under renovations).

The state-of-art fire station is sparkling new – except the sign near the front entrance, which has been transported a short distance from the vacated station at Martin Luther King, Jr. Boulevard (MLK Boulevard) and Central Avenue.

It's reassuring for long-time residents and history lovers to see those chunky white letters spelling "Central Fire Station" mounted atop a fire-engine-red base.

The refurbished individual concrete letters are just plain classy, not to mention historical – well, at least vintage.

For more than 60 years, they perched over the garage doors of the station facing MLK Boulevard. They were the station's most distinctive architectural feature, a nod to the mid-century art moderne style.

The new location is only about a minute's walk from the old one, but the letters' short journey is doubly important in historical terms.



The sign made of individual concrete letters was the Central Fire Department's most distinctive feature, as seen in this 2010 photo photos by Gerri Reaves



Several months ago, the letters were mounted at the new fire station on Jackson Street on the former site of the Fort Myers-Lee County Library



With the sign removed, the old fire station's long history is not apparent

First, the Central Fire Station has its first new home in six decades and the improvement in facilities and technology is impressive.

Second, and on a slightly melancholy note, the fire department left a location it had occupied for more than a century.

In 1915, the city's first modern fire station was built on the site where the recently vacated station still stands.

That first wood-frame "modern" station was a significant accomplishment, for the city had managed with only a volunteer fire department and woefully inadequate quarters and equipment for a dozen years.

The volunteer department had been organized in 1901 following a series of very destructive fires. Donations funded a hand-operated pump and other equipment.

The first modest station was located at Main and Hendry. A large iron bell alerted

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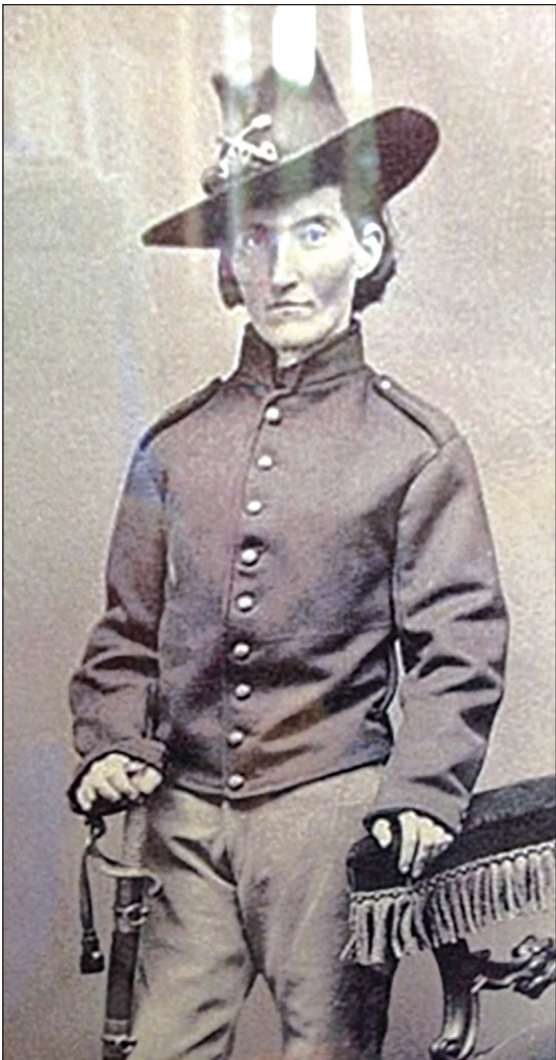
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The recently opened Republican Museum of Fort Myers will feature the history of the Grand Old Party as well as unsung heroes of the Civil War and past presidents photos provided

Republican Museum Opens In Fort Myers

Doris Cortese, president of the Lee Republican Women Federated, recently announced the opening of The Republican Museum of Fort Myers. The organization has been working for the last five months on developing the exhibits, which are geared to children of all ages. The purpose is to educate visitors on the history of the Grand Old Party. Special attention had been given to the common unsung heroes of the Civil War era including freed slaves, women and children. Free tours take an hour and are by reservations only. Donations are appreciated. Call Pat Baldwin, museum director, at 936-8779 for more information. The museum is located at 7910 Summerlin Lakes Drive, off Cypress Lake Drive.*



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The Muscular Dystrophy Association has helped children plagued with the disease through its MDA Summer Camp photo provided

Hardware Store Spreads Sunshine At Summer Camp

Members of Sunshine Ace Hardware, Southwest Florida Muscular Dystrophy Association's (MDA) largest retail sponsor, recently joined the MDA

Summer Camp for its annual sponsor day, a carnival-inspired event that brought camp sponsors together with campers to celebrate. During the event, campers engaged in a variety of sponsor-led activities, which included decorating pottery with Sunshine Ace Hardware officials.

Earlier this year, Sunshine Ace Hardware, its employees and the local community donated more than \$50,000 to MDA, helping to send

more than 50 local children affected by muscular dystrophy and related diseases to the weeklong, barrier-free MDA Summer Camp.

"Every child deserves to have a great summer and the Southwest Florida MDA Summer Camp offers kids with limited mobility the opportunity to enjoy a fun week without limitations or judgement," said Michael Wynn, Sunshine Ace Hardware president. "We are extremely appreciative to the Southwest Florida community for helping Sunshine Ace Hardware continue to make a difference in the lives of children and adults with muscular dystrophy or related diseases."

For more than 25 years, the Southwest Florida MDA Summer Camp has provided kids with a weeklong life-changing experience where they can engage in a variety of activities such as adaptive sports, arts and crafts, camp dances, fishing, swimming and more. The MDA Summer Camp also provides parents and guardians with a brief break from roles of caregiver at no charge thanks to the MDA supporters who fund the camps.

"Sunshine Ace Hardware's support has empowered us to welcome all interested children with limited muscle strength and mobility to attend this camp," said Erin Randall, MDA executive director. "It is through their yearly efforts and the support of the community that we are able to successfully continue the Southwest Florida MDA Summer Camp."

MDA is the world's leading nonprofit health agency dedicated to saving and improving the lives of anyone with muscle disease, including muscular dystrophy, amyotrophic lateral sclerosis (ALS) and other neuromuscular diseases. It does so by funding worldwide research to find treatments and cures; by providing comprehensive health care services and support to MDA families nationwide; and by rallying communities to fight back through advocacy, fundraising and local engagement. Visit www.mda.org for more information.

For more information on Sunshine Ace Hardware, visit www.SunshineAce.com.✧

Marina To Host River Party Friday

The Edison & Ford Winter Estates' popular monthly music series will return on Friday, July 14.

The Marina at Edison Ford will host Rhythm on the River in the indoor air-conditioned bar or outdoor deck from 5:30 to 8:30 p.m.

The river-view event will include a cash bar, a limited menu from Pinchers and live music with Sailor Larry from Thank You for the Dance Entertainment. There is no admission charge.

The Marina at Edison Ford is located at 2360 First Street in downtown Fort Myers. For more information, call 334-7419.✧



Sailor Larry photo provided

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From page 2

Historic Downtown

volunteers and citizens of fire emergencies.

While some city support for improved equipment eventually materialized a couple of years later, the force was still volunteer. (In fact, not until 1916 did the department have a paid chief.)

What would those under-equipped volunteer firefighters of more than a century ago think of the new station's facility, equipment and technology?

However, as usual in the flow of history and progress, something's gained but something's lost.

On the one hand, the public has a much-needed up-to-date fire station – and its venerable history is honored by saving the signage from the trash heap.

On the other hand, something symbolic is lost – that "central" location marked "fire department" on maps since 1915.

Walk down to the new fire station to see the sign that's helping to insure historic continuity. Then learn more about

the department's history at these two local research centers.

The Southwest Florida Historical Society is an all-volunteer, non-profit organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m.

It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 or visit www.swflhistoricalsociety.org for more information.

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park.

Hours for the all-volunteer non-profit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only.

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

Sources: Archives of the Southwest Florida Historical Society, cityftmyers.com, and *The Story of Fort Myers* by Karl H. Grismer.✧

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Fort Myers Art:

Gallery Exhibition Extended Through July 29



by Tom Hall

James FRANCO & Kalup LINZY: Collaborations has been extended by Florida SouthWestern State College through Thursday, July 29. The show opened at the Bob

Rauschenberg Gallery on April 7.

Representing the first two-person/collective museum exhibition of work by James Franco and Kalup Linzy, Collaborations premieres several new projects while surveying the artists' collaborative and individual photography, paintings, multi-media works and related ephemera (including costumes and props used to create works on view).

Franco is an Academy Award-nominated actor, director, author and visual artist who has worked across media to explore issues from adolescence, stereotypes and autobiography to society's preoccupation with celebrity. He has had solo exhibitions at the Museum of Contemporary Art in Los Angeles, The Clocktower Gallery at PS 1 in New York, Peres Projects in Berlin, Gagosian Gallery in Beverly Hills and at the PACE Gallery.

Born in Clermont and raised in



The Bob Rauschenberg Gallery exhibition entitled James FRANCO & Kalup LINZY: Collaborations will be on display until July 29

photo courtesy www.artswfl.com

Stuckey, Florida, Linzy received his bachelor of arts degree and his MFA from the University of South Florida in Tampa. In 2005, his participation in a group show at The Studio Museum in Harlem and a project at Taxter and Spengemann Gallery in Chelsea, led to a review in *The New York Times* by Holland Cotter that opened with the declaration that, "A star is born..." Playing multiple roles (often within a single work), including performance artist, actor, director and vocalist/musician, Linzy is the genre-shifting and gender-bending star of video melodramas that cover issues of race, politics, sexuality and family relationships. The recipient of numerous awards and recognitions, Linzy's work

has since been collected by institutions including the Museum of Modern Art/New York, The Studio Museum in Harlem, the Whitney Museum of American Art and the Metropolitan Museum of Art. He has lectured across the country at institutions including New York University, the School of Visual Arts/SVA in New York City and Harvard University.

"Kalup Linzy is a versatile performer and artist who uses multiple voices, personas and media in his work," stated Franco of his co-exhibitor. "But underneath all these different faces and forms there is a common and sincere longing for love, identity and artistic purity... I first met Kalup when he gave a talk to the Columbia University

graduate students for their visiting artist lecture series, which I had been crashing every week. The day Kalup spoke, I had an epiphany. I knew that he was going where I wanted to go."

In 2010, Franco invited Linzy to develop a fictional character and to appear with him on the long-running and immensely popular TV soap opera *General Hospital* and thus began the broad series of collaborative artistic endeavors that are represented in this exhibition and continue to this day.

For more information, call 489-9313 or visit www.RauschenbergGallery.com.

Women In Jeopardy At Theater Season Kick-Off Show

Theatre Conspiracy's 2017-18 season kicks off on Friday, August 11 with *Women In Jeopardy* by Wendy McLeod. Modern, fun and flirtatious, *Women In Jeopardy* tells the story of three divorced women trying to cope with being single mothers, the dating scene and the dangers of camping in the red rocks of southern Utah with a serial killer dentist. Attempting to get to the bottom of a murder mystery, these ladies' imaginations run wild as they try to discover the truth and save their friend in this hilarious adventure. Liz Abbott, Stephanie Davis and Karen Goldberg star in this riotous comedy about trading in wine glasses for spy glasses when the mid-life crisis just isn't your speed. Bill Taylor directs.

Women In Jeopardy will run through Saturday, August 26. Performances are Thursdays, Fridays and Saturdays at 8 p.m., with a 2 p.m. matinee on August 20. To purchase tickets or for more information, call the box office at 939-2787 or visit www.ArtInLee.org/Theatre. Season subscriptions are

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History Science Center Holds Saturday Programs

IMAG History & Science Center has recently begun offering Science Saturday and History Saturday monthly on the first and third Saturdays respectively. Interactive activities occur in designated stations throughout the center between 11 a.m. and 2 p.m. and are included with admission.

History Saturday will be held on July 15.

So far, science activities have included earth and space science demonstrations exploring gravity and clouds and, more recently, exercises examining the anatomy of a firework and making propeller tops. Interactive history exercises have included learning about the Calusa Empire and fashioning tools and art characteristic of their time in Southwest Florida.

The recent merger of the Imaginarium Science Center and the Southwest Florida Museum of History into the IMAG History & Science Center has created a stimulating blend of subjects from both organizations. A

newly-combined mission of engaging visitors in the exploration of science, technology, engineering, mathematics (STEM) and history with an emphasis on Southwest Florida provides opportunities to create new experiences. IMAG chose enhanced programming on the first and third Saturday of each month to highlight the new and exciting combination of subjects.

History Saturday on July 15 will provide exercises about the Ice Age, a time period that began 2.6 million years ago. On August 5, Science Saturday will include various activities pertaining to the sun as the solar eclipse slated for August 21 fast approaches.

IMAG History & Science Center is a family-friendly destination offering interactive exhibits, an aquarium, history displays and a 3D theatre. There will be hands-on experiences and educational programs that further the understanding of the natural and human-made world. This will foster an appreciation for Southwest Florida's unique environment, natural waterways, and rich history. A visit to IMAG nurtures intellectual curiosity, discovery, and innovation.

For more information, visit the center in person at 2000 Cranford Avenue in Fort Myers or visit www.i-sci.org/. ☆

Positive Results For Collection Drive

Pushing the Envelope, Inc. (PTE) recently completed Books, Balls and Board Games, a collection drive benefiting two Fort Myers non-profit organizations - Boys and Girls Clubs of Lee County and Pickup the Ball, Inc. The drive has collected more than 700 books, balls, and board games combined. The first event of its kind for the company, it was designed to aid at-risk youth in the area through positive educational and team-building outlets.

With the support of community members and local businesses, Pushing the Envelope, Inc. successfully collected 759 books, 17 team-orientated board games and two sports balls. Drop-off locations included Boys & Girls Clubs of Lee County locations, as well as Mateo Graphics. Craft store Michael's donated hundreds of the books.

"The overwhelming support from the community means so much to our members and volunteers, especially as we move into a new building that we want to feel like home," said Pickup

the Ball, Inc. Founder and Executive Director Ted Sottong.

"I was excited when Pushing the Envelope reached out to us, and we were thrilled with the results. It is always a challenge to keep supplies fresh at our five locations and this was a big help," added Boys & Girls Clubs of Lee County Director of Community Resources Kyle Karczewski.

Books, Balls and Board Games is the newest of many community service initiatives implemented by Pushing the Envelope. Since 2006, Pushing the Envelope has donated more than 1,000 hours of service and offers an annual Push-It-Forward grant each winter to contribute to growth and sustainability of non-profit organizations in southwest Florida.

"Since we established our company we've made community service part of our culture. We are pleased to have been able to support the missions of both the Boys & Girls Clubs of Lee County and Pickup the Ball," said PTE President Samantha Scott, APR.

For more information about Books, Balls and Board Games and other Push-It-Forward efforts, visit www.getpushing.com/community/push-it-forward. ☆



Community Thrift Store, located in South Fort Myers, will offer storewide savings during its 6th anniversary sale through Saturday, July 15 photo provided

Shell Point Thrift Store Celebrating Sixth Anniversary

Shell Point Retirement Community's Community Thrift Store is celebrating its sixth year in business, and invites Southwest Florida residents to join the celebration during a storewide summer sale, which began Tuesday, July 11 and runs through Saturday, July 15. The store is open from 9 a.m. to 4 p.m. at 15501 Old McGregor Boulevard in Fort Myers.

To celebrate the anniversary, there will be 50 percent off all items

throughout the store, as well as a chance to win prize giveaways, including free tickets to upcoming Shell Point Summer Concert Series performances at Shell Point Retirement Community.

Community Thrift Store offers boutique clothing, shoes and jewelry; home décor, kitchen items and furniture; as well as construction materials, appliances and fixtures. Tax-deductible receipts are available for individuals or organizations that donate items to the store. Like Community Thrift Store on Facebook at www.facebook.com/ThriftStoreShellPoint to learn about upcoming "steals and deals," and catch the first glimpse of new treasures.✱

Dress Collection Finale To Be Held Downtown

The final Love That Dress!9 collection event of the season, the River District Collection Event, will be held on Thursday, July 20 at the Goodwill Boutique on First from 5:30 to 7 p.m. An after party will follow at Red Door Photography's studio from 7 to 9 p.m.

The evening will begin with a Sip & Shop at the Goodwill Boutique on First, including complimentary drinks and appetizers, raffle prizes from River District merchants and fashion finds that only the Boutique on First can offer. Afterward, guests are invited to continue the fun at Red Door Photography's studio with auction and raffle prizes, event photo booth and complimentary refreshments provided by the River District's purveyors. The grand raffle prize – a fully stocked 36-bottle Danby Wine Cooler – will be drawn at Red Door Photography. Tickets are \$10 and the winner will not need to be present to win.

Admission to the event is \$15 per person, or \$10 per person with the donation of new or "gently loved" dresses, shoes, accessories and/or handbags. For details and to purchase

tickets, visit www.lovethatdress.org or text "LTDPAEvents" to 71777 from any mobile device.

Also available are raffle tickets to win a two-year lease on a 2018 Infiniti QX30 donated by Fort Myers Infiniti. Only 150 tickets are available for \$100 each. The \$15,000 will benefit PACE Center for Girls of Lee County. The winner of the car raffle will be announced at 6 p.m. during the main Love That Dress!9 event on Wednesday, August 23 at the Embassy Suites, located at 10450 Corkscrew Commons Drive in Estero. Tickets for the raffle can be purchased by calling PACE Development Manager Allyson Ross at 470-7548. For more information on the raffle and a copy of the official rules and regulations, visit www.pacecenter.org/locations/lee or www.lovethatdressleecounty.com.

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

Anyone interested in participating in a collection event in support of Love That Dress!9 may contact Ross at Allyson. Ross@PACECenter.org.

Goodwill Boutique on First is located at 2401 First Street in Downtown Fort Myers. Red Door Photography's studio is located at 1601 Lee Street unit 2 in downtown Fort Myers.✱

Historical Society To Hold Luncheon

Enjoy a step back in local history at the Southwest Florida Historical Society's luncheon at the Broadway Palm Dinner Theatre on Saturday, July 22 from 11 a.m. to 1:30 p.m.

Award-winning author, columnist and local historian Amy Bennett Williams will be the guest speaker. A Chinese auction and a silent auction featuring prizes with tropical themes will also add to the day's event.

For more information and to purchase tickets, call 939-4044 or 464-9925. You can also visit the society's research center on the grounds of the Alliance of the Arts at 1009 Colonial Boulevard in Fort Myers from 9 a.m. to noon and 4 to 7 p.m. on Wednesdays and from 9 a.m. to noon on Saturdays.

Broadway Palm Dinner Theatre is located at 1380 Colonial Boulevard in Fort Myers.✱



Amy Bennett Williams photo provided

Yappy Hour Returns July 14

Due to popular demand, Yappy Hour at Bell Tower Shops is back on for July and August. The dog-friendly event on Friday July 14 from 6 to 8 p.m. will be an extra special patriotic-themed night.

There will be live music, a bounce house, sidewalk chalk station and

fundraising for Gulf Coast Humane Society (GCHS). Cru will be donating all of its beer proceeds from the night to GCHS, while Fort Myers Brewing Company will be donating 100 percent of its Gateway Gold beer sales to GCHS. Make sure to stop by the bar and grab a drink.

There also will be a Most Patriotic Pet & Owner Contest, so dress your pup and yourself in your best red, white, and blue attire. The winner will receive a ticket for a Bark on the Ark cruise, donated by Pure Florida!✱

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Along The River

Strange Arrangement is the featured act during the Sounds of Summer concert at the **Sidney & Berne Davis Art Center** this Friday, July 14 at 7:30 p.m. The Pine Island band is an eclectic group of electrifying performers with a unique blend of funk and soul.

Strange Arrangement is known as a creative musical “family” organized by the Brothers Van Kirk. Brothers Warren and Gregory each have a unique, broad range of musical tastes that are incorporated into their original music. With familiar rhythms and catchy hooks, Strange Arrangement is creating music that’s appealing to people of all ages and walks of life. Visit www.facebook.com/strange.arrangement.7/ for more information on the group.

The Sounds of Summer is a biweekly multi-genre concert series from June through August. Each concert will bring audiences a unique and entertaining experience. Visit www.sbdac.com/summer-concert-series/ for more information.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District.

Free urban farming workshops will continue at the **Alliance for the Arts GreenMarket** this Saturday, July 15 at 10:30 a.m.

Millissa Bell, homestead farmer and organic gardener, will make a presentation titled **Raising Small Animals For Eggs And Meat**.

Bell oversees the extensive food gardens at the historic Shangri-La Springs in Bonita Springs, as well as taking care of her own farm and developing edible gardens for local residents.

The workshop will focus on raising chickens and rabbits and will give a quick overview of a few other specialties that residents may try such as quail, ducks and tilapia.



The Van Kirk brothers of Strange Arrangement

photo courtesy www.facebook.com/strange.arrangement

The free backyard farming workshops are held at 10:30 a.m. every Saturday morning in June and July. Donations are welcome as the Alliance for the Arts GreenMarket, located at 10091 McGregor Boulevard in Fort Myers, strives to support local growers, bakers and artisans.

The Cape Coral Parks & Recreation department has joined municipalities from across the country to celebrate National Park and Recreation Month. Initiated by the National Recreation and Park Association (NRPA) and celebrated in July since 1985, this annual observation recognizes all the ways parks and recreation can transform people’s daily lives. From providing places to play and stay healthy, to fostering new relationships and forging connections with nature, park and recreation facilities provide essential services and improve the local quality of life.

The 2017 main event will be a free **Discover Parks & Recreation Day** at the **Cape Coral Yacht Club** this Saturday, July 15 from 10 a.m. to 1 p.m.

Several parks and recreation divisions will join together at this free family event to share program information and showcase demonstrations. Featured activities include an ice cream social, kids crafts, interactive exhibits, a scavenger hunt, photo booth, live critters, touch tanks, children’s tennis instruction and prize drawings throughout the day. Prizes include tickets to Sun Splash Family Waterpark, free golf at Coral Oaks Golf Course, passes to the yacht club pool and Eagle Skate Park, kayaking at Eco Park, passes to Coconut Festival 2017 and a remote controlled boat. There will also be a variety of dancing and other activities taking place on the main stage in the yacht club ballroom throughout the day.

For more information on upcoming programs and events, visit www.CapeParks.com or call 573-3128.

A **free program about human trafficking** will be held in the meeting rooms at the **Fort Myers Library** this Monday, July 17 at 6:30 p.m.

Nola Theiss, founder and executive

director of Human Trafficking Awareness Partnerships, Inc. (HTAP), will present what adults, children and teens need to know to avoid becoming victims. Theiss served as the founding chair of the Lee County Human Trafficking Task Force and has spoken at local schools as well as to community groups and professional organizations throughout Florida and internationally on Human Trafficking.

Violence in the media and dangers of the Internet and social media impact kids in ways we never imagined. Young people need to learn how to protect themselves and to recognize dangers in their world.

Friends of the Fort Myers Library will host the program. Children and teens are welcome. Registration is required. Visit www.bit.ly/FML717 to learn more.

Human trafficking is a local issue, and many of its victims are young girls and boys between the ages of 11 and 14. Traffickers look for easy victims. Parents and grandparents can help teach them how to protect themselves.

Fort Myers Library is located at 1651 Lee Street in downtown Fort Myers.

Community Cooperative will hold its annual **Summer Drive for Hunger at Cru Restaurant** at the Bell Tower Shops this Wednesday, July 19 from 5 to 7 p.m.

The Summer Drive for Hunger donation event will collect non-perishable food donations and/or cash contributions. Cru Chef Bob Boye and fellow employees will provide music, lite bites, raffle prizes and donate a percentage of dinner sales from the evening, all in the “fight against summer hunger” in the area.

Community Cooperative’s annual Summer Drive for Hunger campaign aims to collect 25,000 pounds of food and raise \$25,000 to support hungry families in the community this summer and help keep local mobile pantries and fixed pantry shelves full of fresh healthy food.

For more information, call 332-7687 or visit www.CommunityCooperative.com.✧

Comic Book Convention And Pop Culture Event

Comic-Con, a comic book convention and pop culture event, will be held at the Holiday Inn Fort Myers Airport Town Center Hotel on Saturday, November 18 from 10 a.m. to 6 p.m.

Comic-Con will feature fandoms of multiple genres interested in comic books, toys, pop culture, cosplay, animation, horror, sci-fi and fantasy. The show has more than 100 exhibitors that cater to a wide spectrum of interests including comic books, magazines, toys, games, movies, television, anime, manga, cosplay, artwork, sketches and apparel plus much more. In addition, a roster of comic industry professionals and fandom-related celebrities will be in attendance for attendees to meet and greet. Confirmed featured guests and attractions include:

- Fabian Nicieza – creator of *Deadpool*
- Mark Bailey – creator of *Carnage*,

Spider-Man artist

- Bob Camp – creator/artist of TV cartoon series *Ren & Stimpy*
- Chalet Pizzette Brannan – Disney actor
- Brutus “The Barber” Beefcake – WWE wrestling superstar and Hall of Famer
- HonkyTonk Man – WWE wrestling superstar and hall of famer
- Tito Santana – WWE Wrestling superstar and Hall of Famer
- Frazetta Girls – family members of the legendary artist Frank Frazetta
- TV series *Starsky & Hutch*’s 1976 Gran Torino
- KITT – car from the TV series *Knight Rider*
- *Back To The Future*’s DeLorean car
- The Batmobile from the 1990 movie *Batman*
- 1963 *Herbie The Love Bug* Volkswagen
- TV series *Dr. Who* characters The Daleks
- *Star Wars*’ Darth Vader, R2-D2 and Stormtroopers from Legion 501st and Rebel Legion

Tickets are \$20 for general admission; children 12 and younger are admitted free. Cosplay contest is \$35,

VIP tickets are \$50 and platinum tickets are \$100.

The Holiday Inn Fort Myers Airport Town Center Hotel is located at 9931 Interstate Commerce Drive. For more information, visit www.swfloridacomicon.com.✧

Vietnam War Commemoration Partnership

Hope Healthcare has announced its partnership with The United States of America Vietnam War Commemoration to thank and honor Vietnam veterans and their families for their service and sacrifice on behalf of the nation.

Following in the footsteps of commemorations honoring military service in World War II and Korea, this multiyear commemoration – instituted by the United States government under the auspices of the Department of Defense – aims to thank and honor seven million living Vietnam veterans and the families of all nine million who served on active duty in the U.S. armed

forces from November 1, 1955 to May 15, 1975, regardless of location.

“Hope has a long tradition of honoring our veterans through our VALOR program and Honor Guard,” said Hope Healthcare President and CEO Samira K. Beckwith. “This partnership with the Department of Defense provides an additional opportunity for Hope to give special recognition to those in our care who served in the Vietnam War.”

Hope’s VALOR program for military veterans – Veteran’s Access to Life Opportunities and Resources – collaborates with the U.S. Department of Veterans Affairs to ensure servicemen and servicewomen receive the care and support they deserve, including emotional support through chaplains and counselors familiar with veteran’s issues. Hope’s Honor Guard offers special presentations featuring a certificate of appreciation, lapel pin and stuffed bear for Hope’s service men and women and concludes with a military salute.

For more information on The United States of America Vietnam War Commemoration, as well as a calendar of events and news of past events, visit www.vietnamwar50th.com.✧

OBITUARY



HAZEL E. AMON

Hazel E. Amon, 101, of Cortland, Ohio died Friday, June 9, 2017 at Ohio Living Lake Vista of Cortland.

She was born March 28, 1916 in Youngstown, the daughter of the late Carl and Bette Danielson Peterson.

On June 24, 1935, she married the love of her life and best friend, Richard "Dee" Amon.

They raised their children in Cortland before moving to Sanibel Island, Florida in 1972. She returned to Cortland in 2011 to be with her family.

Hazel was all about family. She especially loved her Swedish heritage and Christmas Eve smorgasbord, which her family still enjoys. She loved her family and supported them in whatever they did. She'd play the piano and Dee and the kids would stand around her and sing. She loved life and people, laughter and music, and her exercise classes. She was an optimist and always on the go. She was good to everyone

and her and Dee's door was always open to whoever needed to come in. She was an amazing woman.

Hazel was a 1934 graduate of South High School and then completed classes at Youngstown Business College.

She worked as a bookkeeper for many years and loved being a realtor on Sanibel Island. She belonged to many organizations and did volunteer work.

Surviving are her children, Barbara Chapin of Loveland, Colorado; "Larry" (Ed) Grinnell of Johnston; Rick Amon of Girard; Donna (L. Bruce) Durst of Cortland; and Mike (Donna) Amon of Pine Beach, New Jersey; 14 grandchildren, Ron Ritchie, Connie Davidson, Scott Ritchie, Beth Glancy, Bob Grinnell, Ricky, Kelly, Jennifer and Josh Amon, Mandy Allen, Dawn Ochman, Kim Seminsky, Heather Harvey and Stephen Amon; 23 great-grandchildren and three great-great-grandchildren.

"We love you 'Mama,' have fun dancing with Daddy in heaven."

Hazel was preceded in death by her husband, Dee in 1981; a grandson, David Ritchie; one great-grandson, Kevin Davidson; one great-granddaughter, Addie Seminsky; her brother, Roy Peterson; and a daughter-in-law, Carol Amon.

A memorial service was held on June 24, 2017 at Lane Family Funeral Homes, Shafer-Winans Chapel in Cortland. Pastor Yesudas Devadan officiated.

The family wishes to express a special thank you to all of Hazel's caregivers at Lake Vista of Cortland. "You are wonderful."

In lieu of flowers, memorial contributions may be made to Hospice of the Valley's Hospice House, 9803 Sharrott Rd., Poland, OH 44514 or to the charity of the donor's choice.

Online condolences may be made to the family at www.shaferwinanschapel.com. ❄

FSW Promotion

Florida SouthWestern State (FSW) Director of Athletics Carl McAloose recently announced the promotion of Michael Hill II to assistant athletics director for media relations and social media.

"Mike has done an incredible job promoting our college and our athletic programs," said McAloose. "His talents with graphic design and social media have helped us with recruiting potential student-athletes and has added to our recruiting success."

Hill joined the FSW athletics staff as sports information director in 2015. In his time at FSW, he has led all marketing, promotion and media relations efforts for all four of the Buccaneers' intercollegiate athletic programs while also serving as the department's in-house graphic designer.

A native of Detroit, Michigan, Hill graduated from Bowling Green State University in 2006 with a bachelor's degree in sport management. During his stay at BGSU, Hill spent most of the 2005-2006 season working as a communications intern with the Cleveland Cavaliers of the National Basketball Association.

Prior to joining FSW, Hill's career included stints at the University of Arkansas, Xavier University and FGCU. Hired as an assistant communications director for the Razorbacks in 2014, he worked with multiple programs including women's soccer, women's basketball, women's tennis and the



Michael Hill photo courtesy FSW

nationally ranked men's and women's cross country and track and field programs. During his tenure at Xavier, Hill served as the assistant director of communications and was the primary contact for the men's soccer, women's basketball and both men's and women's golf programs and served as the liaison between the university and CBS Sports College Network for the school's official website.

Hill spent six years as the assistant director of communications, Internet services and design at Florida Gulf

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Call To Artists

The Alliance for the Arts is seeking artists to submit their work to Fired Up: A Juried Exhibit. The exhibit will feature works inspired by fire or in some way use flames and heat in their creation, including ceramics, glass and welded pieces.

An entry may consist of one to three artworks. All entries must be submitted online no later than Saturday, August 12. Artists can download the prospectus and submit work at www.ArtInLee.org/FiredUp.

The opening celebration at the Alliance for the Arts will be held on September 8 from 5 to 7 p.m. Juror Lee Brotherton will be on hand to present awards including \$300 for Best In Show, \$125 for second place and \$75 for third place. Meet exhibiting artists and Brotherton during a conversational walk and talk as they discuss their works on September 9 at



Autumn Colors Ammonite Fossil Wall
sculpture by Lee Brotherton

image provided

6 p.m. during SoCo Second Saturday Art Crawl. This exhibit runs until September 30

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



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Manatee Material Free For Boaters

As Florida’s boating community gears up for the Fourth of July holiday weekend. Save the Manatee Club urges resident and visitors to keep manatees in mind during the holiday and every day while enjoying the state’s waterways. The club has a free Boating Safety Packet that provides tips to protect manatees as well as information on regulatory signs and a number for reporting an injured manatee.

Manatees are found in shallow, slow-moving rivers, bays, estuaries and coastal water ecosystems of the south-eastern United States. They can live in fresh, brackish or salt water. They prefer waters that are about 3 to 7 feet deep. Along the coast, they tend to travel in water that is about 10 to 16 feet deep. Manatees are herbivores, feeding on a large variety of submerged, emergent and floating plants. They are slow-moving and usually only swim about 3 to 5 miles per hour. Because they are mammals, they need to surface to breathe air. All of these factors make them vulnerable to boat strikes.

Watercraft-related manatee mortality is the leading identified cause of manatee death in Florida. Manatees can suffer injury and death due to the crushing impact of the hull and/or the slashing of the propellers. Last year in 2016, a record 105 manatees were killed by watercraft in Florida, and many more manatees suffered non-fatal injuries

from boat strikes. The club offers a number of free public awareness materials to help boaters protect manatees from watercraft collisions. One of these items is a Boating Safety Packet, which contains a weatherproof boat decal with a hotline number for reporting manatee injuries, deaths or harassment. It also includes a waterproof waterway card that was created in conjunction with the Florida Fish and Wildlife Conservation Commission (FWC) and U.S. Fish and Wildlife Service.

Laminated with a hole in the corner so it can be easily hung and kept on board a vessel, the waterway card features four simple tips to help protect manatees. Because manatees may be difficult to see, photos are provided that show what a manatee’s snout or back looks like when it breaks the surface of the water as well as a photo of a flat swirl on the water’s surface, called a “manatee footprint,” that is created when the manatee swims. The flip side of the card includes examples of regulatory signs posted for manatee protection, along with a description and a demonstration photo of a vessel operating at the speed for each zone. Information on the card is provided in English, French, Spanish and German, so it is suited for Florida’s many visitors.

Other items that Save the Manatee Club provides free of charge include waterproof banners for boaters and public awareness signs for Florida shoreline property owners. The bright yellow banners read “Please Slow: Manatees Below,” and can be used to

warn other boaters if a manatee is spotted while out on a waterway. In addition, free aluminum dock signs with a similar message are available for Florida shoreline property owners. To get the free Boating Safety Packet, waterproof banner or waterway sign, send an email to Save the Manatee Club at education@savethemanatee.org or call toll free 1-800-432-JOIN (5646). Send your mailing address to get the free boating safety packet and waterproof banner. To receive the free waterway sign, send

the address where the sign will be posted and the mailing address, if different. Visit www.savethemanatee.org/boatertips for more manatee protection tips for boaters. The webpage includes the club’s new Safe Boating Tips to Protect Manatees video and a link to download the free Manatee Alert App for iPhones and iPads, which notifies boaters when they are approaching manatee speed zones and helps facilitate the reporting of injured manatees and manatee harassment.✽

Annual Call For Letters Of Idea

A fund of the Southwest Florida Community Foundation, the Lesbian, Gay, Bisexual, Transgender (LGBT) Community Fund of Southwest Florida, is placing its annual call for letters of idea (LOI) to grant \$15,000 to an idea that promotes equality for LGBT community members receiving services in elder care and/or senior housing in Southwest Florida.

Agency leaders and interested organizations may begin the application process by reviewing the guidelines and accessing the online application portal under the ‘Nonprofit Partners’ tab on the Community Foundation’s website at www.FloridaCommunity.com. The LOI is not a full traditional request for proposal (RFP) but a one-page snapshot of a program or project idea. Projects or programs may include, but are not lim-

ited to, further research on elder care and/or senior housing for the LGBT community, a pilot program with existing organizations, or community education on elder care and/or senior housing for the LGBT community. Deadline for applications is Friday, July 28.

The submitted letters of idea will then be narrowed based on alignment with the LGBT Community Fund priorities, and the top collaborative programs/projects partners will be invited to the Compassionate Shark Tank on September 21. Applicants will be asked to prepare a three-minute presentation for the panel. The panel will then ask any questions that arise on the LOI and presentation.

The steering committee of the LGBT Community Fund has final discretion of the fund distribution from the above outlined process. Awards will be announced October 2017.

For more information on the LGBT Community Fund, visit www.LGBTSWFL.com.✽

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.

BIBLESHARE
10 a.m. Sunday and 7 p.m. Tuesday, 7050 Winkler Rd, Suite 121, www.simplysimpleworship.com, 437-8835.

BREAD OF LIFE MINISTRIES
Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.

CHABAD LUBAVITCH ORTHODOX
Friday 6:30 p.m. 5620 Winkler Road, chabadswf.org, 433-7708.

CHAPEL OF CYPRESS COVE
Sunday 10 a.m. 10200 Cypress Cove Circle, revtedalhouse@aol.com, 850-3943.

CHURCH OF THE CROSS
Sunday 9:15 and 10:45 a.m. 13500 Freshman Lane, 768-2188.

CONGREGATIONAL
Sunday 10:30 a.m. 1619 Llewellyn Drive, taecc.com, 334-4978.

COVENANT PRESBYTERIAN
Sunday 10 a.m. 2439 McGregor Boulevard, 334-8937.

CYPRESS LAKE BAPTIST
Sunday 9:45 and 11 a.m., 7 p.m.; Wednesday 6:30 p.m. 8400 Cypress Lake Drive, 481-5442.

CYPRESS LAKE PRESBYTERIAN

Sunday 8, 9, 10 and 11 a.m. 8260 Cypress Lake Drive, www.clpc.us, 481-3233.

CYPRESS LAKE UNITED METHODIST
Sunday 8, 9:30 and 11 a.m. 8570 Cypress Lake Drive, 482-1250.

FAITH FELLOWSHIP WORLD OUTREACH
Sunday 10:30 a.m., Thursday 7:30 p.m., Friday 7:30 p.m. 6111 South Pointe Boulevard, 278-3638.

FAITH UNITED METHODIST
Sunday 8:45 and 10:30 a.m. 15690 McGregor Boulevard, 482-2030.

FIRST CHURCH OF CHRIST, SCIENTIST
Sunday 10:30 a.m. 2390 West First Street, christiansciencefortmyers.net, christianscience.com.

FIRST CHURCH OF THE NAZARENE
Sunday 10:30 a.m. and 6 p.m. 13545 American Colony Boulevard, 936-2511.

FIRST UNITED METHODIST CHURCH
Sunday 9:30 a.m. and 5:30 p.m. 2466 First Street, www.fumcftmyers.org, 332-1152.

FORT MYERS CHRISTIAN
Sunday 10:30 a.m., 5916 Winkler Road, 437-4330.

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;
Sunday 10 a.m., 8210 College Parkway, 482-3133.

IONA-HOPE EPISCOPAL CONGREGATION
Saturday 5 p.m.; Sunday 8 a.m. and 9:30 a.m.; Tuesday 9:30 a.m.; Wednesday 9:30 a.m. 9650 Gladiolus Drive, 454-4778.

JESUS THE WORKER CATHOLIC
Friday and Saturday, 7 p.m.; Sunday 8, 10 a.m. and 6 p.m. 881 Nuna Avenue, 481-1143.

KINGDOM LIFE
Sunday 10:30 a.m. 2154 McGregor Boulevard, 218-8343.

LAMB OF GOD
Sunday 7:45 and 10 a.m. 19691 Cypress View Drive, lambogodchurch.net, 267-3525.

NEW BEGINNINGS CENTER
Friday 6:30 and 7 p.m. 8505 Jenny Cae Lane, nbcministry@embarqmail.com, facebook.com/nbcministry, 656-0416.

NEW COVENANT EYES
Monthly 9 a.m. 1900 Park Meadows Drive, newcovenanteyes.com, 220-8519.

NEW HOPE BAPTIST
Sunday 11 a.m.; Wednesday 7 p.m. 16120 San Carlos Boulevard, Unit 10, 985-8503.

NEW HOPE PRESBYTERIAN
Sunday 8, 9:30 and 11 a.m. 10051 Plantation Road, www.newhopefortmyers.org, 274-1230.

PEACE COMMUNITY
Sunday 10:30 a.m. [www.17671 Pine Ridge Road](http://www.17671PineRidgeRoad.com), peacecommunitychurch.com, 267-7400.

PEACE LUTHERAN
Sunday 9:30 a.m. 15840 McGregor Boulevard, www.peaceftmyers.com, peace@peaceftmyers.com, 437-2599.

REDEEMER LUTHERAN
Sunday 8:15 and 10:15 a.m. 3950 Winkler Ext., 274-0143.

RIVER OF LIFE ASSEMBLY OF GOD
8, 9:45 and 11:30 a.m. 21580 River Ranch Road, 495-0400.

SAMUDRABADRA BUDDHIST CENTER
Meditation classes. MeditationInFortMyers.org, 567-9739.

SAINT COLUMBKILLE CATHOLIC
Monday through Saturday 8 a.m.; Saturday 3 and 5 p.m.; Sunday 7, 9 and 11 a.m., 5:30 p.m. 12171 Iona Road, 489-3973.

ST. FRANCIS XAVIER CATHOLIC
Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m. 2157 Cleveland Avenue, 334-2161.

SAINT JOHN THE APOSTLE METROPOLITAN
Sunday 10 a.m. 3049 McGregor Boulevard,

344-0012.

SAINT MICHAEL LUTHERAN
Saturday 5:30 p.m.; Sunday 8 and 10:45 a.m. 3595 Broadway, 939-1218.

SAINT NICHOLAS MONASTERY
Sunday 9:30 a.m. 111 Evergreen Road, saintnicholasmonastery.org, 997-2847.

ST. VINCENT DE PAUL CATHOLIC
Tuesday through Friday 9 a.m.; Saturday 4 p.m.; Sunday 9 and 11 a.m. 13031 Palm Beach Boulevard, 693-0818.

SOUTHWEST BAPTIST
Sunday 11 a.m.; Wednesday 6 p.m. 16940 McGregor Boulevard, 454-3336.

TEMPLE BETHEL SYNAGOGUE
Friday Shabbat 7:30 p.m.; Torah Saturday 9 a.m.; Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m. 16225 Winkler Road, templebethel.com, 433-0018.

TEMPLE JUDEA (CONSERVATIVE)
Friday 6:30 p.m. and Saturday 9 a.m. tjswfl.org, 14486 A&W Bulb Road, 433-0201.

THE NEW CHURCH
Sunday 11 a.m. 10811 Sunset Plaza Circle #401, newchurchflorida.com, 481-5535.

UNITARIAN UNIVERSALIST
Sunday 10:30 a.m. 13411 Shire Lane, uucfm.org, 561-2700.

UNITY OF FORT MYERS
Sunday 9:15 and 11 a.m. 11120 Ranchette Road, unityoffortmyers.org, 278-1511.

WESTMINSTER PRESBYTERIAN CHURCH
Sunday 9:30 and 10:45 a.m. 9065 Ligon Court, 481-2125.

WORD OF LIFE
Sunday 10 a.m., Wednesday 7 p.m. 2120 Collier Avenue, 274-8881.

ZION LUTHERAN
Sunday 8, 9:30 and 10:45 a.m. 7401 Winkler Road, zionfm.org, 481-4040.✽

Walks, Boat Tours Offered On Beach



Guided beach walks leave Newton Beach Park at Fort Myers Beach on several upcoming mornings photo provided

Town of Fort Myers Beach officials are offering beach walks and boat tours as part of their summer programming.

The free beach walks are available at 9 a.m. on Tuesdays, July 18 and 25. Guests should meet at the thatched hut at Newton Beach Park. Restrooms are available.

Family fun kayak tours for ages 6 and older are held on Thursday, July 13, Saturday, July 22 and Friday, July 28. Tours start at 8:30 a.m. All equipment is provided for this relaxed trip on Estero Bay. Watch for the flora and fauna that make Southwest Florida their home. In addition, guided kayak eco-tours begin at 8 a.m. on Thursday, July 20 and Wednesday, July 26. Reservations are required for both tours. Call 765-0865.

Reservations are open for boat tours to Mound Key. Guests will leave port from Fish Tale Marina at Fort Myers Beach and ride to Mound House and then Mound Key on scheduled trips from October 2017 to April 2018. Space is limited and reservations are necessary. The cost is \$55 per person (or \$50 for Mound House members).

At both sites, guests will learn about the rich history of the Calusa as well as

new findings scientists are discovering about this ancient society. Guests will disembark from the boat to hike the trails of Mound Key. All along the way, they'll discover the ecology of Estero Bay as they search for diverse wildlife including dolphins, manatees and birds. This trip requires walking over rough terrain.

Trip dates are Wednesday, October 4, 12:30 to 3:45 p.m.; Sunday, October 15, 9:30 a.m. to 12:45 p.m.; Friday, November 3, 12:30 p.m. to 3:45 p.m.; Monday, November 13, 8:30 a.m. to 11:45 a.m.; Tuesday, January 30, 1:30 p.m. to 4:45 p.m.; Tuesday, February 13, 12:30 p.m. to 3:45 p.m.; Tuesday, February 27, 11:45 a.m. to 3 p.m.; Tuesday, March 13, 12:15 p.m. to 3:30 p.m.; Wednesday, March 28, noon to 3:15 p.m.; and Tuesday, April 3, 2 p.m. to 5:30 p.m.

Newton Beach Park is located at 4650 Estero Boulevard on Fort Myers Beach. Mound House is located at 451 Connecticut Street on Fort Myers Beach. Call 765-0865 or go to www.moundhouse.org for more information. Guided tours of the museum and shell mound are scheduled regularly. Private tours for groups of 10 or more are available.✱✱

Bowl-A-Thon Strikes August 30

Junior Achievement of Southwest Florida will hold its sixth annual Bowl-A-Thon fundraising event at HeadPinz Entertainment Center on Wednesday, August 30 from 6 to 8:30 p.m. Registration will begin at 5:30 p.m.

Bowl-A-Thon raises funds to support Junior Achievement of Southwest Florida programs throughout schools in Southwest Florida. Registration for the event is available at www.JASWFL.org.

Businesses, colleagues, neighbors and friends are expected to come together for team building and friendly competition. Participants are challenged to meet a fundraising goal of \$750 for a team of six players. Each team member will

receive a team shirt, food, beverage, two adult beverages, shoes and lane rental.

Sponsorship opportunities include event sponsorship for \$3,000, beverage sponsorship for \$2,500, T-shirt sponsorship for \$2,000 and food sponsorship for \$2,000. Each level includes signage at the event, logo recognition on all event print materials and email distributions, team entry and recognition on Junior Achievement of Southwest Florida's website and event press releases, as well as during the event.

HeadPinz Entertainment Center is located at 14513 Global Parkway in Fort Myers. For more information, sponsorships or to RSVP, contact Stephanie Hoffman by emailing shoffman@jaswfl.org or calling 225-2590.✱



Aubuchon Homes and Habitat for Humanity completed Lee County's first Home Builders Blitz house in just one week photo provided

Habitat Blitz House Built In One Week

Partnering together, Habitat for Humanity of Lee and Hendry Counties (Habitat) and Aubuchon Homes built a new single family home in one week during the nationwide Home Builders Blitz week from June 5 to 9. The new three bedroom, two bath house was started on June 3 and completed on June 9. The Habitat homeowner, Rubie, and her three children were sharing a two bedroom house with her parents and younger brother. Rubie worked alongside Habitat and Aubuchon Homes to help build her house during the one-week

build. She will pay \$1,700 in closing costs and will pay an affordable, monthly 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 and increase awareness about the need for affordable housing. Over 25 local subcontractors and building industry partners and 200 volunteers were involved in the build working with Aubuchon Homes and Habitat for Humanity of Lee and Hendry Counties.

For more information about Habitat,
visit www.Habitat4Humanity.org or call
652-0434. ✨



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Summer Tactics



by Capt.
Matt Mitchell

Hot sticky south Florida summer conditions require getting out on the water early and getting done early to avoid as much of the sweltering heat

as possible. Water temperatures by mid-afternoon have been hovering right around 90 degrees, which basically shuts down any kind of shallow water fishing. Even during morning charters, the deeper water including the passes and deeper grass flats in the six-to-eight-foot range have been the most productive areas to catch fish.

Big schools of the small-fry-sized shiners and threadfin herring have begun to show up all over the sound as is usual for this time of year. These small white baits have been the best choice for fast-paced fishing action on snapper, trout, ladyfish and mackerel. Downsizing to a quarter-inch mesh cast net makes it easy to load up on this little bait, which basically catches everything that swims. Around most shoals and passes you can locate this bait showering and flicking on the surface. Just drift into it and make a few throws to load up the livewell. Switch it up to smaller rods and lighter terminal tackle to cast these tiny baits. This little bait will get the fish feeding when they

just don't want to eat the larger pinfish and grunts.

Deeper grass flats from Fosters Point to Cabbage Key have been a good choice to catch plenty of keeper trout. Small pinfish and grunts fished under a popping cork in depths from six to eight feet caught lots of larger trout for the first few hours most mornings. Mixed in with the trout have been small blacktip sharks, which are always fun to catch. As conditions continue to stay hot, there is more and more floating grass around. This is typical as some of our grass dies off during the heat of the summer and can be found floating around the sound often in large patches.

By mid-morning, my go-to bite this week was fishing for gag grouper in the passes. Hooking pinfish and grunts on a heavy enough jig head to drop straight down to the bottom caught us lots of gag grouper. Most of these grouper are under the 24-inch minimum size, but if you are patient there are keepers. These gag grouper hit a bait harder than any other fish that comes to mind and make for non-stop action during the slower tides when everything else has stopped biting. While drifting the passes, keep a eye on the sonar looking for good bottom structure while keeping baits close to the bottom. Once you catch a fish, put a mark on the chart-plotter and return to this same spot. It's crazy how many grouper you can catch off one rock pile or hard edge. Our big grouper of the week measured just over 26 inches although we had a few bigger ones on hook that ran back into the bottom



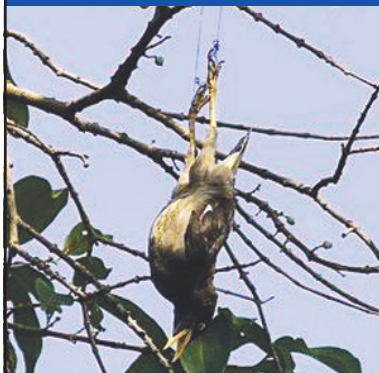
Jim White from Gainesville with a 26-inch gag grouper caught with Capt. Matt Mitchell this week photo provided

structure before breaking off. Heavy gear is a must if you're going to get one of these hard-fighting fish up.

Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel

in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email captmattmitchell@aol.com.*

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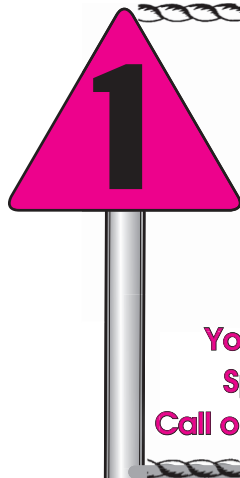
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Dave Doane



The flower clusters appear in the leaf axils

Plant Smart

Pillpod Sandmat

by Gerri Reaves

Pillpod sandmat (*Chamaesyce hirta*) is a very common perennial that you've no doubt seen growing in the yard, along roadsides, or even in sidewalk cracks. Drought tolerant and resilient, it is one of many members of the spurge family native to the state.

Other common names include garden spurge, spotted spurge and pill-bearing spurge.

This sprawling or erect wildflower is usually considered a weed.

photos by Gerri Reaves

It is also classified as an herb and a medicinal plant, as suggested by one of its other common names, asthma weed.

Its medicinal uses are numerous and varied, including treatments of bronchitis, dysentery and jaundice, and it has antibacterial and sedative properties, among others.

The slender hairy stems are usually reddish or purplish.

The opposite leaves are oval or lanceolate and up to about two inches long.

They have finely serrated edges and often have reddish splotches in the centers.

The tight clusters of tiny flowers appear



Native pillpod sandmat is a common site in vacant lots and lawns, along roadsides, and in sidewalk cracks

in the leaf axils, the angle created by the stem and leaf stalk. They are packed in cup-like group of bracts called cyathia.

Both male and female flowers are found on the same plant.

The mature three-lobed fruit capsule splits to release abundant seeds.

Like other members of the euphorbia,

or spurge, family, it has a milky sap that contains a toxic latex, so exercise care when handling it.

Sources: www.eol.org, www.levypreserve.org, www.ncbi.nlm.nih.gov, www.pfaf.org, and www.projects.ncsu.edu.

Plant Smart explores the diverse flora of South Florida.*

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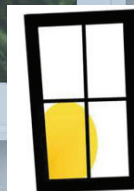
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From left, Mariner High's Mason Dennard, Rhys Bastien, Hailey Dennard and Jonathan Torres
photos provided

Local JROTC Teams Excel At Leadership Bowl

Congratulations go to Mariner and Riverdale High School's Junior Reserve Officer Training Corp (JROTC) Leadership Teams who placed 9th and 13th respectively at the National All-Services JROTC Academic and Leadership Bowl (JLAB) Competition in

Washington DC.

The top 40 teams from around the country qualified for the JLAB finals from more than 1,200 teams that began the competition in November 2016. The competition was held at The Catholic University in Washington DC. from June 23 to 27.

Finalists received an all-expense paid trip to the nation's capital to participate in the face-to-face portion of the competition.

In addition to the competition,



From left, Riverdale High's Alexander Nalwaik, Esperanza Menard, Sara Perkins and Adrian Zurita.

the trip included a meeting with Representative Francis Rooney and tours of the Pentagon, the Smithsonian Museum and visits to memorials along the National Mall.

The JROTC Leadership & Academic

Bowl (JLAB) is a nationally recognized competition created exclusively for JROTC students. By participating, cadets learn the values of citizenship, academic competition, and college opportunity.*

'Ding' Darling Photo Contest Opens Saturday

The 30th annual "Ding" Darling Days Amateur Nature Photography Contest opens Saturday, July 15. The contest, sponsored by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), is held in conjunction with "Ding" Darling Days from October 15 to 21.

Deadline for photography submission is September 15, and all entries must be submitted electronically by email to ddamateurphotocontest@gmail.com. For assistance, call 472-1100 ext. 4 or email shois@dingdarlingsociety.org. In an effort to maintain its commitment to the environment, DDWS will no longer be accepting photo contest entries by mail.

For an entry form and other contest information, visit www.dingdarlingsociety.org/articles/photo-contests. DDWS will announce winners and award prizes at Conservation Art Day on Saturday, October 22, during "Ding" Darling Days.

Entry fee is \$25 per person, which includes a membership to the society and helps to defray the cost of the contest. One fee covers two entries per person, but the entrant is eligible to win



Tom Korbutt's *My Sandy Look* took first place in 2016's "Ding" Darling Days Amateur Nature Photography Contest.
photo provided

only one award.

Only amateur photographers of all ages are eligible to enter. Entrants may not possess a professional photographer tax identification number for the sale of photographs.

Photos must be taken at JN "Ding" Darling National Wildlife Refuge and have been taken within two years of entry date. Each photo must be a jpeg file of at least 2,000 by 1,500 or two megabytes (MB). Panoramic photos are

not allowed.

Photos that have won awards in previous "Ding" Darling Wildlife Society photo contests may not be resubmitted.

Judging will be anonymous. Please do not put your name or anything that will identify you on your photograph.

Judging criteria includes: technical excellence (sharpness, lighting, composition, exposure); originality/creativity; interest; and ability to be reproduced for publication.

Only limited image modifications are permitted. Minor manipulation should be used only to produce a more natural looking photograph. Cropping is allowed but adding any elements not existing in the original scene will not be. Judges, at their discretion, will disqualify any photos that appear to be manipulated beyond these guidelines. All photo files will become the property of DDWS. Photos may be used by DDWS in any way with appropriate credit to the photographer.

First, second, and third place winners and honorable mentions will be formally announced during "Ding" Darling Days. Cash prizes will be awarded: first place \$200; second place \$150; third place \$100; and honorable mentions \$25.

There will be three judges involving a refuge staff person, a professional photographer and a member of the Sanibel community.*

CROW Case Of The Week:

Southern Flying Squirrel



by Bob Petcher

The southern flying squirrel (*Glaucomys volans*) and its relative, the northern flying squirrel, are the two native species found in North America. These mammals would be more fitting to be called "gliding squirrels" due to their ability to soar and inability of true flight like birds.

The nocturnal southern species, also called the assapan, soars from tree to tree courtesy of its furry membrane called a patagium that stretches from its front legs to its rear legs. The parachute-like expansion of the skin on its torso enables it to glide through the air. A flat tail also helps out in flight.

While not known to be math wizards, flying squirrels use triangulation to estimate the distance of its landing area while they lean out and pivot from side to side before launching. Triangulation is the process of determining the location of a point by forming triangles to it from known points. This soaring ability through this process can help it cover more than 150 feet per launch.

Of course, the southern flying squirrel

is more plentiful in this region of the country, yet can be found as far north as Maine. The northern flying squirrel is also found in the northeast but out west as well. In distinguishing between the two, the southern species is smaller in size (8 to 10 inches in length) compared to the northern species (10 to 12 inches long). Both flying squirrels are gray-brown, but the belly of the southern flying squirrel is white, while its northern counterpart has belly fur that is gray at its base.

At CROW, an adult southern flying squirrel was admitted to the clinic from Lehigh Acres after it was found on the ground. During its intake exam on June 16, CROW medical staff stated the patient was noted to have a head tilt to its left side as well as ataxia (a neurological sign consisting of lack of voluntary coordination of muscle movements) to its left side.

Dr. Julia Hill, CROW veterinary intern, said the patient being found on the ground was "very abnormal" due to its affinity for staying in trees. It was unknown if the flying squirrel was involved in an accident.

"Head trauma from falling or hitting something is the most likely scenario," she said. "Occasionally, wild squirrels can also get infections of their inner ears, though this squirrel didn't have one."

The patient was fed "an insectivore slurry" to help maintain its weight until it could eat on its own. Anti-inflammatories were also given during a recovery period of nearly three weeks in care.

"Some animals with similar conditions receive physical therapy as well, but this



Patient #17-2100 takes a gander at the camera

photo by Brian Bohlman

was not an option for this patient due to his size and aggressive behavior," Dr. Hill added.

While the veterinary intern said the head tilt condition could take months for full range to return, the patient showed great improvement in a shorter amount of time with its weight and neurologic issues at the clinic. It was released on July 9.

"This patient recovered in about

three weeks and, at this time, there is no noticeable head tilt," said Dr. Hill.

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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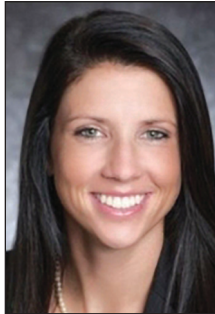
Robert C. Shearman



Amanda L. Brock



Traci T. McKee



Kayla E. Richmond

Henderson, Franklin, Starnes & Holt, P.A. recently announced that Attorneys Matthew Belcastro, Michael Corso, Thomas Gunderson, Russell Schropp and Robert Shearman were named to the 2017 *Florida Trend* Magazine's Legal Elite. To compile the list, *Florida Trend* asked actively practicing Florida attorneys to name the attorneys that they hold in highest regard, lawyers with whom they have personally worked and would recommend to others. The resulting list represents fewer than 1.5 percent of active Florida Bar members.

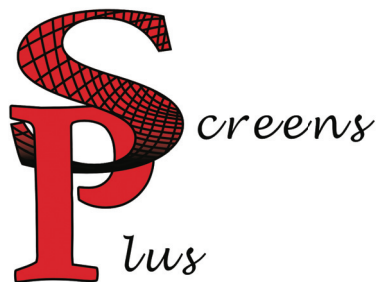
In addition, Attorneys Amanda Brock, Traci McKee, Kayla Richmond and Luis Rivera were recognized as this year's Legal Elite Up and Comers. *Florida Trend* invited all members of the Florida Bar to

nominate young attorneys who exhibit excellence in the law. The votes were tallied by an independent research firm and a blue ribbon panel of prominent lawyers reviewed the list of attorneys who garnered the most votes. The entire 2017 Legal Elite report can be viewed at www.FloridaTrend.com/LegalElite.

For more information on the attorneys mentioned above or Henderson Franklin, visit www.henlaw.com.✱



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Superior Interiors

Create Some Custom Beauty At Your Windows



by Jeanie Tinch

There is simply no better way to add exciting beauty and drama to your windows then with a carefully designed and crafted custom window treatment. The extra touches a custom treatment

affords you are virtually endless. Detailing, ruffling, banding, cording, trims and the ease of coordinating fabrics makes custom treatments truly individual and reflective of your style and taste.

What makes a window treatment custom? Firstly, a custom window treatment is designed specifically for you, your home and your windows. Do

you want your windows to take center stage in a room? Is energy efficiency a consideration? Do you want to showcase your windows with a layered window treatment? Are you wanting to make your small windows look larger? Or your large window appear smaller? Are your two-story windows creating a design challenge? These are just a few of the many challenges a beautifully designed window treatment will help you solve.

Secondly, a custom window treatment is custom crafted. It features extra fullness for beautifully draping. Corner weights allow the fabric to hang straight and not flare into the room. Linings used help contribute to the overall energy efficiency, or room darkening capability of the treatment.

So, don't your windows deserve to be showcased in something truly unique and special to you and your home? There is simply nothing more beautiful and dramatic than custom designed window treatments.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindceden.com.✱

Children's Society Achieves Accreditation

Orlando-based Children's Home Society of Florida (CHS) has achieved national accreditation from the Council on Accreditation (COA). The nonprofit, peer-driven COA seeks to improve delivery outcomes by accrediting organizations that demonstrate best practice standards in the field of human services. CHS has continually earned this distinct honor since 1982.

CHS is among less than 20 percent of organizations nationwide to achieve full or substantial implementation ratings for all of COA's accreditation standards relevant to the organization, according to Richard Klarberg, COA's president and chief executive officer. The standards are intended to ensure that services are well-coordinated, culturally competent, evidence-based, outcomes-oriented and provided by a skilled and supported workforce.

The accreditation process involved a detailed review and analysis of CHS' administration, management and service delivery functions. CHS first provided written evidence of compliance with the COA standards followed by on-site interviews with staff and clients by a group of specially-trained volunteer peer reviewers.

Comments from the final accreditation report include:

Case Management – "The case management programs at CHS are exceptional. Documentation is clear [and] concise. Staff are very engaged

in assisting the children, adults and families they are serving by helping them to access and utilize supports which build upon their strengths."

Client Rights – "The organization respects the rights and dignity of their clients, and it is shown throughout the organization."

Ethical Practice – "Very ethical organization. There is transparency across the organization. They are well respected by their public and private partners."

Performance and Quality Improvement – "CHS has a very robust and structured PQI system in place."

Training and Supervision – "Very robust, targeted, and comprehensive training and supervision policies and practices. Demonstrates forward thinking."

Supervised Visitation and Exchange Program – "The staff providing these services are very sensitive, passionate and caring. Parents report feeling supported and cared for."

Pregnancy Support Services – "Staff are very dedicated to birth mothers as well as adoptive parents. It is often difficult to serve both but they are compassionate and able to work the triad very well."

"This is a significant achievement for our organization," said CHS President and CEO Michael Shaver. "COA re-accreditation affirms that we meet the highest national standards of best practice and provides assurances to all of our stakeholders that Children's Home Society of Florida is delivering vital, high-quality services in our community, conducting our operations successfully and managing our funds effectively."✱

Our email address is press@riverweekly.com

Rotary Club Recognition Ceremony



From left, Bill de Deugd, Don Molloy, Bob Sheehan, Mark Stichter and Michael Spreckelmeier
photos provided



Ian Keith, Jake Herring, Michael Spreckelmeier, Joe Broughton, Steve Pontius, Roberta Lloyd and Vicki Stephan

The Rotary Club of Fort Myers recently held its annual Changing of the Guard dinner and recognition ceremony at The Marina at Edison Ford. Officers for the 2017-18 year were installed. They include Fred Anderson, president; Archie Hayward, president-elect; Beth Lobdell, secretary; Leah Kirby, treasurer; and Carlos Cavenago, sergeant-at-arms.

Awards were handed out to individuals in various categories, including Rotarian of the Year to Steve Bowen; “Shooting Star” Award (Rookie of the Year) to Bill Emo, Karen Harmon, Josh Milton and Matt Roepstorff; “Pinnacle of Service” Award to Joe Broughton, Nancy Graham, Jake Herring, Ian Keith, Roberta Lloyd, Steve Pontius and Michael Spreckelmeier; “Service Above Self” Award to Cynthia and Dan Detrick, Marshall Howard, Beth Lobdell and Amy Turner; and “Globetrotter” Award to Patricia Bell, Bill de Deugd and Mark Vincent.✴

From page 1

Bowling Bash Luau

is Hawaiian Luau, so pull out your grass skirts and coconut bras for a great time and some friendly competition. This year’s Bowling Bash will include raffle prizes, free food and a cash bar. Prizes awarded for winning team, best score, worst score, hula competition and for best dressed team.

Interested in signing up? Visit www.beachchamberbowl.com. Teams are made up to five players and cost \$150. Don’t have a team, and still want to play? Call 454-7500, and you will be set you up with an existing team.

If you would still like to attend but not play on a team, sign up for the gallery at \$10 per person.

For more information, visit www.beachchamberbowl.com.✴



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Standing from left are Linda Hessler, treasurer; Jody Van Cooney, secretary; Joy Augustine, president; and Fran D'Alessandro, president-elect. Seated are board members Heather Messmer, Cindy Lopez and Diane Jensen. photo provided

Pilot Club Installs Officials

Officers and board members of the Pilot Club of Fort Myers were installed during a recent monthly meeting.

The focus of the Pilot Club of Fort Myers is helping organizations seeking to improve the quality of life for

individuals with brain-related disorders through volunteer activities, education and financial support. The club name came from a riverboat pilot who could steer safely through troubled waters. The club's motto is "do more, care more, and be more."

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

Financial Focus

What Can Investors Learn From The All Stars?



by Jennifer Basey

This week, the 2017 Major League Baseball All-Star Game was held in Marlins Park in Miami. If you're a baseball fan, you may have tuned in to admire the skills and grace of the

players. And if you're an investor, you can learn some valuable lessons from the all stars, including these:

- **Alertness** – Most of us can only dream of having the outstanding reflexes of major league ballplayers. But we can develop a similar trait: alertness. Just as a ballplayer who wants to steal a base needs to be alert to the pitcher's delivery and the strength of the catcher's throwing arm, you should be vigilant about investment opportunities and the potential need to make changes to your portfolio.

For instance, you might realize that, over time, your portfolio has become too top-heavy with the same types of investments. Since these investments are likely to move in the same direction at the same time, you could take a big hit during a market downturn. Consequently, you may want to diversify among a wider range

of vehicles, including stocks, bonds, government securities and others. While this type of diversification, by itself, can't guarantee a profit or protect against all losses, it can help you reduce the effects of volatility on your portfolio.

- **Patience** – When you watch the best hitters – such as those appearing in the All-Star Game – you will notice that most of them are very patient, willing to wait for several pitches until they get the one they feel they can hit. As an investor, you need patience too. The investment world contains many myths, one of which is that it's possible to get rich quick by finding "hot" stocks when they're cheap and selling them after a meteoric rise. But these events are actually pretty rare. The most successful investors are typically the ones who invest steadily, through good markets and bad ones, and who follow a long-term strategy appropriate for their needs, goals and risk tolerance.

- **Preparation** – During the All-Star Game – or, for that matter, during any game – the ballplayers will know exactly what to do in almost any given situation. To take one example, consider what happens when a runner is on first base and the batter hits a ground ball to the shortstop. Almost without thinking – because he's already prepared for this very scenario – the shortstop will flip the ball to the second baseman, who is already standing on the bag, because he too is ready for this play. The second baseman completes the double play by immediately throwing to the first baseman, who is also in the right place, standing on first base.

Public Relations Accreditation Attained

The Florida Public Relations Association Southwest Florida Chapter recently announced that member Trish Robertson, APR, recently earned professional public relations accreditation and received the designation of Accredited in Public Relations.

Robertson joins the more than 4,300 active public relations professionals worldwide who represent an elite group of highly skilled professionals committed to practicing with exemplary ethical standards, including 35 in Southwest Florida.

Robertson works for the Collier County Supervisor of Elections office, where she coordinates communications for the elections office and helps develop and execute election worker recruitment strategies, election worker trainings and voter education programs and campaigns.

Robertson is a graduate of Florida Gulf Coast University, where she graduated with a degree in communications with a concentration in public relations. She is the immediate past president of the Southwest Florida Chapter of FPRA.



Trish Robertson

photo provided

To earn public relations accreditation, candidates must pass an oral presentation and rigorous written examination administered by the Universal Accreditation Board (UAB), which is an alliance of eight national and statewide professional associations dedicated to furthering the field of public relations and the development of public relations professionals. FPRA is a member of the UAB.

Environmental Programs Grant

Environmental Protection Agency (EPA) awarded the Florida Department of Environmental Protection a grant for \$1.38 million to support a broad range of environmental programs.

"The EPA is protecting the environment by engaging our state partners," said Administrator Scott Pruitt. "This grant will help Florida meet their local environmental needs."

The funds being provided will support the state to continue the operation of its environmental programs while giving greater flexibility to address environmental priorities and strengthen its partnership with EPA. These funds will also support Florida's efforts to reduce air pollution and improve water quality through permitting, enforcement and compliance.

Additionally, the grant will help with watershed management, reduce hazardous waste and improve waste management practices as well as help to preserve underground drinking water sources and ensure the protection of public water supply systems.

Performance partnership grants are important tools for EPA to provide financial assistance to states and tribes. These grants allow recipients to use EPA awards with greater flexibility for priority environmental problems or program needs, streamline paperwork and accounting procedures to reduce administrative costs, and try cross-program initiatives and approaches that were difficult to fund under traditional category grants.

When you invest, you also need to be prepared for certain situations and how you'll respond. When your children head off to college, you should know if and how you'll help them pay for it, maybe because you've prepared by saving in a 529 plan or another college-savings vehicle. When the day comes for you to retire, you should know how you'd like to tap into your retirement accounts, such as your 401(k) and IRA.

By being alert, showing patience and preparing for your goals, you can put some of the All-Stars' skills to work when you invest. By doing so, you might improve your personal "box score."

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.

From page 6

Fort Myers Art

available and range from \$105 per person for five shows to \$153 per person for all nine shows. Individual tickets to each show are \$25, \$11 for students or \$22 for Alliance members.

This production of *Women In Jeopardy* is sponsored in part by Susan Ion Hogan, DDS.

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.

Book Review

Testimony

by Di Saggau



Testimony by Scott Turow, deals with the Bosnian war and it makes for an excellent read. Turow recreates the uncertainty of the Bosnian conflict and its consequences.

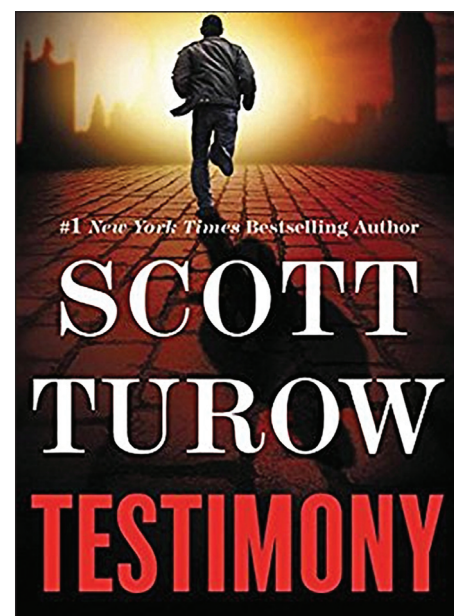
The breakup of Yugoslavia, and the declaration of independence by the Republic of Bosnia and Herzegovina in 1992, caused interethnic carnage in which Bosnian Serbs, Croats and Muslims brutally killed each other and horrified the outside world. At least

100,00 people were killed by "ethnic cleansing."

Testimony is set in the International Criminal Court at The Hague in the Netherlands. Bill ten Boom, after a successful career as a United States attorney and criminal defender, returns to his native land to work for the ICC and prosecute an unsolved case, the disappearance of several hundred Roma or Gypsies, in the wake of the conflict. The Roma were reviled and misunderstood by all sides, and Boom learns that 400 of them, men, women and children, were rounded up one night and taken to a large cave where they were buried alive. Who killed them is the big question.

Helping Boom is Esma Czarni, a Cambridge-educated barrister, Roma advocate and Gypsy sexpot, and a fascinating character named Atilla, a vital cog in American military

operations near the camp at the time of the Roma's disappearance. At the age of 54, Boom is having a mid-life crisis. He has left his wife, his family and his job to take part in what will become the most elusive case of his career. A witness has come forward claiming to be the only survivor of the massacre. It's Boom's job to sort through a bunch of suspects, ranging from Serb paramilitaries, to organized crime gangs, to the U.S. government itself. *Testimony* is a legal thriller, a story that delves into international law and a very nasty episode of recent history. Author Daniel Silva sums it up nicely in his praise for the book saying, "Scott Turow is the master of the courtroom drama. His latest legal thriller goes international and is a page-turner not to be missed."☆☆



School Smart

by Shelley M. Greggs, NCSP



Dear Shelley, People, including a teacher, have told me that my 11-year-old son has social anxiety. His teacher said that he was uncomfortable

doing group activities and hesitant to get involved. Our relatives say he is terribly shy. He's always been shy but does that mean he has social anxiety? What is it exactly?

Leonora A., Fort Myers

Leonora,

People often use clinical words and diagnoses incorrectly. You are wise to learn more about your concern and begin to understand it.

Social anxiety is not just being shy. It is when fear of how you appear gets in the way of functioning. Social anxiety disorder is diagnosed when a person, child or adult worry so much about how they appear to others that they stop doing things they need to (and want to) do for fear of embarrassing themselves. Children who are just shy will gradually warm up to new people and situations over time, kids with social anxiety don't.

Most people with the disorder start noticing this anxiety when they're between the ages of 8 and 15. For a while, children are usually able to hide social anxiety disorder. Their parents and teachers may not notice that anything is wrong, especially since kids are often ashamed to admit how anxious they are about things that other people don't seem to get upset about.

Even the smallest interaction, like answering a question in class or eating with friends in the cafeteria, can feel extremely scary to kids with social anxiety disorder. It's because they fear they might accidentally do something

embarrassing or offensive, and it will make others judge or even reject them.

Kids with social anxiety disorder aren't just nervous when they're at parties or giving a speech in class. "It's not a phobia of being in social situations, it's being terrified of how people are going to perceive you," explained Dr. Jerry Bubrick, a clinical psychologist and the head of the Anxiety and Mood Disorders center at the Child Mind Institute.

Rachel Busman, PsyD, a psychologist who specializes in anxiety, explained: "Shyness might hold you back to some extent from doing things, but it won't significantly impact your ability to do your job as a student, which is to function in school, function in your family and to have friends and be a part of your peer-related community." But social anxiety will stop allowing people to do what they need to do to be a functioning part of their society.

There are a wide variety of situations that produce anxiety and how an individual reacts can differ depending on the person. Some children with social anxiety mostly fear performing in front of people, while others are anxious in many situations—talking to a sales clerk, asking for help, eating or drinking in front of others. According to Dr. Busman, here are some examples of what social anxiety might look like:

- You love soccer and you want to try out for the team, but you don't because you're worried about people looking at you.
- You dread reading out loud because you might pronounce something wrong or skip a word.

Children with social anxiety work hard to avoid the things that worry them and will often make excuses to stay home from school or skip parties or other social events. While this might work in the short term as a calming technique, experts warn that hiding from anxiety really only makes it get worse.

As a mom, it will be important for

you to observe your son's behavior carefully to see if you think he is avoiding situations out of fear or in fact is just shy and slow to warm up. Talk with him and with others who know your child well. Make sure your son understands that there is no shame in feeling anxious. It's a part of life to feel anxiety, and it's best to learn how to cope with these feelings. You may also want to talk with the school counselor or your family doctor to help you learn more about this disorder and to obtain

a diagnosis if necessary.

Shelley Greggs 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.☆☆

Available at
www.AMAZON.COM
WWW.EDITORIALRXPRESS.COM

Female Pioneers of Fort Myers

Women Who Made a Difference in the City's Development

By Robin C. Tuthill and Thomas P. Hall

"Packed with facts and employing an engaging storytelling style, [Female Pioneers of Fort Myers] both teaches and entertains. Local history buffs and newcomers to history will value Tuthill and Hall's research and appreciate the accessible format, too."

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

Baseball Players Paid Millions Long After Playing Days Are Over



by Ed Frank

The old cliché, “You can pay me now or you can pay me later” should be changed to, “You can pay me now and you will also pay me later.” And this most likely will apply to the millionaire ball players you saw performing this week at baseball’s All-Star game.

There are at least seven former all-stars – and probably many more – who are receiving fat pay checks long after they left the diamond. This post-playing remuneration is one factor in the hefty cost of taking a family to a Major League baseball game.

There are many, many examples of these deals, but none more unique than the one that former New York Met’s third-baseman Bobby Bonilla is cashing in on year after year. Bonilla last played in 2001, yet every year starting in 2011, he receives a deferred payment of \$1.2 million through 2035 for a total of \$29 million.

Not bad, huh?

Here are other examples:

When Manny Ramirez signed an eight-year \$160 million contract with the Boston Red Sox in 2001, he guaranteed himself millions long after his playing days ended. Starting last year, he gets about \$2 million-plus a year until 2026.

The Mets paid former All-Star pitcher Johan Santana his salary of \$25.5 million in 2012 after he went down with an injury, the same amount in 2013 plus \$22.5 million while he was on the disabled list in 2011.

Others retired but still being paid big time:

Alex Rodriguez -- \$26.6 million;

Mo Vaughn -- \$31.1 million;

Albert Belle -- \$36.9 million;

Carl Crawford -- \$33.6 million.

There are many, many more examples of these “retirement” packages and, in fairness, they deserve an explanation. First of all, Major League contracts are guaranteed regardless of whether a player is injured or just dropped from a roster.

Secondly, many of these huge post-playing packages are the result of deferred compensation agreed upon in contracts. For example, the much-discussed Bonilla deal includes a deferment of his final year’s salary of \$5.9 million for the 25-year payment deal of \$2 million-plus that started in 2011.

While we highlighted these multi-million dollar payments to former baseball players in light of this week’s All-Star game, the same kind of plans can also be described for retired professional football, basketball, hockey and other athletes.

Miracle On Surge In Season’s Second-Half; Tebow Here This Weekend.

The Fort Myers Miracle baseball team has started the season’s second half on a tear with a 12-4 record as the week began including five straight wins. The hot streak had the Miracle in first-place in the Florida State League South Division.

The promotion and performance of several players who moved up from Low A Cedar Rapids contributed to the team’s success. Those included shortstop Jermaine Palacios who was batting .323 and third-baseman Brandon Lopez at .318.

The first-place Miracle starts a three-game home stand tomorrow, Saturday, against the St. Lucie Mets and their star attraction Tim Tebow, the former Florida football star.

Since being promoted to St. Lucie, the 29-year-old Tebow has found success batting .325 with an on-base-percentage of .426 in his first 13 games of High A baseball.

Saturday’s first pitch is at 6:05 p.m., Sunday at 4:05 p.m. and an early-start Monday game at 11:05 a.m.*

Miracle Sets Record For Game Attendance

The Fort Myers Miracle, Advanced-A affiliate of the Minnesota Twins, sold out their July 3 game at Hammond Stadium against the St. Lucie Mets, Advanced-A affiliate of the New York Mets, with an attendance of 9,478, a single game record for the franchise.

The record-breaker was also a long game due to extended rain delays. The Miracle scored six runs in the six runs in the seventh inning to win 10-7. After the game, Fourth of July fireworks were displayed but many fans did not stick around for the show that actually started

after midnight.

“We have the best fans in all of Minor League Baseball,” said Executive Vice President and Chief Operating Officer Ben Hemmen. “While we can never control the weather, we want to reward our amazing fans with their continued loyalty.”

Miracle officials announced that any fan with a ticket to the July 3 game can exchange that ticket at the Box Office for a free ticket to one of three games: Friday, August 4; Saturday, September 2 or Sunday, September 3. Fans can choose between another fireworks game (Friday), a 1992 replica hat giveaway (Saturday) or a brunch and baseball family FUNday with first pitch at 11:05 a.m. (Sunday).

For more information, visit www.Miraclebaseball.com or call the Miracle offices at 768-4210.*



The start of the Cops & Joggers 5K race in 2015

photo provided

Race Participants And Sponsors Sought

The Fort Myers Police Department is seeking runners, walkers, joggers and sponsors for the 10th annual Cops & Joggers 5K Run and Family Fun Night on Saturday, October 14 in Centennial Park. The family event starts at 5 p.m. with activities for parents and children. There will be law enforcement displays, food vendors, a children’s play area with bounce house, slides and more.

The night time race starts at 7:45 p.m. with streets illuminated by patrol vehicles flashing blue and red lights and led by a motorcycle escort. The course starts and ends at Centennial Park and runs along the Caloosahatchee and over the Edison Bridge. Refreshments will be served

following the race.

Beginning at 10 a.m. on October 13, 700 goodie bags with T-shirts will be distributed to registered participants at Race Florida, 13101 McGregor Boulevard, in Fort Myers. Runners and walkers can register in person, by mail or online at www.ftmyerstrackclub.com. Entry fees range from \$15 for youths under age 17 to \$25 for adults who register by October 12.

The Cops & Joggers 5K is officially sanctioned by the Fort Myers Track Club and is presented by the Fort Myers Police Department. All proceeds will benefit the Fort Myers Police Department Fallen Officer Memorial Foundation and the Brotherhood Ride.

Sponsorships are now available on levels of \$1,000, \$500 and \$300, and amounts in-between, until September 15. For more information or sponsorship opportunities, call Lt. Jeff Bernice at 321-7698.*

Special Olympics Gains Four-Star Rating Again

Special Olympics Florida recently announced that is has received its fourth consecutive 4-star rating from Charity Navigator, America’s largest independent charity evaluator.

“This rating demonstrates the organization’s integrity and dedication to stewarding our supporters’ donations in an efficient and responsible manner,” said Sherry Wheelock, president and CEO of Special Olympics Florida. “Each year, we strive to bring the best quality programs to as many athletes as possible with the

utmost transparency and accountability. We thank all our sponsors and volunteers for trusting Special Olympics Florida with their support.”

Only 11 percent of U.S. charities have achieved a 4-star rating for four consecutive years.

Special Olympics Florida provides year-round sports training, competition, and health services to children and adults with intellectual disabilities, at no cost to the athletes or their caregivers, as a means to achieve physical fitness, self-esteem, socialization skills and the life skills necessary to be productive, respected and contributing members of their communities.

Learn more at www.specialolympicsflorida.org.*

SPORTS QUIZ

1. Who holds the Boston Red Sox’s record for most consecutive games with at least one hit?
2. Name the last major-league team to hit .300 or better for a season.
3. Who was the only player to win the Heisman Trophy while Paul “Bear” Bryant was his head coach?
4. Name the first NBA player to make at least 150 3-pointers in each of his first five seasons in the league.
5. Shawn Thornton, in 2017, became the second hockey player to record more than 600 games in the AHL and 700 games in the NHL. Who was the first?
6. With his 2017 win at Dover, Jimmie Johnson became the third driver in NASCAR Cup history to win 11 times at a single track. Who were the other two to do it?
7. When was the last time before 2017 (Australian Open) that the men’s and women’s No. 1 seeds at a tennis Grand Slam failed to reach the quarterfinals?

ANSWERS

1. Dom DiMaggio hit safely in 34 consecutive games in 1949. 2. The Boston Red Sox in 1950 (.302 batting average). 3. John David Crow, with Texas A&M in 1957. 4. Portland’s Damian Lillard. 5. Jim Morrison (1951-1973). 6. Richard Petty and Darrell Waltrip. 7. It happened at the 2004 French Open.

Non-Profits Gain \$20,000 In Grants

Eight non-profit organizations that serve senior citizens in Lee County recently received financial grants totaling \$20,000 at the 2017 CAMEO Recipient Awards ceremony held at Shell Point Retirement Community in June. CAMEO stands for Cooperative Associates Marketing Elder Options.

The grants breakdown is as follows: Beacon of Hope Pine Island (\$800); Broadway Community Church (\$1,200); Community Cooperative, Inc. (\$3,000); Dr. Piper Center (\$5,000); Harry Chapin Food Bank (\$1,500); Hope HealthCare (\$2,750); Lehigh Acres Senior Citizens Center (\$750); and Friendship Centers of Lee County (\$5,000).

"These groups make a real difference in the lives of the seniors they serve, and we know that every dollar they received today will have a positive impact in furthering the services they provide," said Kushal Shah, president of CAMEO.

Established in 1999, CAMEO is comprised of senior care professionals, organizations and community members who are dedicated to raising awareness



From left, Kathy Taylor, CAMEO treasurer and Beacon of Hope board member; John Stricklin, community relations director for Hope Healthcare; Nancy Green-Irwin, executive director of Senior Friendship Centers; Jennifer Larsen, Meals on Wheels program leader; Kushal Shah, CAMEO president; Melissa Barry, director of Lehigh Acres Senior Center; David Hazzard, board member of Lehigh Acres Senior Center; Louise Bain, program outreach coordinator at Harry Chapin Food Bank; Ted Stringer, church elder for Outreach Ministry; Pastor Chuck Smith, Broadway Community Church; and Shavon Chester, advisory board member at the Dr. Piper Center. photo provided

among seniors about the services and resources that are available to meet their needs and improve their quality of life. Monthly meetings and special events serve as informal networking

opportunities for those interested in any aspect of senior care. All fundraising efforts are used to award grants to local nonprofit organizations, serving the senior population of Lee County.

"Each of the groups that received a grant at this year's ceremony is unique, but they all have one thing in common," said Shah, "a desire to improve the lives of the elderly living in our community."✱

Rotarians Present Leader Awards

The Rotary Club of Fort Myers South presented its prestigious 4-Way Test Award to Arlene Goldberg and Vocational Service Leadership Award to Diana Willis at its June 26 luncheon.

Rotary's 4-Way Test is a nonpartisan and nonsectarian ethical guide for Rotarians to use for their personal and professional relationships. The test acknowledges truth, fairness, goodwill and benefit for all concerned. It is the standard by which a Rotarian's highest level of conduct is measured, and the criteria Rotary Club of Fort Myers South uses to award a community member every year.

Along with many other community service activities, Goldberg is co-founder of both the Southwest Florida Harmony Chamber of Commerce and Visuality. The harmony chamber provides networking and business outreach opportunities for LGBTQ business owners, potential customers and straight allies. Visuality is a non-profit organization aimed at ending



From left, Gerry Poppe, Arlene Goldberg, Diana Willis and Read Sawczyn photo provided

violence, harassment and discrimination based on real or perceived sexual orientation, gender identity or expression. It provides support groups, educational panels, workshops and youth socials to reduce violence and isolation.

Goldberg successfully fought for her and her late wife, Carol, to become the first legally married same-sex marriage in the state of Florida. In making sure that the privileges most of us take for granted are beneficial and fair to all in our

community, she lives by the spirit of the 4-Way Test.

The Vocational Service Leadership Award recognizes individuals who exemplify integrity and high ethical standards in their vocation and use their vocational talents to serve the community. As vice president, chief motivational officer and co-owner of Jason's Deli of Southwest Florida, Willis operates six locations from Sarasota to Naples, employing more than 300 people.

Over the past 16 years, Willis has assisted many nonprofits in the five counties her business serves, and is current board chair for PACE Center for Girls, Lee County. She is also the advisory board past chair for Florida Gulf Coast University's School of Resort and Hospitality Management and serves on the Dean's Council for the Lutgert College of Business. Willis and her team at Jason's Deli donate thousands of dollars worth of food and beverage to numerous nonprofit organizations and the community in need every year. Her admirable vocational leadership service in the community sets the example for others and makes her the ideal recipient for this prestigious award.✱

Squadron Offers GPS Seminar

Peace River Sail and Power Squadron is offering the Using GPS Seminar at the Bayfront Center on Saturday, July 29 from 1 p.m. to 4:30.

GPS can get you where you need to go, but did you know you can use it to steer your boat accurately? Enhance your boating experience by getting the most out of today's feature-packed GPS devices. Learn how to store and use waypoints, build and execute routes, and monitor steering. You can also get tips on connecting your GPS to your

VHF marine radio, which opens up a new world of digital hailing and distress signaling.

The following topics will be covered in the course: 1) What GPS does; 2) Waypoint navigation; 3) How to operate your GPS; 4) What the buttons do; 5) What the screens show; 6) How to use the key functions; 7) How to navigate safe course; and 8) Tips on choosing a GPS that's best for you.

Seating is limited, so register by 5 p.m. on July 27.

For more information, call 941-637-0766 or email puntagordaboating@gmail.com. Cost for attending the seminar is \$25; a second person sharing materials is only \$15.

Peace River Sail & Power Squadron is a safe boating advisor to the Punta Gorda Boaters' Alliance.

Bayfront Center is located at 750 West Retta Esplanade in Punta Gorda.✱

From page 9

FSW Promotion

Coast University (FGCU). In his time at FGCU, he served as the interim sports information director from November 2008 to July 2010, becoming the school's third full-time director.

He was responsible for the development and growth of FGCU's social media presence, as he developed

the school's first-ever Facebook, Instagram and Twitter profiles and completely twice redesigned FGCU's athletic website. In his time with the Eagles, he served as the primary contact for five different sports, including men's and women's soccer, volleyball, women's basketball and softball. He was also a secondary contact for the 2012-13 men's basketball team which won a 2013 ESPY for "Best Upset" during their historic run in the 2013 NCAA Tournament, when the first 15-seed in tournament history made the Sweet 16 and became "Dunk City."

Visit www.FSW.edu for more information.✱



FGCU students at the work site

photo provided

FGCU Students Give Back To Community

Throughout the year, occupational therapy (OT) students at Florida Gulf Coast University (FGCU) find ways to volunteer and contribute to Lee County causes. Last summer, when the students were touring Community Cooperative in Fort Myers, they noticed that the garden could use a composting system.

Dr. Belanger, the course professor, invited the students to apply for a SAGE

grant (a special program at FGCU that provides grants for sustainability community partnerships).

"We were awarded a grant and decided to incorporate the creation of a composting system into our research project examining the value of community service learning for military veterans at FGCU," said OT student Angelo Cruz. Word got around and Home Base Southwest Florida Program Manager Armando Hernandez recruited some of the FGCU student veterans to join in. With a generous contribution from the Lee Coast Chapter of Military Officers Association of America, the group was able to complete the project that will benefit the community.*

Veterans Awarded For Entrepreneurship

Florida Gulf Coast University's (FGCU) Institute for Entrepreneurship concluded the second annual Veterans Florida Entrepreneurship Program with the Frank Stern Compassionate Shark Tank event featuring \$55,000 in prize money. During the program, 35 veterans participated in hands-on workshops with FGCU faculty, staff and mentors from the community to start, grow, or revamp their businesses.

Two local foundations teamed up to provide funding for the program. The Richard M. Schulze Family Foundation and the FAR-MAR Fund, a fund of the Southwest Florida Community Foundation, provided monetary awards to the Institute for Entrepreneurship to award to the veterans.

The top prizes of \$10,000 were awarded to Darren Hutton and his company GC3, Luis Cuevas with Freedom Point Defense, Benjamin Barile with Eco-Spacer and Joseph VanHese with Brothers-in-Arms BBQ.

Second place prizes of \$5,000 were awarded to David Breese with Breeze Home Services, Carlo Santa Ana with Anchor Coffee and Victor Martinez with Fortress Home Watch. Third Place prizes of \$2,500 were awarded to Scott and Joe Turner with Tree Alarm. Kevin and Carolyn Shaw with KCS T-shirts, John Domino with Mentor-To-Go and Joseph Cofield with Constitution Project.

The Richard M. Schulze Family Foundation (RMSFF) was created in 2004 by Best Buy founder Dick Schulze. The FAR-MAR Fund was established by Frank Stern, a self-made millionaire who never dressed the part or lived extravagantly. Every dollar he saved – more than \$4 million over 14 years – was endowed to a donor-advised fund at the Southwest Florida Community Foundation upon his death at age 95 in February 2014.

"It is people like Frank who inspire us in our work to do everything we can as effectively and efficiently as possible to create change in our region," said Sarah Owen, president and CEO of the Southwest Florida Community Foundation.

For more information, contact Amy Ridgway, program coordinator, at 590-7324, or aridgway@fgcu.edu.*

Learn Strategies In Gaining Referrals

Business breakthrough coach Erica Castner is gearing up to introduce a new 13-week course titled Rev Up Your "It Factor," aimed at helping sales professionals and business owners attract quality clients, expand their presence, master the art of productivity and boost confidence. The course will be held at Endeavor Innovative Workspace, 8831 Business Park Drive (unit 301), in Fort Myers. The first session begins on Thursday, July 20 from 3 to 4:30 p.m. All sessions are held bi-weekly on Thursdays.

"For business professionals who attend every networking event, but have challenges in receiving quality referrals, this course will position them as the go-to expert in their industry," said Castner. "All participants will learn strategies to enhance their productivity, while raising credibility. The course will help them boost confidence with prospects, clients and referring sources. The focus groups will allow attendees to move beyond their comfort zone, in a non-judgmental setting."

With a hybrid of professional mastermind and workshop training modules, the course includes seven in-person, bi-weekly workshop models led by Castner and six bi-weekly



Erica Castner

photo provided

focus groups with other local business professionals. The goal of the course is to help each attendee master the art of creating top-of-mind awareness and learn strategies that get them from "I wish I could.." to "I know I can.." Participants also receive a 30-minute, one-on-one program assessment with Castner, training materials and additional support from Castner. Valued at \$1,499, the course is being offered for \$497 or three monthly payments of \$197.*

School Earns Exemplary Status

The Arts Schools Network Board of Directors has designated North Fort Myers Academy as a 2017-19 Exemplary School in recognition of its commitment to excellence.

The Exemplary School designation is presented to Arts Schools Network (ASN) member schools that follow the ASN Principles of Exemplary Practice in strategically evaluating the school's purpose, operations and educational programs.

ASN will honor North Fort Myers Academy at the ASN 2017 Annual Conference in the Twin Cities, Minnesota on October 25.

North Fort Myers Academy for the Arts (NFMAA) has been designated a 2017-20 Florida Alliance for Arts Education and Florida Department of Education "Florida Arts Achieve Model

School" for providing a complete and comprehensive education that includes dance, theatre, music and visual art education to all students. The school is a K-8 public school within The School District of Lee County.

NFMAA has a policy of "Arts for All," actively involving diverse populations including ESE and ESOL students in arts programs and classes. The school's mission is "Arts and Academics in a safe and caring environment." Students share their talents in the community throughout the year with performances in local professional venues and during fundraising events for local charities. The school has become a driving force in the re-vitalization of the community.

Arts Schools Network is a non-profit association founded in 1981 to provide leaders in arts schools with quality resources, support, and networking opportunities. For more information, visit www.artsschoolsnetwork.org.*

From page 1

Comedy Night

SalusCare development committee chair.

Funds raised at the event will be used to provide outpatient psychiatry and therapy to children and adolescents in the local area whose families can least afford it. One in 10 children has serious mental health problems severe enough to impair how they function at home, in

school or in the community, according to the National Center for Children & Poverty at Columbia University. Left untreated, mental illnesses can lead to more difficult ways to treat illnesses and to the development of co-occurring disorders.

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

Tobacco Use Down, Obesity Up In Lee County

Tobacco use and low birth weight measures in Lee County for the past three years are better than the averages in Florida and the U.S., but still slightly higher than goals set by Healthy Lee. At the recent annual meeting of the Healthy Lee Steering committee, 38 community members reviewed the results of the 2017 Healthy Lee scorecard – a progress report of seven key goal areas for the community’s health. Scorecard data is derived from the Community Health Needs Assessment (CHNA) Report, a study conducted every three years to determine the health status, behaviors and needs of residents in Lee County, on behalf of Lee Health and Florida Department of Health in Lee County. Compared to the previous reports of 2007, 2011 and 2014, the report showed improvements in some health issues, while other areas have stayed about the same, or degraded.

Despite a dip in Lee County’s obesity/overweight rate (body mass index >30) in the 2014 report, this year’s CHNA showed the obesity rate at 31.2 percent of our population – a 6.4 percent increase – also higher than the Florida and U.S. averages. The rate of obesity is one of five indicators monitored for healthy lifestyles. Infant

mortality – another indicator - has been better than the stated goal for the past decade and is currently lower than the Florida average and meets the Healthy People 2020 goal - science-based, 10-year national objectives for improving the health of all Americans set by the U.S. Department of Health and Human Services.

Other healthy lifestyles indicators monitored by Healthy Lee include: Low birth weight (8.1 percent) and prenatal care in the first trimester (63.4 percent).

“We can’t ever do enough; we are building a culture of health in our community,” said Robbie Roepstorff, chairman of the group for the past seven years. “You’re going to see highs and lows; we can’t ever take our foot off the pedal.”

Roepstorff turned over the chairman’s gavel to Gary Griffin, who will lead the group’s charge into the next decade. Accepting the new leadership position, Griffin commented, “I understand how much has been done, and how much is left to do.”

The Healthy Lee Steering Committee determined that more direct messaging to targeted audiences is required to make an impact on the reported numbers. The Steering Committee recommended the community priorities be behavioral health and healthy lifestyles going forward. An implementation plan is under review.

The full CHNA is available online at HealthyLee.com.✱



Calendar Girls pose patriotically with one of their sponsored guide dogs photo provided

The Calendar Girls Celebrate Fourth Of July

The Calendar Girls celebrated Independence Day with the residents of the Cottage at Cypress Cove on Tuesday, July 4.

The Calendar Girls have been honoring veterans since 2006 by sponsoring guide dogs through the Paws for Patriots Program. For more information, visit www.guidedogs.org.✱

Read us online at IslandSunNews.com

Dress Collection Benefit Breaks Fundraising Mark

Sunset at Summerlin Jake’s, a Love That Dress!9 collection event held on June 13, brought in a crowd of 170 guests and raised \$25,000 – the highest grossing collection event to date – with 100 percent of the proceeds benefitting PACE Center for Girls of Lee County.

The evening featured appetizers, live music, a cash bar, a silent auction with raffle items and a chance to win an 18-carat gold diamond necklace from Gulfcoast Coin and Jewelry. The auction also featured two “once in a lifetime opportunities” packages: two orchestra level tickets to attend the People’s Choice Awards in Los Angeles and a weekend as an astronaut at NASA’s Kennedy Space Center.

“We are thrilled with the results of this event in support of the PACE girls. I am so thankful for the committee of amazing women that helped put this event together as well as to our generous sponsors and donors that made this a record-breaking Love That Dress event,” said Sandy Stilwell, event host and Summerlin Jake’s Seafood and Steaks owner.

The season finale River District Collection event will be hosted at Goodwill Boutique on First and the Red Door Photography studio in downtown

Fort Myers on Thursday, July 20 at 5:30 p.m. Guests are encouraged to bring a donation for both organizations while they enjoy raffle packages from downtown Fort Myers finest retailers and restaurants. A wine cooler fully stocked with wine will also be raffled off at the Red Door Photography studio that evening. Visit www.lovethatdress.org for more information or text “LTDPACEEvents” to 71777 to purchase tickets now.

Love That Dress!9 will take place on Wednesday, August 23 at the Embassy Suites in Estero, located at 10450 Corkscrew Commons Drive. Fort Myers Infiniti will be raffling off a two-year lease on a brand new luxurious 2018 QX30 to raise funds for the PACE program. Only 150 tickets will be sold for \$100 each. To purchase tickets, call 470-7548 or visit www.pacecenter.org/locations/lee for more information and a copy of the official rules and regulations.

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

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

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• Migraines

• Neck pain

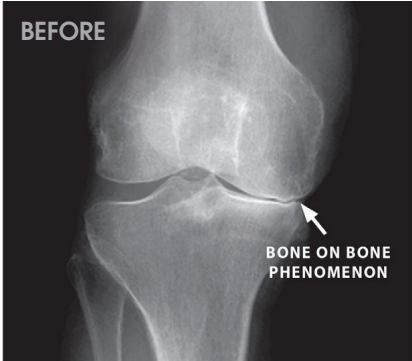
• Osteoarthritis

• Shoulder pain

• Sports injuries

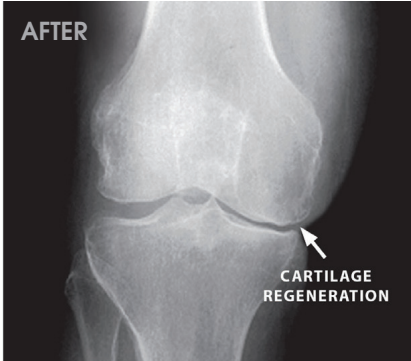
... & much more!

BEFORE



BONE ON BONE PHENOMENON

AFTER



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dearRPharmacist

I Bet I Can Make You Yawn



by Suzy Cohen, RPh

Dear Readers:

Last week, I forced myself to stay up two nights in a row to work. I certainly had work to do, but I also wanted to evaluate my brain function after sleep deprivation. The following morning,

I was yawning quite a bit while sharing the story with Sam. He jokingly snapped, "Hey, stop that! You're making me yawn!"

I thought that was hilarious and kept my eye on him for several minutes, and sure enough, when I yawned, he yawned. Yawns are known to be "contagious," especially if you are emotionally connected with one another. Did I get you to yawn just yet?

Saying the word out loud or reading "yawn" triggers a yawn. They're usually satisfying in nature and, if they're not, it is thought to be your subconscious inability to let go. One yawn lasts about six seconds and during that time, your heart probably beats faster.

A yawn does not really happen just because you're bored or tired. I mean it could, but it doesn't have to. For decades, doctors said it was your brain's attempt

to pull more oxygen in for the tissues. Research on animals published in *The International Journal of Applied Basic Medical Research* in June 2017 points to yawning as a way to drain lymph from around the brain. That's interesting because we are only now realizing the brain actually has a lymphatic system.

We, meaning humans, yawn in the womb, and yes, it's boring in there for sure, but around 11 to 20 weeks post-conception, it can be seen on ultrasound. Another interesting fact about yawning is that medications can cause it. For example, one of the biggest offenders is the category of antidepressants, especially the SSRIs and SNRIs like Prozac and Cymbalta respectively.

Benzodiazepines (clonazepam, alprazolam) and opiate analgesics (hydrocodone, oxycodone, morphine) will often trigger yawning attacks – it's a well-documented side effect during normal treatment. It's more apt to happen during "interdose withdrawal" (the hours in between your scheduled doses of the day), or more likely when you quit taking these drugs, which requires a long tapering process.

Yawning attacks induced from antidepressants, benzos and opiates are almost always annoying and uncomfortable. Anesthetics used to sedate you before surgery can cause yawning. And a big yawn-inducing category is the dopaminergics used in Parkinson's such as L-dopa or Levodopa (Sinemet contains that) or Apokyn (Apomorphine).

Did you know that the complete disappearance of yawns could indicate

damage to your hypothalamus? It's specifically damage to the dopaminergic (dopamine-producing) neurons. This is why Parkinson's patients yawn less frequently. Likewise, the effectiveness of Parkinson's drug therapy can actually be gauged if the patient begins to yawn again.

Some researchers think you yawn more if you are depressed. I'm not really convinced of that. Confirming this is

difficult because depressed folks often have insomnia, so they are going to naturally be more fatigued during the day, and probably yawn more too.

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.✱

Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free autism spectrum disorder screening on Friday, July 21 from 9:30 a.m. to 2 p.m. on the Ronald McDonald Care Mobile at the Imaginarium, located at 2000 Cranford Avenue in Fort Myers.

The free monthly autism spectrum disorder screenings are for toddlers age 18 months to age 5.

It is estimated that one in every 68 children is diagnosed with some form of autism spectrum disorder, making it more common than childhood cancer,

juvenile diabetes and pediatric AIDS combined.

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

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an Advanced Registered Nurse Practitioner, who has extensive training and experience in typical child development and developmental disorders.

A physician referral is not required. To schedule a screening, call 343-6838.✱

Doctor and Dietician

Rotator Cuff Injury



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

The shoulder is an incredible joint that allows movement in many different ways. Because of the shoulder, we can scratch our head, reach between our shoulder blades and touch our back without pivoting anything but the shoulder. This tremendous motion is possible because the joint lacks large ligament support. For this same reason, however, the shoulder can become unstable and more vulnerable to injury. Much of the shoulder stability comes from the rotator cuff muscles and tendons that attach the muscles to the bones.

Shoulder pain is often an indicator of rotator cuff tendon weakness. Injury to the rotator cuff tendon attachments can cause pain when reaching for things above the shoulder. There may even be referred pain to the back of the

shoulder. Large amounts of swimming or overhead work necessitates raising the arms thousands of times, which can cause wear and tear of the rotator cuff tendons. Years of sleeping on the shoulder causes the rotator cuff tendon to become lax, because this pinches and compresses the rotator cuff muscles, making them weaker.

In many cases, therapies such as exercise, chiropractic and physical therapy, can resolve rotator cuff injuries, like tendonitis. It is common, however, for injuries to linger beyond a couple of months, since the blood supply to the tendons is poor, leaving it with a disadvantaged healing ability. Regenerative treatments directing a renewed blood supply to the area are useful in these cases. Prolotherapy, including platelet rich plasma, are options worth considering because they induce the natural healing cascade to repair tendon damage. If rotator cuff weakness is not corrected, shoulder range of motion will decline, especially in people over age 60. Finding therapies that improve joint stability and range of motion can help shoulders stay strong and pain-free.

This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.✱

Mom And Me



by Lizzie and Pryce

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

Dear Mom & Me,

I try to visit my very elderly aunt at least once a week at her retirement home. She has been confined to her bed after many strokes and she enjoys seeing me.

Across the hall, I noticed a woman who regularly visits a woman similar to my aunt for a very short time.

One day, we stopped to talk in the hall. I asked her how her mother was, and she said, "No, I am not family, I am from Companions Who Visit." Later, I found she is paid by this woman's daughter to check in and visit because the daughter "doesn't have the time because she is too busy with her own commitments." The lady's fee is \$1 per minute and she stays 15 minutes twice a week.

It seems very sad to me that the daughter is so busy that she just pays up rather than visits. Is this the place where modern times are taking us?

Virginia

Dear Virginia,

Modern medical advances have extended our longevity, but as a result it has created many unmet social problems. I once heard of a man who had four very successful sons, who were all too busy to attend his funeral. His wife buried him and worked for three months before "the caring sons" could get together for a memorial service.

I think it is sad that family life seems to be so disintegrated, people so stressed, and successful businesses making so many demands. Who knows where it will go? People are meeting these needs and very unusual services are now available.

Lizzie

Dear Virginia,

I have never found it worthwhile to judge others based on limited surface information. You have no idea what stressors, difficulties, challenges that family faces. You hardly know anything about this family, yet you are quick to pass judgment based on your own standards.

A perfectly legitimate choice for families that have multiple, equally important priorities is to hire extra help. The intent is to provide care, reduce stress and prevent caregiver burnout and resentment. The daughter chose to have someone to assist her in her care of her mother. She could just as easily have chosen not to hire anyone and not be able to visit herself. I am sure you would have something to say about that as well.

Pryce

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



Sweet Corn and Ricotta Fritters

photo courtesy Fresh From Florida

**Sweet Corn and Ricotta Fritters**

2 ears fresh sweet corn, kernels removed
 ½ bunch fresh cilantro, chopped fine
 4 ounces low-fat ricotta cheese
 2 large eggs, beaten
 1/3 cup self-rising unbleached
 or whole-wheat flour

Olive oil (for shallow pan frying)
 Kosher salt to taste
 Fresh ground pepper to taste
 In a medium-sized bowl, combine corn, cilantro, ricotta, eggs, flour and a pinch of salt and pepper. Add a small amount of olive oil to a medium-high preheated sauté pan. Carefully add spoonfuls of the corn mixture to the hot pan. Cook on both sides until golden brown. Test the first done fritter and adjust seasoning with salt and pepper. Serve with low-fat sour cream if desired.

Yield: four to six servings.*

HORTOONS
THE RIVER
 WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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

ARTS

Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321

CLUBS & ORGANIZATIONS

Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Choral 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
Korehan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

To be listed in calling card email your information to:
 press@riverweekly.com

PUZZLES

Answers on page 29

Super Crossword

PERMANENT LINKS

- ACROSS
- 1 Neighbor of Rwanda

7 Only OK

11 Lucky mystique

15 Oddest, e.g.

19 Bagel shape

20 "— Excited"

21 Baldwin of film

22 Duncan of education

23 Decorative window option

25 Grown-up elf

26 Dryer fuzz

27 Tendril, e.g.

28 Atop, to a 15-Across

29 Washed-out

31 Slowly, on a score

33 Hurdle for a new driver's-license applicant

38 See 24-Down

41 Wall St. news

42 Prefix with vision

43 Superhero film of 2015

44 Apple pic application

46 Bottom-row PC key

47 "— Miniver"

48 Mimics a wolf

51 Totem pole, essentially

53 Item in an election box

56 Ocean's hue

57 Ocean's kin

58 Cleveland cager, briefly

59 Subsidies

60 Oxidizes

62 Upright height

65 Coach Riley

66 Pick up on

68 What can follow eight key words in this puzzle to get phrases meaning "permanent"

70 SSA part

75 City area, informally

77 Deny, as a fact

79 Mambo relative

80 "No, not true!"

84 Mine rocks

85 Bang into

87 Fix, as a cat

88 Vase inserts

90 Fixed goal

93 State, to Luc

94 Alias initials

95 Jacob's first wife

96 Secondary

97 Venerate

100 Objectives

101 24-hr. cash source

102 Serpentine letter

103 Fancy wedding mailing

108 Frosh topper

109 Seedy loaf

110 Salem-to-L.A. dir.

111 It's a no-no

115 Greek liqueur

116 White-dwarf explosion

119 Feature of a body-builder's tummy

122 Dunkable cookie

123 Smack hard

124 Gofer, e.g.

125 Isis' brother

126 "Freak on a Leash" rock band

127 In times past

128 Fulfill

129 Cloud layers

2 Former BP gas brand

4 Not at all, informally

5 Classic cola brand

6 Count up

7 — mignon

8 Italian liqueur

9 Specific mag. printing

10 UFO museum city

11 Miracle food from above

12 Bullfighting yell

13 Hanukkah observer

14 Eighth of a circle

15 Tasty

16 They're not facsimiles

17 Film scorer

18 "Grand" mountain

24 With 38-Across, deteriorate

30 Logger's tool

32 Block (up)

34 Apple items with earbuds

35 Geeky sort

36 Rover's planet

37 Foot section

38 Jean-Luc of the U.S.S. Enterprise

39 Light-blocking

40 Propulsion

45 Egg-shaped

46 Raccoon lookalike

47 Experts

49 "— name it!"

50 Brand of fuel additives

52 "Gone" actor

53 "Lili" actress

54 Dolly's calls

55 Fur tycoon on the Titanic

58 "Aw" inspirer

61 Certain oar

63 Longhair cat

64 Romanov bigwigs

67 Half a sextet

69 Neighbor of 36-Down

71 Tooth parts

72 Horn in (on)

73 Demeans

74 Parfait parts

76 Look out for

78 Talk shrilly

80 Cola cooler

81 "Tsk, tsk!"

82 Daydreamer

83 Matinée time

86 Prefix with faceted

89 Barely earned, with "out"

90 Rig on a road

91 Manhattan area

92 Most distant

95 Equipment for real-time viewing on the Net

98 Steve of rock guitar

99 "All the same ..."

100 Above zero

101 To — (unerringly)

103 Nook reading

104 Prefix with physiologist

105 Beyond mad

106 Good point

107 Low point

112 Silents vamp Theda

113 Sombre paper notice

114 Greek mount

117 Have

118 Carpet sweeper,

120 Move hastily

121 UCLA part

King Crossword

- ACROSS
- 1 James Bond, e.g.

4 "Nip/—"

8 Pizzazz

12 Afternoon affair

13 Curved molding

14 San —, Italy

15 Grecian vessel

16 Diploma

18 Prejudiced person

20 Meadow

21 On the right track

24 Book of maps

28 "Beauty is only —"

32 Region

33 Wrestling win

34 Llamas' range

36 Set of parts

37 Choir voice

39 Chicago-style, as pizza

41 Rage

43 Unsigned (abbr.)

44 Favorite

46 Shul VIP

50 Exemplar of dullness

55 Say it's OK

56 On the briny

57 Prolonged sleep

58 List-ending abbr.

59 Feds

60 Animated character

61 "Doo" follower

11 — sequitur

17 Shell game need

19 Possess

22 Tear

23 Jason's wife, in myth

25 Norse trickster god

26 Blackbirds

27 Rogen or Meyers

28 Hot tubs

29 Scot's garment

30 Really enjoying

31 Hammerhead part

35 Accessory for 29-Down

38 Parentless

40 "CSI" evidence

42 Kitten's comment

45 Diplomacy

47 Suffered from a cut

48 Alpha follower

49 Pruritus

50 Hammarskjöld of UN fame

51 Doctrine

52 Get a glimpse of

53 As well

54 Comedian Philips

DOWN

1 Half a ticket

2 Actress Gilpin

3 Masculine side

4 Fat-fried tortilla

5 "That's awful!"

6 Third letter

7 Ship's backbone

8 Lesser substitute

9 Albanian money

10 Parisian pal

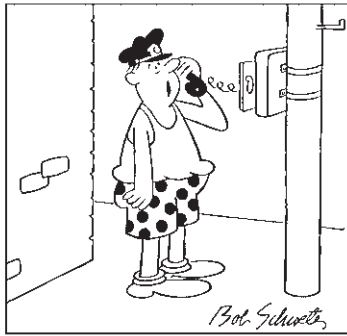
1	2	3	4	5	6		7	8	9	10		11	12	13	14		15	16	17	18
19							20					21					22			
23							24					25					26			
27							28			29	30				31	32				
			33		34					35				36	37					
38	39	40		41				42					43							
44			45				46					47					48		49	50
51							52					53			54	55				
56							57					58			59					
60				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					102	
103	104										105				106				107	
108										109							111		112	113
115																				
122																				
126																				

MAGIC MAZE ● — DUCK

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

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

- Abner
- Dead
- Mandarin
- Ruddy
- Canvasback
- Donald
- Muscovy
- Sitting
- Daffy
- Eider
- Peking
- Wood
- Daisy
- Lame
- Rubber



"...and, Sarge, tell the guys to keep their eyes open for someone like me."
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!

Against	SEEDPIT	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Peril	GARDEN	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Cheer	ASPIRE	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Tilt	POLES	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

TODAY'S WORD

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

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 BOLTIHOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Dog's ear is shorter. 2. Pirate hat is missing. 3. Cap is moved. 4. Walkie-talkie is missing. 5. Owl is missing. 6. Shovel is missing.

Coastal Sediment

submitted by Ken and Kate Gooderham, ASBPA Managing Directors

Viewing coastal sediment (basically, sand, cobble and fine-grained material) as an asset rather than an afterthought is the focus of a recent article – making the case that how we manage sand is an issue of even greater importance now as climate change and human intervention are dramatically changing the way such sediment is needed and used along our coasts.

Authors Brett Milligan and Rob Holmes distilled their discussion from a 2016 look at the San Francisco Bay-Delta by scientists, engineers, regulators and policy-makers. The resulting piece, *Sediment is critical infrastructure for the future of California's Bay-Delta*, is published in the spring 2017 issue of *Shore & Beach*, a peer-reviewed technical journal on coastal sciences published by the American Shore & Beach Preservation Association (ASBPA).

While this discussion focuses on the San Francisco Bay-Delta, the recommendations they examine for sediment management have application around the country. The authors examine the ways human actions affect sediment in the Bay-Delta, from erosion via deforestation, to entrapment by dams, to dredging in order

to remove sediment from water bodies:

"In estuaries and other coastal regions, the sediment that experiences these manipulations is a crucial resource as it is the physical substrate underlying many highly valued landscapes... Ecosystems, communities, and economic activity rely on this dynamic infrastructure. However, in nearly all coastal and deltaic regions, sedimentary regimens have been highly altered by human intervention, radically affecting sediment distribution," they said.

"Sediment availability is limited and shortfalls are exacerbated by the uneven geographic allocation of sediment – landscapes that need more sediment often cannot obtain it readily, while other landscapes experience excesses that generate problems such as unwanted siltation and associated management expenses."

As sea levels change and coastal marshes and deltas subside, sediment sources are further impacted by human actions. Coastal sediment needs to evolve under such changing conditions and, the authors argue, the ways coastal and deltaic sediments are managed likewise need to change. As part of the summary of the Bay-Delta study findings, they offer a list of suggested policies, which include:

- Recognize and quantify the sediment shortfall: With an historical perspective and a quantity of the losses, you can better understand how sand movement has

changed and resulting issues on the coast or delta that needs to be addressed.

- Learn to value sediment: Not only to recognize its evolution from spoil to asset, but to understand how policies about sediment that can impact its handling. It can no longer be viewed as something to dispose of, but needs to be recognized as a valuable commodity that needs to be better managed.

- Treat sediment as critical infrastructure: As the authors note, "...countless living and working communities are all built or dependent on the movement, management and sculpting of sediments."

- Design holistic sediment systems: This requires better integration of "regulatory and planning authority over water, sediment, ecology, infrastructure and human settlement" by integrating decision-making. Sand management can't be done piecemeal by a variety of regulators, but must be viewed and managed as a sediment system.

- Design for local conditions, and design for change: How do local shorelines change, and what impact does that have? What makes a piece of land valuable, and how might action (or inaction) affect that?

- Match sediment to the situation: The best replacement is the one that is most like what was lost, usually – and quality matters as much as quantity when it comes to sediment.

- Re-examine the goal of restoration

at a time of great change: The goal of restoration is to return to a previous state – but which state should that be, given the increasing pace of coastal change? And what is the planning and restoration horizon – 20 years, 50 years or 100 years?


- Develop new technologies: Both in the hardware of machines and the software of new practices and protocols, using incentives and investment to boost innovation.


- Evolve planning and policy to meet new conditions and priorities: This can be a challenge when change comes faster than policies can evolve to respond to it.


- Organize sediment publics: Recognize that "the movement of sediment has political effects" – so building a constituency for sediment that includes all those affected by its movement is essential to sound decision-making.


The authors conclude that these recommendations "outline the contours of new thinking that can meet the sedimentary challenges... and emphasize directions for additional research... Though written in response to conditions in the Bay-Delta, many of the principles... are broadly applicable in other deltas, bays and estuaries."


For more information on ASBPA, go to www.asbpa.org, Facebook or [www.twitter.com/asbpa](https://twitter.com/asbpa).


**FRIDAY**
T-storms Likely
High: 90 Low: 79


**SATURDAY**
T-storms Likely
High: 91 Low: 79

**SUNDAY**
Scattered T-storms
High: 90 Low: 78

**MONDAY**
Isolated T-storms
High: 90 Low: 78

**TUESDAY**
Partly Cloudy
High: 88 Low: 80

**WEDNESDAY**
Partly Cloudy
High: 91 Low: 79

**THURSDAY**
Mostly Cloudy
High: 85 Low: 73

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	5:54 am	10:44 am	4:57 pm	11:44 pm	Fri	4:59 am	10:46 am	4:02 pm	11:46 pm	Fri	6:05 am	11:29 am	5:33 pm	None	Fri	8:04 am	2:21 am	7:07 pm	2:00 pm
Sat	6:31 am	12:00 pm	6:04 pm	None	Sat	5:36 am	12:02 pm	5:09 pm	None	Sat	6:33 am	12:00 am	6:23 pm	12:18 pm	Sat	8:41 am	3:00 am	8:14 pm	3:16 pm
Sun	7:13 am	12:26 am	7:27 pm	1:23 pm	Sun	6:18 am	12:28 am	6:32 pm	1:25 pm	Sun	6:59 am	12:34 am	7:19 pm	1:20 pm	Sun	9:23 am	3:42 am	9:37 pm	4:39 pm
Mon	7:58 am	1:09 am	9:10 pm	2:48 pm	Mon	7:03 am	1:11 am	8:15 pm	2:50 pm	Mon	7:21 am	1:12 am	8:19 pm	2:26 pm	Mon	10:08 am	4:25 am	11:20 pm	6:04 pm
Tue	8:47 am	1:55 am	10:58 pm	4:06 pm	Tue	7:52 am	1:57 am	10:03 pm	4:08 pm	Tue	7:48 am	1:53 am	9:23 pm	3:27 pm	Tue	10:57 am	5:11 am	None	7:22 pm
Wed	9:38 am	2:44 am	None	5:14 pm	Wed	8:43 am	2:46 am	11:36 pm	5:16 pm	Wed	8:26 am	2:33 am	10:44 pm	4:31 pm	Wed	1:08 am	6:00 am	11:48 am	8:30 pm
Thu	12:31 am	3:35 am	10:32 am	6:13 pm	Thu	9:37 am	3:37 am	None	6:15 pm	Thu	9:16 am	3:11 am	None	5:43 pm	Thu	2:41 am	6:51 am	12:42 pm	9:29 pm

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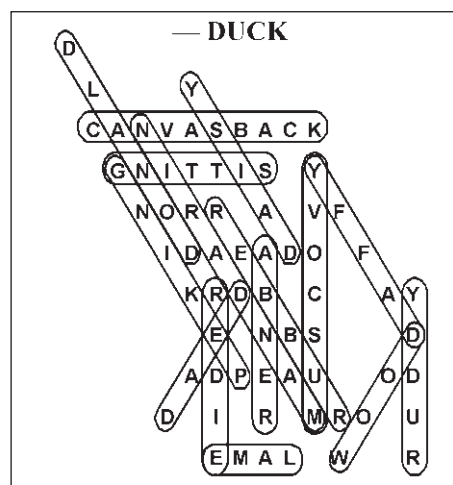
SUPER CROSSWORD

U	G	A	N	D	A	F	A	I	R	M	O	J	O	P	O	E	T
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C	U	T	F	L	O	W	E	R	S		S	E	T	P	U	R	P
E	T	A	T			A	K	A		L	E	A	H		L	E	S
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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

My Stars ★★★★★

FOR WEEK OF JULY 17, 2017

ARIES (March 21 to April 19) You're wise to let your Arian skepticism question a former adversary's request to let bygones be bygones. Time will tell if they are trying to pull the wool over the Lamb's eyes.

TAURUS (April 20 to May 20) Congratulations. Your hard work soon pays off with some well-deserved recognition. Meanwhile, that important personal relationship needs more attention from you.

GEMINI (May 21 to June 20) That new person in your life seems trustworthy, but don't turn him or her into a confidant just yet. Remember: The secret you don't reveal is the one you won't lose sleep over.

CANCER (June 21 to July 22) Your kindness makes a difference in someone's life. But by week's end, a touch of Cancerian envy could create a problem with a colleague. Take care to keep it under control.

LEO (July 23 to August 22) A new spurt of energy sends you roaring back into that challenging work situation. But be careful not to overdo it, or your sizzle could fizzle before your task is completed.

VIRGO (August 23 to September 22) Your practical sense helps you see the logic of being a bit more flexible with a workplace colleague. But you still have a ways to go before there's a true meeting of the minds.

LIBRA (September 23 to October 22) A surprise situation could cause you to spend more money than you feel you can afford. But careful budget adjustments will help. Your fiscal picture soon brightens.

SCORPIO (October 23 to November 21) That decision you made might still have its detractors, but your supporters are growing. Meanwhile, your personal life takes on some welcome new developments.

SAGITTARIUS (November 22 to December 21) Matters of the mind intrigue the sage Sagittarian through week's end. By then, you should feel more than ready to make room for pursuits of the heart.

CAPRICORN (December 22 to January 19) The canny Capricorn can offer good counsel to others. But how

about taking some advice yourself from a close friend or family member who is able and ready to help?

AQUARIUS (January 20 to February 18) A new workplace opportunity offers a variety of challenges that you might find intriguing. Best advice: Take things one step at a time so that you don't feel overwhelmed.

PISCES (February 19 to March 20) A bid to revive a relationship that ended on a bitter note needs to be carefully thought out before you can even begin to consider plunging into a new emotional commitment.

BORN THIS WEEK: You enjoy being with people, and people love being with you. You would probably do very well in politics.

THIS WEEK IN HISTORY

- On July 24, 1567, during her imprisonment in Scotland, Mary Queen of Scots is forced to abdicate in favor of her 1-year-old son, later crowned King James VI of Scotland. Twenty-five years earlier, while just six days old, Mary ascended to the Scottish throne upon the death of her father, King James V.

- On July 25, 1832, the first recorded railroad accident in U.S. history occurs when a cable securing boulders snaps, throwing four people over a cliff on the Granite Railway in Massachusetts.

- On July 26, 1931, a swarm of grasshoppers descends on crops throughout the American heartland, devastating millions of acres. The swarm was said to be so thick that it blocked out the sun and one could shovel the grasshoppers with a scoop.

- On July 28, 1945, the U.S. Senate approves the charter establishing the United Nations by a vote of 89 to 2. The Senate didn't formally approved U.S. participation in the United Nations until December 1945.

- On July 29, 1967, a fire on the U.S. Navy carrier Forrestal stationed off the coast of Vietnam kills 134 service members. The deadly fire began with the accidental launch of a rocket from one of its own F-4 Phantom jet fighters. The resulting fire then detonated a 1,000-pound bomb.

- On July 30, 1976, American Bruce Jenner sets a world record in winning the

decathlon at the Montreal Olympics. After his win, Jenner enjoyed the unofficial title of "world's greatest athlete."

STRANGE BUT TRUE

- It was 20th-century American author and journalist Emily Kimbrough who made the following sage observation: "Remember, we all stumble, every one of us. That's why it's a comfort to go hand in hand."

- The very first drive-thru fast-food restaurant opened in 1948, in Baldwin Park, California. The idea was obviously a success -- by 1990, In-N-Out burger had 60 locations, all in the Los Angeles metropolitan area. The private, family-owned chain now has 313 locations across six states.

- You probably didn't know that Little Miss Muffet was a real person. It's true -- Dr. Thomas Muffet wrote the nursery rhyme for his daughter, Patience.

- If you're fortunate enough to be planning a trip to the Southeast Asian nation of Cambodia -- home to the 12th-century temple complex and UNESCO World Heritage Site Angkor Wat -- keep an eye out for some local comestibles. If you get hungry, you can try out a local delicacy such as deep-fried tarantula. If you're feeling ill (and particularly daring), try out a medicinal liquor. And there's a popular one that is made by putting live spiders into rice wine.

- Those who study such things say that the most widely used word in the world is "okay" -- though the spelling varies widely.

- You might be surprised to learn that 7 percent of American adults -- that's 17.3 million people -- believe that chocolate milk comes from brown cows. The same survey, conducted by the Innovation Center for U.S. Dairy in May of this year, found that 95 percent of Americans have at least one kind of cheese in the fridge.

THOUGHT FOR THE DAY

"As a general truth, communities prosper and flourish, or droop and decline, in just the degree that they practice or neglect to practice the primary duties of justice and humanity." -- William Henry Seward

SCRAMBLERS

solution

- Despite; 2. Danger;
- Praise; 4. Slope

Today's Word DRESSED

TRIVIA TEST

- MONEY:** Who was the first U.S. president to appear on a circulating coin?
- GEOGRAPHY:** The Elbe River flows mostly through which European country?
- GAMES:** How much are black poker chips worth?
- GENERAL KNOWLEDGE:** What major U.S. city is in the 305 area code?
- U.S. PRESIDENTS:** Which candidate did Richard Nixon defeat in 1972 to win re-election?
- AVIATION:** How long did the Wright brothers' first flight last on Dec. 17, 1903?
- U.S. STATES:** The bluebonnet is the official flower of which state?
- HISTORY:** When did the French and Indian War end?
- MOVIES:** In which movie does Judy Garland sing, "Have Yourself a Merry Little Christmas"?
- COMICS:** Brigadier Gen. Amos T. Halftrack is a character in which comic strip?

TRIVIA ANSWERS

1. Abraham Lincoln 2. Germany 3. \$100 4. Miami 5. George McGovern 6. 12 seconds 7. Texas 8. 1763 9. "Meet Me in St. Louis" 10. "Beetle Bailey"

★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★

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7/7 * TFN

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7/14 * 8/4

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HELP WANTED

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class for school year starting August 1.
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Previous experience preferred. Tolls paid
by employer. For more information
call Ana at 472-0497.
7/14 * 7/14

LOST AND FOUND

FOUND

Boating anchor / sand auger at Algier's
Beach, Sanibel on Sunday, 6/25/17. Call
361-443-1594 with description to claim.
6/30 * TFN

LOST CAT

Gray, medium hair. Last seen east end of
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7/14 * 7/14

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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

Lee County Domestic Animal Services

Star And Squirt

Star is a 10-month-old female pit bull mix who may not be considered a puppy by our price standards but she is definitely a puppy at heart. She is in the beginning stages of her training and is soaking it all up with earnest. Star is a quick learner and loves to please. She gets along well with other dogs and loves to run and play in the water.

Her adoption fee is \$20.

Squirt is a four-month-old female domestic shorthair who came into LCDAS in need of medical attention. After some loving foster care, she is now ready to find a home of her own. She acts more like a dog than a cat according to her foster mom. She comes when called, loves belly rubs, will lay in your lap for hours and will talk back to you.



Star ID# 703975 photos provided

Her adoption fee is \$30.

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

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

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

The adoption package is valued at \$500.✱



Squirt ID# 703532

Haven on Earth Animal League

Tom, Jerry And Beatrix



Tom and Jerry

photos provided

Hi, we are brothers named Tom and Jerry, and we need to be adopted together. We are only three months old each and have already been neutered and are up-to-date on all vaccines. We have very handsome black and white markings. We are residing at Petland on College Parkway. Come see us and take us home with you. Our adoption fee is \$150 for both of us.

Hi there. I'm Beatrix. I'm only ten weeks old. I have beautiful long, black hair, and I am just the cutest little ball of fluff you will find. I

also have a twin, named Cinders who looks just like me. I'm spayed and up-to-date on all vaccines. We are living with a foster mom and dreaming of our forever home. Our adoption fee is \$125 each.

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.✱



Beatrix

PAWS Of Sanibel

Fritz And Patches

Fritz is a very smart and playful 8-year-old schnauzer. He loves to go on walks and loves playing with his squeaky toys. Patches is a sweet and loving 12-year-old mixed rescue dog. He likes to sunbathe and follow you around hoping for a biscuit. He is quiet and is housebroken.

Patches does not ask for much. He needs some attention, a nice cozy bed for long naps and some good food. He has a bad heart and requires medication.

Patches and Fritz are bonded and need to stay together. Fritz was raised as a pup with Patches as his sidekick.

They are sad due to the unexpected passing of their owner, and they are looking for a loving forever home.

If interested in meeting them, call Michele at 609-954-0192.✱



Fritz and Patches

photo provided

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Riverbrooke	Estero	2014	4,023	\$1,625,000	\$1,550,000	25
Del Sega	Sanibel	1990	2,812	\$1,495,000	\$1,340,000	96
St. Charles Harbour	Fort Myers	2006	4,783	\$1,150,000	\$1,150,000	292
Shell Mound Park	Fort Myers Beach	1987	3,192	\$1,094,000	\$970,000	138
Cape Coral	Cape Coral	1987	2,594	\$699,000	\$637,500	35
Beachview Country Club Estates	Sanibel	1979	1,878	\$689,000	\$676,000	56
Cape Coral	Cape Coral	2000	2,340	\$600,000	\$595,000	40
Corkscrew Shores	Estero	2016	2,488	\$595,000	\$560,000	72
Seagull Bay	Bokeelia	2001	2,172	\$589,900	\$552,500	98
Villa Grande	Estero	2006	2,655	\$584,990	\$565,000	166



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