



Photography Exhibit Now On Display At Airport



Galli Halo by Katy Danca

images provided

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Historic Downtown Fort Myers, Then And Now:

Colquitt Building's Changing Backdrop



by Gerri Reaves, PhD

When a new buildings goes up, proportions in the neighborhood change. Although we usually focus on the merits of the new building itself, its mere presence inevitably causes us to perceive the old ones differently. Does the new addition enhance the overall streetscape, dwarf the neighbors, get swallowed up by its surroundings, or stick out like the proverbial sore thumb? For example, if you took a photo of the Colquitt Building about 25 years ago, as seen here, it would be foregrounded against a background of uncluttered blue sky, not off-white concrete.

But progress, in the form of taller, more imposing buildings, have inched into the frame outlining this historic building on the northwest corner of Main and Broadway. Because of its towering neighbor, we have to try harder to appreciate its pleasing horizontal sweep down the block and the ornamental features. Notable for its Spanish Mission style, original bell tower, ornamental stucco work and barrel tiles, it was built in 1925 by Henry Colquitt. It was the third building to be completed on the new one-block street with the big-city name. In the early 1920s, Colquitt was one of three developers – the other two were George R. Sims and Lucius C. “LC” Curtright – who gained permission from the City to create Broadway between Main and First.

When the building first opened, Colquitt had his real estate office on the Main



In the early 1990s, Copy Corner was located in the 1925 Colquitt Building at Broadway and Main photo courtesy Florida State Archives





ReadingPals volunteer Tony Arnold reads to a student

photo provided

Volunteers Needed For Literacy Program

United Way of Lee, Hendry, Glades, and Okeechobee is recruiting volunteers for the United Way ReadingPals program to read to four- and five-year olds at 16 school sites in Lee and Hendry counties. ReadingPals help build a strong foundation for literacy and a love of reading in young children.

Children who are read to are more likely to become good readers. Children who read at grade level by the third grade are four times more likely to graduate from high school.

The ReadingPals literacy program requires a commitment of only one hour a week during the school year. During this time, pals are matched with pairs of Pre-K and Kindergarten age children who need extra help. Pals build a meaningful relationship by providing the individual attention many kids need to thrive.

Volunteers are needed in all areas of the community, particularly in Lehigh

Acres and Central Fort Myers. The schools in Lee County are: Bonita Elementary, Cafferata Elementary, Christa McAuliffe Elementary, Colonial Elementary, The Early Childhood Center, J. Colin English Elementary, Gladiolus Child Development, New Horizons Afterschool in Estero, Orangewood Elementary, Orange River Elementary, Pinewoods Elementary, Sunshine Elementary and Villas Elementary. In Hendry County ReadingPals volunteer at Krome Child Development or Children's Garden in LaBelle and Harlem Academy in Clewiston.

The program is supported by the Children's Movement of Florida and Publix Super Markets. To learn more, contact Nancy Coker at Nancyc@UnitedWayLee.org or 433-7544. To sign up, go to www.UnitedWayLee.org/Volunteer/ReadingPals

ReadingPals is a program of the United Way Volunteer Center, which connects individuals and companies to volunteer opportunities throughout our community. You can reach the United Way Volunteer Center by calling 433-2000 option 9, or by visiting www.UnitedWayLee.org.

A Touch Of Mars At Planetarium

The Calusa Nature Center and Planetarium (CNC) is one of only four host-facilities in the United States that will offer the extremely rare opportunity to not only see a piece of the "Red Planet," Mars, but also to touch it. This opportunity kicks off with the Heitz Mars Meteorite Unveiling Reception on Friday, August 11 at 6 p.m. The reception, which requires a ticket, includes light fare, a short full-dome planetarium show on Mars, and a meet-and-greet photo opportunity with the rare rock's owner, Tim Heitz, who will talk about his 20 years of adventures in meteorite hunting as guest speaker.

Tickets for the Heitz Mars Meteorite Unveiling Reception are \$30 in advance and \$40 at the door. On Saturday, August 12, the exhibit will be opened to the public, with all-day space-related activities for all ages from 10 a.m. to 4 p.m., with the CNC 'special event' entrance fees of \$15 for adults and \$10 for children age 3 to 12 years.

Heitz is an adventurous soul who has been all over the world in search of these rare pieces of outer space – or in this case, a piece of an alien world. Heitz, owner of Midwest Meteorites (www.meteorman.org), has gifted only one other institution, the St. Louis Science Center, with a piece of Mars that can be touched. The other two touchable exhibits are located at NASA Johnson Space Flight Center in Houston, Texas, and at the Smithsonian National

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image provided

Museum of Natural History in Washington, DC. Now, Southwest Florida's Calusa Nature Center & Planetarium is a permanent home to a touchable piece of Mars with the opening of the Heitz Mars Meteorite Exhibit.

Once at the exhibit, attendees will be surprised to see that the natural color of Martian rock is actually dark gray. The planet is full of iron, but over many millions of years the iron in the rocks and soils at the surface of Mars oxidized in a thin layer, so that the planet overall looks rusty orange-red. Still, any part of the planet that was exposed more recently will be gray in color, and that includes meteorites blown off of Mars by a large impact.

Visit the Calusa Nature Center website at www.calusanature.org or call 275-3435 for tickets or additional information.✱

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From left, Big Backpack Event Volunteer Lupita Salcedo, Co-chairs Leonardo Garcia and Holly Bell, Neal Communities Southwest Florida Regional President Michael Greenberg and his Executive Assistant Paula Terry, Event Media Chair Connie Ramos-Williams and Neal Communities Watermark Sales Agent Leslie Liddle. photo provided

Big Backpack Event Donation Nearly Doubled

Neal Communities has raised a record \$20,071 for the Big Backpack Event, almost doubling its historic donation for 2016, when it became the single largest donor for Multicultural Centre of Southwest Florida's back-to-school festival.

The Southwest Florida home builder collected contributions from staff, vendors, subcontractors, consultants and residents of its communities, and presented the record-breaking proceeds to Multicultural Centre of Southwest Florida at a "Big Fat Check" presentation at its South Region office in Fort Myers on July 19.

"It is our pleasure and privilege to give back to our community and particularly the kids," said Michael Greenberg, Southwest Florida regional

president for Neal Communities. "We take our company purpose statement to 'Improve People's Lives' personally and look forward to once again volunteering at the event to see the smiling faces of the children as they so graciously receive their school supplies."

Multicultural Centre of Southwest Florida Executive Director Leonardo Garcia said, "Words cannot describe how appreciative we are to Neal Communities for its phenomenal support year after year. It's clear that the company, its staff, trade partners and communities' residents are completely invested in helping all of Lee County's children start the new school year with confidence and pride."

The donation underwrites a significant portion of Lee County's largest

back-to-school outreach program, where thousands of kids receive free backpacks and school supplies while celebrating diversity in the community. The 18th annual Big Backpack Event offers free admission and will take place on Sunday, July 30 from 10 a.m. to 2 p.m. at Paul Laurence Dunbar Middle School, 4750 Winkler Avenue, in Fort Myers.

In advance, community members are invited to participate in the Adopt-A-Student fundraiser. Each \$10 donation provides a student with a new backpack and school supplies that include notebook paper, folders, crayons, glue, pencils and pens.

For more information on the Adopt-A-Student program or The Big Backpack Event, visit www.multiculturalcentre.org.

Good To Go Drop-Off Donation Event

Lee County government is kicking off the start of its 2017 United Way campaign by collaborating with Goodwill Industries of Southwest Florida for Good to Go, a drive-up, drop-off and drive-away donation event from 9 a.m. to 3 p.m. on Friday, August 4 at five library locations. The event is also open to the public; donations from all are welcome.

Donations of new or gently used clothing and household goods can be dropped off in Goodwill bins placed out on the day of the August 4 event at these libraries: Northwest Regional Library, 519 Chiquita Boulevard North, Cape Coral; South County Regional Library, 21100 Three Oaks Parkway, Estero; East Regional Library, 881 Gunnery Road, Lehigh Acres; Lakes Regional Library, 15290 Bass Road, Fort Myers ; Fort Myers Regional Library, 2450 First Street, Fort Myers

Bins will be stationed in parking lots at the sites in Cape Coral, Estero, Lehigh and south Fort Myers. At the downtown Fort Myers library, Goodwill staff will be at the drop-off point; enter at Richmond Street, which is on the south side of the library between Lee Street and Royal Palm Avenue. In addition to household donations, Goodwill at the downtown site will also provide a secure document drop-off bin for those who need documents

shredded.

Good to Go is designed to make it easy for people to donate. Drivers will not need to get out of their vehicle, as bins will be placed in a manner that mimic a drive-thru experience.

This one-day event is part of Lee County's commitment to United Way and its partnering agencies. Donations go toward helping people with economic disadvantages who are veterans and residents of Lee County. Each donation is turned into vouchers, based on weight, to benefit the clients of Human & Veteran Services. The donations also help Goodwill with its mission to help people with disabilities and disadvantages by offering opportunities.

The Lee County government departments that fall under the Board of County Commissioners this month kicked off their 2017 United Way campaign. Its 2,600 employees last year raised \$91,195; the goal this year has been set at \$95,800.

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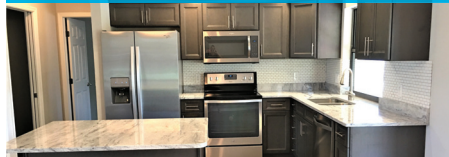
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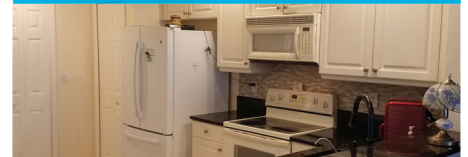
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Fort Myers Art:

10-Year Anniversary For Henry Ford Statue



by Tom Hall

Ten years ago, North Fort Myers sculptor Don Wilkins cast a standing statue of Henry Ford for the Edison Ford Winter Estates. The 7-foot, 4-inch cold cast aluminum sculpture is located outside the car manufacturer’s American bungalow-style Fort Myers retreat, The Mangoes, which he purchased in 1916 for \$20,000. Donated by Orvall McCleary, the statue was dedicated on July 29, 2007, the day prior to the 144th anniversary of the inventor’s birth.

“Unlike Edison whose clothing was often worn and crumpled, Henry Ford had a reputation as a sharp dressed man,” Wilkins said. “All the reference photos I consulted show that he paid meticulous attention to his clothing, so all the lines in his suit are crisp and tailored to the hilt.”

Wilkins did not, however, depict Ford in his famous soybean suit. As that story goes, Ford became concerned in the 1930s that his farming customers could no longer afford to buy his cars because they were not getting the prices they needed for their crops due to the Great Depression. So Ford began developing crops that could serve as ingredients for fuels, plastics and textiles in a “cars growing from the ground” project. Hemp and soybeans seemed especially suited to this purpose. He adapted his Model T to run on ethanol, built a car that contained plastic parts and upholstery of vegetable origin, and even invented a suit made of soybean protein fiber that he called “soybean wool.” Always a great



Statue of Henry Ford photo courtesy www.artswfl.com

promoter of his inventions, he took to wearing the soybean suit everywhere he went. Unfortunately, the soy fibers were itchy, and it was not long before less expensive, petroleum-based synthetics like rayon took over the marketplace. Nevertheless, Ford’s interest helped foster the fledgling soy industry and scholars speculate that had Ford lived longer, he would have been active in promoting

soy foods, which would have greatly accelerated their introduction into American diets.

Ford first met Edison at a convention held in 1896 by the Edison Illuminating Company, for whom Ford worked as an engineer. However, he did not make his first trip to Fort Myers until 1914, when Edison invited him to come along on a camping trip into the Florida Everglades. Calling themselves “The Vagabonds,” Ford and Edison – along with Harvey Firestone and John Burroughs – would make many more camping trips over the next decade and a half, building bonds of friendship that are memorialized today by another D.J. Wilkins sculpture, Uncommon Friends.

Ford returned to The Mangoes only sporadically after Thomas Edison’s death in 1931. He sold his estate to Thomas and Gladys Biggar in 1945. In 1988, the City of Fort Myers purchased Henry Ford’s estate for \$1.5 million, restored it to its historic appearance and opened it to the public in 1989. The property is now managed by Thomas Edison and Henry Ford Winter Estates, Inc., a local non-profit organization.

Today, the Edison & Ford Winter Estates is a world-class cultural and educational resource honoring the innovation and creativity of these two inventors, industrialists and “uncommon friends.” A National Register Historic Site, the Estates includes the display of permanent art collections as well as temporary exhibits of art as an interpretation of site and a reflection of the 1920s historic landscape.

Intended to enhance the experience of visitors to its museum, grounds and related botanical site, the Estates’ sculpture collection is primarily figurative and includes a standing Thomas Edison and Henry Ford, seated Mina Edison, and pedestaled busts of all three.

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

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FGCU Summer Commencement

Florida Gulf Coast University (FGCU) expects to confer 517 degrees on Saturday, August 5, during a commencement ceremony at Alico Arena at 9 a.m.

Provost and Vice President for Academic Affairs Ronald B. Toll will confer degrees, and Dean of Students Michele Yovanovich will present the commencement address.

The commencement ceremony will be viewable via webcast at www.fgcu.edu.

Alico Arena policy prohibits balloons and loud noisemakers. They will not be allowed indoors during commencement.

FGCU has awarded more than 30,000 degrees since opening in fall 1997.✧

Live App For Back To School

The first day of the 2017-18 school year is approaching fast. This year, school starts on Thursday, August 10.

To help families prepare, The School District of Lee County has the annual Back to School section available at www.leeschools.net. It is available for free in the

App Store for Apple and Android devices.

The Back to School section contains links to the most requested information and popular areas of the website as well as a countdown to the first day of school. Find information such as lunch menus, school supply lists, school bell times, registration and more – it’s a one-stop-shop for all Back to School information.

For anything you cannot find, contact your child’s school directly as that is the best source of information for each individual school.✧

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Art Therapy Best Practices For Autistic Children

A Florida State University researcher is working with art therapists to find better ways to treat children who have Autism Spectrum Disorder (ASD).

Theresa Van Lith, assistant professor of art therapy in FSU's Department of Art Education, led a study that surveyed art therapists working with children with ASD to develop a clearer understanding of their techniques and approaches. The study was published this month in the journal *Arts in Psychotherapy*.

"I had noticed that there is a high number of art therapists working with people who have autism, but I wanted to understand what their practice wisdoms were in terms of how they go about facilitating art therapy sessions," Van Lith said. "We want to make it a transparent process for the client or the parents of a client, so they know what to expect."

The Center for Disease Control and Prevention estimates that one in 68 children is diagnosed with Autism Spectrum Disorder by age 8 each year. As that population grows, more parents and educators are seeking out art therapists to address social development and sensory issues that generally accompany ASD.

The research team compiled and analyzed the art therapists' expert opinions on topics such as what worked with ASD clients, their objectives during a session, their most preferred theoretical approach and the considerations they had to make when working with children with ASD.

"We realized there wasn't a consensus with the theoretical approaches they used," Van Lith said. "They were having to use a number of theoretical approaches together, and we wanted to



Theresa Van Lith

photo provided

understand what that would be like in practice."

While the survey results varied, the researchers were able to develop a set of guidelines for delivering art therapy to children who have ASD. The proposed guidelines will serve as a basis of successful practice for new art therapy professionals and for further studies.

"We used these practice wisdoms from art therapists around the field to understand the most effective and beneficial way to use art therapy with child with ASD," Van Lith said.

Some of the best practices found were: use the same routine to begin each session, explain instructions in a consistent manner, spark curiosity to teach new skills and be aware of transitions between activities.

The researchers also outlined aspects of practice that were found not to be useful. They warned art therapists on a handful of factors that could have adverse effects on clients such as being overly directive or too loose with

using them or leave the room.

Ask kids to decide what they want to eat before opening the fridge. Having a snack in mind means the door will be opened and shut quickly, keeping the cool air where it should be...inside!

Teach children to leave the thermostat on 78 degrees when home. Each degree below the recommended temperature of 78 adds eight percent to cooling costs. To be extra efficient, consider purchasing a programmable thermostat that you can program once and be done.

To become an even more educated on energy conservation, visit www.lcec.net.

the art therapy directive — a lot of that is about knowing the client and the way a client responds to communication."

Based on these guidelines and consensus, Van Lith is rolling out a larger study to demonstrate the efficacy of that working model.

"The idea is that, over time, we can build up the evidence that art therapy is effective for these children, and we can demonstrate how and why that is the case," Van Lith said.

The ultimate goal is to educate art therapists about best practices as well as inform clients, parents and teachers about possible benefits of art therapy for children with ASD.

"As a result of more transparency, the clients can appreciate or understand some of the changes that might be going on for them as they receive art therapy," Van Lith said. "We don't want it to be a mysterious process."

Van Lith co-authored the study with Jessica Stallings, associate professor at Emporia State University, and FSU alumna Chelsea Harris, who practices at the Emory Autism Center.

Florida State University offers a graduate program in art therapy through the Department of Art Education in the College of Fine Arts. For more information, visit www.arted.fsu.edu/programs/art-therapy/.

Children Can Be Energy Experts

Teach your kids to be energy experts. Energy conservation is even more important during the hot summer months when your children are home during the day and are using electricity to power the television, video games and the ever-expensive air conditioner. Here are some tips to help teach kids the value of conservation:

Teach children to turn off the television, video games, lights and ceiling fans when they are finished



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Along The River

The River District Alliance will host the monthly art event called **Art Walk** in **downtown Fort Myers** this Friday, August 4 from 6 to 10 p.m. and Saturday from 11 a.m. to 4 p.m.

Fourteen galleries invite visitors and residents to meet the artists and enjoy live art demonstrations and exhibitions along the river district.

Each Friday evening, the free, self-guided tours of visual arts galleries will also involve accompanying live entertainment. Many venues also feature additional attractions and specials. There are also opening receptions for exhibits at galleries.

Arts for ACT Gallery, located at 2265 First Street, will feature Tonya Bautista-Barnes, a photographer, artist and costume designer, in the Main Gallery and four generations of artists in the family of Celia Malloy in the White Gallery. Sidney & Berne Davis Art Center will exhibit a group art show, entitled Textures, Tones and Textiles, and a guest vocal performance by internationally acclaimed tenor singer Maurice LoMonaco. Gina Battle will integrate dance with her partner, Punta Gorda City Councilman Jaha Cummings. The scheduled performance begin at 7:30 p.m.

The next day, Saturday, is a more casual visitation throughout the galleries. The event is on a rain-or-shine basis.

For more information, visit www.fortmyersriverdistrictalliance.com.

Take a **nature walk with a bird patrol guide** at **Lakes Regional Park** this Saturday, August 5 at 8 a.m.



Thank God for Indie Mondays returns as a decion-maker for the Fort Myers Film Festival photo provided

This easy walk along clear paths offers an opportunity to see birds in native vegetation with experienced patrol guides pointing out the many species in the park, a crucial nesting area for many birds. Wear comfortable shoes and dress to be outside. Bring water, sunscreen and binoculars.

This tour is provided in cooperation with Lee County Parks and Recreation. It's free with paid parking.

Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers. Meet at Shelter A7, which is located near the train station. Once in main gate, turn right, drive to end of road and continue through the parking lot.

Visit www.birdpatrol.org or call 533-7580 or 533-7576 for more information.

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

This Monday, August 7, celebrate TGIM at **Sidney & Berne Davis Art Center** 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 will have a half price offer to all Facebook members through summer. Check out updates and deals on Facebook and Twitter. It is 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.

Come and visit with Fort Myers Police Department's new lead man. Friends of the Fort Myers Library will hold a **conversation with Fort Myers Police Chief Derrick Diggs** entitled The New Blue in the meeting rooms of the **Fort Myers Library** this 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 online at <http://bit.ly/FML807> or call 533-4600.✧



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Ornamental details on the Colquitt Building

From page 2

Historic Downtown

commercial and architectural legacy.

Then learn more about the boom-time developers 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.

photo by Gerri Reaves

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 and *The Story of Fort Myers* by Karl H. Grismer.✧



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John Paul Kurdyla speaks with children during a past presentation

photo provided

Phonograph Expert To Present At Estates

Edison phonograph expert John Paul Kurdyla will present special phonograph programs every Tuesday and Thursday at 11 a.m. and 1:30 p.m. through August at Edison & Ford Winter Estates. Kurdyla has one of the largest private collections of phonographs, gramophones and Edison memorabilia and is considered an expert on Edison

recorded sound.

"John's expertise and engaging demonstrations have been a favorite of Edison Ford visitors for several years," said Edison Ford CEO Chris Pendleton.

In addition to his phonograph expertise, Kurdyla authored the book *When Music Was Magic*, available only through Edison Ford.

Presentations will be held in the Music & Movies Gallery of the Edison Ford Museum and are included with admission.

For more information, visit www.edisonfordwinterestates.org or call 334-7419.✱

Calls For Artists

The Alliance for the Arts is seeking artists to submit their work to two juried exhibitions that involve two different mediums of art.

Fired Up: A Juried Exhibit will feature artists making works using fire and heat in their creation, including ceramics, glass and welded pieces.

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

Your Best Shot: A Juried Exhibit is dedicated to photographers and photography and is sponsored by GMA Architects.

An entry may consist of one to three artworks. All entries must be submitted online no later than Saturday, August 26. Artists can download the prospectus and submit work at www.artinlee.org/BestShot.

The juror for the **Fired Up: A Juried Exhibit** is Lee Brotherton, whose fine arts career included serving as an elementary art teacher, art museum work, art gallery manager and sales consultant. During this time, she constantly dreamt of being a full-time artist. In her free time she continued to work in the arts, especially with clay.

Brotherton has over 20 years of creating, marketing and selling pottery recreations and original sculpture and paintings. Her sculptures are in private,

corporate and museum collections throughout the world.

The opening celebration will be held on September 8 from 5 to 7 p.m. Brotherton will be on hand to present awards including \$300 for Best In Show, \$125 for second place and \$75 for third place. A conversational walk and talk will be held September 9 at 6 p.m. during SoCo Second Saturday Art Crawl.

The juror for the **Your Best Shot: A Juried Exhibit** is Steve Chase, who holds degrees in both fine art photography and motion pictures. Prior to teaching at Florida Southwestern State College (FSW), he was one of the founding faculty members of the undergraduate program of the School of Motion Pictures Arts at Florida State University.

Chase's photography has been exhibited throughout the state and nationally. His films have been screened at festivals nationally and internationally. He is a recipient of a Florida Individual Artist Fellowship (1992). Chase has taught fine art photography at FSW since 2008.

There will be an opening celebration October 6 from 5 to 7 p.m. and a gallery walk with the artists and juror October 14 at 6 p.m. during SoCo Second Saturday Art Crawl. There will be a \$300 award for Best in Show, \$125 for 2nd place, and \$75 for 3rd place.

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

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

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

ALL SAINTS BYZANTINE RITE CATHOLIC

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

ANNUNCIATION GREEK ORTHODOX

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

BETH SHILOH MESSIANIC SYNAGOGUE

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

BIBLESHARE

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

BREAD OF LIFE MINISTRIES

Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

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

CHURCH OF THE CROSS

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

CONGREGATIONAL

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

COVENANT PRESBYTERIAN

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

CYPRESS LAKE BAPTIST

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

CYPRESS LAKE PRESBYTERIAN

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

CYPRESS LAKE UNITED METHODIST

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

FAITH FELLOWSHIP WORLD OUTREACH

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

FAITH UNITED METHODIST

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

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

FIRST UNITED METHODIST CHURCH

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

FORT MYERS CHRISTIAN

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

FORT MYERS CONGREGATIONAL

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

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

KINGDOM LIFE

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

LAMB OF GOD

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

NEW BEGINNINGS CENTER

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

NEW COVENANT EYES

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

NEW HOPE BAPTIST

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

Sunday 10:30 a.m. www.17671PineRidgeRoad.com, 267-7400.

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

8, 9:45 and 11:30 a.m. 21580 River Ranch Road, 495-0400.

SAMUDRABADRA BUDDHIST CENTER

Meditation classes. MeditationInFortMyers.org, 567-9739.

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

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

SAINT JOHN THE APOSTLE METROPOLITAN

Sunday 10 a.m. 3049 McGregor Boulevard,

344-0012.

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

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

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETHEL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE NEW CHURCH

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

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

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

ZION LUTHERAN

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

CROW Case Of The Week:

Spotted Skunk



by Bob Petcher

The spotted skunk (*Spilogale*) doesn't feature the famous white line down the middle of its back like the more common striped skunk. In fact, it doesn't even have spots (plural),

only one that is found on its forehead. It does have various stripes or areas of white on its body that mix in with its base black color.

The spotted skunk, like all skunks, is still an animal you wouldn't want to meet in a dark alley due to its defensive mechanism. This involves scent glands that enable the skunk to release powerful scents that are very strong and foul. These anal glands are filled with a pungent odor, a musky smell that puts fear in people.

Interestingly, a spotted skunk will give ample warning before it sprays its oil. It does so by first stomping its front paws. If the intruder sticks around, the skunk will then stand tense, strut around and stand on its front paws. It will actually wave its rear end in the air as a last measure of caution. Many animals do take the warning signals, because when a skunk sprays its enemy, that musk can

linger for days. And, a skunk can spray its victim from as far as 15 feet away.

The spotted skunk is the smallest type of skunk. Ranging from 21 to 25 inches long, its body is similar in style to that of the weasel. Both animals have short feet and are very slow moving. While the spotted skunk's vision is poor, it can make up for it with great hearing ability.

Generally, spotted skunks come out at dusk to look for food, ranging from plants, to fruit to nuts to rodents, and amphibians to bird eggs. They would rather spend the daylight hours in a den that they built to sleep where it is cool.

At CROW, a female spotted skunk was admitted from Lehigh Acres, sporting a large infected wound on its forehead. She was "very emaciated" and covered in fleas and ticks, according to CROW medical officials. The patient received antibiotics and pain medication and had its wound flushed and cleaned of dead tissue during a surgical procedure. The wound was then closed with sutures, but the seam was reopened.

"Due to the wound being infected, the sutures did not hold. We have switched to wound management care with daily bandage changes," said Dr. Robin Bast, CROW veterinary intern. "The length of time the patient is on antibiotics will depend on the blood work, specifically its white blood cell count, and how the wound heals."

Handling a patient with scent-bomb capabilities can be challenging.



Patient #17-2621's head wound does not stop it from eating well photo by Brian Bohlman

"We must be very careful to use proper handling techniques and protection when working with the skunk," said Dr. Bast. "During bandage changes, the skunk is usually sedated or anesthetized. When we initially catch her for treatments, we keep the tail tucked under the skunk which makes her unable to effectively spray."

While the skunk has been called "very bright and alert" and has gained weight since intake due to a great appetite, the injury remains a factor in keeping the patient under care.

"We're not out of the woods yet,

there is still a long way to go," said Dr. Bast. "The wound is still infected, but is making progress. Her blood work has shown some improvement, but there are still significant abnormalities which we are continuing to monitor closely."

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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Summertime Family Fishing



by Capt. Matt Mitchell

The oppressive heat of summer continues to cook southwest Florida and was felt by anyone that did anything at all outside this week. Getting out on the water early and getting in before noon does help a little, but with the super high humidity it already feels like 90 degrees before the sun is even up. Sunrise and first light over the past few weeks is getting noticeably later. With so few boats out on our local waters and a wide variety of fish to catch, summer remains my favorite time of year to be out on our local waters. During most trips this week, my clients had kids with them and were enjoying a family summer vacation. Most of our time was spent targeting mangrove snapper to put fish in the box. There is just something special about going out with the family and catching your own fresh fish dinner. Depending on the day's pickup location and the tide, we caught limits of mangrove snapper from the mouth of the river and southern Matlacha Pass all the way up through the sound to the quarantine rocks at Boca Grande. When going after these

snapper, the key to success is having lots of small shiners and small pinfish. As we get further into summer, this bite only continues to improve and these snapper just keep getting better. Catch-and-release snook fishing both out on the beach and in the passes continues to be good action too. Drifting the passes with small live pinfish and grunts on the outgoing tide resulted in hook-ups on just about every other drift during the morning outgoing tide. Out on the beaches, the snook are either hanging out on blowdowns or in the troughs between the sand bars. Live bait is the way to go either place you chose to fish for them. Some of the biggest snook I see all year are caught by anglers soaking big-cut baits on the beach. Other fishing options this week included blacktip sharks, mackerel and trout. Flats just inside of Captiva Pass on the outgoing tide provided non-stop action on a wide variety of species. Huge schools of little threadfin herrings and everything that feeds on them could be spotted in the whole backside of North Captiva on calm days. This is relatively easy fishing using small live shiners fished five feet under a popping cork rig. When this bite is wide open, small spoons and jigs also caught fish after fish. Open water flats fishing improves drastically once you get north of Redfish Pass and away from the brown water. This water is just a whole lot cleaner and a little bit cooler as it gets a better flow from the bigger passes at the northern end. Capt. Matt Mitchell has been fishing local waters since he moved



Jack Bowser from Boca Raton with a 35-inch snook caught and released while fishing with Capt. Matt Mitchell this week photo provided

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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Dave Doane

Songwriter Fest Returns In Fall

The 2017 Island Hopper Songwriter Fest returns to The Beaches of Fort Myers & Sanibel from September 22 to October 1. This showcase, now in its fourth year, is a great way to see singer-songwriters perform in intimate settings on Captiva Island, Fort Myers Beach and historic downtown Fort Myers.

This year's headliners include Lindsay Ell and Brooke Eden. The artists will be performing at Pinchers Crab Shack at The Marina at Edison Ford on September 27. Ell has opened for The Band Perry and Luke Bryan, and is currently on tour with Brad Paisley. The Canadian Country Music Association recently nominated Ell for Female Artist of the Year. Her debut single *Worth the Wait* was recently released in the U.S.

Eden is a Florida native and graduate of the University of Florida. She has opened for Alan Jackson, Brooks & Dunn, Sugarland and Florida Georgia Line. Billboard Music recognized Eden as a "fiery country star-in-the-making." Some of her accolades include being identified as an Amazon Music Artist to watch. *Vogue* magazine called her one of the "10 Country 'It' Girls," and she's one of "CMT's Next Women of Country."

"We look forward to surprising fans with some high-profile acts," said Louis Kaplan, iHeartMedia, senior vice president of programming. "The Island Hopper Songwriter Fest is one of our favorite events of the year."

The award-winning festival is also a favorite of the performers. It includes more than 100 live performances, more than 70 songwriters and 21 unique venues. Southeast Tourism Society has also taken notice. They named the festival one of their "Top 20 Events" for 2017.

This year, the music event welcomes a variety of new singer-songwriters, including Natalie Hemby (*White Liar* recorded by Miranda Lambert), Clint Daniels (*Brokenheartsville* recorded by Joe Nichols) and Maggie Rose. Most of the performances are free to the public, but there are select shows that do require a ticket for admission.

The festival brings back talent like Even Stevens (*I Love a Rainy Night* recorded by Eddie Rabbit), Wynn Varble (*I'm a Little More Country* recorded by Easton Corbin), Aaron Barker (*What About Now* recorded by Lonestar) and Karla Davis.

The fourth annual music fest will continue to give fans the opportunity to meet the talented artists who write songs for country superstars including Tim McGraw, Miranda Lambert, Jason Aldean and Tricia Yearwood. Venues on Captiva Island include Key Lime Bistro, South Seas Island Resort and Doc Ford's Rum Bar & Grille. In downtown Fort Myers, performances will take place at The Barrel Room, Twisted Vine Bistro, City Tavern and Pinchers. The festival will wrap up on

Fort Myers Beach with artists playing at Nervous Nellies, Yucatan Beach Stand, Matanzas on the Bay and Pierside Grill.

Visit www.island-hopper.fortmyers-sanibel.com for more information.*

Free Ride Service Within Downtown

Southwest Florida's most innovative transportation solution has arrived. Explore the city and arrive at your destination in a fast, fun and eco-friendly way on The Nickel Ride, a local startup that aims to change the way you experience Historic Downtown Fort Myers, one ride at a time.

What sets The Nickel Ride apart? Every ride is 100 percent free. Request a ride on the official Nickel Ride app, compatible with both iOS and Android, and get whisked away on an all-electric Polaris Gem car in minutes. Available year round, every vehicle in The Nickel Ride fleet accommodates up to five passengers and ensures efficient and effortless pickup and drop-off. Behind the wheel of every Nickel Ride vehicle sits a brand ambassador who will act as local expert and guide, all the while handing out free promotional items and more.

The Nickel Ride moves the masses between The Edison and Ford Winter Estates up to the intersection of Seaboard Street and Palm Beach

Boulevard, and down as far south as Edison Avenue.

How does the Nickel Ride keep its services free? Every vehicle in the Nickel Ride fleet is a host for local advertisers and business owners. If you are a local business looking to make a lasting impression on every single passenger, interior opportunities, exterior options and a multitude of marketing options are available for all businesses and budgets.

The Nickel Ride encourages you to download their free app, join them on a ride, and ask friends and family to experience The Nickel Ride. Every ride supports the mission to encourage community exploration and to strengthen the local business community. For more information, visit www.thenickelride.co.*



This Week at the Museum

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• Live Animal Tank Talks

Every day at 11:00, 12:30, 2:30, and 4:00

Learn about some of our local mollusks that make shells! One of our experts offers incredible insights into the lives of these fascinating creatures.

• Fossil Dig!

Every Thursday at 1:00

Have you ever seen a fossil shell? Search through piles of local fossil shells to find your own treasure, while learning about how mollusks have changed over time.

• "Mollusks in Action" and "Tales & Trails" Movies

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Decals Benefit Florida Wildlife

There are more manatees and sea turtles in Florida than in any other state. More than 6,000 manatees swim in its coastal waters, rivers and freshwater springs. Thousands of sea turtles nest and hatch on its Atlantic and Gulf coast beaches.

It's easy to show support for these iconic Florida species by sticking on a decal.

Every July, the Florida Fish and Wildlife Conservation Commission (FWC) introduces new manatee and sea turtle

decals available with a \$5 donation.

The colorful, waterproof decals are designed to look great on a vehicle's bumper or the side of a boat. Get them when registering or re-registering a vehicle or boat at local tax collectors' offices across the state.

"Florida is home to more manatees and sea turtles than anywhere else in the U.S.," said Carol Knox, who leads the FWC's Imperiled Species Management Section. "Public support has been critical in helping us conserve these imperiled species. So please 'stick on a decal' and show support for our manatees and sea turtles."

Decals generate funding for research, rescue and management efforts that help

Florida's manatees and sea turtles survive. For instance, when someone calls the FWC's Wildlife Alert Hotline at 888-404-FWCC (3922) to report an injured, entangled or sick manatee or sea turtle, FWC staff responds with efforts to rescue and rehabilitate the animal.

The decals also address important conservation issues:

"Look out for manatees" is the message on the new manatee decal, which shows boaters in the distance as a manatee mother and calf swim along with only her back above water. When boating or using a personal watercraft in Florida waters, it is important to look out for manatees. Mature manatees grow to 1,000 pounds or more, but can be

difficult to see when they're swimming, grazing or resting underwater. Wear polarized sunglasses, and then watch and listen carefully to detect the signs of manatees nearby. Look for circles on the water's surface indicating their underwater movement and snouts sticking out of the water as they surface to breathe. You may also hear huffing noises when they come up for air.

"Helping sea turtles survive" is the message on the new sea turtle decal, which shows a green sea turtle. Green sea turtles nest on Florida's Atlantic and Gulf coast beaches and, until recently, were classified as endangered. Now after years of conservation efforts, the number of nesting green turtles has increased substantially. This species has been reclassified as threatened under the federal Endangered Species Act. That's a major step in "green" recovery. Remember, "Hands off" is the best policy for beachgoers encountering any species of nesting or hatchling sea turtles. Watch from a distance, do not disturb them and never use a cellphone or camera to shoot flash photos.

Learn about other ways to help conserve manatees and sea turtles at www.MyFWC.com/Manatee and www.MyFWC.com/SeaTurtle, where you also can click on "Decals" to order new or past editions of decals. Go to www.BuyAPlate.com to purchase a "Save the Manatee" or "Helping Sea Turtles Survive" license plate that supports those species.*

images provided

Plant Smart

Florida Mayten

by Gerri Reaves

Florida mayten (*Maytenus phyllanthoides*), a member of the bittersweet family, is listed as threatened by the state of Florida.

In the wild, it grows in the transition zone, or ecotone, between mangrove swamps and salt marshes.

This rare tree or shrub is also called sweet mangrove and guttapercha.

It usually reaches three to 10 feet tall,

but in South Florida can grow up to 18 feet, with the breadth equaling the height.

The trunk is short with thin gray bark and the crown is rounded.

The pale green oblong or elliptic evergreen leaves are alternate, fleshy, leathery and flat. They have smooth edges, often wavy, and are sometimes notched in the tips.

The dense foliage makes good cover for birds and other wildlife.

Inconspicuous small greenish white flowers bloom in spring and summer, appearing singularly or in compact clusters in the leaf axils. Below the short white petals are rounded sepals.

Pea-sized, egg-shaped fruits ripen to red and split open to reveal two to four scarlet arils, appendages to the seeds, which birds consume.

The fruit can remain on the plant throughout the winter.

Florida mayten is a good choice for natural coastal landscapes and is moderately tolerant of brackish water or occasional salt-water inundation.

Once established, it is also moderately drought tolerant.

Give it a spot with full sun or light shade.

The plant's leaves, roots and bark have medicinal uses.

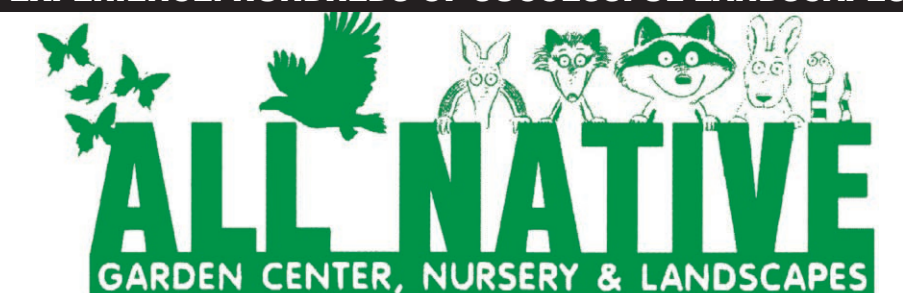
Sources: *Florida Plants for Wildlife* by Craig N. Huegel, *Growing Native* by Richard W. Workman, *The Shrubs and Woody Vines of Florida* by Gil Nelson, backyardnature.net, and regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.*



Florida mayten is on the state's threatened species list photo by Gerri Reaves

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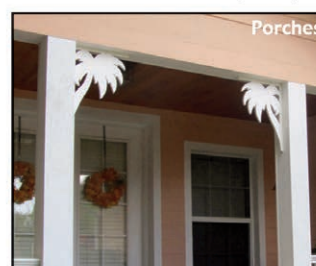
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SalusCare Comedy Night Raises \$65,000

Laughter rocked the Sidney & Berne Davis Art Center on July 22 as six local celebrities took to the stage in hopes of being named Lee County's Best Comic.

By the end of the night, Chris Hansen, Lee Health board member and business development manager of Park Royal Hospital, claimed the title after earning the greatest number of votes from attendees, who voted with their money. Hansen raised \$1,814. In total, all of the celebrity comics raised \$6,422.

"All of us need to support SalusCare. They do a wonderful job of helping children and adults in our community with mental health and substance abuse issues," Hansen said.

More than 200 people jammed the art center for Laughter Is the Best Medicine and plunked down cash, checks and credit cards to vote for their favorite comic. A total of \$65,000 was raised for SalusCare, Inc., the region's largest provider of behavioral healthcare.

"We're thrilled with the community's response to Laughter Is the Best Medicine Comedy Night. It shows that folks will come out for a major event in the summer if it's fun and will benefit a good cause," said SalusCare Development Committee Chair Sue Ackert.

Funds raised will help provide behavioral health services to children and youth in our community whose families can least afford care. One in 10 children has serious mental health problems severe enough to impair how they function at home, in school, or in the community, according to the National Center for Children & Poverty at Columbia University. Left untreated, mental illnesses can lead to more difficult ways to treat illnesses and to the development of co-occurring



Frank and Mary Lee Mann photos provided

disorders.

Ackert gave special thanks to Professional Comedians Michael Palascak and Pat McGann. Palascak served as emcee and performed his stand-up comedy at the beginning of the evening, while McGann performed the grand finale while the votes were being counted. Ackert also commended the sponsors and celebrity comics.

Other celebrity comics for the night were Dayna Harpster, *WGCU Expressions* editor; Frank Mann, Lee County commissioner; Cole Peacock, RC Peacock Consulting managing director; Will Prather, Broadway Palm Dinner Theatre owner; and Charles Runnells, *News-Press Arts & Entertainment* reporter.

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



Don and Elizabeth Pine



David and Karen Johnson-Crowther



From left, Laertes Manuelidis, Cole Peacock, Stephen Prendiville, Tehjan Prendiville and Alice Manuelidis

Pitbladdo. The Grand Finale Comic Sponsor was the Marieb College of Health & Human Services at Florida Gulf Coast University. Valet Sponsor was Norman Love Confections.

The News-Press Media Group was the media sponsor.

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From left, Will Prather, Charles Runnells, Dayna Harpster and Chris Hansen



From left, Michael Palascak, Sue Ackert and Pat McGann



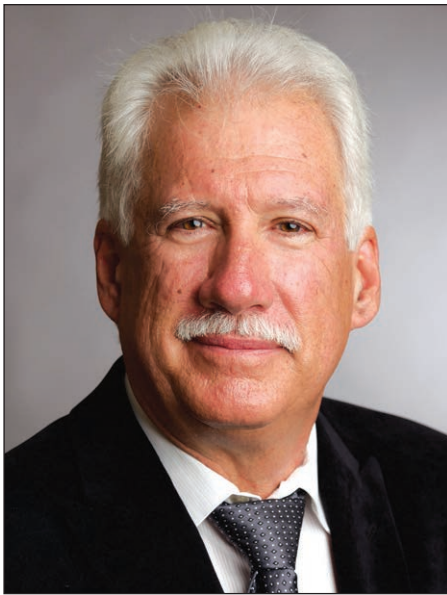
Craig R. Folk

photos provided

Foundation Elects New Committee

The Southwest Florida Community Foundation recently elected its new executive committee.

Dr. Larry Hobbs will serve as the foundation's new chairman of the board of trustees; Craig R. Folk will serve as vice chair and governance committee chair; Howard Leland will serve as treasurer/finance committee chair;



Dr. Larry Hobbs

and Guy E. Whitesman will serve as immediate past chairman of the board.

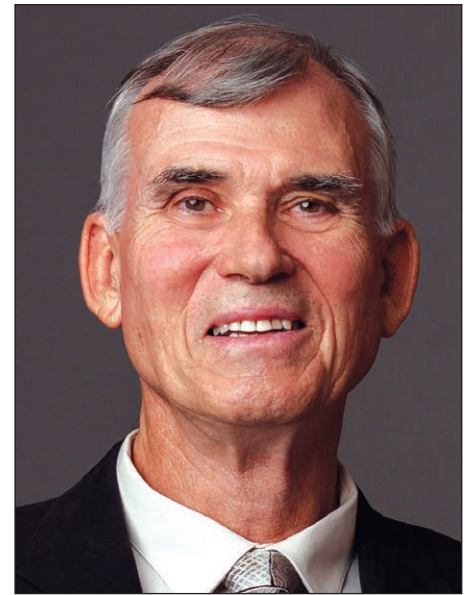
Hobbs joined the foundation board in July 2009 and brings experience and knowledge received from the medical field since 1985. A native of Illinois, he attended the University of Miami Leonard M. Miller School of Medicine with his internal medicine internship at the Jackson Memorial Hospital in Miami and emergency medicine residency at Shands in Jacksonville. He is board certified in emergency medicine and is a Fellow of the American College



Guy Whitesman

of Emergency Physicians member. Presently, Hobbs is with the Gulf Coast Medical Center where he is an emergency physician. He is also the managing partner of Urgent Care Centers of Southwest Florida

Folk is a retired certified public accountant and shareholder in the firm Miller, Helms & Folk. He has a bachelor's degree from Vanderbilt and a master of business administration degree from the University of Chicago. Folk has been in practice in Fort Myers for the past 30 years. Prior to joining Miller



Howard Leland

Helms & Folk, he practiced with Price Waterhouse Coopers in Fort Myers and Arthur Andersen in Miami.

Leland has been a Vietnam War pilot, an international pilot for Northwest Airlines and a trainer of new pilots.

Whitesman is a shareholder and chair of the business and tax department of the law firm of Henderson, Franklin Starnes & Holt, PA in Fort Myers.

For more information, visit www.FloridaCommunity.com or call 274-5900.*



Assuage Spa staff with Don Payton

photo provided

Spa Hosts Independence Fundraiser

Independence Fundraiser recently raised funds for Hearts & Homes for Veterans, a local non-profit that provides support for Southwest Florida veterans.

Hosted by Assuage Luxury Spa at its Fort Myers location on July 19, the event included beauty consultations, product demonstrations, chair massages, tours,

food and drinks as well as raffles for gift baskets and a live auction of injectable treatments. A total of \$670 was raised, which was matched dollar for dollar by Assuage Luxury Spa and Dr. Stephen Prendiville.

"One in 13 veterans is homeless or living in poverty. We are very thankful to good corporate neighbors like the Assuage Luxury Spa for helping us to provide shelter, food and other necessities for our low-income and homeless veterans," said Don Payton, founder of Hearts & Homes for Veterans.

Hearts & Homes for Veterans

provides housing, food, clothing, bedding, recreation, training and education for low income and homeless veterans throughout Southwest Florida. The Distribution & Service Center is located at 2230 Alicia Street. Call 674-1719 or visit www.hhveterans.com for more information.

The Fort Myers spa is located at 9407 Cypress Lake Drive. The Naples spa is located at 1201 Piper Boulevard Unit 1 at the corner of Immokalee and Airport Pulling roads.

For more information, call 333-1450 or visit www.assuagecenters.com.*

Chamber Luncheon

For its next luncheon meetings, Above Board Chamber of Florida will present two exciting panel discussions from 11:30 a.m. to 1 p.m. on Thursday, August 10 at Pelican Preserve, 9802 Pelican Preserve Boulevard, in Fort Myers and on Monday, August 14 at Hilton Naples, 5111 Tamiami Trail North. The Lee County meeting will focus on The Art of Persuasion and Negotiation, and the Collier County meeting will help attendees avoid "the Seven Deadly Sins of Finance." Reservations are required at www.AboveBoardChamber.com.

The Fort Myers luncheon will have lessons on the principles of effective persuasion and negotiation while strengthening interpersonal connections. It will be emceed by Robin Larkin, partner at Performance Management Associates. Panelists include Pavese Law Firm Partner Christina Harris Schwinn, Florida Representative Dane Eagle and Karl M. Gibbons, president of Third Eye Management.

The Naples luncheon will focus on understanding financial pitfalls to avoid

them. The emcee will be Timothy J Cartwright, partner at Fifth Avenue Advisers, with a panel including David M. Kover, president of David M. Kover & Associates, LLC; Linda Lowery, vice president at Encore Bank; Karen Mosteller, consulting partner at Markham, Norton, Mosteller Wright & Company, PA; and Giovanni Matita, area manager of Marketplace Home Mortgage, LLC.

Fort Myers lunch registration is \$30 for members and \$35 for guests, while the Naples lunch registration is \$30 for members and \$35 for guests.

The Lee County meeting will be sponsored by Christina Harris Schwinn at Pavese Law Firm and James Ritter at Pulse Technology Solutions. The Naples meeting is sponsored by David M. Kover at David M. Kover & Associates, LLC and Michelle Graham, owner of Pool Renovations by Siesta Pebble, Inc.

Non-members are encouraged to attend two meetings, then consider joining us to be part of the Above Board Chamber of Florida.

For more information on the event or on how to become a member of the Above Board Chamber, contact Jeanne Sweeney at 910-7426 or visit www.AboveBoardChamber.com.*

Superior Interiors

Enhance Your Decorating Confidence



by Barb
Cacchione

I often hear my clients say, "I don't know what my style is or what I like – you need to tell me." When this happens, I usually try to help them by asking a few key questions. I also

recommend practicing a few simple visual exercises that will help them identify what they like. Once you know what you like and why, it becomes easier to develop and enhance your own decorating style confidently.

Discovering your style involves developing an acute awareness of your surroundings and the ability to judge your reactions. Take a minute right now, in the room where you are reading this article. Look around the room carefully and write down five reasons why you like the room. Be very specific. For example, you like the window. Why? Is it because of the symmetry? Does it admit a lot of

natural light into the room? Do you like seeing the colors in the window's view?

Now, take a few more minutes and look again. Ask yourself what features you don't like. For example, a painting on the wall. What is it about the painting that you don't like? The color? Is it hung too low? Too high?

By becoming conscious of your reactions to what you see, you'll begin developing your own sense of what you like and, just as important, what you don't like.

Every time you enter a room, make it a habit to ask yourself whether you like it or not. An office, a restaurant or another home – it makes no difference. What characteristics appeal to you? Which ones make you feel uncomfortable? Do any of the rooms approach your ideas of what you would want in your home to look like? Assess the mood that is evoked in each room and the ingredients that give it a particular ambience. Does it make you feel warm, cool, cozy, serene, etc?

Decorating confidence is something you develop, many times with the assistance of your own professional decorator whose knowledge and resources are indispensable. Your home should be decorated with a sure awareness of how you respond to color, texture, form, line and space.

Barb Cacchione is an interior designer on Sanibel/Captiva Islands. She can be reached at barb@coindecdn.com.✱

New Fire Chief Officially Hired

John Caufield was sworn in as the chief of the Fort Myers Fire Department on July 17. Chief Caufield was selected after a nationwide search that produced more than 70 applicants for the position.

Caufield has worked in fire service roles for 27 years, including five years as fire chief with the City of Rochester, New York. As chief, he developed the department's first strategic plan, retooled the department's EMS program and established a program that resulted in improved diversity in the fire department's staff.

More recently, Caufield served five years as mid-Atlantic director of the National Fire Protection Association (NFPA), a global nonprofit organization devoted to eliminating death, injury, property and economic loss due to fire, electrical and related hazards. At the NFPA, Caufield promoted the adoption of codes and standards by state and local authorities.

Caufield holds bachelor of science degrees in both fire science and organizational management. He received a master of public administration degree from the State University of New York, College at Brockport, and is pursuing doctoral studies in public administration through Walden University. He is also a Fellow



John Caufield

photo by Eloise Pennington

of the Senior Executives in State and Local Government program at Harvard University.

Caufield is a third-generation firefighter. His brother and son also work in fire service.✱

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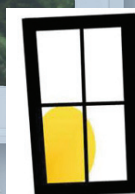
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From left, Ron Price, Sam Attard and Larry Tiller

Retired Flag Stars Given To Veterans

On July 13, Commander Larry Tiller and Vice Commander Ron Price from the Disabled American Veterans (DAV) Chapter 108 in Cape Coral presented a certificate of appreciation to Boy Scout Sam Attard for cutting out the stars from retired American flags and putting those stars along with a message in small plastic

bags. He then handed out bags to veterans throughout the area. A total of 300 sets were made to show appreciation to local veterans.

DAV Chapter 108 has approximately 700 members locally and nationally. The local members meet on the second Thursday of each month at the Southwest Florida Veterans Museum, 4820 Leonard Street, in Cape Coral. DAV Chapter 108 has service officers available to assist veterans that require assistance. Call 984-5920 for more information.✱

photo provided

Business Building Symposium

The Greater Fort Myers Chamber of Commerce's 4th annual Business Building Symposium, presented by HBKS Wealth Advisors and HBK CPAs & Consultants, will be held Wednesday, August 23 from 7:30 a.m. to 3 p.m. at the Sanibel Harbour Marriott Resort & Spa. The theme is Serving Customer Delight and will feature 10 workshops and 15 speakers. Tuition for this professional development day is \$149 and online registration is open at www.fortmyers.org.

"As Floridians, we are all familiar with and recognize the importance of the best practices of providing exceptional customer service," said Colleen DePasquale, executive director of the Greater Fort Myers Chamber of Commerce. "As 'The Education Chamber,' the Business Building Symposium is our capstone event and offers entrepreneurs, business professionals and students a unique forum to build skills from some of the brightest minds our region has to offer."

Sanibel Harbour Marriott Resort & Spa is located at 17260 Harbour Pointe Drive in Fort Myers. ✱

Financial Focus

Financial Moves For Empty Nesters

by Jennifer Basey



When your children leave home and you become an "empty nester," you'll probably make several adjustments in your lifestyle. But how will your empty nest status affect your financial situation?

Everyone's story is different, involving a range of variables. But here are a few issues to consider:

Insurance – If your kids are through school, your mortgage is nearly paid off and your spouse has accumulated a reasonable amount of money in an employer-sponsored retirement plan, you may not need life insurance to replace income or pay off debts. However, you might start thinking about other goals, such as ensuring your savings will last through your lifetime or leaving a legacy to your loved ones or a charity. Life insurance may be able to help in these areas.

Downsizing – Deciding whether to downsize your living space isn't just a financial decision – it's also a highly personal one. Still, downsizing can offer you some potential economic benefits. For one thing, if you still are paying off your mortgage, a move to a smaller place could free up some of your monthly cash flow, which, again, you could use to boost your retirement accounts. Furthermore, if your home has greatly appreciated in value, you might make a sizable profit by selling. (If you are single, you may be able to exclude \$250,000 of the gain on the sale of your home; married couples may have a \$500,000 exemption. Some restrictions

exist on this exemption, though, so you'll need to consult with your tax advisor before selling.)

Estate plans – Years ago, you might have made various arrangements in a will or a living trust that dealt with taking care of your children if something should happen to you and your spouse. For example, you might have established a trust and directed it to make payments to your children at certain times and for certain purposes, such as education. But once your children are grown and have left your home, you may need to review and update your estate plans.

Keep in mind, though, that "empty nester" status is not always permanent. You've no doubt heard about "boomerang" kids who return home after college and stay until they can afford a place of their own.

If your children become "boomerangers," even for a short while, will it greatly affect your financial situation? Probably not. However, if your children are going to drive your car, you may want to be sure that they are listed on your car insurance. Also, if they are going to bring guests to your home, you might want to consider an "umbrella" insurance policy, which typically provides you with significantly greater liability protection than your regular homeowners policy. (In fact, it may be a good idea to purchase an umbrella policy even if you don't have grown kids at home, as this coverage offers you wide-ranging protection from potentially devastating lawsuits that could arise from injuries on your property or through an auto accident in which you are involved.)

You may have mixed feelings about becoming an empty nester, but, like most people, you will adjust. And by making the right financial moves, you can get off to a good start on this new phase of your life.

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.

Estate Sale Benefit

Affordable Homeownership Foundation will be holding an estate sale fundraiser and barbecue at their office located at 5264 Clayton Court in Fort Myers, on Saturday, August 5 from 10 a.m. to 3:30 p.m. All proceeds go to benefit the Veteran's Assistance Fund, which helps local veterans with everyday needs. This serves as a kick-off event to the Mad Hatter "Fun Raiser" to benefit the Veteran's Assistance Fund at Ter-Tini's at 1901 Crystal Drive in Fort Myers on October 21 from 7 to 11 p.m.

"The Veterans Assistance Fund has helped local veterans with rental and mortgage assistance, utility bills, car payments, donations of cars (when available) and much more. This assistance is for those veterans that fall between the cracks of other assistance and is meant to be a hand up, not a hand-out," said Lois Healy, CEO.

Freedom RV will be in the parking lot, along with Free Haircuts for Veterans by Mary, and music by Steve.

Affordable Homeownership Foundation is a 501(c)3 non-profit with all donations being tax deductible.✱

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School Smart



by Shelley M. Greggs, NCSP

Dear Readers, For many children, back to school anticipation creates excitement of the fresh and new. For some, it means a clean slate and a reunion of friends, but for

others, it brings up the fears of separation, the fear of making new friends and dealing with new situations. A great way to help your children process their feelings of anticipation, excitement and dread is through books. There are some wonderful children's books that address these very things.

Here is a great selection of "back to school books" that includes: two books for preschoolers with the theme of separation anxiety (the children's and the parents'); for first and second graders, two very different alphabet books and an absurd tale; and for middle aged kids, third through sixth grade, a classic, an early chapter book, and a "starting at a new school" story. The Bank Street Graduate School of Education, Columbia University, developed this list.

Appelt, K., & Brace, JD (2000). *Oh My Baby, Little One*. San Diego, CA: Harcourt. Ages 3-5. This is one of the sweetest books on separation anxiety. The mama bird says to her preschooler, who is off to school, "Oh, my baby, little one, the hardest thing I do is hold you tight, then let you go, and walk away from you."

Zalben, JB (2001). *Don't Go!* New York, NY: Clarion Books. Ages 3 to 5. Again addressing the issue of that first school separation, Zalben, in a matter-of-fact tone and expressive detailed watercolor paintings, prepares children and their parents from drop-off to pick-up.

Slate, J. (1996). *Miss Bindergarten Gets Ready for Kindergarten*. New York, NY: Dutton Children's Books. Ages 4-6. This kindergarten teacher accomplishes the impossible. With the help of her pet cockatiel, she prepares her classroom in just one day as her 26 pupils prepare to arrive.

Henkes, K. (1991). *Chrysanthemum*. New York, NY: Greenwillow Books. Ages 5-8. Chrysanthemum was perfect, her life was perfect, her family was perfect and her name was perfect. This is what she thought until she started school.

Sierra, J. (2000). *There's a Zoo in Room 22*. San Diego, CA: Harcourt. Ages 5-8. Judy Sierra, winner of Bank Street's Irma S. and James. H. Black Award for Excellence in Children's Literature for *Tasty Baby Belly Buttons*, hits a bull's-eye again with this collection of 26 poems: an ode to the classroom pet.

Creech, S. (2001). *A Fine, Fine School*. New York, NY: Joanna Cotler Books/HarperCollins. Ages 5-8. Mr. Keene was a principal who loved his school. He would wander around peeking into classrooms and pondering aloud, "Aren't these fine children? Aren't these fine teachers? Isn't this a fine, fine school?" The humorous illustrations portray our heroine, Tillie, wearily trudging endlessly

to school under her over-stuffed backpack, covered with yellow posted notes stating, "Massive test on your birthday" and "gym test today."

Taulbert, CL (2001). *Little Cliff's First Day of School*. New York, NY: Dial Books for Young Readers. Ages 6-8. Set in the 1950s, this is an African American writer's memoir of the first day of school. Little Cliff does not want to go. He makes up all kinds of excuses and silly delaying tactics. His grandparents insist that he will be going and that he will "work, work, work" and be "quiet, quiet, quiet."

Cleary, B. (1968). *Ramona the Pest*. New York, NY: W. Morrow. Ages 6-10. The first of eight Ramona books, this classic novel of 5-year-old Ramona Quimby's unique point of view is a delightful read-aloud for children who are looking back on their own experience starting school.

Carbone, E. (1998). *Starting School With an Enemy*. New York, NY: Knopf. Ages 8-12. Fifth grader Sarah's family has moved her kicking and screaming from their home in Maine to Maryland. Not only does she have to go to school and be the "new" kid but she has already made an enemy of a sixth grade bully.

Gauthier, G. (1998). *A Year with Butch and Spike*. New York, NY: Putnam. Ages 8-12. Jasper Gordon is the perfect student and he anticipates that this year will be no different. Teachers love him, he always gets great grades, and he is pulled out with the other really smart kids for "enrichment." Then he meets his sixth grade teacher, Mrs. McNulty.

More Back to School Books:

Johnston, T. (2007). *Off to Kindergarten*. New York, NY: Cartwheel Books. A young boy lists all the things he will have to take with him on his first day in kindergarten. Call# JPJ.

Kleven, E. (2007). *The Apple Doll*. New York, NY: Farrar Straus Giroux. Lizzy is scared to start school, so she makes a doll out of an apple from her favorite tree to take with her on the first day and keep her company. Call# JPK.

Neubecker, R. (2007). *Wow! School*. New York, NY: Hyperion Books. Izzy finds many things to be excited about on the first day of school. Call# JPN.

Borden, L. (2008). *Off to First Grade*. New York, NY: Margaret K. McElderry Books. Each member of a first grade class, as well as their teacher, principal and a bus driver, expresses excitement, worry or hope as the first day of school begins. Call# JPB.

Milord, S. (2008). *Happy School Year*. New York, NY: Scholastic Press. Children gather for a first day of school celebration that calms their worries about the day. Call# JPM.

Edwards, PD (2009). *Dinosaur Starts School*. Morton Grove, IL: Albert Whitman. Dinosaur worries about the first day of school, but with the help of a reassuring classmate he finds that school can be fun. Call# JPE.

Grogan, J. (2009). *Marley Goes to School*. New York, NY: HarperCollins. Marley the rambunctious dog sniffs his way to Cassie's school and spreads chaos as he searches for her. Call# JPG.

Parish, H. (2009). *Amelia Bedelia's First Day of School*. New York, NY: Greenwillow Books. A literal-minded first-grader's first day of school is filled with

continued on page 21

Book Review

The Identicals



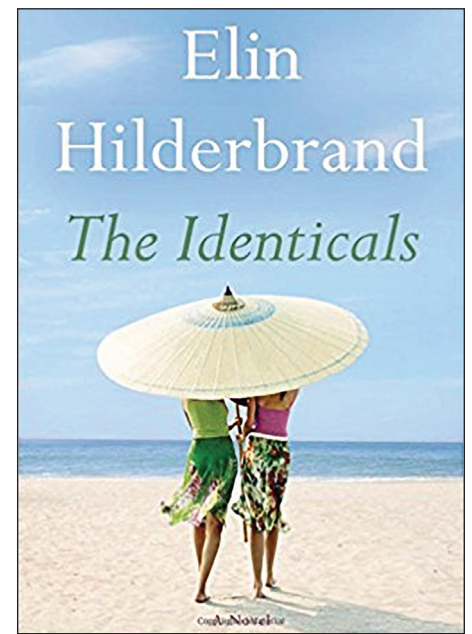
by Di Saggau

Elin Hilderbrand's new book *The Identicals* is about identical twins who couldn't look more alike and yet live totally different lives on not-so-identical islands. Harper Frost, is laid-back and easygoing. She

doesn't worry about what anyone thinks of her. If she wants a beer and a shot, that's what she'll have and heaven forbid she wear anything fashionable. She's inherited her father's run-down house on Martha's Vineyard, but she can't keep a job and doesn't do much better in the romantic area.

Tabitha Frost is dignified and refined, preferring a good wine and high fashion clothes, many designed by her snobbish and pretentious mother, the iconic fashion designer Eleanor Roxie-Frost. Her parenting skills are questionable as to her teenage daughter Ainsley who is in full-rebellion mode. Tabitha operates a flailing boutique on Nantucket.


After more than a decade apart, the twins switch islands and lives to try and save what's left of their splintered family. Their 14-year separation has left them bitter and entirely different in their outlook and views on life. The book delves into the complexities of family interactions dealing



with misunderstandings and past hurts. There is a lot of name-dropping of places and goods, but I kind of enjoy that. The characters are well-developed and carry the plot to a satisfying conclusion.

Perhaps the most poignant scenes deal with Ainsley, whose teen angst is brought to an end by Harper's nurturing side. There are plenty of romantic relationships, which is to be expected, but there is also a gritty side dealing with secrets, lies and gossip that jumps from one island to the other. Will Harper and Tabitha be able to bury the hatchet and end their sibling rivalry? That's the big question. and one can almost guess the answer, but *The Identicals* is an intelligent escapism read.✱



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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."

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

Training Camps Open As New Study Links Concussions To Brain Disorders



by Ed Frank

This past week, the 32 teams in the National Football League opened preseason training camps. Reports flooded the media with each team’s outlook for the upcoming season, injuries and a raft of other menial information. What was missing from nearly every one of these newspaper, radio and television reports was the startling revelations of a new study by Dr. Ann McKee, chief of neuropathology at the VA Healthcare System and a professor of neurology at Boston University’s Medical School. The study found that 110 of 111 brains of former NFL players were found to have chronic traumatic encephalopathy or CTE.

CTE, in case you don’t know, is a leading cause of memory loss, depression and dementia. It is directly linked to sustained concussions experienced by football players and, in some cases, to hockey, soccer, boxing and other athletes.

The earlier denial by the NFL that repeated blows to the head led to CTE was the subject of the 2015 movie *Concussions* that brought nationwide attention to this serious problem.

But just this month as Dr. McKee’s study was being published, a top NFL official acknowledged that playing football and having CTE were “certainly” linked. It appears at last that this acknowledgement effectively ends a public dispute whether blows to the head while playing football are definitely associated with the brain disorder CTE.

Still unanswered are questions why some players are more vulnerable to it than others. To date, CTE is diagnosed by examining the brains of deceased players. Further research is needed to discover the symptoms while athletes are still living.

To the NFL’s credit, it has moved in a positive direction to protect its players with rule changes, sideline medical teams, better equipment and stronger penalties for hits above the shoulders – all being done while previously denying the fact that head trauma can lead to CTE.

In her study, Dr. McKee admits that research is still in the early stages of pinpointing the exact timing when CTE occurs. It’s too easy to brush off the problem by advocating banning football for youngsters – although it is clear that many parents don’t want their children playing the sport.

Football is too big and too important for many, many reasons. It opens the doors for thousands to attend college via scholarships along with the lucrative financial awards in this multi-billion dollar business. But it’s clear that football must do more, at all levels of the sport, to protect its players today and in the future.

No longer can it deny that blows to the head on the football field are not the cause of the debilitating condition of many, many former players.

Miracle Drops To Third Place

After a blistering start to the season’s second half, the Fort Myers Miracle baseball team ended the month of July in third place in the Florida State League South Division, 1-1/2 games back of Bradenton.

The Miracle lost six of 10 games ending July, but still managed a second-half season record of 22-16.

The local team began a four-game home stand today, Thursday, against Jupiter. The Thursday and Friday games at Hammond Stadium have 7:05 p.m. starts, with the first pitch Saturday at 6:05 p.m. and an early start Sunday at 11:05 a.m.

The Miracle trailed second-place Jupiter by just half a game as the week began.✪

From page 1

New Comedy

on the brink of disaster and all three women are facing the challenges of their lives. Nicky’s husband has been indicted for embezzlement, Molly’s husband is stalking her and Debra’s husband is leaving her for another woman.

When the men mistakenly lock themselves in a basement meat locker, the women are faced with a life-or-death decision: should they leave the men out in the cold permanently or let them thaw? One by one, the women make their choices with more than a little help from one another.

Director Carmen Crussard said, “Every marriage has its ups and downs and moments in which you think ‘I could kill you right now.’ But most people don’t actually mean it... right? *The Smell of the Kill* is about three wives with seemingly perfect lives who are suddenly faced with the opportunity to lose their excess baggage (aka, their husbands). The choice forces them to reveal their darkest

secrets to each other and the ensuing chaos is hilarious and horrifying. Audience members will feel a strange connection to these characters (even if they won’t admit it) and leave the theater thinking, ‘Am I capable of murder?’”

Lucy Sundby, a Lehigh Acres resident who plays Nicky added, “This show is hysterical and I get to work with some of the funniest actresses around. If you don’t see it, you’re missing out!”

The Smell of the Kill, which runs August 4 to 20 at the Laboratory Theater of Florida, features Tera Nicole Miller as Debra, Lucy Sundby as Nicky, Jessica Walck as Molly and is directed by Carmen Crussard.

Performance dates are August 4, 5, 11, 12, 18, 19, 25, 26 at 8 p.m. and August 13 and 20 at 2 p.m.

Tickets are available at www.brownpapertickets.com or by calling the box office at 218-0481. Season passes are also available. For more information visit www.LaboratoryTheaterFlorida.com. The Laboratory Theater of Florida is located in the River District at 1634 Woodford Avenue in Fort Myers.✪

SPORTS QUIZ

1. In 2016, Detroit’s Miguel Cabrera became the fifth-youngest player (33 years old) to reach 2,400 career hits. Who was younger?
2. The New York Yankees set a major-league record in 2015 by having seven pitchers with at least 100 strikeouts. Name five of them.
3. Name the last time before the 2015 season (Carolina) that a team scored at least 49 points in an NFL conference title game.
4. In 2016, the ACC set a record by having six men’s basketball teams in the Sweet 16 of the NCAA Tournament. Name them.
5. When was the last time before the 2016-17 NHL season that the Edmonton Oilers reached the Stanley Cup playoffs?
6. Name the first woman to drive in Formula One racing.
7. Who was the first back-to-back gold medalist in singles in Olympic men’s tennis history?

ANSWERS

1. Ty Cobb (31 years old). Rogers Hornsby (32), Hank Aaron (32) and Robin Yount (33). 2. Michael Pineda (156 strikeouts), Masahiro Tanaka (139), CC Sabathia (137), Dellin Betances (131), Nathan Eovaldi (160) and Andrew Miller (100). 3. In the AFC Championship Game after the 1990 season, Buffalo scored 51 points against the Los Angeles Raiders. 4. Miami, Fla., Duke, North Carolina, Notre Dame, Virginia and Syracuse. 5. It was the 2005-06 season. 6. Maria Teresa de Filippis, in 1958. 7. Andy Murray of Great Britain.

Founder’s Cup Set For October

Stunning vistas, two challenging courses and the camaraderie of fellow golfers make Florida Gulf Coast University’s annual Founder’s Cup Golf Tournament a perennial sell-out. This year’s event takes place Friday, October 20 at Quail Creek Golf Club in Naples.

The tournament serves a greater purpose, says Christopher Simoneau, FGCU Foundation executive director and the university’s Vice president for advancement. “Funds raised by the Founder’s Cup Golf Tournament help ensure that our students receive the best education possible, supplying scholarships and programs to enhance their experience. The tournament has been raising funds for the university since before FGCU opened its doors.”

This year, the fundraiser celebrates its 26th year. Since its inception, the tournament has raised more than \$1.6 million – including \$135,000 last year – for programs that support academic excellence, scholarships and student success.

“The Founder’s Cup provides a significant financial boost to the university’s mission in support of students, faculty and

staff,” Simoneau said. “The commitment of so many sponsors and community supporters year after year shows their deep belief in the importance of higher education. We are truly appreciative of their long-time involvement.”

The event will begin with a buffet luncheon at 11:30 a.m. at the Quail Creek clubhouse. Golfers will begin play at 1 p.m. with a shotgun start on the club’s two championship courses. Following tournament play, golfers will enjoy a dinner buffet and awards reception.

A number of Southwest Florida’s leading companies support the event annually. Joe Gammons of Office Furniture and Design Concepts, Inc. and chair of the event said, “While the day-long event is both social and competitive, we consider this an investment in the workforce of tomorrow. As a local company, we are proud to support the valuable work that takes place at Florida Gulf Coast University.”

Sponsorship opportunities are still available at several levels. For more information on sponsorships, contact Lindsey Touchette at 590-1016. For general tournament information or to register a team for the 2017 Founder’s Cup, visit www.fgcu.edu/FoundersCup.✪

Red Sox Golf Tournament

As part of its continuing community outreach efforts, the Red Sox Foundation will hold its 6th annual Swings for the Sox golf tournament on Friday, October 6.

The tournament will take place at the Gold Course at Tiburon Golf Club located at the Ritz-Carlton Golf Resort at 2620 Tiburon Drive in Naples. A scramble format with prizes for the longest drive, putting, closest to the pin and more will begin at 8 a.m. after registration at 6:45 a.m. A continental breakfast will be included as well as a buffet lunch.

All proceeds from this year’s tournament will benefit the Lee County Red Sox Scholarship in partnership with The Foundation for Lee County Public Schools, Inc. Last year, the Red Sox Foundation awarded a \$5,000 college scholarship to one deserving student from each of the 13 public high schools in Lee County.

Last year’s 5th annual tournament

raised more than \$80,000.

“We were very excited that the first five years of this Red Sox Foundation golf tournament not only sold out but has raised \$260,000 for local nonprofits and scholarships,” said Katie Haas, vice president of Florida business operations for the Red Sox.

This year’s title sponsor is DLD Builders and joins CVS Pharmacy and The Hertz Corporation as presenting sponsors.

Tournament sponsorships are available from \$150 to \$10,000. Foursome player packages begin at \$1,000.

All supporters of the Red Sox Foundation will be able to participate in an online silent auction where they can bid on one-of-a-kind auction items and other unique experiences. More details on the online silent auction will be forthcoming.

Raffle and silent auction items that can be used to aid in raising money for the Red Sox Foundation’s scholarship fund and additional funds for those in need throughout Southwest Florida are also being accepted.

For more information, call 226-4783 or email swingsforthesox@redsox.com.✪

Tickets On Sale For Police Gala

Tickets are now on sale for the 2017 Law & Order Ball, presented by the Rotary Club of Fort Myers South. Now in its fourth year, this esteemed event pays tribute to Lee County law enforcement officers, honors an Officer of the Year and raises funds to support local law enforcement youth programs and the Fort Myers Rotary South Foundation. Tickets are available online at www.LawAndOrderBall.org.

The gala takes place at the Germain Arena, 11000 Everblades Parkway, in Estero, on Saturday, September 16 at 6 p.m. It honors law enforcement officers from the following local agencies: Cape Coral Police Department; Florida Gulf Coast University Police Department; Florida SouthWestern State College Police Department; Fort Myers Police Department; Lee County Port Authority Police; Lee County Sheriff's Office; and Sanibel Police Department. Agencies have nominated up to five officers for the prestigious Officer of the Year award. The selected honoree will receive a custom award designed by fine jeweler and Rotarian Mark Loren.

Tickets to the festive evening are \$175 each. Cost for a table of 8 is \$1,400.

The black-tie optional gala is open

to the public and includes cocktails, hors d'oeuvres, a formal dinner, entertainment, silent and live auctions, raffles and even more surprises such as a wine pull and a balloon pop.

The event is designed to honor local law enforcement agencies and raise money for the many community projects and nonprofits that the Rotary Club of Fort Myers South supports. A portion of funds raised at the event will be distributed among the honored agencies for their youth programs.

Creighton Construction and Development has returned as the Law & Order Ball's presenting sponsor. Additional sponsors include: LeeSar; Survival Armor, Inc.; CTN-10; Florida Weekly; Edison National Bank; Galloway Family of Dealerships; Mark Loren Designs; Rapid Print; Lee County Sheriff's Office; Fort Myers Police Department; The Eventful Company; Armor Correctional Health; Enterprise Holdings; Gulf Coast Coin & Jewelry; Siesta Pebble; Red Roof Inn; Henderson Franklin Starnes & Holt; Suncoast Credit Union; Aubuchon Team of Companies; Maureen Grabowski; LCEC; BB&T-Oswald Trippe and Company; Finemark Bank; Florida Gulf Coast University; Blue Chip Financial; HBKS Wealth Advisors; Old Sparky; and Pushing the Envelope.

For more information, visit www.lawandorderball.org/ or contact Lori Cook North at lori@eventfulinc.com.✱



Aerial view of midtown Fort Myers

photo provided

New City Core Strategy Under Way

The University of South Florida's School of Architecture and Community Design will assist the City of Fort Myers in developing an integrated redevelopment strategy for the city's core. The project, approved by city council at the June 19 meeting, will examine current development regulations in downtown Fort Myers and the Gardner's Park neighborhood. It will also investigate how the midtown area can accommodate and promote

future growth and development.

The goal of the project is to cultivate an integrated strategy for urban design, long-range planning, and regulatory revisions in downtown and midtown Fort Myers. Through an intensive planning process and community member involvement, this effort will lead to a growth strategy that is appropriate, feasible and sustainable into the future.

The project will be jointly funded by the city and the Community Redevelopment Agency.

The USF team will review the city's Downtown and Comprehensive Plans, as well as the Gardner's Park Vision Plan and

continued on page 22

From page 19

School Smart

confusing adventures, much to her delight. Call# JPP.

Greene, S. (2010). *Princess Posey and the First Grade Parade*. New York, NY: GP Putnam's Sons/Penguin Young Readers Group. Posey's fear of starting first grade is alleviated when her teacher invites the students to wear their most comfortable clothes to school on the first day. Call# JPC, also CD JFG (sound recording).

McCarty, P. (2010). *Henry in Love*. New York, NY: Balzer & Bray. On the first day of school, Henry the cat vies for the attention of the most amazing girl in class, Chloe Rabbit. Call# JPM.

Schaefer, LM (2010). *Frankie Stein Starts School*. New York, NY: Marshall Cavendish. Frankie begins his first day at Miss Wart's Academy for Ghouls and Goblins excited and eager to learn, but when the other students tease him for being different, he demonstrates what he already knows about being scary. Call# JPS.

Pennypacker, S. (2010). *The Amazing World of Stuart*. New York, NY: Scholastic. Stuart makes a magical cape out of some old ties and has a series of adventures, and then he wears the cape to his first day of third grade at his new school, in the hope that it will help him. Call# JPB.

Sarah, Duchess of York. (2010). *Emily's First Day of School*. New York, NY: Sterling. Emily is nervous before her first day of school, but she has such a good time that she cannot wait until the second day. Call# JPS.

Winters, K. (2010). *This School Year Will be the Best!* New York, NY: Dutton Children's Books. When a teacher asks her students on the first day of school what they wish for in the coming year, the answers range from having a good school picture to receiving a perfect report card. Call# JPW.

Moss, M. (2011). *Daphne's Diary of Daily Disasters: The Name Game!* New York, NY: Simon & Schuster. In her diary, Daphne Davis doodles, draws and documents a series of disasters on her first two days of fourth grade. Call# JFM.

Rockwell, AF (2011). *First Day of School*. New York, NY: Harper. Mrs. Madoff's students compare notes about getting ready for their first day of school after vacation. Call# JPR.

Stine, RL (2011). *It's the First Day of School -- Forever!* New York, NY: Feiwel and Friends. Everything goes wrong for 11-year-old Artie on his first day at Ardmore Middle School, from the moment his alarm goes off until the next morning, when everything is repeated exactly the same way. Call# JFS.

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

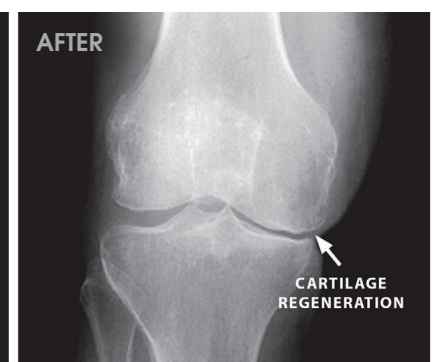
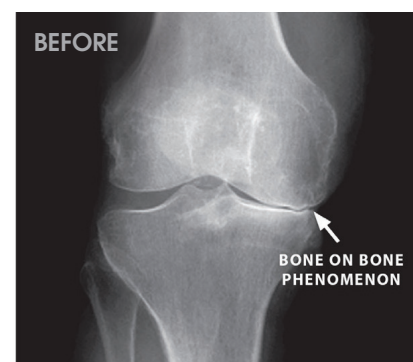
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Dress For Success Launches Series



Christine Sherlock photo provided

Dress for Success SW Florida announced its new Women Empowered Through Employment Series (WETES). This original program provides mentors for women and builds awareness in the community, and strives to create partnerships with other non-profits. The six-week program begins on August 16 and will be held each following Wednesday from 9 a.m. to noon at the Dress for Success SW Florida location in Fort Myers at 12995 S. Cleveland Avenue, Suite 153. WETES is open to eligible women in Southwest Florida at no cost.

WETES is an employer-driven program designed by Dress for Success SW Florida for unemployed and under-employed women seeking jobs and new careers. The program aims to educate women through a variety of targeted career growth sessions including dressing for success, interview skills, and resume writing. Courses are led by area employers to share real world experience.

Participating businesses include Chico's FAS, Inc., FGCU, First Florida Integrity Bank, Hertz, Lee Health, Shell Point Retirement Community, and Walmart. Karen Anderson, president of the board of directors for Dress for Success of SW Florida, is the chairwoman for this exciting program.

"We designed this program specifically to meet the needs of unemployed and under-employed women in the community," said Barbara Dell, CEO of Dress for Success SW Florida. "We want them to work towards employment with expert guidance from local business leaders. This is also a great opportunity for employers seeking to hire new talent."

Graduates completing the six-week program will leave with several benefits including an interview outfit, a resume, cover letter ready to customize to each employer, a personalized elevator speech for selling their strengths and abilities, effective job search tools, a social media profile, thank you note template, financial literacy training and budgeting plan. Each participant will also complete a practice interview with the participating employers and receive ongoing job search support through Dress for Success SW Florida.

WETES is being co-sponsored by Chico's FAS, Inc. and The Women's

Giving Circle of Southwest Florida, a fund of the Community Foundation of Collier County. The program is also supported by Walmart, Rotary Club of Fort Myers South, and Zonta Club of Sanibel-Captiva.

Christine Sherlock will kick-off the program on August 16 with First Impressions – Putting Your Best Face Forward, a session about the importance of having the proper image for an interview. Sherlock is the founder and Chief Image Officer at Image Matters.

VCB Hires Fiscal Manager

The Lee County Visitor & Convention Bureau (VCB), representing The Beaches of Fort Myers & Sanibel in Southwest Florida, recently hired Lucy Maldonado as its new fiscal manager.

Maldonado comes to the VCB after serving as manager of the fiscal pool in Lee County Public Works for the last two years. Prior to that, she spent nearly 14 years as an accounts payable supervisor in the Lee County Clerk of Courts finance department.

Maldonado will oversee all VCB fiscal operations. She will plan, coordinate and direct the bureau's comprehensive fiscal program and enforce policies, procedures and other support services.

Maldonado is attending online courses through Ashworth College and is working toward her associate's degree in business management. She studied business management at Hodges University for one year and received a certificate in business management from Lee County High Tech

Other sessions are as follows: Session #2 Selling Your Strengths on August 23; Session #3 Using Social Media to Connect on August 30; Session #4 Building a Network that Works on September 6; Session #5 Interviewing Practice with Employers on September 13; Session #6 Career Advice Panel of Experts on September 20.

To register or for more information, call Nickole Hendra at 689-4992 or visit www.dfsswflorida.org.



Lucy Maldonado photo provided

Center Central in 2001.

A resident of Lee County for more than 30 years, Maldonado lives in North Fort Myers with her daughter, Adriana, age 13, and son, Angel, 11. In her spare time, she enjoys art and painting as a hobby, and exploring Southwest Florida beaches with her children.

Hospitals Named Most Wired Again

All four Lee Health acute care hospitals are among the 2017 Most Wired, according to the 19th annual Health Care's Most Wired survey, released recently by the American Hospital Association's (AHA) Health Forum. According to the survey, technology is making it easier for patients and providers to interact, thus improving communication, safety and patient-provider relationships. New tools are helping patients become more actively involved in their care and maintaining their health. Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital have been named Most Wired for the past four years by the AHA Health Forum.

"This is a significant acknowledgment of our health system's leading edge accomplishments in the area of electronic health records and overall automation and informatics, centered on our use of the Epic electronic health record," said Mike Smith, chief information officer for Lee Health. "The technology we have implemented allows for one seamless patient record that medical staff, clinical staff and patients can share, regardless of care location. It is widely accepted that having the most accurate and complete patient information enables physicians and other care providers to deliver the best and safest care possible. We are pleased that Lee Health has been able to implement

industry-leading capabilities in the area of health information technology for the benefit of our community and are grateful that our accomplishments in this area are being acknowledged."

According to this year's survey, Most Wired hospitals are using smart phones, telehealth and remote monitoring to create more ways for patients to access health care services and capture health information. This year's results show that 40 percent of hospitals surveyed offer virtual physician visits, and more than 40 percent provide real-time care management services to patients at home for diabetes and congestive heart failure.

Innovation in patient care embraces emerging technologies and underscores the need for secure patient information exchange. Hospitals have increased their use of sophisticated IT monitoring systems to detect patient privacy breaches, monitor for malicious activities or policy violations and produce real-time analysis of security alerts.

"The Most Wired hospitals are using every available technology option to create more ways to reach their patients in order to provide access to care," said AHA President and CEO Rick Pollack. "They are transforming care delivery, investing in new delivery models in order to improve quality, provide access and control costs."

Most Wired hospitals are transforming care delivery with knowledge gained from data and analytics. They are investing in analytics to support new delivery models and effective decision-making and training clinicians on how to use analytics to improve quality, provide access and

control costs.

Eighty-two percent analyze retrospective clinical and administrative data to identify areas for improving quality and reducing the cost of care.

Nearly 70 percent interface electronic health record data with population health tools for care management.

Nearly 40 percent deliver quality metrics to physicians at the point-of-care.

Thirty-two percent have tools for real-time patient identification and tracking for value-based care conditions, such as chronic obstructive pulmonary disease.

HealthCare's Most Wired survey, conducted between January 15 and March 15, is published annually by *Hospitals &*

Health Networks (H&HN). The survey and benchmarking study is a leading industry barometer measuring information technology (IT) use and adoption among hospitals nationwide. The survey of 698 participants, representing an estimated 2,158 hospitals – more than 39 percent of all hospitals in the U.S. – examines how organizations are leveraging IT to improve performance for value-based health care in the areas of infrastructure, business and administrative management; quality and safety; and clinical integration.

Detailed results of the survey and study can be found in the July issue of *H&HN*. For a full list of winners, visit www.hhnmag.com.

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City Core Strategy

portions of the Land Development Code. The process will include local residents and other stakeholders as well as city staff. The team will also engage local residents and stakeholders as it crafts a redevelopment plan for the Midtown area.

"Updating the Downtown and Midtown plans will provide several benefits to our community," said City Manager Saeed Kazemi. "More varieties of housing in these areas will help downtown business owners and their employees. It will also expand the city's tax base, which can help fund public services like police and fire protection, recreation and public art. Finally, the right plan will encourage well-managed development."

The project team will be led by

Theodore Trent Green, associate professor of architecture and urban design. Green's areas of expertise include urban and community design planning, economic development and community revitalization, housing and residential development strategies, and development regulations. His architectural and urban design experience includes projects in Boston, Kansas City (Missouri) and Richmond (Virginia) as well as Florida cities including Miami, East Tampa, Winter Haven and Clearwater.

Planning will begin with the creation of a community-based steering committee. Public input meetings are anticipated in early to mid-August.

For more information about the city's development strategy, contact Steven Belden, AICP, director of community development, at 321-7902 or sbelden@cityftmyers.com.



Dixie Gators Entertainment

photos provided

ALS Walk Expands To Regional Event

submitted by
Hilde Heard and Marie Glasgow

It started in 2007, when residents of Herons Glen, a North Fort Myers community of 1,300 homes, learned that one of its marathon runners and tennis players was tragically stricken by Amyotrophic Lateral Sclerosis/ALS/Lou Gehrig Disease. Within the next several years, three more neighbors and friends were diagnosed with ALS. Familial ALS represents only five to 10 percent of all cases while “random” ALS can arise spontaneously and mysteriously, making seemingly random attacks on previously healthy adults. So, it’s easy to see that ALS can strike anyone, anytime.

Realizing the need to educate the public about ALS and the need to raise funds for research for a cure, the community held annual walks complete with music, games and cheerleading. In addition, Herons Glen held its own unique version of the Ice Bucket Challenge and a Derby Day event with festive hats and coveted prizes. Our success with these fun events got noticed and led to the partnering of the ALS Association of Florida with volunteers

of Herons Glen and Fort Myers to hold the first Fort Myers Walk to Defeat ALS in 2016. Once more, the event was fun and over the top successful – so successful that this year the event has become the Southwest Florida Walk to Defeat ALS. It will be held on October 28, at Miromar Outlets in Estero.

The motto of all events has always been “having fun while working toward a worthy cause.” Whether you have a connection to ALS or just want to be part of this effort, consider this your invitation to join us.

Since ALS is a terminal disease, there is only a small group of persons living with ALS who can advocate for more research and improvement in services. Data shows that there is a direct correlation between research funding and survivorship. Therefore, financial support is essential. Awareness of ALS is also crucial to winning this fight.

The 2017 Kick Off Event will take place at Millennial Brewing Company, 1811 Royal Palm Avenue, in Fort Myers on Saturday, September 2 from 2 to 4 p.m. There will be games with prizes, 50/50 drawing of chance and music. The theme for 2017 is The 80’s and participants coming in fashions of that decade can enter the costume contest.

Because our walk will include participants from Naples, Marco Island



Team Bryson



Team Hilde's Herd

and locations even farther south, there will be a second Kick Off Event at Paddy Murphy's Irish Pub, 457 5th Avenue South, in Naples on Saturday, September 9 from 2 to 4 p.m. Besides the lip-synching contest, silent auction and photo booth, there will be a celebrity bartender. So, attend the event closest to you or attend both. The more the merrier.

And now to complete this fall lineup of fun events, register to walk with us on October 28, at Miromar Outlets. Or better, yet, form a team and make it a fun morning with live music and a great cause. To register as a walker or register a team visit web.alsa.org/SWFlorida or contact Darcy Klempner, Community Outreach Associate at (813) 637-9000 ext. 32.*



Team Conklin



Team Maureen

dearRPharmacist

What Color Do You Pee?



by Suzy Cohen, RPh

Dear Readers:

It's one of those things you don't even pay attention to, until it changes color. The yellow "pee" pigment is called "urochrome," and if it's concentrated, your urine is darker yellow. When well hydrated, the urochrome is dilute. A variety of surprising foods, candy, medications and disorders impacts urine color. Here are causes for the strange colors:

Red or Pink

If you pee red, it's frightening because your brain immediately thinks "Blood!" But shots or high oral doses of Vitamin B12 can cause it. Beetroot supplements and eating beets (or drinking beet juice) can also make you see pink in the potty.

If you just had two slices of rhubarb pie, or a dozen blackberries, you'll see pink. Bladder or kidney infections, and prostate cancer are rare causes, so get it checked out if it persists beyond the beets.

Orange or Amber

The popular UTI (urinary tract infection) treatment called "phenazopyridine" will tint your urine orange. The prescription blood thinner Coumadin (warfarin) can do it but usually it's because you just drank a lot of carrot juice or took some vitamin C.

If you see reddish brown urine, that could be rhabdomyolysis which is associated with some popular medications. If you're on a cholesterol drug, and see tinged urine, see a doctor immediately.

Yellow or Brown

Yellow is normal, but bright neon yellow is not. Still, it is harmless. Supplements that contain riboflavin will make you pee in neon yellow. You're

not dying, so don't freak out.

Amber urine could be a sign of dehydration. Go drink more water and see what happens, your urine should go back to yellow right away. However, dark urine that is unusual, or in excess could indicate liver disease. Methocarbamol, nitrofurantoin and laxatives (cascara or senna) can temporarily do it, too.

Green

Did you eat a bag of black licorice? It will make you pee green. Or maybe you have a UTI?

Honestly, vivid green urine is highly unusual. It happens sometimes on the day (or day after) you've been sedated for surgery or a procedure. It's from the propofol (aka the Michael Jackson drug). This is a popular, short-acting sedative that anesthesiologists frequently use, and it can tinge pee green. Cimetidine (Tagamet) sold over-the-counter for acid reflux can do it sometimes, too.

Blue

This one would alarm me personally, even though a number of medications produce blue urine including Elavil (amitriptyline) and Indocin (indomethacin).

Purple

Purple urine is almost always associated with people who have catheters and then get a UTI. If you visit a loved one in the nursing home and see this, all they need to do to cure it is a treatment of antibiotics and a catheter change.

White

Two of the most frequent causes is kidney stones or high calcium excretion (hypercalcuria) or high phosphorus in the urine (phosphaturia). You might also have a very bad kidney or bladder infection.

Black

Black is sometimes associated with melanoma. It can occur red blood cells being destroyed at a dangerous rapid pace and is considered an emergency.

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.✱

Prostate Cancer Meeting August 9

For prostate cancer patients who have already been treated, but are having cancer recurrence or rising PSA, Prostate Cancer International is staging a free event to let you know more about a new PET Scan called Axumin, which was FDA approved in 2016, and Medicare approved in 2017.

The meeting will be held on Wednesday, August 9 from 5:30 to 7:30 p.m. at Lakes Regional Library, located on Bass Road and Winkler Road in Fort Myers. Pre-registration is recommended, but walk-ins are welcome. To pre-register, call Jan Manarite at 208-4400 or email her at JManarite@hotmail.com.

Jan Manarite is the widow of charter

captain Dominic Manarite, who lost his battle to prostate cancer in 2013. They and their son, Mico, were residents of Sanibel for more than 30 years. She continues to educate and empower others from the lessons they learned in their journey.

At the meeting, participants will also talk about prostate cancer imaging in general. Dr Shawn Carter of Radiology Regional will speak about Axumin, and has done many of these PET Scans, including earlier clinical trials at Emory University in Atlanta. Manarite will speak about working with your doctors and nurses, understanding your medical records, and Shared Decision Making. Also, Joe Liguori from Blue Earth Imaging will answer your questions about insurance coverage and availability.

For more information, visit www.ProstateCancerInfoLink.net.✱

Doctor and Dietician

Plant-Based Diets



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

Is eating a plant-based diet best for everyone? There are many advocates of some plant-based diets, but just avoiding meat does not automatically equal a healthier diet.

We often see this with "vegetarians" who primarily eat refined carbohydrates and cheese with plenty of sugar-laden drinks. A typical day of food may consist of sugary cereal with milk, cheese and crackers, pizza and soda. As a general rule, we should all try to consume multiple servings of fresh vegetables each day, while limiting carbohydrates like bread, fruit, and potatoes.

Even though vegetables and fruit are often lumped into the same category in some diet programs, there are more calories and sugar in fruit. Eating one serving of fresh fruit three or four days per week is much different than eating it

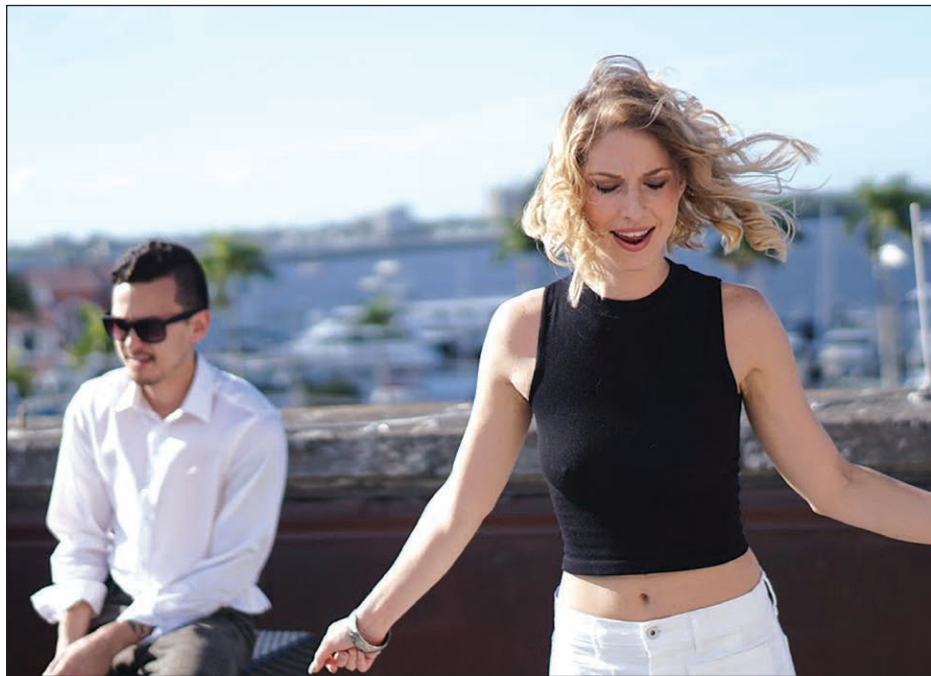
throughout the day.

The Journal of the American College of Cardiology published a study recently which included three different plant-based diets. One combined the eating of any type of plant-based foods along with reducing animal-based foods. Another focused on eating whole grains, fruits and vegetables. The third centered around unhealthy plant-based foods, like refined carbohydrates, potatoes and sugar-laden foods and drinks.

The research comprised long-running studies including the Nurses' Health Study (73,710 women), the Nurses' Health Study II (92,329 women) and the Health Professionals Follow-up Study (43,247 men). The results showed that healthy plant-based diets (fruits, vegetables and whole grains) were associated with decreased heart disease risk. Interestingly, the group that ate less meat, but consumed more refined foods, had a 32 percent increased risk of heart disease.

The study recommended increasing healthy plant food intake and decreasing unhealthy ones. We agree! We also find that each of us has a unique physiology requiring different types of food for optimal health which, for some of us, includes meat.

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.✱



Alec Prorock and Morgan Marie

photo provided

From page 1

Summer Concert

multi-instrumentalist residing in Fort Myers, where he attends the Bower School of Music & The Arts at Florida Gulf Coast University. He released his debut solo album *Cloud Chameleon* in February of 2016. Prorock is a

student of master musicians Matthew Sonneborn, Dan Miller and Danny Jordan. Learn more about them at www.morganmariemusic.com.

Visit www.sbdac.com to purchase tickets or for more information.

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



Mushrooms Stuffed with Feta and Spinach

photo courtesy Fresh From Florida



Mushrooms Stuffed With Feta and Spinach

8 ounces bacon slices
 1 cup chopped onion
 1 10-ounce package chopped frozen spinach, thawed, squeezed dry
 4 ounces feta cheese, crumbled (about $\frac{3}{4}$ cup)
 4 ounces cream cheese, room temperature
 $\frac{1}{4}$ teaspoon dried crushed red pepper
 2 $\frac{3}{4}$ pounds button mushrooms stemmed, (about 48; each about $1\frac{1}{2}$ inches diameter)
 Preheat oven to 375 degrees F. Cook bacon in heavy, large skillet until crisp, about 8 minutes. Transfer bacon to paper towels to drain. Coarsely crumble bacon. Discard all but $\frac{1}{4}$ cup plus 2 teaspoons bacon fat (adding olive oil if necessary to equal that amount).

Heat 2 teaspoons reserved bacon fat in heavy medium skillet over medium heat. Add chopped onion and sauté until tender, about 5 minutes. Transfer to medium bowl and cool; mix in bacon, spinach, feta, cream cheese, and crushed red pepper. Season filling to taste with salt and pepper.

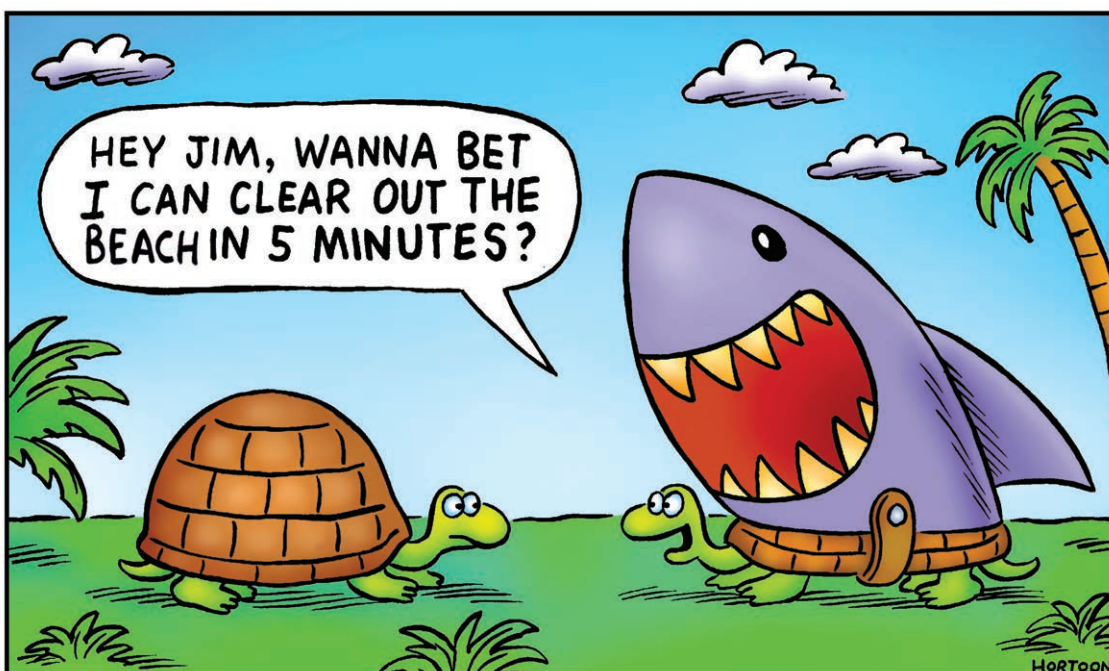
Line 2 large rimmed baking sheets with foil. Toss mushrooms and reserved $\frac{1}{4}$ cup bacon fat in large bowl to coat. Sprinkle mushrooms with salt and pepper. Place mushrooms, rounded side down, in single layer on prepared baking sheets. Bake mushrooms until centers fill with liquid, about 25 minutes. Turn mushrooms over. Bake mushrooms until brown and liquid evaporates, about 20 minutes longer. Turn mushrooms over again. Spoon 1 heaping teaspoon filling into each mushroom cavity. (Filled mushrooms can be prepared 1 day ahead. Cover and refrigerate.)

Preheat oven to 375 degrees F. Bake mushrooms until heated through, about 10 minutes. Transfer mushrooms to platter and serve warm.

Yield About 48

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

HORTOONS



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 Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE (National Active & Retired Federal Employees	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Gateway to the Islands	218-5768
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900

AREA ATTRACTIONS

Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

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PUZZLES

Answers on page 29

Super Crossword

GETTING SERVED
IN THE MIDEAST

ACROSS
1 Flag supporter
5 Coen of film
10 Proposition
15 Melville mariner
19 One-spot cards
20 Bucks
21 "Odyssey" enchantress
22 Woman of rank
23 Start of a riddle
26 "... — it just me?"
27 Painful spots
28 Literary Leon
29 Subj. for U.S. immigrants
30 Horseshoe-shaped iron bar
31 Riddle, part 2
36 Bit of legend
37 Transmit
38 Showy scarf
39 Italian "God"
40 Cry loudly
43 Singer Smith
45 Less bold
48 "Mised" singer Celine

DOWN
1 Rabbit's feet
2 Ellen who was the first Latina in space
3 Get wind (of)
4 Honor
5 Type widths
6 Little squirt
7 Just so-so
8 1999-2004 Oldsmobiles
9 Aboriginal
10 Autumn mo.
11 — mignon
12 Insolent
13 "Green" product sticker
14 Ump's cousin
15 Baked brick
16 Last Anglo-Saxon king of England
17 Umpteen
18 Oscar category for "Let It Go"
24 Early Bill Cosby series
25 "The end — sight"
30 Stage legend Hagen
32 "No worries"
33 Burn black

ACROSS
49 Riddle, part 3
56 Marketing news mag
57 Big name in electric razors
58 Oman export
59 "Blue" singer Rimes
60 Director Elia
61 Hidden mike
62 Drop off
65 Unit of corn
66 Riddle, part 4
71 — Lingus
72 "Dr." of rap
73 Writer Fleming
74 Spud state
75 Plane path
77 Boom maker
78 Obtain
81 Hotel room
82 Riddle, part 5
87 Fed a line
88 Old-time actress Palmer
89 Blue yonder
90 Links org.
91 Suffix with 121-Across
92 "Sure"

DOWN
93 Archibald of old basketball
97 Regal Norse name
100 End of the riddle
107 Jordanian capital
108 A, in Acapulco
109 Electric, water or gas: Abbr.
110 Merger with Mobil in 1999
112 Country singer — Keith
113 Riddle's answer
117 Author — Stanley Gardner
118 "Later!"
119 "Star Trek" officer
120 British conservative
121 Forecaster
122 "Bleeding Love" singer
123 Volga native
124 Farm females

ACROSS
34 Detroit flop
35 Detached, as a coupon
40 Went flat
41 "Mercy me!"
42 "Watch out!"
44 Talking birds
46 Ad —
47 Wall St. intro
48 Singer Lana — Rey
50 D.C. bigwig
51 Common bowling game
52 Seep out
53 Sardonic
54 Intel chip brand
55 Result of excessive teasing?
60 Guy doll
61 Playbill info
62 Lessen
63 Fit in
64 Starr of old comics
67 Scary snake
68 Actress Falco
69 Fix, as socks
70 Sharpens
76 Bridal vow
77 Senator Cruz
78 Internet inits.

DOWN
79 D halved
80 Actor Aidan
81 Country's Crystal
82 Protective film sheets
83 Mount where four presidents went bust?
84 Look like
85 Deter
86 Hershey's toffee bar
92 Urge
94 "Son of —!"
95 "Shame!"
96 "Happy Endings" actress Cuthbert
98 New — (Enya, e.g.)
99 Obsess (on)
101 Bill settler
102 "That Night —" (old film)
103 1800s veep Burr
104 Scoff at
105 U-shaped river bend
106 Black, in Lille
111 Bill blockers
113 — -Mart
114 Simile center
115 Italian monk
116 Bern's river

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
19				20					21					22			
23			24						25					26			
27						28				29				30			
	31				32	33				34			35				
			36					37				38				39	
40	41	42		43		44			45	46	47			48			
49			50	51				52	53	54				55			
56						57							58				
59					60							61			62	63	64
65				66	67				68	69	70				71		
72				73					74					75	76		
			77				78	79	80					81			
82	83	84				85						86					
87					88							89				90	
91				92					93	94	95	96		97	98	99	
100			101				102	103					104			105	106
107						108				109					110		111
112					113					114				115	116		
117						118										120	
121						122										124	

King Crossword

ACROSS
1 Do something
4 Apparel
8 Crockpot creation
12 Thickness
13 Radius neighbor
14 Head
15 Bribe
16 Paper quantity
17 Hebrew month
18 Cosmetic item
21 "Of course"
22 Young fellow
23 "Ivanhoe" author
26 Rarin' to go
27 Vagrant
30 Aesopian also-ran
31 Foundation
32 Foundation
33 Ram's partner
34 Plague
35 Tier
36 Spread seeds
37 Household member
38 Paperwork specialists
45 Met melody
46 Annoys
47 Have a bug
48 Volition
49 Reebok rival

DOWN
1 Church section
2 Satiated
3 Sort
4 Structure on a tank
5 Spreads for bread
6 Chew away at
7 Tried
8 Shell out
9 Body powder
10 Needle case
11 Healthy
19 Computer unit
20 Dine
23 The lady
24 Cornfield call
25 Tramcar load
26 Driver's license datum
27 Fundy, for one
28 Work with
29 Mal de —
31 Pete Weber's

ACROSS
50 Masseur's workplace
51 Gotta have
52 FBI employee
53 Evergreen type
50 Masseur's workplace
51 Gotta have
52 FBI employee
53 Evergreen type
7 Tried
8 Shell out
9 Body powder
10 Needle case
11 Healthy
19 Computer unit
20 Dine
23 The lady
24 Cornfield call
25 Tramcar load
26 Driver's license datum
27 Fundy, for one
28 Work with
29 Mal de —
31 Pete Weber's
32 Dog owner's chore
34 Luau treat
35 Diminish
36 Burn with steam
37 Authentic
38 Chess piece
39 Ontario neighbor
40 Cleo's water
41 Proper companion?
42 Uncomplicated
43 Mature
44 Deli salad

MAGIC MAZE

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

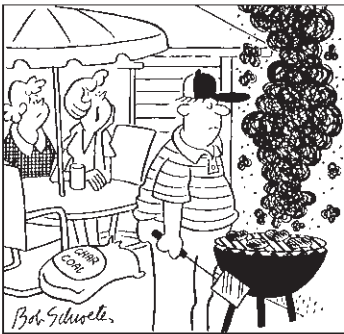
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Abstract
Archives
Call number
Hold

Index
ISBN
ISSN
Librarian

Loan
Microfilm
Periodical
Reference

Renew
Reserve
Vertical file



“No, actually, the neighbors never complain
— there hasn't been a
for miles around all summer long.”

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!

Gentle
COLIDE
Ask
ENRIQUI
Value
FRITOP
Stew
MIMERS

TODAY'S WORD

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

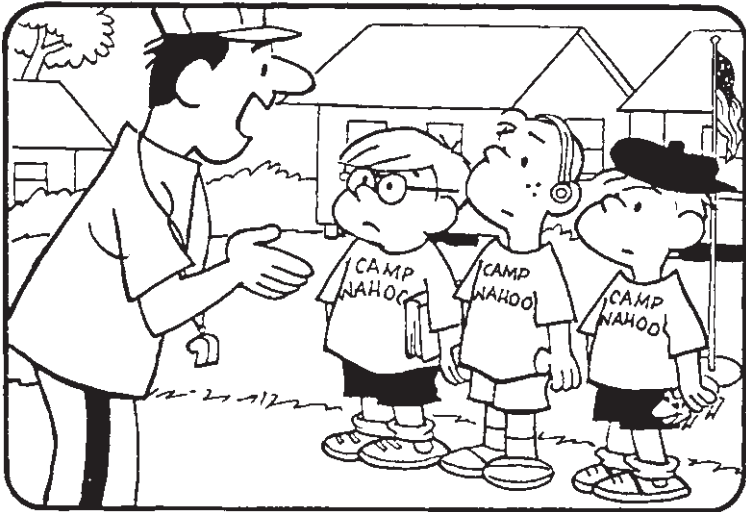
SUDOKU

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.

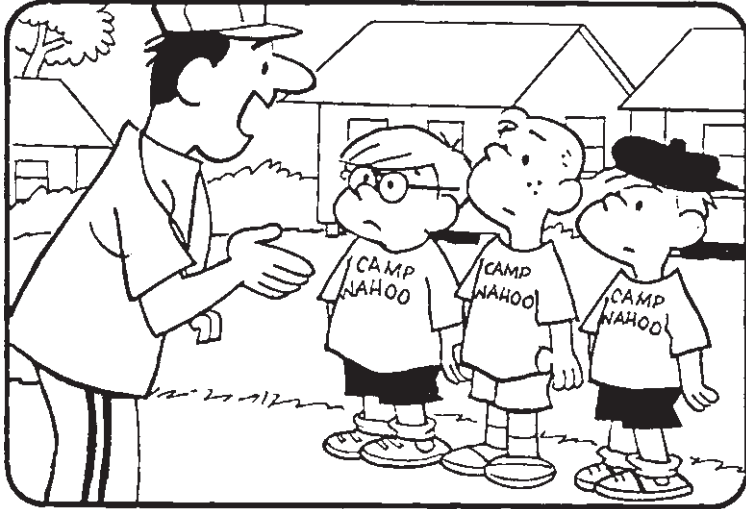
answer on page 29

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Whistle cord is shorter. 3. Stripe is different. 4. Headset is missing. 5. Frog is missing. 6. Flagpole is missing.

Congress, Take Care Of Our Coasts



submitted by Ken and Kate Gooderham, ASBPA Managing Directors

While the near-daily DC dramas may provide entertainment to some and fundraising fodder for others, we should not be distracted by these diversions into forgetting what Washington is really about: Running the federal government, funding its operations and moving forward on the priorities of the people who put the politicians into office. In the case of their coastal constituents, voters are looking to Washington to support shore protection projects, use sound science to produce prudent policy and strengthen the economic engine that is our coastline. Recently, coastal leaders with the American Shore & Beach Preservation Association met with Congressional staffers and officials both on Capitol Hill and back in the home districts to spotlight the American Shore and Beach Preservation Association's federal agenda for the coast. The "asks" are simple, but crucial to coastal protection and promotion:

Include \$5 billion in direct spending to build (or rebuild) federal, state and local beaches, dunes, wetlands and other coastal risk reduction in a federal infrastructure bill. Assuming a much-needed federal infrastructure effort moves forward, directing some small portion of that investment into coastal resources will have a clear and effective return both to coastal communities (whose jobs and economies rely on a healthy coast) and the country as a whole (thanks to the increased tax revenue and decreased storm-recovery costs that will result). Support \$75 million for shore protection in the FY18 Energy & Water Appropriations bill. Not only is this a way to maintain the federal commitment to shore protection and mitigate impacts of federal actions on adjacent coasts, but this kind of steady (albeit minimal) investment triggers a lot of other funding to support shore protection since federal dollars are only part of these projects, requiring an investment of state and local funds as well. Also, regular funding allows ongoing projects to keep momentum, rather than leaving them short of cash when the next phase of expenditure arrives (since these are always multi-year and multi-part projects). (The House of Representatives appropriations committee has subsequently included \$75 million in its legislation, while the Senate maintained the FY17 level of \$50 million.)

Maintain funding levels for permitting and key coastal research and data acquisition programs operated by the U.S. Army Corps of Engineers (USACE), the National Oceanic and Atmospheric Administration (NOAA) and the U.S. Geological Survey. Not only do federal agencies protect and preserve myriad coastal resources around the country—a crucial task— but they serve as both drivers of coastal innovation and keepers of coastal knowledge. This is a vital role, since only a federal entity has the big-picture overview and scope to look at the entire coast, rather than just that overseen by a smaller political or regulatory entity. When it comes to coastal protection, bigger is always better. To reinforce these requests, consider the following points, just some of the benefits of healthy investment in a healthy coast: Healthy coasts drive local economies and are a jobs bonanza. Studies of estuarine restoration – from the Gulf of Maine to the Chesapeake to North Carolina – consistently show that for every \$1 million invested, approximately 30 jobs are created or protected. Natural coastal infrastructure (beaches, dunes and wetlands) protect communities and upland infrastructure from storms and coastal hazards. These "soft" protections pay hard dividends for both onshore communities and offshore resources.

Investing in coastal protection now saves money in rebuilding later – so we can spend millions to save billions, as well as keep coastal economies and communities safe and resilient against whatever people or nature throw at them. Efforts to improve coastal resiliency – a current watchword that really is just a common-sense approach to protection and planning – protect homes, jobs, lives and infrastructure, and look forward in a way that can reduce future costs by anticipating future concerns and conditions. We can't overlook the recreational value of a healthy coast. More than twice as many people go to the beach each year then visit all our state and national parks combined, and wide beaches are a huge tourism draw for both domestic and international visitors, the source of some 85 percent of the country's tourism revenue. All this means that Congressional action to protect our coasts is essential to the economy and ecology, to protect upland structures and natural habitat. It's a smart investment that pays plenty of dividends, it's an issue that should easily win bipartisan support, and it's something that impacts tens of millions of people. We hope our elected federal officials will put aside their distractions and take significant and timely coastal action. It's the right, and smart, thing to do.✧

	FRIDAY Partly Cloudy High: 92 Low: 82		SATURDAY Partly Cloudy High: 91 Low: 81		SUNDAY Partly Cloudy High: 91 Low: 81		MONDAY Partly Cloudy High: 94 Low: 83		TUESDAY Partly Cloudy High: 91 Low: 81		WEDNESDAY Mostly Cloudy High: 91 Low: 81		THURSDAY Partly Cloudy High: 93 Low: 79
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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	1:33 am	4:25 am	11:12 am	6:44 pm	Fri	12:38 am	4:27 am	10:17 am	6:46 pm	Fri	10:26 am	2:42 am	None	6:27 pm	Fri	3:43 am	7:41 am	1:22 pm	10:00 pm
Sat	2:09 am	5:12 am	11:55 am	7:20 pm	Sat	1:14 am	5:14 am	11:00 am	7:22 pm	Sat	12:50 am	3:13 am	11:58 am	7:23 pm	Sat	4:19 am	8:28 am	2:05 pm	10:36 pm
Sun	2:35 am	5:53 am	12:34 pm	7:53 pm	Sun	1:40 am	5:55 am	11:39 am	7:55 pm	Sun	1:40 am	6:50 am	12:51 pm	8:11 pm	Sun	4:45 am	9:09 am	2:44 pm	11:09 pm
Mon	2:55 am	6:32 am	1:12 pm	8:24 pm	Mon	2:00 am	6:34 am	12:17 pm	8:26 pm	Mon	2:25 am	7:47 am	1:34 pm	8:53 pm	Mon	5:05 am	9:48 am	3:22 pm	11:40 pm
Tue	3:12 am	7:13 am	1:50 pm	8:53 pm	Tue	2:17 am	7:15 am	12:55 pm	8:55 pm	Tue	3:10 am	8:37 am	2:18 pm	9:30 pm	Tue	5:22 am	10:29 am	4:00 pm	None
Wed	3:30 am	7:55 am	2:30 pm	9:22 pm	Wed	2:35 am	7:57 am	1:35 pm	9:24 pm	Wed	3:51 am	9:21 am	3:07 pm	10:03 pm	Wed	5:40 am	12:09 am	4:40 pm	11:11 am
Thu	3:51 am	8:42 am	3:14 pm	9:53 pm	Thu	2:56 am	8:44 am	2:19 pm	9:55 pm	Thu	4:25 am	10:01 am	3:59 pm	10:34 pm	Thu	6:01 am	12:38 am	5:24 pm	11:58 am

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PUZZLE ANSWERS

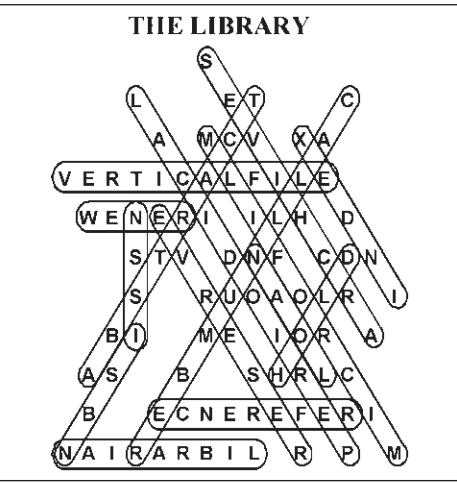
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

My Stars★★★★

FOR WEEK OF AUGUST 7, 2017

ARIES (March 21 to April 19) Relationships continue to thrive, but watch for any telltale signs of potential problems. Take needed action now to set things straight before they become troublesome later.

TAURUS (April 20 to May 20) Your powers of persuasion, backed up, of course, by your considerable expertise, help you establish your case even to the most dubious decision-makers in your workplace.

GEMINI (May 21 to June 20) You might still be a bit reluctant to face up to some less-than-pleasant realities. But the sooner you accept the facts, the sooner you set about making some needed changes.

CANCER (June 21 to July 22) Expect to make adjustments, even when things seem locked up and ready to go. But cheer up: At least one change could lead to something you've been hoping for.

LEO (July 23 to August 22) The success of a recent project should do a lot to boost your self-confidence. You might want to start now to check out ways to make that long-deferred bigger and bolder move.

VIRGO (August 23 to September 22) Ease up on the pressure you might be putting on the new person in your life. It takes time for a budding relationship to blossom. Show more patience and understanding.

LIBRA (September 23 to October 22) You have lots of inner strength in reserve. Use some of it to resist intimidation from those who might try to impose on your good nature for their own reasons.

SCORPIO (October 23 to November 21) The good news is that your on-the-job status is improving. The one cautionary note, however, involves a personal situation you might have been ignoring for too long.

SAGITTARIUS (November 22 to December 21) Congratulations. Once again, your sharp Sagittarian "horse sense" helps you work through a complicated situation that would leave most people confused.

CAPRICORN (December 22 to January 19) Plan on indulging yourself in some well-earned good times through much of the week. Then be prepared to face some thought-provoking issues by the 19th.

AQUARIUS (January 20 to February

18) Positive factors continue to dominate following a recent change in both your professional and personal lives. Expect to make contact with someone from your past.

PISCES (February 19 to March 20) Workplace stability allows you to continue making progress on your projects. But don't ignore your personal life. Spend more quality time with those special folks.

BORN THIS WEEK: You have the gift for making people feel special. Maybe because you know how special you are.

THIS WEEK IN HISTORY

• On Aug. 14, 1900, during the Boxer Rebellion, an international force featuring British, Russian, American, Japanese, French and German troops relieves the Chinese capital of Peking. The Chinese nationalists besieging Peking's diplomatic quarter were crushed.

• On Aug. 18, 1920, the 19th Amendment to the Constitution, guaranteeing women the right to vote, is ratified by Tennessee, giving it the required two-thirds majority of states. The amendment culminated more than 70 years of struggle by woman suffragists.

• On Aug. 20, 1932, in Flanders, Belgium, German artist Kathe Kollwitz unveils the monument she created to memorialize her son, Peter, who was killed during World War I. Entitled "The Parents," the statue depicts an elderly couple kneeling before the grave of their son.

• On Aug. 15, 1947, The Indian Independence Bill, which carves the independent nations of India and Pakistan out of the former Mogul Empire, comes into force at the stroke of midnight. The long-awaited agreement ended 200 years of British rule.

• On Aug. 17, 1969, the grooviest event in music history -- the Woodstock Music Festival -- ends after three days of peace, love and rock 'n' roll in upstate New York. Some 186,000 tickets were sold, but half a million people showed up, forcing promoters allow concertgoers to enter for free.

• On Aug. 16, 1977, popular-music icon Elvis Presley dies in Memphis, Tennessee. He was 42. The death of the "King of Rock 'n' Roll" brought legions of mourning fans to Graceland, his mansion in Memphis.

• On Aug. 19, 1980, a fire aboard a plane bound for Saudi Arabia from Pakistan forces an emergency landing. The pilot was able to land the plane safely, but it burst into flames on the runway, and none of the 301 people onboard survived. An investigation revealed a butane gas stove cooker in the passenger compartment.

STRANGE BUT TRUE

• It was aviation pioneer Amelia Earhart who made the following sage observation: "Never interrupt someone doing what you said couldn't be done."

• You might be surprised to learn that famed composer Wolfgang Amadeus Mozart wanted to marry the notorious Marie Antoinette. Of course, at the time he stated this desire, he was 6 years old and she was 7.

• It's possible that you've never tried to imagine a baby bat nursing -- though, as mammals, they certainly do. Now that you are imagining it, here's a hint: The babies have to nuzzle into mom's armpit (wingpit?) to get to the milk.

• The year the Second Continental Congress issued the Declaration of Independence, establishing the United States of America, the fledgling nation had a total population of 2 1/2 million -- less than one-third of 1 percent of the global population. By 1800, even though the population of the growing nation had more than doubled, America still ranked 16th in the list of most-populous nations. Today, though, with a population of over 325 million, the United States has more people than any country except China and India.

• Those who study such things say that as we get older, we breathe more slowly.

• Sure, a group of swans can be referred to as a flock or a flight, but why not show some creativity? You can refer to a grounded group as a bank or a drift (presumably due its resemblance to a drift of snow); in the air, they can, collectively, be called a wedge. The best choice, however, might be the fanciful term "a lamentation of swans."

THOUGHT FOR THE DAY

"It has been said that a pretty face is a passport, but it's not. It's a visa, and it runs out fast." -- Julie Burchill

SCRAMBLERS

solution
1. Docile; 2. Inquire;
3. Profit; 4. Simmer

Today's Word
MOSQUITO

TRIVIA TEST

1. GEOGRAPHY: Which is the largest of the U.S. National Parks?
2. MYTHOLOGY: Whose kidnapping was said to trigger The Trojan War?
3. AWARDS: Who was the youngest person to receive a Nobel Prize?
4. MOVIES: Which 1988 movie starred a character named John McClane?
5. MATH: How would you write the number 1015 in Roman numerals?
6. GENERAL KNOWLEDGE: What profession's members would most likely wear a toque?
7. MUSIC: What pop-music star sang the theme song "Nobody Does It Better" in the James Bond movie "The Spy Who Loved Me"?
8. SCIENCE: Who developed the Periodic Table of Elements?
9. ANATOMY: How many pints of blood are in the human body?
10. LANGUAGE: What is noteworthy about the word "facetiously"?

TRIVIA ANSWERS

1. Wrangell-St. Elias in Alaska (over 8 million acres) 2. Helen 3. Malala Yousafzai, at age 17 4. "Die Hard" 5. MXV 6. Ch'ts 7. Carly Simon 8. Dmitri Mendeleev 9. About 10 10. It uses all vowels in alphabetical order

★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★

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★RS 4/29 CC TFN

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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

RE/MAX OF THE ISLANDS

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

ANNUAL RENTAL

ANNUAL RENTAL

SANIBEL
Updated 2BR / 1½ BA duplex, 2 story, tile and carpet. UF. Most utilities included.
\$2,000/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.

Call to View!



472-6747

Gulf Beach Properties, Inc.
Helping People Become Islanders for over 35 years!
The Island Experience!
8/4 ★ TFN

ANNUAL RENTAL

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 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

SERVICES OFFERED

NATURAL HOME CLEANING

Optimize your health and home Utilizing hydrogen peroxide, fresh citrus, b. soda and Suds.
Sonya @ 239-246-7007.
5/26 ★ TFN

ROGER NODRUFF ELECTRIC

Lic# EC12002788.
Call Roger 239-707-7203.
Aqualink - Motor Controls.
Office & Store Maint.
★RS 6/7 CC TFN

JACOB'S LADDER WINDOW CLEANING

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

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Residential Cleaning to Satisfaction
Sanibel & Captiva • 239-565-0471
Sanibel Lic. #11412 Lee Co. Lic. #051047
★NS 1/4 PC TFN

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

HELP WANTED

JERRY'S FOODS SERVERS & BARISTAS

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

VEHICLE FOR SALE

GOLF CART FOR SALE



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

BOATS - CANOES - KAYAKS

DOCKAGE

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

FOR SALE

DYSON DC25 VACUUM

Used very little, 5 attachments & instructions. \$180.
918-607-2339
8/4 ★ 8/11

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

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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

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Miles of Beaches & Bike Paths
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359 Periwinkle Way, Sanibel Island
239-579-0511
★RS 1/4 CC TFN

ROOM FOR RENT

ROOM FOR RENT

Elderly gentleman wishes to rent a fully furnished, non-smoking, 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.
8/4 ★ 8/4

ANNUAL RENTAL

ANNUAL RENTALS

Annual Rental in the center of the island! 2 bdrm, 2 bath. Garage/storage, shared screened-in pool.
\$2,000/month.
Text Bridgit 239.728.1920
7/21 ★ 8/11

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 ellily707@aol.com
7/28 ★ TFN

Share your community news with us.
email press@islandsunnews.com

PETS OF THE WEEK

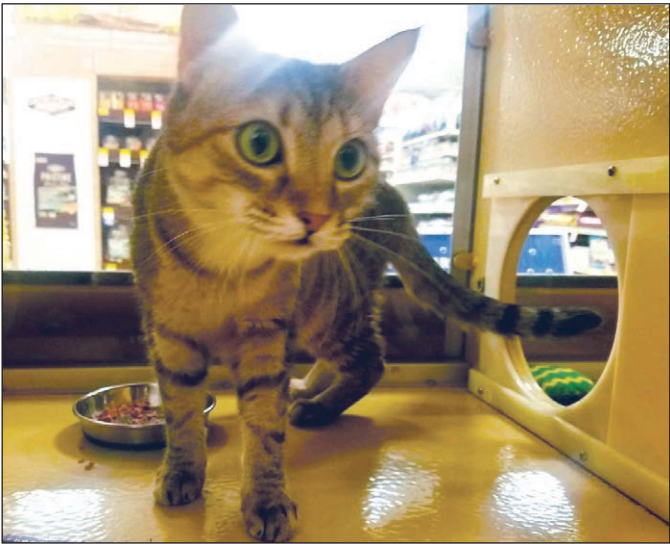
Haven on Earth Animal League

Mo And Solar

Hi there, I'm Mo. I am such a sweet, mellow little girl just waiting for someone to take me home. I think someone thought I was a boy and that's why they named me Mo. I'm only 1 year old and I have beautiful green eyes. I'm spayed and up-to-date on all vaccines. I'm currently residing at PetSmart on Six Mile Cypress Parkway. My adoption fee is \$100.

Hello, my name is Solar. I am a very loveable, male tabby with beautiful markings. I'm 1 year old, neutered and up-to-date on all vaccines. My adoption fee is \$100. I am currently residing at PetSmart on Six Mile Cypress Parkway.

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



Mo



Solar

photos provided

★ ★ CLASSIFIED ★ ★

HELP WANTED

CONDOMINIUM ASSOCIATION MANAGER
SUNDIAL EAST CONDOMINIUMS

- Master Association and 3 sub-associations
- 141 unit complex for on-site Manager.
 - Licensed CAM with experience.
 - Professional and creative written and verbal skills.
 - Oversee vendors and maintenance issues.
 - Organizational & time management skills.
- Responsible for 9 buildings on 10.5 acres, 3 pools, 7 elevators, 3 retention ponds and 800 feet of Gulf frontage.
- Board meeting preparation & records.
- Knowledgeable of Association documents, rules, regulations and physical plant issues.
- Monitor major projects and owner renovations, permits, adherence to policies.
 - Establish and monitor Operational and Reserve Fund annual budgets.
 - Manage on-site maintenance staff of 4.
 - Supervise all Association contract vendors.

Send application to:
SUNDIAL EAST CONDOMINIUM ASSN.
1401 MIDDLE GULF DRIVE
SANIBEL, FL 33957
OR
sundialeast@aol.com
8/4 ✱ 8/11

Lee County Domestic Animal Services

Frankie And Sugar Rae

Frankie is a two-year-old male domestic shorthair who is a naturally playful, curious and trusting feline. He loves everyone and anyone. Give him a window and a sill to sit on, and he is a happy camper. After the day is done, he is happy to curl up next to you and relax.

Adoption Fee: \$50 – 2 for 1

Sugar Rae is a nine-month-old female boxer mix who is a sweet girl that is on her own for the first time. The world is a scary place for her, especially because she doesn't speak the language. She needs the right translator to help her learn her way around until she feels comfortable. Just let her stay by you or maybe just a little behind you and she will be just fine.

Adoption Fee: \$75

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

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

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

The adoption package is valued at \$500.✱



Frankie ID#705132

photos provided



Sugar Rae ID# 705204

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Sanibel	1987	2,036	\$1,650,000	\$1,300,000	353
Gulf Heights	Fort Myers Beach	1952	788	\$1,475,000	\$1,348,000	20
Cape Coral	Cape Coral	2014	2,765	\$1,390,000	\$1,300,000	11
Riverwalk	Bonita Springs	1991	6,234	\$1,250,000	\$1,210,000	114
Wildewood	Fort Myers	2007	3,568	\$965,000	\$900,000	133
Shell Harbor	Sanibel	1969	1,450	\$895,000	\$799,900	49
Not Applicable	Sanibel	1986	1,820	\$799,900	\$750,000	197
Cape Coral	Cape Coral	2012	2,146	\$769,000	\$710,000	330
St. Charles Harbour	Fort Myers	1992	3,150	\$749,000	\$660,000	107
Island Park Woodlands	Fort Myers	1989	2,189	\$625,000	\$598,000	130

Courtesy of Royal Shell Real Estate

AUGUST 4-6

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This Weekend! Pay NO TAX
on most clothing and school
supplies.**

**tax free
sale**

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