



Work by Tonya Bautista-Barnes

image provided

Multi-Faceted Exhibit To Open

Arts for ACT Gallery will host an opening reception on Friday, August 4 from 6 to 10 p.m. during ArtWalk. The Main Gallery will feature Tonya Bautista-Barnes, a photographer, artist and costume designer.

The White Gallery will feature four generations of artists in the family of Celia Malloy.

Bautista-Barnes' Free Warrior Designs brand was originally born on the Big Island of Hawaii. She always loved the look of natural materials like bone, feather, metal, leather and stone. Growing up an islander and looking

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Indie Movie Mondays Return

Thank God for Indie Movie Mondays (TGIM) is back for its 8th season of local, national and international indie movies. Each month, help the guest judges decide which indie movies make it to the 2018 Fort Myers Film Festival.

On Monday, August 7, celebrate TGIM's return with hosts Eric Raddatz and Melissa DeHaven along with judges Tyler Shore, Mercedes Gutierrez and Jason Parrish. Musical guest will be Frankie Colt. The evening begins with cocktails at 6:30 p.m. and movies at 7 p.m. Tickets are \$10 for adults and \$8 for students and seniors. Visit www.sbdac.com for more information and tickets.

TGIM features short indie films submitted to the Fort Myers Film Festival every first Monday in season. Have your say as to whether or not it makes the grade for final programming during the festival to be held March 21 to 25.

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Melissa DeHaven and Eric Raddatz

photo provided



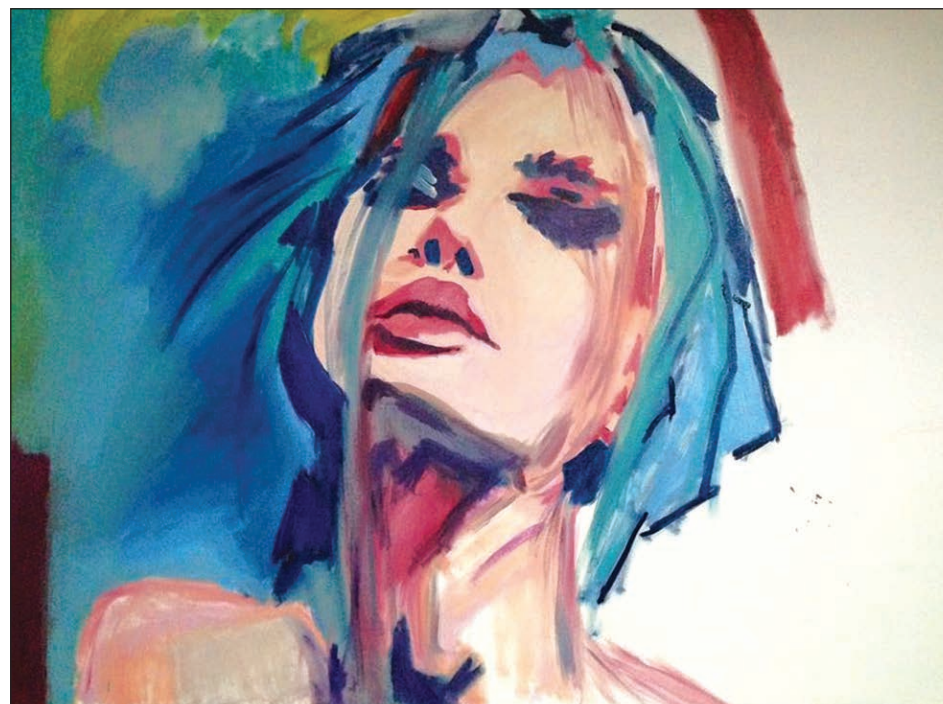
Autumn's Way by Gina Battle

images provided

Live Performances During Group Art Show Downtown

The Sidney & Berne Davis Art Center will exhibit a group art show, entitled Textures, Tones and Textiles, from August 4 through August 22. The show will feature artists Gina Battle, Kathy Wood, Donna Valenti, Lesley Morrow, Nick Masiello, Dharma LeFevre, Janie Duke and Michael Pinckney.

The theme of the exhibit demonstrates how art is an essential asset in the tapestry of our society. Experience the synergy of the strong textures and rhythmic tones used to explore the artists' personal experiences. There will be a guest vocal performance by



Portrait by Lesley Morrow

internationally acclaimed tenor singer Maurice LoMonaco. Gina Battle will integrate dance with her partner, Punta Gorda City Councilman Jaha Cummings.

Textures, Tones and Textiles opens on Friday, August 4 from 6 to 10 p.m., with a scheduled performance at 7:30 p.m. The exhibit closes on Tuesday, August 22 at 4 p.m. All are invited to attend free of charge.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District. Visit www.sbdac.com for more information.✧

Historic Downtown Fort Myers, Then And Now:

Coca-Cola Plant On Cleveland



by Gerri Reaves, PhD

Whether you're a Coca-Cola fan or not, there's no doubt that its advertising slogans are part of American popular culture. The following catch-phrases are but a few that have entered the nation's collective memory over the decades: "the pause that refreshes," "the real thing," "the thirsty one's best beverage," "ice cold sunshine," "Coca-Cola makes good things taste better," "Things go better with Coke," "Coke adds life," and the line from the Christmastime song, "I'd like to teach the world to sing."

Genevieve Bowen is supremely qualified to vouch for the truth of some of those slogans.

In the mid-1940s, she lived on South Street near the Coca-Cola plant on Cleveland Avenue, pictured here in 1991.

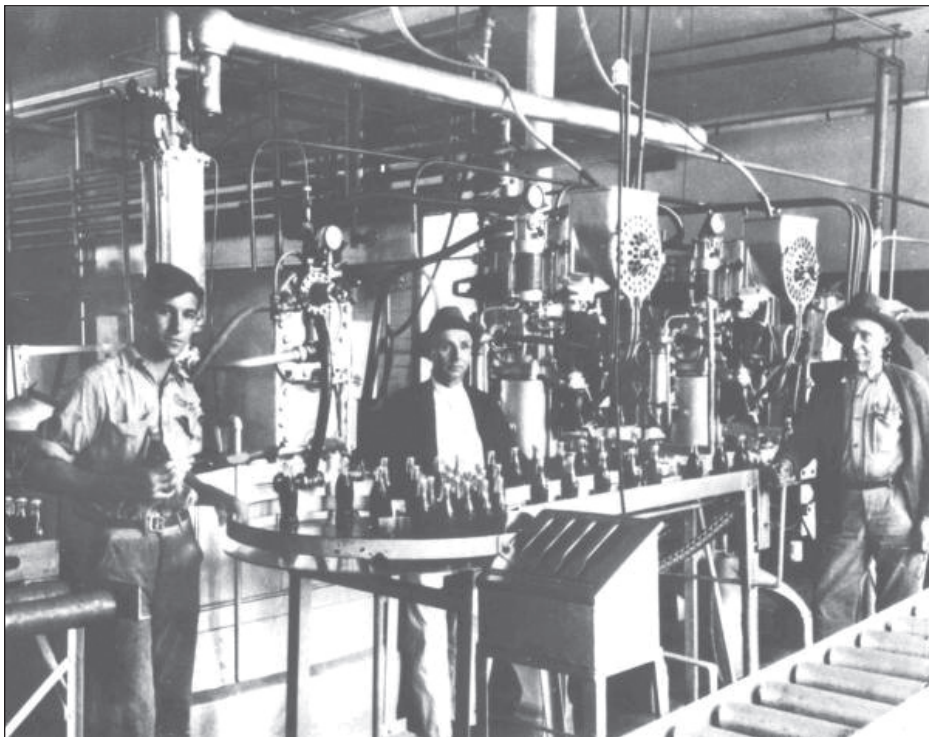
She regularly walked right by the building on her way home from Edison Elementary School with her friend "Dinny" Hawkins, whose family owned the plant.

There were big plate-glass windows through which she could see the machinery filling the iconic little green bottles.

That machinery was "amazing and exciting and loud," she recalls, and "ladies would sit alongside the conveyor belt and inspect the bottles before they were filled."

The girls went right into the building and were given a Coke off the production line before they were capped.

"Those were the best cokes I ever drank...and they were cold!" she remembers.



Pictured in the Coca-Cola bottling plant in the 1930s are owner BB Hawkins (center), and EA Hawkins (right)
photo courtesy Florida State Archives



The plant on Cleveland Avenue at Edison is pictured in 1991, the year it closed
photo courtesy SWFL Historical Society

After their pause that refreshed, the girls resumed their walk, Bowen turning right to her house, and her friend turning left to her grandmother's house on Heitman Street.

But the plant's gracious open-house attitude wasn't only for family members and their school friends.

According to Bowen, the front and back doors were always open to anyone, and the business sometimes gave tours for students.

In the 1970s, her children toured and were given "miniature crates filled with gold-colored coke bottles."

The wildly popular drink had been invented in 1886 by an Atlanta pharmacist, and it was sold in Fort Myers well more than a century ago, both at soda fountains and in bottles.

However, it was not manufactured here until 1911, when Bivion B. "BB" Hawkins was given the first franchise in Lee County to manufacture it.

The first bottling company was located near the end of the City Dock, or Jackson Street Dock, in a small one-story structure.

The company was an exclusive Coca-Cola bottler in the region, and also produced Cherokee Ginger Ale and High-Grade Soda Waters.

The business prospered and soon outgrew its rustic spot on the dock. In the early days, according to local lore, river water was used to make the drinks.

Hawkins moved to bigger facilities on Heitman Street in 1914 and, by the 1920s, the plant also sold Cascade Ginger Ale and was the local Anheuser-Busch Budweiser Beer agent.

In 1929, the growing business moved to the yellow-brick building on Cleveland at Edison.

The 1930s interior photo shows owner BB Hawkins (center) and EA Hawkins (right) with the modern machinery that bottled the ever popular drink. In 1933, son Donald E. joined the family business.

The bottling company remained on Cleveland until 1991, when it relocated.

In 1996, the building made headlines when a group of teenagers committed arson and badly damaged the structure.

The crime was but one of several in a spree that put the group in the news and the courts. Eventually the leader was convicted of a murder.

The building's fate was debated for several years, as the owners sought permission to demolish it, and historic preservationists, including the city itself, argued that it was

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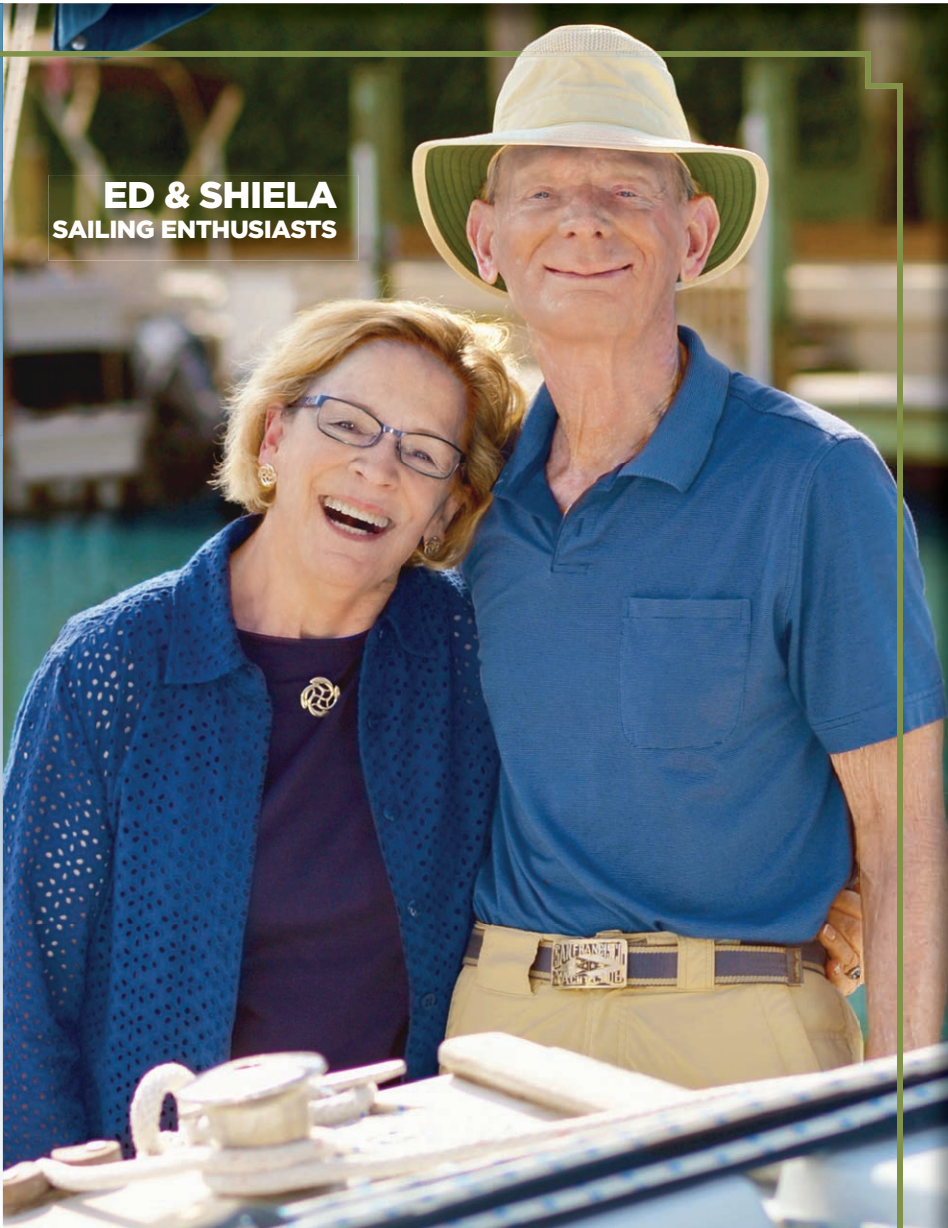
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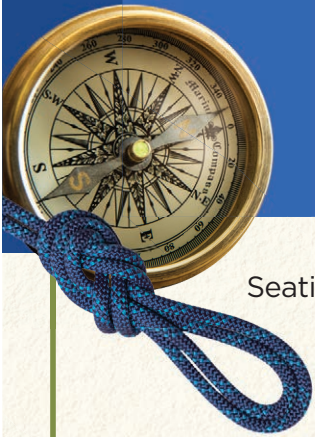


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Rose Garcia of the local chapter of American Association of Professional Coders presented over 100 books and lots of peanut butter and jelly to the United Way for children in the ReadingPals program photo provided

United Way Day Of Caring Book Drive

Members of the City of Palms Chapter of the American Academy of Professional Coders (AAPC) sponsored a book drive and collected jars of peanut butter and jelly for the young children of the United Way ReadingPals program. United Way's Volunteer Center helped coordinate the project as a United Way Day of Caring. ReadingPals is an early childhood

literacy program that matches volunteers with young children in order to read together during the school year. Nancy Coker, manager of United Way's ReadingPals program said, "United Way's ReadingPals program not only recruits volunteers to read with young children who need an introduction to books and stories, but sends books home with the children so they can build a home library. Learning to read is key to a child's academic success. "A recent study entitled the Scholastic Books' Kids and Family Reading Report found that children from low income homes have a significantly lower number of books at home. Some have none.

This book drive enabled us to send over 100 books home with children to keep for themselves. What a gift each book is for children who have so few. And who doesn't love a good peanut butter and jelly sandwich while turning the pages?" Coker concluded. Rose Garcia, education officer of the local AAPC said, "The members of City of Palms Chapter of American Academy of Professional Coders enjoyed working

with United Way of Lee, Hendry, Glades and Okeechobee Counties to benefit ReadingPals. Our members gathered peanut butter, jelly and books for children in our area. What a pleasure it is to be able to give back to our community." For more information about volunteer opportunities, visit www.UnitedWayLee.org/volunteer or call Nancy Coker at the United Way Volunteer Center at 433-7544.✱



In 2003, a drug store was built on the site From page 2

photo by Gerri Reaves

Historic Downtown

a valuable example of early 20th century architecture and was stable enough to be saved. Among the notable architectural features cited were its cube shape, parapet walls, steel frame and prefabricated steel windows. Efforts to save it failed, despite valiant efforts. In the end, arguments about the cost-effectiveness of rehabilitating it won the argument and the city relented on the demolition permit. The historic Coca-Cola plant was demolished in 2000. In 2003, construction began on an Eckerd drug store that is now a CVS. Visit Cleveland and Edison and imagine waltzing into a Coca-Cola plant unannounced and being handed a cold freshly bottled drink. Then continue your trip through local

history at the following two 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, *The News-Press* and www.coca-colacompany.com.✱

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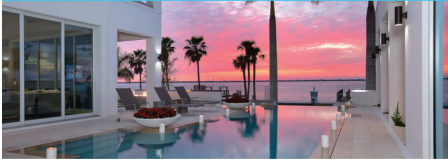
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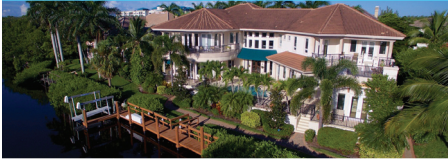
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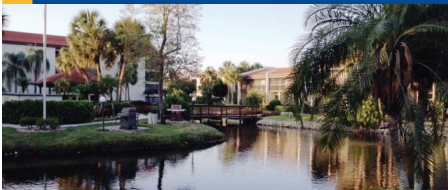
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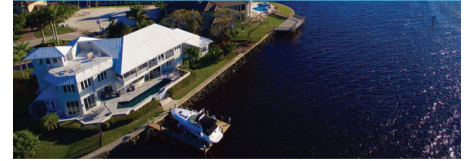
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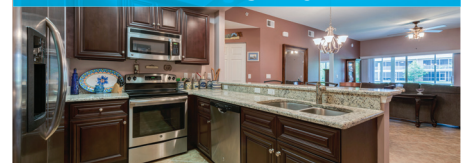
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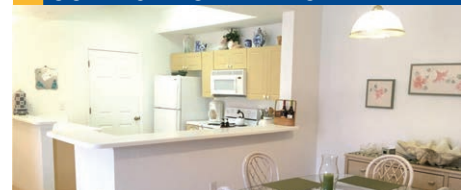
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Fort Myers Art:

Theater Shows Scheduled For 2017-18 Season



by Tom Hall

Theatre Conspiracy's 2017-18 season includes beloved classics, comedic favorites and award-winning new plays from fresh voices. "From the classics to the cutting

edge, we invite audiences to experience the broadest range of theatrical entertainment," said Producing Artistic Director Bill Taylor, the theater's founder.

Here's what you will see:

Women In Jeopardy – A side-splitting comedy with an all-star local cast featuring Liz Abbott, Stephanie Davis and Karen Goldberg in this riotous comedy about trading in wine glasses for spy glasses when the mid-life crisis just isn't your speed. 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. Written by Wendy MacLeod, *Women in Jeopardy* will be performed at 8 p.m. on August 11 and 12, 17 through 19 and 24 through 26 and at 2 p.m. on August 20.

Buyer & Cellar – Alex More has a



Rebecca Vigil and Evan Kaufman wrote *Your Love, Our Musical*

photo courtesy www.artswfl.com

story to tell. A struggling actor in Los Angeles, Alex takes a job working in the Malibu basement of a beloved megastar: Barbra Streisand. One day, the lady herself comes downstairs to play. It feels like real bonding in the basement, but will their relationship ever make it upstairs? Written by Jonathan Tolins, this outrageous comedy about the price of fame, the cost of things and the oddest of odd jobs will be performed at 8 p.m. on

October 6 and 7 and 12 through 14 and at 2 p.m. on October 8. Florida Rep's Education Director Kody C. Jones stars in this one-man show.

Seven Guitars – After serving jail time on a trumped-up vagrancy charge, blues musician Floyd "Schoolboy" Barton sets out to win back his girl and reclaim his pawned guitar, hoping to make a new hit record. Set in 1948 in the backyard of a Pittsburgh apartment house, *Seven Guitars* follows Floyd's circle of friends and neighbors – the play's seven voices – as they spin a rich tale of the deck that's stacked against them, what they've lost and all they dream. This lyrical play is part of August Wilson's American Century Cycle, which charts the African-American experience through each decade of the 20th century. It includes last season's hit production of

Ma Rainey's Black Bottom. It will be performed at 8 p.m. on November 3 and 4, 9 through 11 and 16 through 18 and at 2 p.m. on November 12.

A One-Man Christmas Carol – Back by popular demand. With only the aid of a steamer trunk full of props, Timur Kocak plays all 24 roles in this dynamic one-man version of Charles Dickens' 1843 holiday classic. Adapted by James Rana and Timur Kocak, *A One-Man Christmas Carol* will be performed at 8 p.m. on December 15 and 16.

Your Love, Our Musical – Fresh off their successful run in New York City, comedic musical improvisers interview a couple in the audience about their relationship and spin an impromptu musical about the couple's love story. If you like comedy, musicals or just being in love, this show was designed for you.

"The premise sounds nearly impossible, but the execution is reliably brilliant." – *The New York Times*.

Written by Rebecca Vigil and Evan Kaufman, *Your Love, Our Musical* will be performed at 8 p.m. January 11 through 13 and at 2 p.m. on January 14.

Gidion's Knot – Amidst the fallout from her fifth grade son's suspension from school, a mother demands answers. What begins as a highly charged parent/teacher conference with Gidion's reticent teacher soon develops into a revelatory confrontation. A thought-provoking exploration that keeps us guessing about where to lay blame when children go astray, *Gidion's Knot* is a suspenseful drama that is as elegant as it is chilling. Written by Johnna Adams, *Gidion's Knot* will be performed at 8 p.m. on February 8 through 10 and 15 through 17 and at 2 p.m. on February 11 and 18.

A Doll's House – Henrik Ibsen's *A Doll House* provides a stark and unforgiving look behind the façade of an ideal marriage. Nora and Torvald Helmer are living their dream life, happily married with children and security. But when

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Cosmopolitan Fundraiser Returns In October

Community Cooperative recently announced that the 12th annual Becoming Cosmopolitan event will take place Thursday, October 5 from 6 to 9 p.m. This year's event will feature the theme Fire & Ice and will be held at The Sidney & Berne Davis Art Center in the Fort Myers River District.

"We are so thrilled to be bringing Becoming Cosmopolitan back to the Sidney & Berne Davis Art Center, truly one of the most beautiful buildings in Fort Myers," said Tracey Galloway, CEO of Community Cooperative. "And we are so excited about our new theme Fire & Ice. Add in great cuisine, cool cocktails and hot dance music, all in support of a great cause, and you've got what Becoming Cosmopolitan is all about."

The evening features shopping

with local vendors, gourmet cuisine and cocktails, desserts, a silent and live auction, raffles, music and an after party all in celebration of the cosmopolitan lifestyle in Southwest Florida. More than 300 guests attended last fall's Becoming Cosmopolitan event.

"Each year we have been able to make this event bigger and better than ever," said Charlotte Miller, Florida Power & Light area manager and external affairs and Community Cooperative board member. "The monies raised will go a remarkably long way in helping Community Cooperative assist the growing number of women and children who are in need of food, shelter and other social services."

Sponsorships are now available and range from \$1,500 to \$10,000. Donations for the event's silent and live auctions, and Key To The Closet raffle are also being accepted. Tickets will go on sale in mid-August. For more information contact Stefanie Ink Edwards at 461-2802 or Stefanie@CommunityCooperative.com.✧



Claudia Silveira talks about beekeeping

photo provided

Backyard Beekeeping Workshop

Local beekeeper and candlemaker Claudia Silveria will present on backyard beekeeping during the final 1997 summer backyard farming workshop at the Alliance for the Arts GreenMarket on Saturday, July 29 at 10:30 a.m. Silveria states hobby beekeeping yields a significant amount of honey with little effort and investment.

Presentations this year have included introductions to organic gardening, medicinal herbs, pickling, raising small animals, cheesemaking and other sustainability related skills that beginners can try at home.

Although workshops are free, small donations are welcomed, as the Alliance for the Arts GreenMarket strives to support local growers, bakers and artisans. A Q&A session will follow the presentation.

The Alliance for the Arts GreenMarket is located at 10091 McGregor Boulevard in Fort Myers. For more information, call 939-2787 or visit www.ArtInLee.org.

Birthday Party At History And Science Center

IMAG History & Science Center is celebrating its facility's 22nd birthday on Saturday, August 12 from 11 a.m. to 2 p.m. Festivities include food trucks, interactive STEM and history stations, buy-one-get-one admissions, a gift for the first 250 children, a preview of a one-of-a-kind virtual reality (VR) exhibit and special giveaways.

Since the merger of the Imaginarium Science Center and the Southwest Florida Museum of History created IMAG earlier this year, the center has designed a blend of exhibits and hands-on activities that combine history focused on Southwest Florida with science, technology, engineering and mathematics (STEM). IMAG is open Tuesday through Saturday from 10 a.m. to 5 p.m. and Sunday noon to 5 p.m.

Executive Director Matt Johnson said, "This is a perfect opportunity to celebrate our longevity in the community, while we introduce our new focus – a dynamic mix of STEM and history." Johnson shared that the history component is focused on telling the story of Southwest Florida's rich past. "This community and region has a great deal to be proud of and we are sharing that with visitors," said Johnson.

Guests will have the opportunity to preview a new, highly immersive VR

experience – Virtual Fort Myers: The Past Meets the Present. Scheduled to fully open on August 19, this experience is the ultimate STEM and history combination and is indicative of the innovative approach IMAG is taking to implement its new mission.

For more information, visit www.theIMAG.org or drop by 2000 Cranford Avenue in Fort Myers.

End of Summer Benefit July 30

The Fort Myers Police Department (FMPD) is partnering with the Edison Park 8 Cinemas for an End of Summer Bash and will give away filled school backpacks and new shoes.

Edison 8 will be providing 500 backpacks, and FMPD is gathering donations of new shoes and contributions towards buying shoes for children ages 5 through 12. All items will be given out on a first come, first serve basis on Sunday July 30 from 2 to 4 p.m. at the Edison Park 8 Cinemas, located at 2235 Winkler Avenue in Fort Myers.

The event will include bounce houses, basketball contests, carnival style games, food, vendors face painting and more. Shoe donations and contributions are being accepted by Officer Yvetta Dominique. Visit FMPD at 2210 Widman Way in Fort Myers or call Officer Dominique at 321-7700.

Merit Citation Awarded



From left, Ron Price, Neil Fountaine and Larry Tiller

photo provided

submitted by William Floyd Jr.

On July 13, Cape Coral's DAV Chapter 108 Commander Larry Tiller and Senior Vice Commander Ron Price presented a

Citation of Merit to Neil Fountaine, commander of North Fort Myers's Amvets Post #81. Both organizations are working together to provide assistance to Lee County veterans in need of help.

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Along The River

Sidney & Berne Davis Art Center will be featuring reggae-style music this Friday, July 28 with the **Ries Brothers** and the **Freecoasters** during the Sounds of Summer concert series.

Hailing from Clearwater, The Ries Brothers bring their unique blend of folk, soul and reggae to downtown Fort Myers. They have performed at The House that Les Paul Built, the legendary Iridium in New York City, and have opened for the Allman Brothers, David Cook, Daughtry, Los Lonely Boys, REO Speedwagon, Little River Band, the Edgar Winter Band and The Family Stone among others. Learn more about them at www.riesbrothers.com/.

The Freecoasters are a reggae band from Southwest Florida. Their unique blend of reggae, soul and ska has made them a fixture at local venues. The Freecoasters will embark on their first U.S. tour later this summer. Their 2016 album, *Show Up*, has been successful in the genre. Learn more about them at www.thefreecoasters.com/.

Tickets are \$5. Doors open at 7:30 p.m. and performances begin at 8 p.m. The biweekly multi-genre concert series runs 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



The Ries Brothers

historic downtown Fort Myers River District. Visit www.sbdac.com for more information and tickets.

As part of National Park and Recreation Month, **Lee County Parks & Recreation** will offer **free pool admission and free parking** this Saturday, July 29 and Sunday, July 30.

There will be free parking at regional parks (Lakes Regional Park, Manatee Park, Hickey Creek Mitigation Park, Caloosahatchee Regional Park, Six Mile Cypress Slough Preserve, Caloosahatchee Creeks Preserve);

photo courtesy www.riesbrothers.com

beach sites (Bonita Beach Accesses No. 1 and No. 10, Bonita Beach Park, Bowditch Point and Lynn Hall Memorial Park, Bunche Beach, Bowman's Beach and Turner Beach's north side of Blind Pass only); and boat ramps (Punta Rassa, Matlacha, Alva, Davis, Pine Island Commercial Marina and Imperial River); There will be free pool access at Lehigh Community Pool, North Fort Myers Community Pool, Pine Island Community Pool and San Carlos Community Pool.

The City of Cape Coral also is

participating by waiving fees at its five boat ramps, including the Cape Coral Yacht Club boat ramp, Horton Park, Rosen Park, Burnt Store and BMX boat ramp.

Other recreational sites with Lee County that are owned or maintained by other government entities are not included in the free swim fees/free parking weekend. These include Barefoot Beach, beach access points managed by the Town of Fort Myers Beach and City of Sanibel sites, including the south side of Blind Pass.

For more information about Lee County Parks & Recreation locations, amenities and other special events, call 533-7275, email leeparks@leegov.com or visit www.leeparks.org, where you can download the Come Discover Map.

The **Edison & Ford Winter Estates** is celebrating **Henry Ford's 154th birthday** this Sunday, July 30. The day will start off with free birthday cake served at 10 a.m. on the museum west porch. Special behind-the-scenes tours of Ford's winter estate home will be offered from 10:30 to 11:30 a.m. Living history character, Henry Ford, will be available for photo opportunities.

James Moss, the Edison Ford's automotive curator, has been building a replica quadricycle (Ford's first automobile) and will unveil it during the birthday celebration. Moss will be available to answer questions from 10:30 to 11:30 a.m.

Henry Ford and his wife, Clara, purchased their winter retreat in Fort Myers, next door to Thomas and Mina

continued on page 16



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Preview Party For Songwriter Fest

Music lovers, get ready. With just two months until the 2017 Island Hopper Songwriter Fest, Cat Country 107.1 is giving music fans a sneak peek of what they can expect at the event. A preview party will be held Thursday, August 3 at Pinchers at The Marina at Edison Ford to highlight the upcoming music festival.

This year, two of Nashville's best songwriters, Tim James and Danny Myrick, will be bringing their unique talents to historic downtown Fort Myers to kick off the party.

James has written songs for Toby Keith, Trace Adkins, Lee Brice and George Strait. His song *All I Ask For* Anymore recorded by Trace Adkins was nominated for a Grammy Award for Best Country Song of 2009, and Lee Brice's *Love Like Crazy* was the 2010 Billboard Song of the Year. James also

wrote the Rodney Atkins single *He's Mine*, the George Strait No. 1 single *Give It All We Got Tonight* and the title track and single from the Darius Rucker album *Southern Style*. James also has the upcoming single *Either Way* from the new Chris Stapleton album called *From A Room, Volume 1*.

Myrick sang background vocals on albums for artists like Blake Shelton, Montgomery Gentry and Keith Anderson before directing his focus to writing songs. He has written songs that have been recorded by Tim McGraw (*Truck Yeah*), Craig Morgan (*International Harvester*) and Jason Aldean (*She's Country*).

"It's just amazing to be kicking off our fourth Island Hopper Songwriter Fest. We're also very excited Pincher's has agreed to join our festival as a sponsor as they are the type of Southwest Florida staple we hope the Island Hopper will become," said Louis Kaplan, senior vice president of programming for iHeartMedia in Southwest Florida.✴

From page 1

Indie Movie

Happy hour begins at 6:30 p.m. and indie movie features begin at 7 p.m. There will be a half price offer to all Facebook members through summer. Check out updates and deals on Facebook and Twitter. Sponsored

by Bennett's Fresh Roast Coffee and Capone's Pizza. There is an "afterbuzz" at Twisted Vine every Monday after the show for late night happy hour and appetizers.

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



From left, LCBA President Kelly Fayer, Lee County Legal Aid Society Executive Director Alina Gonzalez-Dockery, Stephanie Bendeck and Golf Tournament Co-chair Shannon Puopolo photos provided

Bar Association Raises \$24,000 For Legal Causes

The results are in from the Lee County Bar Association's (LCBA's) 7th annual charity golf tournament, with \$24,079 in net proceeds to be distributed between Lee County Legal Aid Society and the newly formed Lee County Bar Association Foundation. The checks will be presented at the LCBA's monthly membership meeting on September 15 at the Marina at Edison Ford.

Fifty years ago this past March, the LCBA realized an underserved portion of the community was being denied access to the justice system. This led to the creation of the Lee County Legal Aid Society. In honor of the longstanding partnership, 2017

President Kelly Fayer determined that a portion of the golf tournament proceeds should go to Legal Aid.

At the same time, the LCBA Foundation was gearing up to begin allocating funds to worthy local causes. In addition to seed money that had been raised through LCBA membership dues, the golf tournament presented an opportunity to help build the foundation's resources to maximum effect in the community. Following the successful tournament, the foundation issued a call for applications for grants, which can be found at www.leebarfoundation.org. The deadline for applications is September 1.

The golf tournament continues a string of charitable giving and community service projects within the LCBA Cares initiative, which highlights an enhanced focus by the legal professionals' organization on community outreach. The LCBA's second annual shrimp boil helped



Eviana and Steven Martin

support the foundation, for instance.

The LCBA is partway through its year-long #KindLee campaign, which serves to inspire random acts of kindness by sharing kind acts across social media with the #KindLee hashtag. As part of that initiative, the LCBA hosted a pop-up fundraiser that netted \$1,000 for Golisano Children's Hospital of Southwest Florida. Twice that amount was contributed through various small action projects. In addition, the LCBA donated hundreds of shoes to Soles4Souls and partnered with Valerie's House to sell #KindLee T-shirts to benefit that organization.

Local attorneys and organizations sponsored the High School County and Circuit Mock Trial competitions, where \$5,375 in awards were given to deserving students. An annual \$1,000 scholarship was funded through the Uncommon Friends Foundation for a student looking to go to law school.

For more information about the #KindLee Campaign, visit www.leebar.org/kindlee.



Guichard St. Surin



From left, John Webb, Jonathan Martin, Judge Archie Hayward and Wally Crane



From left, Ken Jones, Jim Barney, Brandon Jones and Cory Jones

Church Holds Family Fun Day

As part of its mission to serve the community, LIFT Church has partnered with Caleb’s Crusade Against Childhood Cancer, a group that raises funds to support local families who have children affected by cancer, all the while creating a space for locally owned businesses to share their goods and services with their neighbors.

On Saturday, July 29 from 11 a.m. to 2 p.m., LIFT Church will be hosting a free, fun-filled day complete with bounce houses, The Game Guys and a number of Villas-owned businesses to check out on site. The event will be held on the grounds of the Villas Civic Association, located at 2306 Sunrise Boulevard in Fort Myers.

“There will be so many cool things we are bringing to this event: A three-on-three basketball tournament, corn hole, horse shoes, Love Boat Ice Cream, Millennial Brewing, BurgerQue and more. This concept is a win-win and should be a great time for all,” said Alan Bondar, lead pastor at LIFT Church. “We are relatively new to the neighborhood and wanted to host an event just to let people know we are here and to help our community come together. Plus, we really stand behind the local businesses and wanted to help our Villas-owned businesses to succeed.”

“Caleb’s Crusade advocates for, and

raises awareness of, the need for more cancer research,” added Rob Whan, executive director of Caleb’s Crusade. “We also provide financial support for local families who are battling childhood cancer. We love to be a part of events like this and this one is special as it is in our neighborhood. Our goal with this event is to let even more people know about Caleb’s Crusade and how they can help us in our mission to serve the childhood cancer community.”✪✪

Free Pet Carnival September 16

The inaugural Six Wags Over Fort Myers Pet Carnival will take place on Saturday, September 16 from 10 a.m. to 2 p.m. at Iona-Hope Episcopal Church, located at 9650 Gladiolus Drive in Fort Myers Admission is free.

The event will be a celebration for pets and their humans featuring doggie and people café, pet photos and keepsakes, silent auction, spa experience including chair massage for humans and pampering for pups, pet rescue adoptions, petting zoo, gift shop, homemade pet treat sale and more. Most activities will be indoors so the show can go on rain or shine.

All proceeds from activities benefit All God’s Creatures (Iona-Hope’s Animal Ministry group), whose mission is to honor the kinship of all living creatures by caring for and serving animals with respect, love and gratitude. This

is done through community outreach, education and the offering of spiritual support for those in need.

The carnival will feature:

Spotted Dog Cafe – A place where humans can dine with their dogs. While their humans select from a menu of luncheon salads, the canines will dine on delicious, homemade, gourmet entrees followed by a tasty doggie dessert.

Pink Poodle Spa – Time to indulge the pooches and the humans, too. Lucky pups will receive canine grooming and pampering while their humans may choose to chill out with a chair massage.

Pet Photos and Keepsakes – Take home a memento or two of the good times. Various photo opportunities will be available throughout the day including pet photos with St. Francis. Also, take a moment to capture your precious pet’s paw print made into a forever keepsake.

“No Bark” Silent Auction – A variety of items and baskets filled with all kinds of goodies up for auction. Each basket will be awarded to the highest bidder at the end of the day.

Shopping Opportunities – The “Empawium Gift Shop” will be stocked with a selection of unique, handcrafted pet-related items.

Nutritious and delicious homemade cat and dog treats baked with love by the members of All God’s Creatures Animal Ministry as well as baked goods for the human sweet tooth.

Petting Zoo: A chance to meet and

greet a variety of animals. Also joining the festivities will be several pet rescue organizations with dogs and cats available for adoption.

For more information, email Nancy Buchanan at allgodscreaturesionahope@gmail.com.✪✪

Motorcycle Run To Benefit ACT

Abuse Counseling and Treatment, Inc. (ACT) will hold a benefit motorcycle run and brunch, which will start at Six Bends Harley-Davidson and conclude at Keylime Bistro, on Sunday, August 13. All proceeds from this event will go towards ACT’s safe, free and confidential programs for victims of domestic violence and their children, survivors of sexual assault and human trafficking in Lee, Hendry and Glades counties.

The Annual David Barbur Biker Brunch kicks off at 8:30 a.m. with registration. Kickstands go up at 9:30 a.m., with the brunch starting at 11 a.m. and continuing until 1 p.m. The event will be held rain or shine. Cost is \$20 per person, including riders. Attendees will receive a buffet-style brunch catered by Keylime Bistro, opportunity to win raffle prizes and more.

For more information or to register for the event, contact Jennifer L. Benton at 939-2553 or visit www.actabuse.com/event/motorcycle-run-the-annual-david-barbur-bikers-brunch.✪✪

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 MESSIAHIC 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, revtedalthouse@aol.com, 850-3943.

CHURCH OF THE CROSS

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

CONGREGATIONAL

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

COVENANT PRESBYTERIAN

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

CYPRESS LAKE BAPTIST

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

CYPRESS LAKE PRESBYTERIAN

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

CYPRESS LAKE UNITED METHODIST

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

FAITH FELLOWSHIP WORLD OUTREACH

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

FAITH UNITED METHODIST

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

FIRST CHURCH OF CHRIST, SCIENTIST

Sunday 10:30 a.m. 2390 West First Street, christiansciencefortmyers.net, christianscience.com.

FIRST CHURCH OF THE NAZARENE

Sunday 10:30 a.m. and 6 p.m. 13545 American Colony Boulevard, 936-2511.

FIRST UNITED METHODIST CHURCH

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

FORT MYERS CHRISTIAN

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

FORT MYERS CONGREGATIONAL

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

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

KINGDOM LIFE

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

LAMB OF GOD

Sunday 7:45 and 10 a.m. 19691 Cypress View Drive, lambofgodchurch.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.✪✪

Items Galore At Shopping Benefit



Cardigan wrap sweater with floral tank



Satin crop trench coat photos provided

Dress for Success of SW Florida continues to receive hundreds of additional items to be sold at a special Pop Up Shop event on Saturday, July 29. This popular fundraiser will be open to the public from 8 a.m. to 3 p.m. at Dress for Success, located at 12995 South Cleveland Avenue, Suite 153, in Fort Myers. The event is free to attend. All items will be \$5.

Clothing and accessories to be sold continue to be received by the nonprofit

from Dress for Success Worldwide in New York. A large inventory of women's clothing in sizes 8 to 26 will be available. In addition to clothing, other items for sale will include jewelry, handbags, shoes and accessories. Shoppers who bring their own shopping bag will receive a \$10 credit towards their purchase. This offer is limited to one credit per person.

The Pop Up Shop is a fundraiser to benefit Dress for Success SW Florida, which helps women to achieve economic independence by providing a network of support, professional attire, and the development tools to help women thrive in work and in life.

For more information, contact Nickole Hendra at 689-4992 or visit www.dfsswflorida.org.

Air Dogs Returns In November

Ultimate Air Dogs, a national dock jumping company, is having a three-day dock jumping event to benefit the Gulf Coast Humane Society at Six Bends Harley Davidson Dealership on November 17 through 19 from 10 a.m. to 5 p.m.

Hogs and Air Dogs will feature dogs from all over Florida helping to raise money for Gulf Coast Humane Society, a non-profit no kill shelter, that runs solely on donations.

There will be an above ground pool set up with a trailer also known as the dock brought in for the event. Vendors

and sponsors will attend.

The Lee County Sheriff's Office will have a SWAT display, motor unit display, an archery display, seat belt convincer and sheriff's canine unit demo, along with appearances from McGruff and Fire Dog Spark.

Hogs and Air Dogs is free for all to attend. Leashed dogs are welcome.

People can try dock jumping for a \$10 fee and signature on a waiver to be on the dock. Cost is \$20 to pre-register your dog to jump in the event or \$25 to sign the day of the event. IT games are \$25 to pre-register and \$30 on site.

Six Bends Harley Davidson Dealership is located at 9501 Thunder Road in Fort Myers. For more information and schedule of events, visit www.HogsandAirDogs.com.

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Dodging Morning Coastal Showers



by Capt. Matt Mitchell

A summertime pattern with light westerly steering winds gave us morning showers that developed out in the Gulf and moved slowly into the coast all week. Trying to dodge these often slow-moving storms was challenging as this rain often had no movement and could develop right on top of you. I did not have a single trip this week that we did not get rained on at least briefly. Some days attempting to avoid the rain meant fishing in the northern sound while other days staying south was the better choice.

Mangrove snapper fishing was by far the best action again this week with the average size of these snapper just getting bigger and bigger. Mangrove snapper are very structure-oriented and can be found in schools often under docks and piers and in mangroves, channel edges and submerged structures. When around the submerged structures, they will stage up facing into the current while waiting for a meal. You should freeline small live baits so the bait looks as natural as possible. Once you get them in a feeding frenzy, you can even catch them on small artificial bait. Good numbers of keeper-sized snapper are being caught from the mouth of the river all the way up to the northern passes.

Catch-and-release snook fishing in the passes was also good action this week but only on the outgoing tide. During the incoming tide, the water is so clear you can see hundreds of snook all over but they just don't want to eat. This lack of action on the incoming tide could change if we have a big rain event to dirty the water up. But for now, the majority of my success on snook in the passes is coming on the outgoing tide. Once the water gets dirty about half way through the falling tide, it's all about big baits and big tackle. Drifting while dragging a big bait along the bottom or even anchored up while pinning a big bait down close to the structure will give you your best chance of catching a trophy-sized snook.

This week's fishing was often more about what species of fish the weather would let you target than what you wanted to target. Staying close to home some days meant catching snook and mangrove snapper in deeper canal mouths and mangrove islands while watching rain slide by us. Airing on the side of caution is always safest as some of these storms have had scary lightening involved. Lightening strikes while your out on the water is no joke and should not be taken lightly. No matter how good the fishing is if lightening is close it's time to go!



Joe Scott from Kentucky with his first tarpon caught while fishing with Capt. Matt Mitchell this week photo provided

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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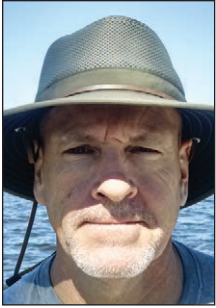
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CROW Case Of The Week:

Laughing Gull

by Bob Petcher



The laughing gull (*Leucophaeus atricilla*) is named for its high-pitched, piercing call similar to a “ha-ha-ha” that one often hears overhead on a beachfront. You can distinguish

this species of gull from others by their helmet-like black hoods, red bills and darker colored wings. The medium-sized gull has a gray back and a white stomach area with reasonably long wings and long legs, the latter a mixture of red and black.

Laughing gulls are not funny about their diets. They have been known to eat almost anything. They will scarf down what they catch, any handouts or stolen morsels, even garbage. These janitors of the sea will clean up anything left behind on sandy beaches, parking lots or park benches.

The gulls will forage mainly during the day. During breeding season, they will venture out at night to look for food. A group of gulls have many names, such as a flotilla, gullery, screech, scavenging and squabble.

Laughing gulls are water birds, living on coastlines of the Atlantic Ocean and Gulf of Mexico from Maine to Florida and across to Texas. These birds, like many

tourists, like to summer in the northern climates and venture south when the temperatures start to drop.

Laughing gulls breed in large squabbles. Its nest is built on the ground, and it can take three years for a young gull to reach adult plumage.

At CROW, an adult laughing gull was admitted from Matlacha after being found near a boat ramp unable to stand or move. CROW medical staff examined the patient and noticed “generalized weakness” with an inability to move its wings or feet. Since there were no signs of bruising or trauma, red tide poisoning or brevetoxicosis, was suspected. Red tide poisoning is derived from harmful algal blooms that occur when several saltwater and freshwater plants grow out of control and produce toxic or harmful effects on not only birds but people and marine life.

“There is no specific antidote for brevetoxin, which affects the nervous system (and results) in the clinical signs of weakness/paresis, ataxia and tremors,” said Dr. Robin Bast, CROW veterinary intern. “Treatment consists of supportive care through subcutaneous or IV fluid therapy, nutrition and occasionally antibiotics if necessary (if gastrointestinal tract bleeding occurs).”

The goal is to help flush out any toxins in the patient’s body. Dr. Bast stated gulls and other shorebirds can take up to several weeks to recover from brevetoxicosis depending on prior health of the bird and how much exposure it had with the toxin. After a week of treatment, the patient is still reportedly



Patient #17-2593 remains under care with a guarded prognosis

photo by Brian Bohlman

weak.

“The gull is still too weak to stand for more than a few seconds on his own, but it is slowly regaining strength in its legs with the help of physical therapy three times a day and supervised tub time,” she said. “We will continue physical therapy, continue nutritional support to maintain body condition since he is not yet eating well enough on his own, and continue subcutaneous fluid therapy.”

The patient’s illness also could be related to a bacterial infection, CROW officials said, but prior experience in

treating other birds with similar symptoms has led to treatment of red tide poisoning.

“Time will tell if this patient recovers to the point of release,” said Dr. Bast. “Its prognosis remains guarded.”

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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Plant Smart

Saltbush

by Gerri Reaves

Of the many common names for native saltbush (*Baccharis halimifolia*) -- sea myrtle, salt myrtle, eastern baccharis, salt march-elder, waterbrush and groundsel tree -- only silverling refers to the plant's major ornamental feature: the clouds of silvery hairs on the tufted fruits.

The recurrence of "sea" and "salt" in several of the names suggests why it's an excellent choice for coastal landscapes: high tolerance to salt spray and even flooding.

Saltbush tolerates heat and cold as well and is particularly suited for a natural garden or as a buffer.

The term "Baccharis" derives from the Greek god Bacchus and means a plant with fragrant roots.

Saltbush is also wildlife friendly, providing some cover, food and nesting habitat for small birds. It attracts various



Native saltbush produces masses of fluffy female flowers with airborne seeds
photo by Gerri Reaves

pollinators and is a butterfly nectar plant.

Open-branched and multi-stemmed, it can be shrub or tree form, usually reaching 10 to 12 feet tall.

It is the only eastern native species of the aster family that grows to tree size.

In the wild, it grows in fresh and brackish tidal marshes, coastal hammocks, inland woods, along roadsides and ditches, and in undeveloped areas.

The alternate elliptic or egg-shaped leaves are gray-green and one to three inches long. The edges are partially coarsely toothed and partially smooth, which gives them a slightly ruffled appearance.

In the south half of Florida, this plant is evergreen.

Terminal leafy clusters of female flowers are large, showy and fluffy, and appear in late summer to fall. An individual tuft resembles a splayed paintbrush made of very fine silvery bristles.

The wind disperses the seeds in the

cottony fluff.

Male plants produce smaller yellowish flowers with yellow stamens.

Fast-growing saltbush needs full sun to moderate shade. Give it a moist spot. Once well-established, it will tolerate drought.

Propagate it with seeds or cutting. If both female and male plants are in close proximity, self-seeding is likely.

The dry white seeds are toxic if ingested and the leaves are poisonous to livestock.

The pollen is an allergen.

Sources: *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *National Audubon Society Field Guide to Florida* by Peter Alden et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, fnps.org, lee.ifas.ufl.edu, plants.usda.gov, regionalconservation.org, and wildflower.org.

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



Work by Donna Malloy images provided
From page 1

Exhibit To Open

towards her Marianist heritage for inspiration gave her creativity and room for growth. Her love for the bright macaw feathers with the neutral tones



Work by Tonya Bautista-Barnes
of the bone and leather gave her the inspiration to create.
All of Bautista-Barnes' designs are 100 percent handmade by her and are

inspired by the bright colors and natural materials of the earth, air and sea.

She uses as many materials originating from the U.S. along with donated or purchased feathers from bird sanctuaries and private owners throughout the Marianas, Hawaiian Islands and the U.S.

"Each piece represents a part of myself which will be seen in the individuality and craftsmanship of my work," Bautista-Barnes said. "I choose my Warrior Sisters carefully. I photograph them as I see them and how they wish to see themselves. Each person I photograph has endured hardships and flourished -- proving their strength and determination to rise. Every woman is a warrior and should be respected as such."

In the White Gallery, the multi-generational exhibit of visual art spans approximately a half century. This eclectic, yet connected body of work represents varied artistic styles and content. Celia Baiada Malloy, the 97-year-old family matriarch, is the main focus of this exhibit. Celia's formative time was spent in the Philadelphia Metro area, and her training of many years ago is reflected in unique and elegant acrylics.

Daughters Lynne Van Sciver, Taire Malloy and Donna Malloy share

their mother's interest, along with granddaughter Cavan Guenther and great granddaughters Julia and Scarlett Novak and Stella Guenther. Their collective works both contrast and respond to the familial influence.

Lynne's abstract expressionistic style, infused with balance and freedom, has been influenced by training as a psychologist. Taire's charcoal life drawings display a subtle organic style and exude a feeling of calm movement. She studied art at Arizona State and remains involved with the visual arts in the role of festival director of Art Fest Naples. Donna echoes her mother's and grandmother's love of birds which culminated in the publication of her children's book *Criss Crow, Flying on Sunshine*. Donna earned a bachelor of fine arts in interior design from the International Academy of Design and Technology in Tampa.

Cavan, Lynne's daughter, is a former science teacher. She is an accomplished abstract artist and rustic-glam jewelry designer. Her art is a mixture of earth, energy and vintage objects.

Arts for ACT Gallery is located at 2265 First Street in downtown Fort Myers. These exhibits continue through August 28.*

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Parkinson's Screening July 29

Lee Health is holding a community resource and screening session for people who have been diagnosed with Parkinson's Disease at the Outpatient Rehabilitation at City Center on Saturday, July 29 between 9 a.m. and 1 p.m. Registration is necessary to reserve an appointment time.

"The Parkinson's Clinic gives a person with Parkinson's and their loved ones the opportunity to discuss concerns related to changes in function", said Nathalie Grondin, physical therapist and coordinator of the Lee Health's Parkinson's Disease Rehabilitation Team. All participants are screened by licensed therapists trained to detect physical deficits which may benefit from therapy intervention. Participants are also provided with a list of available resources including seminars, group exercise classes and support group meetings throughout Lee County.

Each participant can expect to visit with a physical therapist to address mobility concerns, an occupational therapist to address self-care activities and home management, as well as a speech language pathologist to discuss communication and swallowing concerns.

Resources related to education, support group, exercise group and identification of individualized therapy needs will be provided. A report of recommendations will be sent to your health care professional of choice.

Appointment times are limited. Outpatient Rehabilitation at City Center is located at 3114 Cleveland Avenue in Fort Myers. For more information and to register, call 343-4960.✱

Business Leaders To Visit Local Jail

Leadership NEXT, a professional organization for advancing business leaders in Southwest Florida brought to you by the Greater Fort Myers Chamber of Commerce, will host its next program on Tuesday, August 8 from 5 to 7 p.m. at the Lee County Jail.

Providing in-depth insight on what it takes to run a secure correctional facility, the Lee County Sheriff's Office will present on the operating logistics and costs of managing approximately 1,500 inmates every day. Other presentation topics include conducting inmate intakes and releases, officer training and liability, span of control and programs implemented to reduce recidivism.

A walking tour of the jail to see where inmates are housed and fed will provide guests a rare and sobering experience. All guests are asked to bring a photo ID and are strongly encouraged to wear long pants, long sleeve and high-neck shirts and closed toe shoes.

The August program sponsor is Aloia, Roland, Lubell & Morgan PLLC, a Lee County-based law firm.

Leadership NEXT is free to attend for members of the Greater Fort Myers

Chamber of Commerce and \$10 for future members. Complimentary snacks will be provided. All guests are encouraged to register in advance at www.fortmyers.org.

Leadership NEXT is a premier networking group for advancing professionals in Southwest Florida. More than 50 guests representing a variety of businesses and industries throughout the region regularly attend the monthly programs designed to provide valuable information and foster collaborative working relationships. Programs take place on the second Tuesday of every month. The location will change every month based on the program topic. Follow Leadership NEXT on Facebook to learn more.

Lee County Jail is located at 2501 Ortiz Avenue in Fort Myers.✱

Airport Reports Record Traffic

During June, 528,383 passengers traveled through Southwest Florida International Airport in Fort Myers, Fla., an increase of 7.3 percent compared to June 2016. Year-to-date, passenger traffic is up two percent from the same period last year.

The traffic leader in June was Delta Air Lines with 132,106 passengers traveling to and from Fort Myers. Rounding out the top five airlines were Southwest (112,396), American (93,912), JetBlue (66,610) and United (43,641).

Southwest Florida International Airport

had 5,178 aircraft operations, an increase of 16.6 percent compared to June 2016. Page Field saw 6,130 operations, a 26.5 percent decrease from June 2016. In addition, slightly more than 2.5 million pounds of air freight moved through Southwest Florida International Airport in June 2017, an increase of 2.9 percent compared to June 2016.

Southwest Florida International Airport served 8.6 million passengers in 2016 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction. For more information, visit www.flylcpa.com or Like Us on Facebook at www.facebook.com/flyRSW.✱



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Back, from left, Haley Ondrejka, Victoria Rinella, Niki Greer, Desiree DeMolina, Stephanie Shultz, Harrison Shultz. Front, from left, Conrad, Ava and Elsa Shultz photos provided

Lemonade Stand Proceeds Go To Alliance Program

The Alliance for the Arts received a donation from the Schultz children; Elsa, 6, Ava, 8, and Conrad, 2. Proceeds were raised at the children's lemonade and dessert stand. The Schultz children are the great, great grandchildren of Dorothy and Paul Schultz, who donated the property (and their home which use to sit on that property) to the Alliance years ago.

Elsa, Ava and Conrad baked dozens of sugar cookies, gingerbread cookies, brownies and cupcakes, then offered them for sale, along with two types of lemonade. The siblings donated the money towards children's programming at the Alliance.

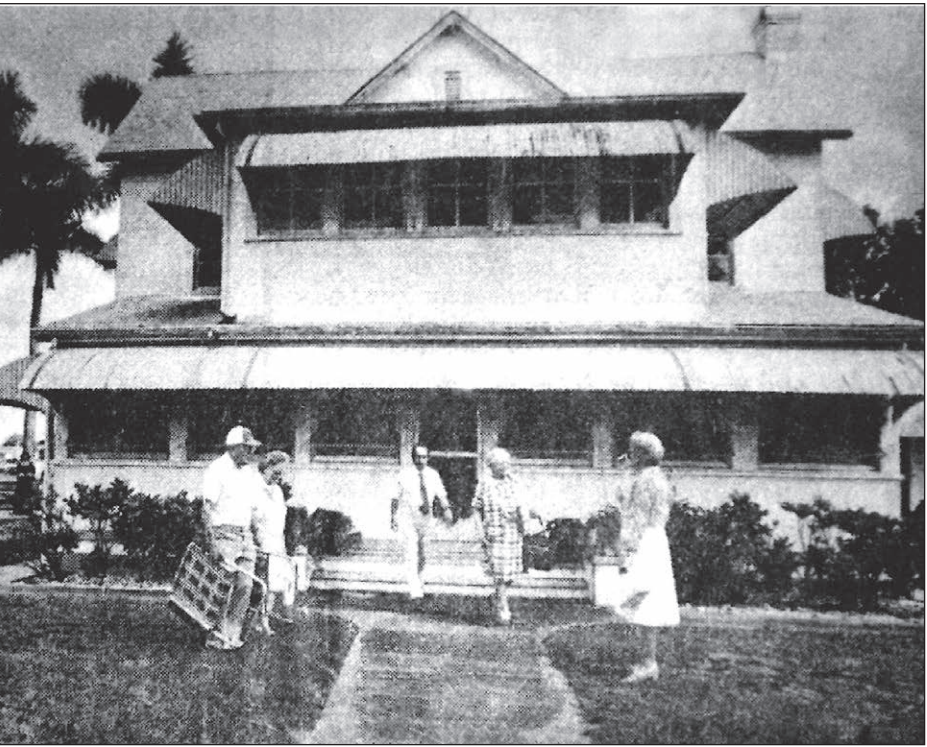
For more information about the Alliance, visit www.ArtInLee.org or call 939-2787.✱



Eager customers



Elsa Shultz at the lemonade and dessert stand



The old Schultz farmhouse where the Alliance for the Arts now sits



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From page 8

Along The River

Edison in 1916. The purchase price was \$20,000 for about three acres of riverfront gardens and a Craftsman-style bungalow. The home site was nicknamed The Mangoes for the many mango trees on the property.

The special behind-the-scenes tours are included with admission. For more information, call 334-7419 or visit www.edisonfordwinterestates.org. The Multicultural Centre of

Southwest Florida is sponsoring the **18th annual Big Backpack Event** at **Paul Laurence Dunbar Middle School** this Sunday, July 30 from 10 a.m. to 2 p.m.

Free backpacks and school supplies will be provided to the first 2,000 children between ages 5 and 12. The event will also feature face painting, live entertainment and a giant inflatable slide.

Paul Laurence Dunbar Middle School is located at 4750 Winkler Avenue in Fort Myers.✱

Superior Interiors

Decorating Ideas To Help You Sell Your Home



by Trinette Nelson

Selling a home can be an emotional and nerve-wracking roller coaster ride – but there are things homeowners can do to simplify the process. Some basic decorating principles can

be applied to help improve the attractiveness of the property and help to speed up the sales process.

From a decorating perspective, the ultimate goal you should set for your home is not at all what it would be if you were just moving in. Rather, your task is to put yourself in the buyer's shoes and ask: "What needs to be done to make this home truly livable for me and my family?" What you want to do is make the home as appealing as possible, but with a neutral background so that any serious buyer can visualize his or her own belongings in place.

Perhaps your realtor has already told you to tidy and straighten closets, cabinets and store rooms. It's also

important to have carpets and tile cleaned. Removing excess clutter is a must. But there's even more you can do if a speedy sale is your goal. Take a good hard unemotional look at your carpet or tile flooring. Has it seen better days? Is it a bright color that works for you, but maybe not a potential buyer? Remember a floor's fresh new appearance in an easy-to-live-with color is the fastest spruce-up available. Often times, adding a new area rug can help enhance the appeal of the space.

And, how about a fresh coat of paint? Naturally a neutral hue – consistent throughout the house would be the perfect solution to tired, worn walls. It's very difficult for a prospective buyer to "get past" your warm coral walls, when they try to picture their soft blush pink sofa in the room.

Window treatments can also affect your home's sale-ability. Once again, simpler designs done in a beautiful custom style are best. It's a real plus to a potential buyer to find a home with attractive quality window covering compatible with the buyer's taste.

Don't be afraid to ask your interior decorator to take a walk through your home prior to listing it. She or he will be able to offer you a variety of simple suggestions that should help make your home sale process a lot less painful.

*Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coincdecn.com.**

Food Bank Elects Law Attorney For Board

The law firm of Henderson, Franklin, Starnes & Holt, P.A., recently announced that Attorney Kayla Richmond was elected to serve on the Harry Chapin Food Bank of Southwest Florida's Board of Directors. Her first major role will be to chair the 10th anniversary Harry Chapin Hunger Walk scheduled for January 20, 2018 at Miromar Outlets.

Richmond focuses her practice in the areas of divorce, marital and family law. She handles dissolution of marriage (divorce), custody, paternity, child support and domestic violence cases.

Richmond has received much recognition for her professional and community efforts. She was recognized by Florida Super Lawyers magazine as a "Rising Star" in the field of family law in 2016 and 2017, as well as named an "Up & Comer" by *Florida Trend* magazine's Legal Elite in 2017. Richmond also received the Outstanding Alumni Representative Award from the Stetson University College of Law.

Richmond serves as president elect and chapter representative for the Lee County Association for Women Lawyers, president for the Lee County Bar Association's Young Lawyers Division and is also a member of the bar's executive committee.



Kayla Richmond

photo provided

She also devotes time serving as a mentor for the Take Stock in Children Program and Girls Going Places.

Richmond is a Fort Myers native, graduating from Fort Myers High School in 2006. She received her undergraduate degrees from the University of South Florida (magna cum laude), her law degree from Stetson University College of Law and her graduate degree from Stetson University (summa cum laude).

For more information on Richmond or Henderson Franklin, visit www.henlaw.com.*

Workshops For Water Restoration

The South Florida Water Management District (SFWMD) will conduct public workshops to garner critical public input needed to complete several planning projects that are part of the Comprehensive Everglades Restoration Plan (CERP), including the Lake Okeechobee Watershed Restoration Project (LOWRP) and the Western Everglades Restoration Project (WERP).

"These planning processes guide the future of Everglades restoration," said SFWMD Governing Board Chairman Dan O'Keefe. "These forums will ensure public participation through the entirety of these planning processes."

As part of SFWMD's extensive public outreach for these workshops, the district unveiled its new website this week where interested parties can get information about the planning projects as well as upcoming workshops where they can offer input.

The Lake Okeechobee Watershed Restoration Project, which began July 2016, seeks to identify a slate of storage options, including the use of ASR wells and above-ground reservoirs to store water north of Lake Okeechobee. The project will improve the quantity, timing and distribution of flows into the 730-square-mile Lake Okeechobee. These measures will also aid in reducing damaging discharges from the lake to the St. Lucie and Caloosahatchee estuaries.

The Western Everglades Restoration Project, which began August 2016, will develop a plan to restore and reconnect the western portion of the Everglades ecosystem into the greater Everglades. The project will improve water quality, re-establish sheetflow from the West Feeder Canal across the Big Cypress Seminole Indian Reservation and into Big Cypress National Preserve

and maintain existing levels of flood protection.

Completion of these planning projects are part of the overall strategy devised decades ago to restore America's Everglades ecosystem. They are also part of the Integrated Delivery Schedule, a carefully crafted sequencing plan created using extensive public input, which governs the completion

of projects to maximize the benefit of taxpayer dollars for restoration.

The public is welcome to attend and offer their views at the workshops. The next two workshops are related to LOWRP and will be held on Thursday, July 27 at SFWMD's Okeechobee Service Center and Friday, July 28 at SFWMD's Headquarters in West Palm Beach.*

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A Conversation With Chief Diggs

Friends of the Fort Myers Library will hold a conversation with Fort Myers Police Chief Diggs entitled The New Blue in the meeting rooms of the Fort Myers Library on Monday, August 7 at 6:30 p.m. He will discuss the changes he's made on the force and the goals he has for the future. This is a chance to hear what has been done to improve the safety of the community and to ask questions about specific concerns.

Chief Diggs assumed his office a year ago. Prior to his appointment with Fort Myers, he served as professional law enforcement manager and administrator for the Toledo (Ohio) Police Department. During his 40 year service, Chief Diggs rose through the ranks and was appointed chief in 2011.

The Fort Myers Library is located at 1651 Lee Street. The program is free. Register at <http://bit.ly/FML807> or call 533-4600.*



Chief Derrick Diggs

photo provided

Republican Women To Meet

The Lee Republican Women Federated will hold its August dinner meeting on Monday, August 14 at Pinchers – The Marina at Edison Ford at 2360 West First Street in Fort Myers. The evening begins with a 5:15 p.m. social, while the dinner and program will follow.

Lee County Commissioner Cecil Pendergrass will be the guest speaker. Cost is \$25 per person.

To RSVP, visit www.leerepublicanwomen.com or contact Wren Morefield at 270-210-1284 or wrenspet@hotmail.com before Thursday, August 10 at noon.*



Cecil Pendergrass

photo provided

Apply For Funding Awards

September 1 is the deadline to apply for LCEC's 2017 Environmental Funding Awards. To apply for an environmental funding award from Lee County Electric Cooperative (LCEC), organizations can email pr@lcec.net to receive an application.

Interested organizations must meet certain criteria to be considered for the award, including being located within LCEC service territory, funding utilized for projects/programs related to the environment and the utility industry, and having a demonstrated need for funds. Funding is awarded twice a year with deadlines in March and September. Past recipients at LCEC's Environmental Funding Awards include The Bailey-Matthews National Shell Museum, Sanibel-Captiva Conservation Foundation (SCCF), Calusa Nature Center & Planetarium (CNCP), Cape Coral Friends of Wildlife (CCFW), Center for the Rehabilitation of Wildlife (CROW), JN Ding Darling and Friends of Fakahatchee. Nearly \$40,000 has been awarded since this program was created in 2013. It is just one of the many ways that LCEC

positively impacts and supports wildlife and the environment.*

Greeters Club Luncheon

The Greeters Club of Greater Fort Myers will hold its August luncheon at the Crown Plaza Hotel on Thursday, August 17.

Guest speaker will be Patty Olson from Trendy Tours. She will share information about her business, whether it is a one-day inspiration trip or something further afield.

Cost is \$20 for the luncheon. Reservations can be made by email at greetersclub@gmail.com or at the day of the event from 10:45 a.m. to 11:30 a.m. Provide your contact information (your name, email address and phone number). You will receive a return email confirming your reservation.

The Greeters Club has grown to more than 100 members since its beginning in 1969. Its luncheons are held on the third Thursday of the month.

Crown Plaza Hotel is located at 13051 Bell Tower Drive in Fort Myers. Call 482-2900 for more information.*

Apex Award Recipients

The Women in Business (WIB) Committee of the Greater Fort Myers Chamber of Commerce recently announced that Pushing the Envelope, Inc. President Samantha Scott, APR, and Barbara Dell of Dress for Success SW Florida have been selected as the recipients of the 12th annual Apex Awards.

This honor is awarded to women in Southwest Florida who excel in the areas of professionalism, philanthropy and leadership.

"This recognition is incredibly special to me," said Scott. "There are many individuals in our community that make a difference. To be considered among them, those whom I respect, is a great honor."

The 12th annual Apex Gala Celebration will be held on Saturday, September 30 from 6:30 to 10 p.m. at Hyatt Regency Coconut Point Resort and Spa in Bonita Springs. For more information, visit www.FortMyers.Org.*



Barbara Dell and Samantha Scott

photo courtesy Greater Fort Myers Chamber of Commerce

Financial Focus

Match Different Term Goals With Right Investments

by Jennifer Basey



Not all investments are created equal. Some are better suited for short-term goals, while others can help you build resources for objectives far in the future. As an investor, then, one

of your biggest challenges will be to match your short- and long-term goals with the appropriate investment vehicles. How should you proceed?

For starters, identify your short- and long-term goals. Your shorter-term goals will change throughout your life. When you are starting out in your career, for example, you might aspire to purchase a home in the next three to five years. Later on, though, your biggest short-term objective might be to save enough money for a long tour of Europe – without racking up credit card debt.

As for long-term goals, your biggest one likely will be to enjoy a comfortable retirement. But you may well have other long-term plans, too, such as sending your kids to college in 10 or 15 years.

After you have a clear sense of your short- and long-term goals, you can choose the right investments to help you meet them. Let's start with the shorter-term ones. When you're saving for a down payment on a home or for an expensive European vacation, you want to make sure that a certain amount of money will be available to you at a certain time. Consequently, you may want to avoid stocks or stock-based vehicles, which will constantly fluctuate in price, because you don't want the value of your investment

to be down at the moment you need the money. Instead, for short-term goals, you may want to consider a fixed-income vehicle, such as a bond, which is designed to provide regular interest payments and return your full principal upon the bond's maturity (providing the issuer doesn't default, which, with investment-grade bonds, is generally unlikely).

For longer-term goals, such as college for your kids and a comfortable retirement for yourself, it's a different story. To achieve these goals – and especially for retirement – you generally need to accumulate as much as you can. As a result, you need investments with growth potential, which means you will need to consider stocks and stock-based instruments. As mentioned above, stocks will always fluctuate in value, and they may be worth more or less than your original investment when sold. However, building a portfolio with an investment mix that's appropriate for your risk tolerance and contains a reasonable amount of growth-oriented vehicles can potentially help you overcome short-term volatility and continue making progress toward your long-term goals.

Plus, you have some attractive long-term options available. With a 529 college savings plan, you can save for college and possibly achieve tax benefits, too. And by contributing regularly to your IRA and 401(k) or similar employer-sponsored plan, you can defer taxes while spreading your dollars among a wide range of investments. But there's one thing all long-term investments have in common: You need patience and discipline to stick with them.

So, there you have some ideas on short- and long-term investing. Keeping this distinction in mind when you invest can help boost your confidence that you're making appropriate moves for all your goals.

*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.**

Book Review

Mississippi Blood

by Di Saggau



When I purchased my copy of *Mississippi Blood* by Greg Iles, I did not know it was the last in a trilogy that he began in 2014 with *Natchez Blood* and continued in 2015 with *The Bone Tree*. Fortunately,

Mississippi Blood stands alone and is a fantastic read. I do plan however, to obtain copies of the first two in the series. The book is 692 pages and not one of them is boring. It offers page-turning entertainment along with often grim historical concerns dealing with race relations in the American South. It was seven years in the making.

The lead character is Penn Cage,

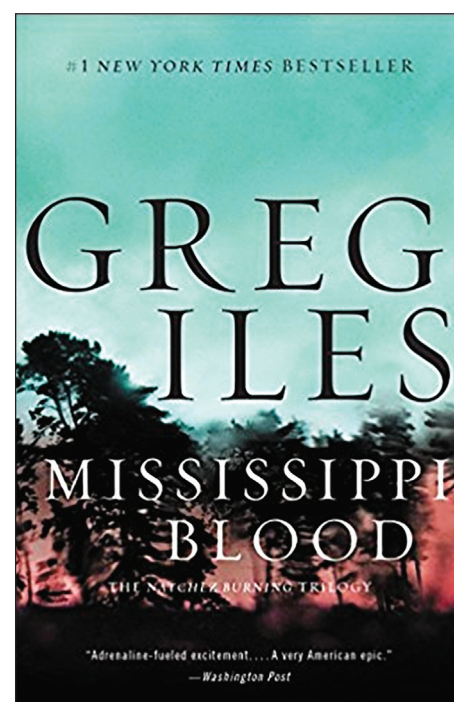
lawyer, novelist and now mayor of Natchez. It's 2006, shattered by grief and dreaming of vengeance, Penn is determined to protect his 11-year-old daughter, Annie. The woman he loved is gone and his father, once a pillar of society, is about to be tried for the murder of a former lover who was his nurse, a black woman named Viola Turner. Dr. Tom Cage is on a road of self-destruction and prefers to risk dying in prison rather than reveal the truth to his son.

Defending Tom is Quentin Avery, a highly respected attorney who uses a wheelchair and "whose skin is the color of shelled peanuts." The trial is the entire backbone of *Mississippi Blood*. It's an emotional courtroom drama with plenty of interesting characters and situations. For decades Tom has had a second son, Lincoln, the product of his affair with Viola. It's this bitter man who sets things in motion for Tom's trial.

There are lots of bad guys in the book, such as the Varangian Kindred motorcycle gang and Snake Knox, leader of the evil Double Eagles, whose specialty

is terrorizing and murdering African-Americans. The Double Eagles want Tom dead and, if his lawyer can prove they did it, Tom will walk free. As the trial begins, Penn starts to doubt the abilities of Avery, who seems to be doing nothing to defend his client. As the Cage family endures the trial, Iles shows the reader both the weaknesses and strengths of people tested by various circumstances and by secrets and lies that have been buried for too long.

With a masterful ability to blend history and imagination, Iles tells the brutal history of the American South in a highly atmospheric, deeply satisfying and unforgettable novel. Praising the book, author Scott Turow said, "Just flat-out terrific, written with all the fire of its title. With its scope and passion and its themes about race, violence, tradition and the eternal smoldering anger of the South, it brings to mind Thomas Wolfe and William Faulkner, even while its cagey plot and restless energy keep you flying through the pages." Do yourself a favor and read this book.✱



School Smart



by Shelley M. Gregg, NCSPE

Dear Readers,
A frequent concern faced by parents as their children return to school is the Sunday night stomachache or the School Jitters. It happens to all of

us at one time or another, and it's very normal. There are some things though that you can do to ease that nervousness, for both young children and those transitioning to higher grades or a new school.

For young children: Before school starts

If your child's school does not have an orientation program, make an appointment to visit the school. Walk around the building and walk the route to your child's classroom.

During your visit, take some pictures of your child at various places at the school and make your own "book" about going to school.

Drive your child's bus route and point out places of interest along the way.

A week or so before school starts, begin waking your child at the time he will need to wake up in order to go to school. This will help you know how much sleep your child will need so that he or she is rested for school. Adjust bedtime accordingly.

On the first day of school

Make sure your child has a healthy breakfast. He or she will need to pay attention to the teacher, not a hungry tummy.

Give your child a picture of your family to keep in his desk or backpack. She or he can look at it whenever he feels lonely.

Celebrate – families should proudly celebrate the first day of each school year as an important passage in a child's life.

If your child doesn't want to go to school

Be matter of fact – let your child know that going to school is expected of them.

Don't give in to pleading – as hard as it is, if you give in to your child's pleas not to go to school, it will make it that much harder for him to go next time.

Don't repeatedly tell your children how much you're going to miss them when they go to school. This will only make it more difficult to separate from you.

Most children are afraid of the unknown – preparing your child beforehand will relieve many of their fears.

For older children and those transitioning to a new school

Transitioning to a new school can be an exciting but stressful time for children. Even when the change is positively anticipated, such as "graduating" to the next school level, facing the unknown can cause anxiety. These higher-grade level environments tend to be larger, possibly less nurturing, more departmentalized and competitive, and more demanding academically. And students are expected to be more independent academically and their social lives become more complex and intense. Here are a few ways for parents to help smooth the transition and support their child's academic social/academic success in their new school environment.

Emphasize positive aspects of middle/high school: With the move will come more opportunities for individuality and freedom and an increasing choice in elective courses and extracurricular activities. There will be more opportunities to find friends with common interests.

Teach study skills: Help students begin to self-regulate by breaking down large tasks into manageable pieces and provide guidelines so students can monitor their own progress. Familiarize students with using an agenda/assignment book to keep track of daily and long-term assignments.

Schedule tours of new school: During the summer prior to entering the school students and parents should arrange for a tour of the school. If possible, parents can request the student's schedule from the school counselor or administrator so that the student can locate classes and "walk their schedule" to determine best routes. If your school offers an orientation session, make a point to attend.

Encourage participation: Whether in extracurricular activities, extra-help homework programs, or school social/sports activities, students should be encouraged to seek these out as an opportunity to meet new people. Many schools offer an open house or fair during the first week of school to introduce new students to available activities.

Taking the extra time to put these suggestions into place for your children should help both of you embrace the new school year with a more positive attitude

and reduced anxiety.

Shelley Gregg is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.✱

Available at
www.AMAZON.COM
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Female Pioneers of Fort Myers
Women Who Made a Difference in the City's Development
By Robin C. Tuthill and Thomas P. Hall

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

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

Class, Grace And Humility Describe British Open Champion



by Ed Frank

Jordan Spieth’s roller-coaster ride to last Sunday’s British Open championship has been chronicled by millions of written and spoken words as –just a few days shy of his 24th birthday– he joined Jack Nicklaus as the only male golfers to win three legs of golf’s Grand Slam before reaching 24 years old. Yes, he made golfing history with that thrilling win, but even more important, his emotional victory speech showed succinctly the character of this young champion. His words should be read by every athlete who competes in all level of sports. “Pure class, grace and humility,” is how one writer described the talk.

Spieth had special praise for runner-up Matt Kuchar, who was seeking his first Major title. Kuchar had taken a one-stroke lead on hole 13 after Spieth’s wild drive landed atop a thick rise, and it took more than 20 minutes for officials to decide where to place his ball when he took an unplayable lie. He recorded an unbelievable bogey on that hole that many believe turned his fortunes around. Spieth went on to play the next five holes at five under par to defeat Kuchar by three strokes. Speaking to the assembled crowd at Royal Birkdale Golf Club in Southport, England, he said: “Matt, I really enjoyed battling with you, buddy. Obviously, it could have gone to either one of us. I got the good breaks today. What a great champion Matt Kuchar is, and what a class act. I took 20 minutes to play one of my shots today, and Matt took it in stride, smiled and ... there’s not many people who would have done that. And it speaks to the man you are, and you set a great example for all of us.”

Athletes young and old can learn from these eloquent words. Having won three Major championships and eight other PGA Tour titles, Spieth has reached the pinnacle of golf stardom at such a young age. In congratulating him, Nicklaus said, “He has won 11 tournaments and I had won eight before 24. If you look at his victory total, his win today, and the way he won, Jordan has shown an amazing display of maturity for someone so young.” You can be certain the sporting world will be affixed next week on the PGA Championship at Quail Hollow in North Carolina when Spieth vies to complete the fourth leg of his Grand Slam.

Boston Pitcher Reaches Baseball Milestone Throughout the years, we have written frequently about pitching ace Chris Sale, the former Florida Gulf Coast University athlete, who made it to the Major Leagues in the first year he was drafted by the Chicago White Sox. Now pitching for the Boston Red Sox, he ran his Major League-leading strikeout total to 200 last week, becoming only the fourth pitcher in baseball history to reach that milestone in 20 starts or fewer, joining Hall of Famers Nolan Ryan, Randy Johnson and Pedro Martinez. He did it in 141-1/2 innings pitched, fewer than any other American League pitcher. Sale began the week with a 12-4 record and with an AL-best 2.48 ERA.✧



British Open Champion Jordan Spieth
photo courtesy UPI

Miracle Player Named Pitcher Of The Week



Sean Poppen photo provided

The Florida State League (FSL) recently named Fort Myers Miracle right-handed pitcher Sean Poppen the FSL Pitcher of the Week for the week of July 10 to 16. Poppen won both of his starts this past week, tossing eight scoreless on Monday against the Palm Beach Cardinals and 6.1 innings of one-run ball against St. Lucie on Saturday. The righty out of Harvard struck out nine with two walks over his two starts. He is the second Miracle pitcher to earn the honor in as many weeks after right-hander Tom Hackimer was selected the week prior. Two other Miracle position players have earned Player of the Week honors, Max Murphy in April and Chris Paul in June. The Fort Myers Miracle baseball team is the Advanced-A affiliate of the Minnesota Twins.

To stay up to date on upcoming promotional nights or purchase tickets, visit www.Miraclebaseball.com or through social media; Twitter: @MiracleBaseball, Instagram: [fortmyersmiracle](https://www.instagram.com/fortmyersmiracle), Facebook: Fort Myers Miracle, Snapchat: [fmyersmiracle](https://www.snapchat.com/add/fmyersmiracle). For more information or questions regarding the 2017 25th anniversary season, call the Miracle offices at 768-4210.✧

Register For Captiva Triathlon Before Rate Hike

Sign up by Monday, July 31 to assure yourself a space in the always popular Galloway Captiva Triathlon – and avoid a registration increase to boot. Registration is strong for the sixth annual Galloway Captiva Triathlon, which has sold out earlier every year since its 2011 inception and is limited to 750 participants for the Sunday adult sprint event. Proceeds from the event will benefit the Community Cooperative’s Healthy School Pantry program. The adult event, scheduled for September 10 at South Seas Island Resort on Captiva Island, includes a quarter-mile open-water swim, 10-mile bike (on closed island roads) and 3.1 mile run along the Gulf and Redfish Pass. Registration is available online at www.CaptivaTri.org. The nonrefundable cost to register is \$85 for individuals, \$95 for elite amateur athletes and \$200 for relay teams of two or three people. Registration fees increase August 1 to \$95, \$105 and \$210 respectively. The Captiva Tri also will host a shorter “Children’s Fun Tri” on September 9, also at South Seas. The race will not be timed, and all finishers will earn a medal. Children will compete in three age groups – 6 to 8, 9 to 10 and 11 to 13 – with the distances of each

race varying. Registration is \$30 (which does not increase August 1). All three age groups are limited in size, and have sold out even before the adult event in years’ past. Information and event registration for both races is available at www.CaptivaTri.org. The Galloway Family of Dealerships is the title sponsor of the event. CCMI uses the event proceeds to benefit its program that provides backpacks of food to children who otherwise may not have easily accessible meals at home.✧

Fort Myers Art

Nora risks her reputation to save her husband’s life, the consequences test the limits of their love. *A Doll’s House* will take the stage at 8 p.m. on March 1 through 3 and 8 through 10 and at 2 p.m. on March 4 and 11. *Grounded* – A hotshot fighter pilot sidelined by pregnancy is forced to operate military drones from a windowless trailer in the Las Vegas desert. This one-woman show targets assumptions about war, family and the power of storytelling. Written by George Brant, *Grounded* takes the stage

at 8 p.m. on March 22 through 24 and at 2 p.m. on March 25. *A Raisin In The Sun* – A fateful life insurance policy becomes a catalyst that will forever transform the lives of a family living on the south side of Chicago as they consider buying a house on the white side of town. Their shared dream of a better life collides with conflicting aspirations, betrayal and racism in this timeless production. Written by Lorraine Hansberry, *A Raisin in the Sun* will be performed at 8 p.m. on May 3 through 5 and 10 through 12 and at 2 p.m. on May 6 and 13. Individual tickets to each show are \$25, \$11 for students or \$22 for Alliance members. But theater lovers can save up to \$72 with a season subscription. Season subscriptions range from \$105 per person for five shows to \$153 per person for all nine shows. For more information or to purchase tickets, call the box office at 939-2787 or visit www.ArtInLee.org/Theatre. *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.*✧

SPORTS QUIZ

1. Against which team, and in what year, did Baltimore’s Cal Ripken Jr. begin his major-league record consecutive-games-played streak of 2,632?
2. How many times has a San Diego Padres pitcher won 20 or more games in a season?
3. Only two schools in NCAA Division I football history have averaged 600 or more yards per game for a season. Name them.
4. Who was the first player in NBA history to reach 15,000 career points?
5. Name the last team before the Washington Capitals (2015-16, 2016-17) to win the Presidents’ Trophy (best NHL record) for two consecutive seasons.
6. Who won the last weightlifting medal for the U.S. before Sarah Robles won a bronze in the 2016 Olympics?
7. When was the last time before 2016 that every member of the U.S. Ryder Cup team had earned at least one point by the end of the second day of competition?

ANSWERS

1. Against Toronto, in 1982. 2. Three times – Randy Jones (20 wins in 1975; 22 in 1976) and Gaylord Perry (21 in 1978). 3. Houston (in 1989) and Baylor (in 2013 and 2015). 4. Dolph Schayes, in 1960. 5. The Vancouver Canucks (2010-11 and 2011-12 seasons). 6. Tara Nott (gold) and Cheryl Haworth (bronze) won medals in 2000. 7. It was 1975.

Rotarians Attend Baseball Game



From left, Connie Ramos-Williams, Alison Charney Hussey, Tracie Bagans and Carol Hultgren photos provided

Rotary Club of Fort Myers South members attended an evening of minor league baseball when the Fort Myers Miracle faced the St. Lucie Mets on June 30. More than 4,000 people, including dozens from the local Rotary club, came out to see former Heisman Trophy winner and St. Lucie outfielder Tim Tebow.✱



Clark and Pam Rambo



Read and Kelly Sawczyn



Kate Walter and Blake Hampton



Kevin Ruane photos provided

Two Members Appointed To Tourist Council

The Lee County Board of County Commissioners (BOCC) recently appointed Sanibel Island Mayor Kevin B. Ruane and Cape Coral City Council Member Rana Erbrick to the Lee County Tourist Development Council (TDC).

Ruane is currently serving his eighth consecutive term as mayor of Sanibel and has been a member of the Sanibel City Council since 2007. After having spent their vacations in Southwest Florida for 14 years, he and his family moved to Sanibel in 2004 from New Jersey. Throughout his professional career, Ruane has held various senior executive positions with Crum & Foster, owned by Xerox, as well as running



Rana Erbrick

his family's accounting firm.

This is Ruane's second term as a TDC member, having served from 2009 to 2015. He will replace Fort Myers Beach Councilwoman Anita Cereceda.

Erbrick was elected to the Cape Coral City Council in 2011 and re-elected in 2015. She serves as city representative to the Horizon Council and Foundation and is city council liaison to the Cape Coral Planning and Zoning Commission. She is on the board of the Cape Coral Chamber of Commerce and is a member of the Business People United for Political Action Committee (BUPAC). She and her husband, William, moved to Cape Coral in 2005.

Erbrick replaces Bonita Springs Councilman Mike Gibson.

The nine-member TDC was established by the BOCC in 1983 to increase off-season tourism to Lee County.

For more information about the TDC, visit www.leevcb.com.✱

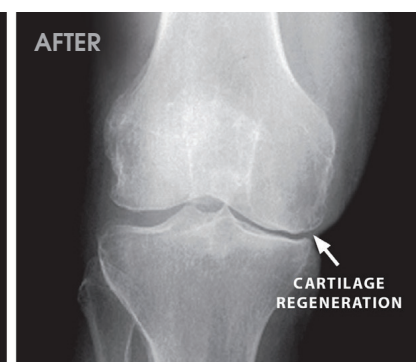
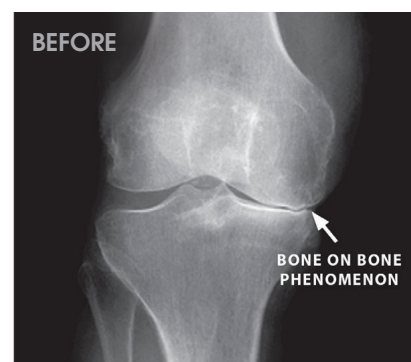
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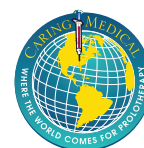


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From left, Chelsey Scheiner, DO, Lee Coghill, MD, Elizabeth Midney-Martinez, MD, Alyson Lewis Sanchious, MD, Carl Nyberg, MD, Eileen Callaway, MD and Olevia Metry, MD

photo provided

Family Medicine Residents Graduate

Lee Health recently celebrated the graduation of the class of 2017 of The Florida State University College of Medicine Family Medicine Residency Program. The residency program is based at Lee Memorial Hospital and was created to combat an expected national shortage of primary care physicians – an issue that is compounded locally by a rapidly growing aging population.

“Southwest Florida is one of the fastest growing regions in the state and, statistically, about 50 to 75 percent of residents practice medicine in the same area in which they trained,” explained Gary Goforth, MD, founding program director of the residency program at Lee Health. “We are proud to report that six of the seven graduates from the class of 2017 are staying in the Fort Myers area to practice medicine.”

This year's graduates include Dr. Chelsey Scheiner, who is practicing urgent care in Fort Myers; Dr. Lee Coghill, who is staying in the area to serve as a global health fellow; Dr. Liz Midney-Martinez, who will practice family medicine with Lee Physician Group in LaBelle; Dr. Carl Nyberg, who will work as a hospitalist in Fort Myers; Dr. Alyson Sanchious, who plans to practice in Fort Myers; Dr. Eileen Callaway, who will practice with Lee Physician Group in Bonita Springs; and Dr. Olevia Metry, who will be moving back to her hometown and will practice in the Tampa/Clearwater area.

Medical school graduates are required to complete residency training in their chosen specialty in order to become independently practicing physicians. The class of 2017 physicians at Lee Health was the first group recruited to the program through the National Residency Matching

Program.

The Florida State University College of Medicine Family Medicine Residency Program at Lee Health takes residents through 36 months of training, which is divided into four-week blocks. These rotations are completed at Lee Memorial Hospital, HealthPark Medical Center and Golisano Children's Hospital of Southwest Florida. The program began with its inaugural class in July 2014.

In December 2016, the residency program was approved for expansion from 18 residents to 24, and received continued accreditation from the Accreditation Council for Graduate Medical Education (ACGME) for the next 10 years.✱

Gulf Middle School Awarded \$4,400 Grant

Gulf Middle School is the proud recipient of a \$4,400 grant award from the Toshiba America Foundation.

Reading coach Suzanne Wallace submitted the project, Thinking Out of the Box, on behalf of the students and staff of Gulf Middle School to support STEM learning through 3D design and printing.

“We are grateful for this grant to support our efforts in expanding STEM studies at Gulf Middle School,” said Dr. Michelle Cort-Mora, Gulf Middle principal.

Thanks to the efforts of Suzanne Wallace and the Toshiba America Foundation grant, the school will soon offer a 3D Engineering class to its students.

The class will develop and enhance engineering skills and, ultimately the students will design, print, assemble, and test 3D printed prosthetics.✱

Foundation Awards Scholarship

Taylor Bristol of Fort Myers has been awarded the Jennett Scholarship at Valdosta State University for the 2017-2018 academic year.

Bristol is one of 279 currently enrolled, incoming first-year, or transfer students selected to receive a scholarship through VSU Foundation Inc. These scholarships were established by private donors and are awarded each year to students with excellent academic achievement and/or financial need. Each recipient represents the high standards of the university.✱



Taylor Bristol

photo provided

Free Senior Safety Seminars

Seniors in the Fort Myers area are invited to participate in a series of free senior safety education seminars at the UnitedHealthcare MedicareStore at Daniels Crossing Shopping Center. Participants will receive important tips on how to protect themselves and their property. The Lee County Sheriff's Office will address a different safety topic at each event, including:

August 1 at 10 a.m.: Social Security Benefits Hacking – Are your benefits safe?

August 29 at 10 a.m.: Home Improvement Fraud – What you need to know

September 5 at 10 a.m.: Residential Security – Are you a target for a burglar?

Attendees will also learn more about the various Sheriff's Office units and how they protect and serve community members. Each presentation will be followed by a question-and answer session. Light refreshments will be provided.

The UnitedHealthcare MedicareStore in the Daniels Crossing Shopping Center is located at 6900 Daniels Parkway unit 23-C. To RSVP, call 561-9142. There is no cost to attend.✱

Big Latch On To Raise Awareness

Lee Health is once again inviting mothers to participate in the Global Big Latch On to raise awareness of the benefits of breastfeeding and the need for global support. The annual event is held during World Breastfeeding Week in various locations around the world.

This year, Lee Health's Global Big Latch On events will take place on Friday, August 4 at 10 a.m. at the Wellness Center – Cape Coral, 609 SE 13th Court and Saturday, August 5 at 10 a.m. at the Healthy Life Center at Coconut Point, 23190 Fashion Court Suite 105 in Estero.

“The Global Big Latch On helps raise awareness of the benefits of breastfeeding,” explains Nancy Travis, RN, director, Women and Neonatal Services, Cape Coral Hospital. “The hope is that breastfeeding will become more accepted as part of everyday life, and more women will be encouraged and supported to breastfeed as long as possible to maximize the benefits for mom and child.”

In addition to the Global Big Latch On at the Healthy Life Center, there will be Mommy and Me Yoga from 9 to 10 a.m. (space is limited; RSVP required) and an information fair featuring Golisano Children's Hospital of Southwest Florida's Child Advocacy Program; Postpartum

Support International; raw juice bar that will be sampling oats; and chair massages for moms.

There also will be activities for moms and babies at the Global Big Latch On event at the Wellness Center – Cape Coral.

The first Big Latch On took place in New Zealand in 2005, and has grown into a global event.

The World Health Organization recommends breastfeeding exclusively for the first six months of life, then continued breastfeeding and appropriate complementary foods up to 2 years of age, or beyond, as mutually desired by the mother and child.

Benefits of breastfeeding:

Breast milk provides all of the nutrients your baby needs for the first six months of life.

Breastfed babies have fewer allergies, stomach problems and respiratory and ear infections.

Breast milk is free and convenient. You always have a supply and it is always the perfect temperature.

Breastfeeding is good for the environment—there is no trash to discard.

Moms who breastfeed have a lower risk of breast cancer.

For more information about the Global Big Latch On, visit www.biglatchon.org or call Cape Coral Hospital at 424-2217 or the Healthy Life Center at 495-4475.✱

Leadership NEXT Program

Leadership NEXT recently held its monthly program at Waterman Broadcasting's studios in Fort Myers. The July 11 program featured a behind-the-scenes tour of the newly renovated studios and the chance to view live NBC2 and ABC7 newscasts, followed by an overview of the news industry and discussion on the latest industry updates. The program, which was sponsored by Priority Marketing, included networking for the more than 70 participants.

Leadership NEXT is a group of advancing professionals representing a variety of businesses and industries throughout Southwest Florida who are actively pursuing opportunities to further enhance their careers.✱



Adenike Johnson with son Ethan



Kelly Thawley and Margo Brewster



Elizabeth Esposito and Alex Smith



Matthew Muller and Carl Schultz

photos provided



From left, Austin Clinton, Danielle Seitz, Ian Keith and Matt Roepstorff



From left, Alesha Reed, Amanda Johnson and Mary Wozniak



From left, Emily Golden, Lumary Velazquez, Sarah Hoogerhyde, Melissa Cofta, Rachel Toomey, Kiersten Cato and Lydia McMillan



From left, Darrel Adams, Rachel Toomey and Bob Beville



From left, Michael Dunbar, Alesha Reed, Jan-Erik Hustrulid, Brooke Gabrielson and Diane Taylor

dearPharmacist

Alzheimer's Is A Guessing Game



by Suzy Cohen, RPh

Dear Readers: There are a few words that terrify people as soon as they're uttered by a physician. One of them is Alzheimer's disease. When you hear that word, it's like time stops.

A new report has considered the fear that we have when it comes to Alzheimer's. Researchers evaluated 1,641 adults over the age of 50 and found that certain factors are known to increase our fear of developing Alzheimer's, not the disease itself, but fear of getting it.

What are the three factors?

1. Stress
2. Genetics
3. Self-determined faulty memory

Stewing about these factors doesn't necessarily mean you're going down the rabbit hole.

I worry more about you getting diagnosed with Alzheimer's, when you don't have it. That's the sad reality that happens every day. How do I know? People get smacked with labels constantly and dropped into the sinking ship called the "medical system" that is frequently too quick to cut, poison and burn. There's a difference between an ailing memory and Alzheimer's disease. It's common sense.

According to preliminary results from a new study presented recently in London, diagnosing Alzheimer's is a guessing game. Doctors evaluated 4,000 Medicare patients who had mild cognitive impairment or dementia,

and discovered that that many of them definitively do not have Alzheimer's. Could you be one of those elderly people that has reduced memory function, but not actually Alzheimer's disease? The treatment differs you know.

The average retail price for a month supply of a popular Alzheimer's medication is \$497, cold hard cash. One challenge we have is that well-meaning doctors don't even think twice about prescribing Alzheimer's medications. Adding to the challenge, pharmaceutical companies promote the glories of said drug, adding to the indiscriminate prescribing problem that, in my humble opinion, is already haphazard.

So unfortunately, Alzheimer's is a guessing game. We know patients tend to have sticky clumps of beta-amyloid in their brains. You can see these using PET-scans (often not reimbursed), or via painful spinal taps. So obviously most people do not endure these expensive or invasive procedures. They are told they have Alzheimer's anyway, without a definitive diagnosis, often based on their poor memory recall or recent personality changes. Down the rabbit hole you go.

Some practitioners don't think with enough compassion or they wouldn't toss the name "Alzheimer's" out so fast. I've been on the other side of this (not personally) but close enough to see how families get ruined, how lives and finances become catastrophic due to one word, perhaps mold, or Lyme, or Alzheimer's, or "insert your disease here."

What can be measured? Quinolinic acid (from the substrate L-tryptophan) can be evaluated and, while having high levels, doesn't equate to Alzheimer's. It's better than diagnosing on symptoms. We do know this compound is generated in excess in people with Alzheimer's disease. If you'd like to read

a more detailed version, sign up for my newsletter at www.SuzyCohen.com and I'll email it to you.

This information is not intended to treat, cure or diagnose your

condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.SuzyCohen.com.✱

Doctor and Dietician

Low Back And Sciatica-Type Pain



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

Some people jump into surgery for low back pain and sciatica too quickly as a result of something that was found on an MRI scan. A 2017 review of 12 studies in the journal *Spine* found that in less than a year, up to 93 percent of herniations and up to 91 percent of nerve root compressions reduced in size or disappeared.

Yes, these abnormalities went away naturally, without surgery. However, the study did not note whether the pain was alleviated. Experiencing pain does indicate some kind of tissue damage, so it is important to find a practitioner who can do a thorough physical exam and assessment to determine the right structures to treat, versus relying solely

on MRI findings.

We frequently see that abnormalities noted on the MRI report are not the actual structure causing the pain. For instance, complaints of low back pain and sciatica are generally caused by ligament injuries in the sacroiliac joint, and any MRI finding is only incidental. An abnormal MRI finding can, however, show the result of ligament injury. Once injured, ligaments weaken due to a poor blood supply and generally do not regain pre-injury strength on their own. Weakened ligaments cause more low back pain and spinal degeneration than any other entity. Ligament laxity causing sacroiliac joint instability is the top reason for sciatica complaints and can also cause feelings of leg numbness. Experiencing back pain does not necessarily mean having to undergo an MRI and surgery. There are good conservative options, such as physical therapy, chiropractic care, Pilates and other exercise and posture work. Additionally, regenerative treatments, including prolotherapy, can directly stimulate the repair and strengthening of ligaments and other soft tissue in the low back. For most people, once the ligament tissue is repaired, pain is relieved...naturally.

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.✱

Wellness Center And Life Center Offer Programs

Lee Health's Wellness Center – Cape Coral is partnering with the Healthy Life Center at Coconut Point to host the Healthy Life Series. These educational programs and screenings are focused on a variety of health topics, including:

August 2, 9 a.m. to 1 p.m., Free Blood Pressure Screenings

August 7, 10 to 11 a.m., Stress Management

August 8, 11 a.m. to noon, Healthy Weight Management for Cancer Prevention

August 9, 4 to 5 p.m., New Advances in Hip and Knee Replacements with Dan Harmon, DO

August 10, 10 a.m. to noon, Free Balance Screenings

August 14, 4 to 6 p.m., 10-Day Detox and Seeds Kick-Off with Heather Auld, MD

August 15, 11 a.m. to noon, Step WiseLee – Fall Prevention Education

August 15, 5 to 6 p.m., Achieving Overall Health: Exercise vs. Physical Activity

August 22, 4 to 4:45 p.m., Can't Sleep? Yoga Nidra May Be Your Answer

August 24, 10 to 11 a.m., Living Strong with a Weak Heart: Basics of Heart Failure

August 24, 4 to 5 p.m., Pet Health and Nutrition

August 31, 5 to 6 p.m., Diagnosis and Treatment of Shoulder Problems with John Mehalik, MD

"These types of educational programs, services and screenings have been so successful at the Healthy Life Center at Coconut Point, and we are excited to create a similar non-clinical resource destination in Cape Coral that will promote wellness, healthy lifestyles and chronic disease prevention," said Molly Grubbs, director, Healthy Life Center at Coconut Point. "We have many people who travel from Cape Coral and even Charlotte County to

attend our programs in Estero, so we hope partnering with the Wellness Center – Cape Coral will be a welcome convenience. Whether at the Healthy Life Center at Coconut Point or now at the Wellness Center – Cape Coral, we aim to increase availability and access to health and wellness services by providing navigation services and scheduling assistance."

In addition to the Healthy Life Series, the Wellness Center – Cape Coral is also launching a Mind & Body Program on Tuesday, August 1. This program was developed to introduce the foundations and benefits of yoga, as well as mindfulness, stress relief and mental clarity. The program includes Hatha Yoga, Yogalates, Strength & Balance, Kids Yoga and others. The classes start at 5:45 a.m. and run on the hour throughout the morning. Two evening sessions are available. There also will be workshops and other events created to enhance individual practice.

"The Mind & Body Program offers a variety of classes, workshops and events that will help anyone – whether new

to yoga or a seasoned student – build strength, balance and flexibility, while enhancing the mind-body connection," explained Justin Klein, manager, Wellness Center – Cape Coral.

The Mind & Body Program is fee-based and open to Wellness Center members and nonmembers.

Lee Health's Wellness Centers – located in Cape Coral and Fort Myers – are medically-based fitness centers, focused on health and disease prevention, and designed to meet the needs of the entire community. Degreed/certified fitness professionals and wellness staff provide guidance and support to help all members lead healthier lives. Membership provides access to both Lee Health Wellness Center locations.

For more information about the Wellness Center, located at 636 Del Prado Boulevard North in Cape Coral, call 424-3220. To register to attend any of the Healthy Life Series events, call 495-4475.✱



Savory Zucchini Cakes

photo courtesy Fresh From Florida

**Savory Zucchini Cakes**

3 medium zucchini or yellow squash, or combination, grated

1 cup carrots, matchstick size

1 medium onion, diced

1 tablespoon chopped fresh thyme, or 1 teaspoon dried

2 tablespoons olive oil

3 cloves garlic, minced

2 large eggs

½ cup flour or fine bread crumbs

Kosher salt and freshly ground pepper to taste

Remove the extra liquid out of the grated zucchini/squash by wrapping in a towel, twisting and squeezing. Heat half of the oil; add carrot and onion and fry for about five minutes. Add the garlic and zucchini and continue frying until liquid is mostly gone. Transfer to bowl and let cool. Mix in eggs, flour or bread crumbs, herbs and spices. Heat the rest of the oil, drop in small "pancakes" of the zucchini mixture, and fry until golden brown, about seven minutes. Turn and fry another four to five minutes. Tip: Make a small batch of sour cream seasoned with salt and pepper to serve with the cakes.

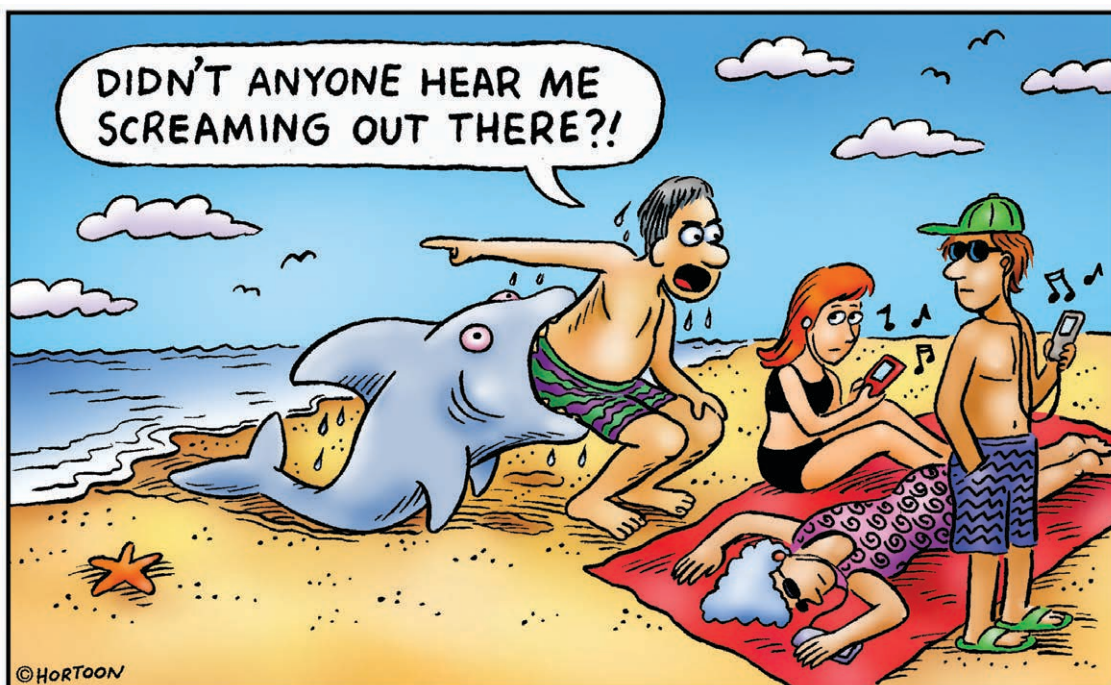
Yield four servings

Nutritional Value Per Serving

Calories 233; Total Fat 10g; Cholesterol 105mg; Sodium 54mg; Total Carbohydrates 27g; Protein 12g

Look for Fresh from Florida ingredients at your grocery store.*

HORTOONS



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THE RIVER WEEKLY NEWS

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
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

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

PUZZLES

Answers on page 29

Super Crossword

CRUCIAL CATEGORY

- ACROSS
1 Overbrim
5 Lowercase letter with a dot
11 Deg. for a future exec
14 Be snoozing
19 Magic incantation starter
20 Add more criticism
21 OPEC supply
22 Big blood vessel
23 Old Cougar carmaker, for short
24 Sci-fi author Isaac
25 Cry in a party card game
26 Great fear
27 Table in a dictionary
31 Tension
32 Pew, for one
33 "Neon" tank fish
37 Dessert akin to cobbler
38 Smartphone buy
41 It may be true-false
44 Book with many maps
- 48 Word in a Doris Day song title
49 Oh-so-sentimental
50 Big bother
51 Chief
53 Wall St. manipulator
55 "— Abner"
56 Pro opposite
57 Tidy
58 Printed symphony, e.g.
63 Twistable treat
65 Dol. units
67 Pantheon member
68 Really happy
69 Dunking site
75 The Chiffons' "He's —"
78 Ambience
79 Hither and —
80 Ship pole
84 Jailer
88 Fiaky mineral
91 U.S. 66, e.g.
92 Rustic stopover
93 Spam may be in it
94 Plunder
96 Period in history
97 Cowgirl's rope
- 100 Agenda, informally
103 Concert Steinway, say
105 The West
108 Brainpower stats
109 In need of medical care
110 From that place
111 Olds oldies
113 Brain twister
116 Theme of this puzzle
122 Mark-leaving swordsman
125 Utterance of amazement
126 Time of mammoths
127 Trails off
128 Rack up, as debt
129 Sense of self
130 Earth orbits it
131 "Dies —" (Latin hymn)
132 Lions, Tigers and Bears
133 Realty unit
134 Seasonal mall figures
135 Itty-bitty bits
- DOWN
1 Packs firmly
2 Roger of film reviews
- 3 Often messing up
4 Lehrer's old PBS partner
5 Arches over
6 Various items: Abbr.
7 Et — (and others)
8 Golf's "Champagne Tony"
9 Plunders
10 Visible
11 Canadian cop
12 Singer Crosby
13 Matty or Felipe of the diamond
14 Makes glum
15 Actress Swit
16 Previous to
17 Theta lead-in
18 Hip home
28 Applied to
29 Scull needs
30 Suffix with Wyoming
34 Scheme anew
35 Shoot for, with "to"
36 Fashioned
38 Invasion
39 River through Nebraska
40 Bear's foot
42 Gillette — Il razor
- 43 Scarlett O'Hara's plantation
44 Texas city
45 Bad smell
46 Had grub
47 Golfer Snead
52 Sweetened
54 Chicken cordon —
59 Name for 130-Across
60 In a lazy manner
61 Camera type, for short
62 "Cool" guys
64 Honshu sashes
66 130-Across is one
70 "I'll take that as —"
71 Emailed, e.g.
72 Wish
73 Onetime big name in PCs
74 Hamburger toppings
75 Demon, e.g.
76 Dean of 102-Down books
77 Composition conclusion
81 Middle-school math class
82 Gobs
83 City near Lake Tahoe
85 Ill. neighbor
- 86 Egyptian symbol of life
87 Minus: Abbr.
89 El — (hero of Spain)
90 Like Swiss mountains
95 — Lankan
98 Childish fit
99 Affixes firmly
101 Range of hearing
102 Food intake
104 "That pleases me"
106 Agnus — (Mass part)
107 Perfect-game feature
112 Comic actor — Baron Cohen
113 Makes uniform
114 "Oops, sorry"
115 Stubborn animals
117 Caroling tune
118 Full of energy
119 Harry Potter, for one
120 "... why — thou forsaken me?"
121 Water, in Cuba
122 Nose flaw
123 Indivisible
124 LG rival

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				
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44	45				46				47		48					49				
50				51						52			53		54			55		
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63			64			65		66		67					68					
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75	76	77						78				79					80	81	82	83
84						85	86				87		88		89	90		91		
92					93					94		95						96		
97			98	99		100		101	102		103						104			
105					106					107		108				109				
110								111			112				113				114	115
				116			117	118					119	120	121					
122	123	124				125				126							127			
128						129				130							131			
132						133				134							135			

King Crossword

- ACROSS
1 Several scenes
4 Track circuit
7 Root for
12 Feathery accessory
13 Actress Thurman
14 Sill
15 Branch
16 Joey and his parents?
18 Hi-tech SFX
19 Be philanthropic
20 Contraband measure
22 Author Brown
23 Got up
27 Vast expanse
29 Successful horticulturist
31 Upright
34 Pint fraction
35 Hitting sound
37 Plead
38 Gardener, at times
39 Hosp. section
41 Sharpen
45 Poe topic
47 Scale mem ber
48 Dime portrait
52 Midafternoon, in a way
53 Trip around the world?
54 Lawyer's due
- 55 Superlative ending
56 Dams
57 Engine additive brand
58 Alternative to white
DOWN
1 By surprise
2 Welsh pooch
3 Sri Lankan language
4 "Star Wars" hero
5 Blake or Byrnes
6 "Kung Fu —"
7 Talon
- 8 That girl
9 Tokyo's old name
10 Id counter-part
11 Scale members
17 Talent show prop
21 PBS curmudgeon
23 Coarse
24 Possess
25 Moment
26 Before
28 And the like (abbr.)
30 Fish eggs
- 31 Biblical verb suffix
32 Pi follower
33 Lamb's dam
36 Chicken —
37 Ammo unit
40 Staff leaders?
42 Wickerwork willow
43 Loud
44 Upper crust
45 Wagers
46 Pace
48 Tier
49 Raw rock
50 Sapporo sash
51 Round Table address

MAGIC MAZE ● REPEATED PAIR OF LETTERS

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

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

- Condome
Confront
Edged
Eraser
- Flatboat
Footnote
Fragrant
Goldfield
- Hotfoot
Hotshot
Hotspot
Onion
- Rattrap
Wedged
Wonton



"Better make it snappy, Helen, I'm missing
my _____!"

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!

Rant READIT
Sever CHATED
Reach PECOS
Crater MASCH

TODAY'S WORD

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

SUDOKU

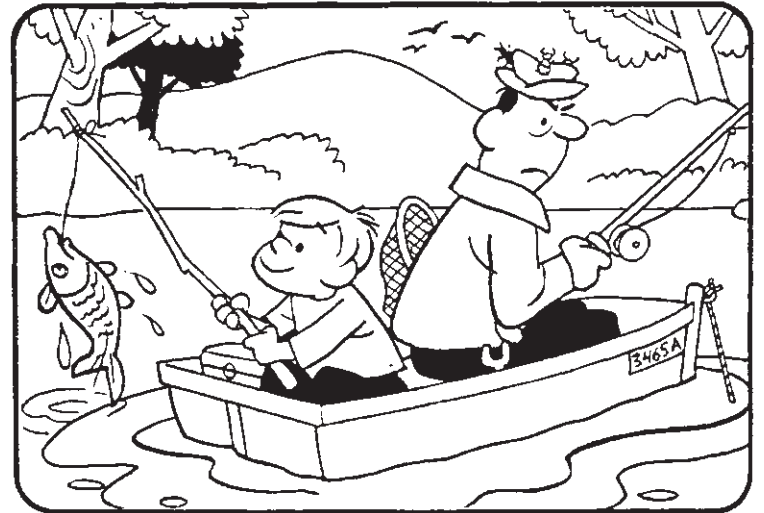
To play Sudoku:

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

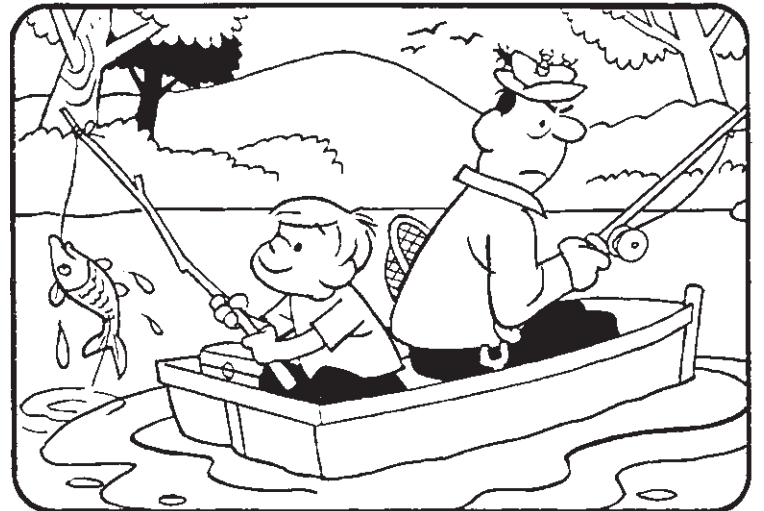
answer on page 29

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Fish is smaller. 2. Sleeve is shorter. 3. Net is moved. 4. Collar is smaller. 5. Boat number is missing. 6. Anchor rope is missing.

Safety Program For Alzheimer's

The Alvin A. Dubin Alzheimer's Resource Center will offer a Safety Program for Alzheimer's caregivers in Lee County. The safety program was created to provide caregivers with tools to implement an emergency plan to prevent crises. Each safety program packet includes two components – an emergency plan kit and an identification bracelet application.

The safety program packet is provided at no charge to caregivers caring for a loved one with memory loss in their homes in Lee County. Each packet contains all the items necessary to participate in the safety program. Instructions to put the emergency plan in place are included with each packet and assistance is available from the Dubin Alzheimer's Resource Center.

The emergency plan kit is intended to help eliminate the possibility of a crisis situation if the caregiver of a loved one with Alzheimer's disease or a related disorder requires emergency care. The emergency workers who come to rescue the caregiver may not know a memory-impaired adult resides

in the home and, therefore, may leave the person with Alzheimer's alone when they take the caregiver to the hospital.

The safety program symbol, included with the emergency plan kit, is designed to alert emergency workers that a memory-impaired person resides in the home. The symbol hangs on the front of the home's refrigerator. The corresponding packet of forms, which contain important emergency contacts and care instructions provided by the caregiver, are located inside the refrigerator. Once a trained emergency worker sees the symbol, he or she will automatically know to search for an Alzheimer's client in the house and, using the information in the refrigerator, take appropriate measures to see that care for this person is provided.

The Dubin Alzheimer's Resource Center caring staff works closely with local law enforcement and emergency workers throughout Lee County to help train them on how the safety program can assist them when they respond to an emergency involving the caregiver of an individual with memory loss.

The safety program also stresses the importance of having an identification bracelet for individuals with memory loss to wear at all times. Identification bracelets help local law enforcement identify individuals who are separated

from their caregivers and are unable to find their way home or even tell someone where they live due to memory impairment. Each bracelet (or necklace) is engraved with the person's first name or nickname, a code number that matches their application number, the words "memory-impaired" and the phone number for the Lee County Sheriff's Office. Both the Dubin Alzheimer's Resource Center and the Lee County Sheriff's Office maintain records of enrolled persons' application numbers and identifying information. Being able to look at a bracelet, make a phone call, and escort the lost person to his/her home reduces the time memory-impaired persons are away from their homes and saves police departments valuable effort. A brochure with an application to obtain a bracelet is included in each safety program packet.

The Alvin A. Dubin Alzheimer's Resource Center, a United Way agency, provides a variety of services including support groups, a quarterly newsletter, a lending library of books and resource materials, educational seminars and training programs for professionals as well as family caregivers.

The Dubin Alzheimer's Resource Center's office is located at 12468 Brantley Commons Court in Fort

Myers. For more information about the safety program, or to find out more about the services offered by the Dubin Alzheimer's Resource Center, call 437-3007.*

Alzheimer's To Be Discussed

Clergy, elders, board members, and youth ministry of all faiths are cordially invited to attend a free dinner and educational opportunity at the Riverside Church of Fort Myers Room 116 on Thursday, September 14 from 5 to 7 p.m. There will be an open discussion regarding the global impact of Alzheimer's disease and related dementias on faith-based organizations now and in the future.

A guest panel will discuss the importance of education regarding dementia, family outreach, free community resources available and free training offered to any faith-based organization willing to develop a plan of action.

To RSVP, call 437-3007 no later than September 13. Riverside Church of Fort Myers is located at 8660 Daniels Parkway in Fort Myers.*

**FRIDAY**
Mostly Cloudy
High: 90 Low: 80

**SATURDAY**
Partly Cloudy
High: 90 Low: 80

**SUNDAY**
Partly Cloudy
High: 91 Low: 81

**MONDAY**
T-storms Likely
High: 87 Low: 77

**TUESDAY**
Scattered T-storms
High: 87 Low: 77

**WEDNESDAY**
Partly Cloudy
High: 88 Low: 78

**THURSDAY**
Mostly Cloudy
High: 87 Low: 77

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	5:46 am	11:10 am	5:25 pm	11:39 pm	Fri	4:51 am	11:12 am	4:30 pm	11:41 pm	Fri	5:50 am	11:48 am	6:01 pm	None	Fri	7:56 am	2:20 am	7:35 pm	2:26 pm
Sat	6:22 am	12:25 pm	6:35 pm	None	Sat	5:27 am	12:27 pm	5:40 pm	None	Sat	6:24 am	12:06 pm	6:45 pm	12:37 pm	Sat	8:32 am	2:55 am	8:45 pm	3:41 pm
Sun	7:03 am	12:15 am	8:06 pm	1:45 pm	Sun	6:08 am	12:17 am	7:11 pm	1:47 pm	Sun	6:58 am	12:42 am	7:29 pm	1:32 pm	Sun	9:13 am	3:31 am	10:16 pm	5:01 pm
Mon	7:49 am	12:55 am	9:54 pm	3:04 pm	Mon	6:54 am	12:57 am	8:59 pm	3:06 pm	Mon	7:31 am	1:21 am	8:16 pm	2:29 pm	Mon	9:59 am	4:11 am	None	6:20 pm
Tue	8:40 am	1:41 am	11:31 pm	4:14 pm	Tue	7:45 am	1:43 am	10:36 pm	4:16 pm	Tue	8:03 am	1:59 am	9:05 pm	3:22 pm	Tue	12:04 am	4:57 am	10:50 am	7:30 pm
Wed	9:33 am	2:35 am	None	5:13 pm	Wed	8:38 am	2:37 am	11:48 pm	5:15 pm	Wed	8:33 am	2:32 am	10:08 pm	4:18 pm	Wed	1:41 am	5:51 am	11:43 am	8:29 pm
Thu	12:43 am	3:32 am	10:25 am	6:02 pm	Thu	9:30 am	3:34 am	None	6:04 pm	Thu	9:06 am	2:47 am	11:37 pm	5:22 pm	Thu	2:53 am	6:48 am	12:35 pm	9:18 pm

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

KING CROSSWORD

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MAGIC MAZE

REPEATED PAIR OF LETTERS

SUDOKU

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

My Stars★★★★

FOR WEEK OF AUGUST 4, 2017

ARIES (March 21 to April 19) A strong social whirl brings a new round of good times to fun-loving Rams and Ewes. Cupid also is busy aiming arrows at single Lambs hoping for a heart-to-heart encounter.

TAURUS (April 20 to May 20) A romantic incident could take a more serious turn if the Divine Bovine considers meeting Cupid's challenge. Meanwhile, a professional opportunity also is about to turn up.

GEMINI (May 21 to June 20) A bit of hardheaded realism could be just what the Twins need at this emotionally challenged time. Face the facts as they are, not as you want them to be. Good luck.

CANCER (June 21 to July 22) Many opportunities open up. But you need to be aware of their actual pros and cons. Check them all out and make your choice from those that offer more of what you seek.

LEO (July 23 to August 22) A more stable situation begins, allowing you to feel more secure about making important decisions. Meanwhile, be sure to meet your project deadline so you can move on to other things.

VIRGO (August 23 to September 22) Congratulations. A new personal relationship thrives as you learn how to make room in your busy life for this wonderfully warm and exciting emotional experience.

LIBRA (September 23 to October 22) A new contact opens some doors. That's the good news. But there's a caution involved: Be sure you protect your rights to your work before showing it to anyone.

SCORPIO (October 23 to November 21) A former colleague might seek to resume a working partnership. Ask yourself if you need it. If yes, get more information. If no, respectfully decline the request.

SAGITTARIUS (November 22 to December 21) Good times dominate your aspect. So why not have a party to celebrate a loved one's success? And do invite that special person you want to know better.

CAPRICORN (December 22 to January 19) The shy side of the Sea Goat soon gives way to your more assertive self. This should help you when it comes time to speak up for yourself and your

achievements.

AQUARIUS (January 20 to February 18) A new period of stability will help you deal with some recently reworked plans. Once you get your current task done, you can devote more time to personal matters.

PISCES (February 19 to March 20) Things are finally much more stable these days, so you can restart the process of meeting your well-planned goals with fewer chances of interruption or delay.

BORN THIS WEEK: You love being the brightest light wherever you are, and people love basking in your warmth and charm.

THIS WEEK IN HISTORY

- On Aug. 12, 30 B.C., Cleopatra, queen of Egypt and lover of Julius Caesar and Mark Antony, takes her life following the defeat of her forces against Octavian, the future first emperor of Rome.
- On Aug. 13, 1878, a restaurant owner dies of yellow fever in Memphis, Tennessee, after a man who had escaped a quarantined steamboat visited her restaurant. In the 19th century, it was not known that mosquitoes carried yellow fever, and victims were quarantined in an attempt to prevent its spread.
- On Aug. 7, 1912, former president Theodore Roosevelt is nominated for the presidency by the Progressive Party. Also known as the Bull Moose Party, its platform called for the direct election of U.S. senators, women's suffrage and reduction of tariffs.
- On Aug. 8, 1963, the 15 men involved in the Britain's Great Train Robbery use an ex-British Army truck and two stolen Land Rover all-terrain vehicles to escape with some \$7 million in stolen loot.
- On Aug. 10, 1977, postal employee David Berkowitz is arrested and charged with being the "Son of Sam," the serial killer who terrorized New York City for more than a year. Berkowitz claimed that demons and a black Labrador retriever owned by a neighbor named Sam had ordered him to commit the killings.
- On Aug. 11, 1984, President Ronald Reagan, while testing a microphone before a radio address, jokingly announces, "My fellow Americans, I am pleased to tell you today that I've signed legislation that will outlaw Russia forever. We begin bombing

in five minutes."

- On Aug. 9, 2000, tire manufacturer Bridgestone/Firestone Inc. announces the recall of 6.5 million of its tires after the National Highway Traffic Safety Administration linked at least 46 deaths to problems with tread peeling off the tires.

STRANGE BUT TRUE

- It was 19th-century English writer Sir Arthur Helps who made the following sage observation: "Reading is sometimes an ingenious device for avoiding thought."
- In the state of Texas, it's against the law to milk a cow that's not your own.
- You might be surprised to learn that when Walt Disney first released the animated film "Sleeping Beauty," in 1959, it was a box-office flop. However, the success of the various re-releases -- in 1970, 1979, 1986, 1995 -- have made it one of the most successful films released in 1959, second only to "Ben-Hur." The domestic total gross amounts to \$623 million (when adjusted for the inflation of ticket prices), which puts "Sleeping Beauty" in the top-40 films of all time.
- You might be surprised to learn that hyenas are more closely related to cats than to dogs.
- Those who study such things say that men who tuck in their shirts on a regular basis -- and 49 percent of American men do tuck -- tend to be happier than non-tuckers. For starters, they earn, on average, 19 percent more. They're also 22 percent more likely to have an optimistic outlook, are 10 percent more likely to feel that they're outgoing, and are more likely to report that they date often.
- Marsupials and platypuses are the only mammals that don't have belly buttons. A marsupial loses its umbilical cord before emerging its mother's pouch, so a scar never forms. Platypuses are hatched and never have an umbilical cord to begin with.

THOUGHT FOR THE DAY

"The great secret of success is to go through life as a man who never gets used up. That is possible for him who never argues and strives with men and facts, but in all experience relies upon himself, and looks for the ultimate cause of things in himself." -- Albert Schweitzer

SCRAMBLERS

solution

1. Tirade; 2. Detach;
3. Scope; 4. Chasm

Today's Word
SITCOMS

TRIVIA TEST

1. GEOGRAPHY: What body of water separates European and Asian Turkey?
2. PROVERBS: What is the ending to this famous proverb: "Actions speak ..."?
3. LITERATURE: What flower does the following Shakespearean line refer to: "That which we call ... by any other name would smell as sweet"?
4. U.S. STATES: Which state is last in alphabetical order?
5. COMICS: What was Wolverine's secret identity?
6. MEDICAL: What is a more common name for tussis?
7. ANIMAL KINGDOM: What is a group of herons called?
8. MATH: How many zeroes are in a trillion?
9. ANATOMY: What role does the olfactory nerve play in the human body?
10. HISTORY: What was the name of the military operation for the Allied invasion of France?

TRIVIA ANSWERS

1. Bosphorus Strait
2. ... louder than words
3. A rose ("Romeo and Juliet")
4. Wyoming
5. James Logan Howlett
6. Cough
7. A siege
8. 12
9. Responsible for sense of smell
10. Operation Overlord

★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★

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★RS 4/29 CC TFN

COMMERCIAL RENTAL

FOR LEASE - CAPTIVA

Commercial Space.
Avail Oct 1, 2017
950 sqft (approx.)
Parking & Excellent
Signage-On Captiva Drive
Zoned Gen. Commercial
Serious Inquiries Only
Captivacommercialforrent@gmail.com
or fax 239-437-7516.

7/28 ★ 9/15

PRIME OFFICE SPACE

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

★RS 4/7 CC TFN

WONDERFUL RENTAL IN POPULAR LOCATION ON SANIBEL



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

★RS 8/5 CC TFN

COMMERCIAL RENTAL

BELOW MARKET RATE COMMERCIAL SPACE FOR LEASE

Excellent Periwinkle Exposure
beautifully remodeled.
\$975 per month plus taxes and utilities.
1633 Periwinkle Way unit c
Call Jeff @ 239-898-4464

7/28 ★ 8/18

SEASONAL RENTAL

NEAR SANIBEL AND FORT MYERS BEACHES

Iona. One person, non smoker, 45 or older.
\$650 per month. August to December,
2017. Utilities included, furnished. Quiet
gated community. Bike to beach, pool,
Lakeview. Details, Call 239-989-4148.

7/28 ★ 7/28

RE/MAX OF THE ISLANDS

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tenants together
Call Ryan Block
www.remax-oftheislands.com
239-472-2311

★RS 1/23 BM TFN

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1-888-451-7277

★RS 1/4 BM TFN

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PROPERTY MANAGEMENT & SALES
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239-579-0511

★RS 1/4 CC TFN

ROOM FOR RENT

ROOM FOR RENT

Elderly gentleman wishes to rent a fully
furnished bedroom with its own separate
bathroom in an upscale 55+ fully gated
and secured community. Close to Publix,
Walmart and restaurants. Easy drive to
either Fort Myers Beach or Sanibel.
Large Pool less than 100 yards away.
\$750. monthly. Bert at 466-8618.

7/28 ★ 8/4

ANNUAL RENTAL

SUNSET VISTA CONDO



1901 Clifford St., Fort Myers Unit #1304
READY TO MOVE IN
\$1,550. Monthly

Sunset Vista condominium is located
on the Caloosahatchee River and in the
Historic River District in Fort Myers, next
door to Sunset Royale condo and the City's
boat yard. It is located just a block from the
new Publix and other First Street Village
retail stores; easy walk to restaurants,
clubs, galleries in the Fort Myers River
District, Centennial Park, and the
Edison and Ford Winter Estates.

1,267 sq. ft., 2B/2B, corner unit.
Completely furnished, renovated in 2005.

Tile and carpet throughout.
Spacious open floor plan in
living/dining/kitchen area.

New kitchen appliances, granite counter
tops, breakfast bar.

Stack washer and dryer

Walk-in closet in master bedroom.
Screened in lanai/porch overlooking the
Caloosahatchee River and Cape Coral.

Amenities:

24-hour video security; door codes for
entry to building. Tennis court, pool and
barbeque grills. Covered carport
parking; assigned spaces.

Exercise equipment room. Fishing pier.
Walk to downtown restaurants and shops

CONTACT: Emily Lilly, Owner
(561) 299-8684 or elilly707@aol.com

7/28 ★ TFN

ANNUAL RENTALS

Annual Rental in the center of the island! 2
bdm, 2 bath. Garage/storage,
shared screened-in pool.

\$2,000/month.

Text Bridgit 239.728.1920

7/21 ★ 8/11

ANNUAL RENTALS

Newly remodeled units in quiet
neighborhood on river, center of the island.

2BD/1BA, w/d \$1,800 &

2BD/2BA w/d \$2,100

TEXT ME: 239.728.1920

7/7 ★ TFN

ADORABLE BEACH HOUSE

"Shell shocked" for rent on Sanibel,
2 BR and 2 Bath with Florida room
Fully furnished and utilities included

Annual or monthly rental,

\$3,000 per month

Steps to Blind pass beach and Captiva

Call Bill if interested, 630-546-3552

7/14 ★ 8/4

ANNUAL RENTAL

SANIBEL

Updated 2BR/1 1/2 BA duplex,
2 story, tile and carpet. UF.
Most utilities included.
\$2,200/mo.

This 2BR/2 BA piling home,
Updated, large parcel,
detached Pool. UF.
Includes pool & yard care. \$2,500/mo.

This ground level 3/2 UF lakefront
Pool home is on cul-de-sac,
Walk to beach, Updated home.
Includes pool & yard care. \$3,200/mo.

FT. MYERS

Property in Gated Community
Close to Sanibel. 2BD/2BA
UF. Condo. \$1,350/mo.

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The Island Experience!

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5/26 ★ TFN

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★RS 6/7 CC TFN

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polishing system is better than any other.

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5/26 ★ TFN

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★NS 1/4 PC TFN

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scarnatolawn@aol.com

★RS 1/25 BM TFN

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Part Time Evening And Weekend Front
End Associates Needed. Looking for
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individuals, with open availability
Monday through Sunday.

If interested call and ask for
John, Norm Sarah 472-9300.

1700 Periwinkle Way

★NS 5/6 BM TFN

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GOLF CART FOR SALE



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\$7,000. 239-209-6500

★RS 1/20 BM TFN

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DOCKAGE

Hourly, Daily, Weekly
and Monthly.

Captiva Island 472-5800

★RS 1/4 NC TFN

LOST AND FOUND

LOST CAT

Gray, medium hair. Last seen east end of
island, Skiff or Yachtsman Dr. Area.
May respond to name of "Prissy."
Reward. Call 239-277-0058.

6/16 ★ TFN

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

To advertise
in the
Island Sun
and/or
The River
Weekly News
Call 395-1213

PETS OF THE WEEK

Lee County Domestic Animal Services

Sadie And Lori

Sadie is a 10-year-old female hound mix who is our super senior. She is looking for a home to spend her golden years. She still has tons of spunk but comes with the wisdom that life has given her. She is the perfect combination of experience and exuberance.

Adoption Fee: \$20

Lori is a 5-year-old female domestic shorthair whose favorite pastime is to give you a gentle head bump. She is quite the conversationalist and will chat for quite a while. If you like a cat that purrs, she is the girl for you. She does wish to be the queen bee though, so she needs to be the only cat.

Adoption Fee: \$10

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.



Sadie ID# 369323 photos provided



Lori ID# 701537

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.*

Haven on Earth Animal League

Sadie And Cammy

Hi there, I'm Sadie. I am such a sweet, mellow little girl just waiting for someone to take me home. I'm only 1 year old and I have beautiful, bright green eyes. I'm spayed and up-to-date on all vaccines. I'm currently being taken care of by a wonderful foster family. My adoption fee is \$100.

Hello, my name is Cammy. I am a very loveable, female tortoiseshell with beautiful markings and amazing green eyes. I'm 3 years old, spayed and up-to-date on all vaccines. My adoption fee is \$100. I am currently residing with a foster family. Please



Sadie photos provided



Cammy

adopt me so I can have a home of my own.

We are being cared for by Haven on Earth Animal League. For more information on adopting either cat, call Diane at 860-833-4472 or email haveneearthanimalleague@yahoo.com.*

PAWS Of Sanibel

Kesey

Kesey is a 4-month-old unaltered male labrador/pit mix. He is very sweet and loves to play. He was rescued from Craig's List by folks that stumbled upon him when shopping for furniture. The person that had him stated in the posting that they were going to get rid of him by 6 p.m. These good samaritans paid the asking fee and picked him up. It was a bad situation. These folks would love to keep him, but they already have three dogs and just can't manage another. It's already quite difficult to walk the three they have. They just felt that they had to get him to a safe place. They will be fostering him until a good forever home can be found. Call PAWS volunteer Tricia at 419-310-8188 if you can give this handsome guy a better start and home.*



Kesey photo provided

To advertise in
The River Weekly News
Call 395-1213

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Cassina	Miromar Lakes	2016	2,742	\$1,799,000	\$1,625,000	171
Las Palmas	Bonita Springs	2004	3,547	\$1,149,999	\$1,075,000	62
Whiskey Creek Club Estates	Fort Myers	1982	4,018	\$799,000	\$732,000	177
Cape Coral	Cape Coral	2008	3,014	\$774,900	\$735,000	266
Bonita Beach	Bonita Springs	1954	2,130	\$736,250	\$635,000	193
Hampton Greens	Fort Myers	1997	3,707	\$715,000	\$690,000	107
Cape Coral	Cape Coral	2017	2,396	\$654,900	\$659,900	113
Cape Coral	Cape Coral	1990	2,771	\$649,000	\$585,000	68
Cape Coral	Cape Coral	2015	2,696	\$639,900	\$615,000	343
Rose Garden	Cape Coral	1990	2,176	\$635,000	\$620,000	37

Courtesy of Royal Shell Real Estate



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*"For the sun-kissed & sun-desirous
alike, a vacation on a plate."*

*The New York Times
Magazine*

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Sanibel Island



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Captiva Island



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