



Five birds of paradise by Tom Nagata

Vibrant Works Coming To ACT Gallery

Arts for ACT Gallery will showcase two artists who concentrate on acrylic painting during an opening reception on Friday, September 1 from 6 to 10 p.m.

The exhibition will be part of Art Walk throughout the downtown Fort Myers River District core and the Gardner's Park area. Art Walk, a self-guided walking tour

images provided

featuring 14 galleries, also takes place on Saturday, September 2 from 11 a.m. to 4 p.m.

Arts for ACT Gallery will feature graphic artist Tom Nagata in the Main Gallery and paintings by Patrick Conolly in the White Gallery. There will also be new works from the gallery co-op artists.

Nagata was born of Japanese-American parents in 1947 in Honolulu, Hawaii. He attended Ohio University on a baseball scholarship where he graduated with a bachelor of fine arts in graphic design. Two months later, he had to sell his art portfolio in exchange for airfare back to Hawaii in order to report for his



Untitled by Patrick Conolly

draft induction physical, only to be disqualified due to athletic injuries.

Nagata began his career in education and coaching. He moved to Fort Myers

in 1974, began teaching in the Lee County School District and raised three sons. He spent a total of 27 years

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A Zany Comedy At Theatre Conspiracy

by Di Saggau

A full house on opening night for Theatre Conspiracy's *Women in Jeopardy* was treated to an evening of howling laughter and exceptional acting including masterful dialogue. It was a great way to open the theater's 24th consecutive season. You could feel the excitement in the audience prior to showtime.

The play by Wendy MacLeod revolves around three female middle-aged divorcees living in Salt Lake City, Utah. There's Liz (Stephanie Davis), who is absolutely giddy about her new love affair with Jackson (Miguel Cintron), a creepy dentist who makes inappropriately gruesome jokes. Mary (Liz Abbott) is comically fretful, and Jo (Karen Goldberg) is sarcastic and cynical. Both are desperate to hold onto their friendship with Liz.



From left, Liz Abbott, Karen Goldberg, Miguel Cintron and Stephanie Davis

photo provided

When Mary and Jo learn that a dental hygienist has recently disappeared, they suspect Liz's boyfriend Jackson, because he was the last one to see her alive.

When they discover that Liz is letting her daughter, Amanda (Holly Hagan), a superficial somewhat dim-witted teenager, go on a camping trip with the dentist, they

are beside themselves. Convinced that Jackson is the killer, they enlist a police sergeant who happens to look exactly like the dentist, because Miguel Cintron plays both roles. Chance Cintron plays Trenner, a spaced-out snowboarder, who just broke up with Amanda and somehow thinks that Mary is coming on to him.

The chemistry and comedic timing of the cast is fantastic. Each actor has the nuance of their character down pat. Their relationships with one another are superbly played, and their facial expressions as well as their lines perfectly match their characters. There are many scene changes and, in a couple of them, it's the young actors who steal the show. The audience was laughing out loud the entire evening and was quick to jump up at the end to give the cast a well-deserved standing ovation.

If you want to put a bunch of laughter into your life, this show will do the trick.

Women in Jeopardy plays through August 26 at Theatre Conspiracy at the Alliance for the Arts, located at 10091 McGregor Boulevard in Fort Myers. For tickets, call 939-2787.✧

Historic Downtown Fort Myers, Then And Now:

Fire Devastates Business Block



by Gerri Reaves, PhD

This 1914 northward view from Second Street captures the aftermath of “the most destructive fire in the history of the city,” as the *Fort Myers Press* described it.

Eight frame buildings at Oak (today’s Main Street) and Hendry, two hotels and several businesses were destroyed. In all, 11 businesses were lost.

The debris in the foreground covers an area that today is a city parking lot, and the devastation extends north across Oak Street and up to the 1905 Leon Building (center left), which stands on the north side of the patio entrance on Hendry.

The fire had been discovered in the early-morning hours of November 18 by a guest in the Michigan Hotel, which was located in the upper floors of the building facing Hendry.

The fire started in an alley between a café and a meat market, an alley that was just camera-side of the Leon.

The fire grew and spread quickly, aided by winds that sent it south and west and across Oak, where it destroyed the Florida House and Kentucky Home hotels, a tailor and an electrical store.

Property owners James A. Hendry and Peter Tonnelier suffered the biggest losses, for they owned not only buildings but businesses within them.

Hendry suffered the greatest loss, for he had no insurance on his buildings, nor did the merchants in them have insurance on their stock. So, a dry cleaners, fruit stand, and a furniture store were among store-owners who were hit hard.

Hendry’s biggest loss was the 1911 two-story heart-pine building on the corner.

But the disaster had bright spots too.

Volunteer efforts saved some properties, among them several on the east side of Hendry (right), which look virtually unscathed. Also saved was the home of widow Caroline M. (Frank J.) Wilson on the southeast corner of Oak and Garrett (today’s Broadway).

Carson’s Meat Market on Oak also escaped destruction, most likely because it was a



In this northward view from Second Street, the devastation of the November 1914 fire stretches to the Leon Building at the patio entrance on Hendry Street. The Bradford Hotel and the First National Bank are in the distance at First Street (right center).

photo courtesy SWFL Florida Pioneers Historical Society



Today, a parking lot is located on land that in November 1914 was strewn with debris. Soon after the fire, the Lee County Bank Building and the Graystone Hotel filled in the space on the half-block south of the Leon Building.

photo by Gerri Reaves

new brick building. In fact, it stands today.

Other good news: Tonnelier’s buildings were insured. Some of his tenants had insurance on stock and fixtures, but some did not.

Both hotels had insurance, but the electrical shop and tailor did not, so they lost everything.

The devastated areas were quickly rebuilt with the modern structures that exist today.

Hendry replaced his corner building with today’s Lee County Bank Building, and Tonnelier continued developing in and around Tonnelier Court (today’s Patio de Leon).

Today, the long-lived, three-story Graystone Hotel building stands where the Michigan Hotel once did.

Photographic evidence such as this makes it clear why in the 19-teens, particularly, fire-resistant buildings were fast replacing wooden ones. Of the 11 businesses destroyed, almost all were frame construction.

Of course, in early downtown history, fire destroyed many structures. However, many frame buildings vanished from downtown because they were relocated, being too valuable not to repurpose.

This “most destructive fire” followed a series of early 20th century fires that led to the formation of a volunteer fire department.

The first permanent fire station was built in 1915, and the first paid chief was hired in 1916.

Walk down to Main and Hendry and imagine a major city block being threatened by a spreading fire, with only a volunteer fire department to call upon. Then visit the following two research centers to learn more about how the block was rebuilt.

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

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

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

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

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

Sources: Archives of the Southwest Florida Historical Society and *Fort Myers Press*.✱

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Summer Sing To Return August 29

The Symphonic Chorale of Southwest Florida will present its third annual Summer Sing on Tuesday, August 29 at the Sidney and Berne Davis Art Center in Fort Myers' downtown River District, beginning at 7 p.m. The Symphonic Chorale warmly welcomes all area singers who would like to participate. Summer Sing is free of charge and no audition is necessary.

Summer Sing 2017 will feature a rehearsal and subsequent performance of the Mendelssohn oratorio *Elijah*. Artistic Director Dr. Trent Brown will lead all singers in a rehearsal of excerpts from the oratorio, and then *Elijah* will be presented to the audience, complete with chorus, soloists and the Chorale's talented accompanist, pianist Abbey Allison. The title role of *Elijah* will be sung by Miami-based baritone Graham Fandrei.

"We are very excited to be doing Summer Sing at the Sidney & Berne Davis Art Center for the first time and that Graham Fandrei will be singing the role of *Elijah*," said Chorale Conductor Dr. Trent Brown. "We had over 90 singers join us for Summer Sing last year and this year we want to add to that number. Now there is enough space for an audience as well."

Summer Sing is quickly becoming an end-of-summer event that is highly anticipated by area singers. All singers are invited to participate. Scores will



Graham Fandrei photo provided

be provided or singers may bring their own. Singers are asked to register for free online at www.symphonicchorale.org so adequate seating will be provided.

The Symphonic Chorale of Southwest Florida is the area's only professional core community chorus and is the Resident Chorus of the Southwest Florida Symphonic Orchestra. Area singers are also encouraged to audition for the chorale and enjoy being part of its 2017-18 season. For more information on Summer Sing or the chorale, call 560-5695.*

Rauschenberg Gallery Exhibition Opens August 25

There will be an opening of FluZusic/FLUXUS MUSIC at the Bob Rauschenberg Gallery at Florida SouthWestern State College with a public reception on Friday, August 25 from 6 to 8 p.m. An interactive and immersive installation with newly commissioned works by Yoko Ono, Geoffrey Hendricks, Alison Knowles and Philip Corner (who also provided the exhibition's title) will be included. The exhibition provides both an in-depth historical examination into this seminal art movement and a hands-on/participatory and sonic experience for visitors.


Most heavily inspired by the ideas of John Cage, Fluxus art often relied on chance to shape the outcome and actively involved the viewer. Fluxus compositions or scores for performances and events involved simple actions, ideas and objects from everyday life. Incorporating concrete poetry, visual art and writing, Fluxus performances were the embodiment of Dick Higgins' idea of "intermedia" – a dialogue between two or more media to create a third, entirely new art form. Yet, as many of the Fluxus artists had formal training in music, musical composition and performance (frequently involving the alteration, misuse or abuse of traditional instruments), this activity became a central focus. Beginning with a series of festivals featuring concerts of experimental music and other avant-garde performance, Fluxus artists

reacted against the commodification of art, its commercialization in the gallery system, and its static presentation in museums. While Rauschenberg famously stated his interest in working "in the gap between art and life," the primary goal of most Fluxus artists was to destroy any boundary between the two. Founder George Maciunas stated that Fluxus was "anti-art," to underscore the revolutionary mode of thinking about the practice and process of art while using humor to mock the elitist world of "high art" and to bring art to the widest possible audience.


A preview question-and-answer session and exhibition walk-through with visiting artist and Fluxus pioneer Alison Knowles is scheduled the morning of Friday, August 25 at 11 a.m. An active participant in New York City's downtown art scene and close collaborator of both John Cage and Marcel Duchamp, Knowles (like her fellow Fluxus colleagues) is noted for event scores and performances that rework the everyday into art including visual, aural, tactile and often participatory elements. Involved in sound since the late '60s, Knowles designed and co-edited John Cage's *Notations*, a book of music manuscripts published by the Something Else Press. Her 8-by-12 foot *Bean Garden* (1975/2017), newly-constructed for FluZusic/Fluxus Music, invites Bob Rauschenberg Gallery visitors the unique opportunity to walk through a platform of nearly two tons of amplified garbanzo beans – as their sounds resonate with each step

The Bob Rauschenberg Gallery is located on the Florida SouthWestern Fort Myers campus at 8099 College Parkway.*

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Grant Awarded To Heights Foundation

Publix Super Markets Charities has awarded a \$2,500 grant to The Heights Foundation for School Success Programs at The Heights Center. The grant provides funding support to the Center's After School and Summer Camp programs for at-risk kids in the Harlem Heights neighborhood.

"The poverty rate for children in

Harlem Heights is more than twice the county average," said Kathryn Kelly, founder and CEO of The Heights Foundation. "The goal of our School Success program is to ensure our kids have the necessary support and tools to succeed in school. We are grateful for the support of Publix Super Markets Charities."

For more than 50 years, Publix Super Markets Charities has supported nonprofit organizations dedicated to youth, education, reducing hunger, and alleviating homelessness in the Southeast.

To learn more about The Heights Foundation and The Heights Center, visit heightsfoundation.org or call 482-7706.*



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Fort Myers Art:

Ghostbird Theatre Company Announces 2017-18 Season



by Tom Hall

Continuing its commitment to new, site-influenced theater, Ghostbird Theatre Company's sixth season will feature three plays and one art happening.

Ghostbird is the only theater company in the American South devoted to site-specific work. And it's precisely because Ghostbird works hard to partner with just the right venue for each of its productions that it has been

recognized as one of the 10 best companies in Florida for live theater.

Designing productions in relationship to specific venues excites everyone in the company. "We continue to grow artistically with our on-site collaborations," said Artistic Director Barry Cavin.

With shows such as *The Perfect Island of Dr Teed* (held at Koreshan State Historic Site in Estero), *Antigonick* (staged at artist Marcus Jansen's warehouse-based art studio in Fort Myers), *No. 27* (performed at Bonita Springs' historic Shangri-La Springs) and *The Chicken Play* (performed outdoors under the super moon and inside the screened pavilion at the Haphehatchee Center in Estero), Ghostbird has taken tremendous strides in just the past two seasons in developing performances in which the play and setting converse with one another.

The 2017-18 season starts with *Writing Shadows*, a play Cavin is penning specifically for the historic Langford-Kingston Home near downtown Fort Myers. The home and the play's main character, world-renowned spiritualist



Ghostbird Theatre Company founders and staff

photo courtesy www.artswfl.com

Pearl Curran, come from the same era.

"To have this play performed in this historic home is such a great opportunity for our theatre and for the community," said Producing Director Jim Brock. "We're so happy to be reconnecting back to our roots in Fort Myers."

Writing Shadows will run every Friday night through the month of November.

In January, Ghostbird will produce Samuel Beckett's *Catastrophe* as a free piece of guerilla theater. The exact location and time will be disclosed at the last minute.

Over the first two weekends in February, Ghostbird will

return to the Koreshan State Historic Site to present *The Lunar/Solar Festival*, a reimagining of the Solar Festival and Procession put on by the Koreshans almost 130 years ago.

Ghostbird will enjoy another homecoming in February when the company returns on the 19th to the Sidney & Berne Davis Art Center in Fort Myers for its annual 24 Hour Festival. The festival challenges visual artists, filmmakers and live performers to create and present new work based on prompts given 24 hours before. Best video, best visual art, best musical performance and best live performance will each receive \$500 cash prizes.

"The 24 Hour Festival is another way we pay back to our artistic community," said Brock.

Since its inception at the Davis Art Center, Ghostbird has increasingly gravitated to site-specific, experimental productions. "We do this really well, and it's what we like to do in order to create a different-theater going experience," added Ghostbird co-founder Brittney Brady. "After performances, we often hear people say, 'I've never seen anything like that before,' with the subtext being, 'I've never experienced anything like that before and thank you for that.'"

The experimental theatre company takes its name from a swamp-dwelling, ivory-billed woodpecker once thought to be extinct, but which has been spotted sporadically over the past two decades. Drawing upon the elusiveness, mystery and magic of its namesake, Ghostbird Theatre seeks to draw its audiences into those deep spiritual woods where they can discover loss, beauty, communion, reconciliation and hope.

Ghostbird's 2017-18 season is made possible by grants from the Florida State Division of Cultural Affairs, the Lee County Visitor & Convention Bureau and the City of Fort Myers.

Visit www.GhostbirdTheatreCompany.org for more information.

*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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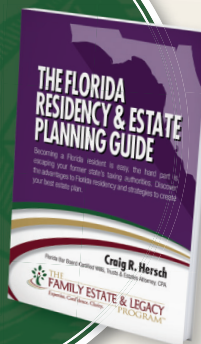
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Songwriter Fest Collects Awards

Lee County Visitor & Convention Bureau received top honors for the Island Hopper Songwriter Fest, its nationally recognized festival. The event, which brings dozens of singer-songwriters to Captiva, Fort Myers Beach and downtown Fort Myers, won four Sunsational Awards from the Florida Festival & Events Association (FFEA).

The songwriter fest received first place awards for the event's outdoor ad and social media ad campaign, and second place honors for program/event guide/brochure and for its website.

Representing 3,500 events throughout the state, FFEA promotes the festival, event and fair industry. The Lee County festival competed against

120 events including top festivals such as the Florida State Fair and Coconut Grove Arts Fest.

"The Lee County Visitor & Convention Bureau (Lee VCB) is honored to accept recognition from Florida Festivals & Events Association," said Nancy MacPhee, product development manager. "Now in its fourth year, Island Hopper is poised to become one of the top signature events in Florida."


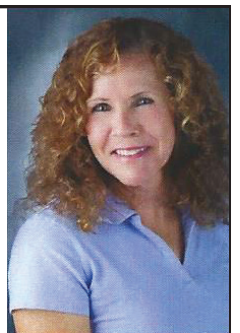
The 2017 Island Hopper Songwriter Fest runs from September 22 to October 1. It is presented by the Lee County VCB, BMI, the largest music rights organization in the U.S., iHeartMedia and Cat Country 107.1.

For more information, visit www.islandhopperfest.com. Follow the festival hashtag #islandhopperfest on Twitter and other social channels.*

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City Clerk Mary Hagemann swearing in Captains William Newhouse and Jay Rodriguez, both of whom were accompanied by their sons photo provided

Police Officers Promoted During Ceremony

In front of a ballroom packed with fellow police officers, family members, Fort Myers City officials and distinguished guests, Fort Myers Police Chief Derrick Diggs officiated over the promotions of 15 members of the police department. Two new captains, six new lieutenants and seven new sergeants were sworn in by City Clerk Mary Hagemann. The promotion ceremony is believed to be the largest series of promotions in the department's history and in the words of Chief Diggs is "a long overdue and exciting time for the Fort Myers Police Department and

the start of positive growth and future promise."

Promoted to the rank of captain are William Newhouse and Jay Rodriguez. Promoted to the rank of lieutenant are Jason Fields, Shawn Yates, Brian O'Reilly, Joshua Steinman, Willie Tellis and Walter Mitchell. Promoted to the rank of sergeant are Jesus Ramos, David Conticelli, Dominic Zammit, Candice Petaccio, Lesa Breneman, Ashley Schindler and Micheal Walsh. Family members accompanied each of the officers and participated in the ceremonies by pinning new badges on the promoted officers' uniforms.

Official guests in attendance included City Manager Saeed Kazemi, Councilwomen Gaile Anthony and Teresa Watkins Brown, Councilman Forrest Banks and Police Chaplin Reverend Israel Suarez, who delivered the invocation.✱

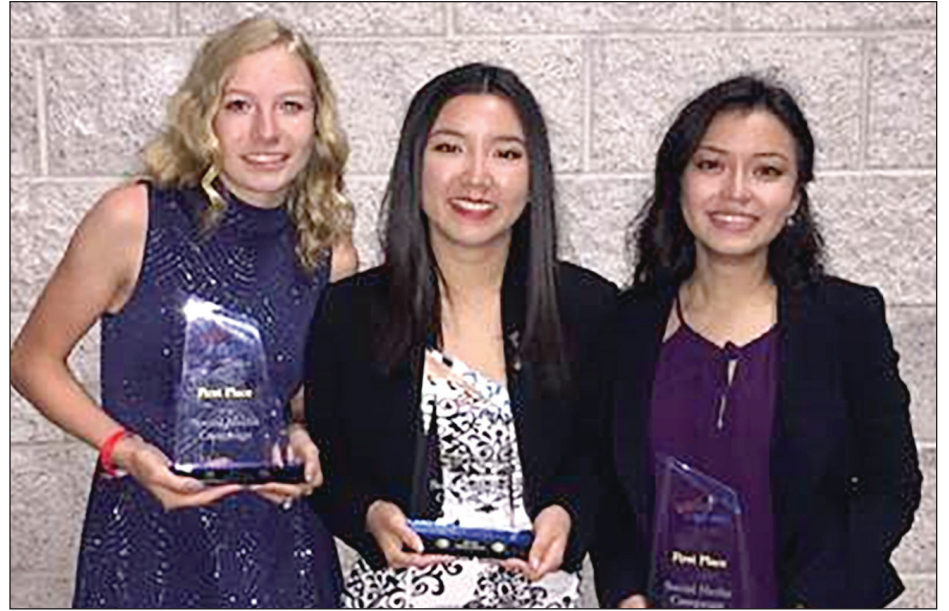
Officer Of The Year Nominees Announced

The Rotary Club of Fort Myers South announced the nominees for Officer of the Year for the 2017 Law & Order Ball.

The Officer of the Year will be chosen from the following nominees:
 Detective Kurt Grau, Cape Coral Police Department
 Detective John Howes, Cape Coral Police Department
 Officer Kelsey Evenson, Fort Myers Police Department
 Sergeant Heidi Blake, Florida Gulf Coast University Police Department

Master Officer Melissa Duncan, Lee County Port Authority
 Captain Christopher Reeves, Lee County Sheriff's Office
 Deputy Jennifer Gaytan, Lee County Sheriff's Office
 Corporal Bobby Hunter, Lee County Sheriff's Office
 Sergeant Josh Quaintance, Lee County Sheriff's Office
 Deputy Mike Truscott, Lee County Sheriff's Office
 Sergeant Jared Ciccone, Sanibel Police Department
 Sergeant Christopher Dowaliby, Sanibel Police Department
 Sergeant Chad Maik, Sanibel Police Department

Nominees were selected from the continued on page 19



From left, Lauren Brashear, Sunghee Kim and Daniela Jang photo provided

Riverdale High Students Capture National Title

Riverdale High School (RHS) scored a national title at the Future Business Leaders of America National Leadership Conference in Anaheim this summer. Three sophomores took first place beating 120 high school teams in the Social Media Campaign category. Daniela Jang, incoming chapter

president; Sunghee Kim, vice president, and Lauren Brashear, outgoing secretary, rose from third place in Florida to the top spot in the country. They were accompanied by Ileana Flores, adviser, Ryan White, assistant adviser, Joan Starr, RHS teacher, and Charlie Flores, chaperone, along with 12 additional chapter members who also competed.

The group raised about \$18,000 to attend the conference in June where 12,000 students from the United States, China, Haiti and Canada competed in 60 business events.✱

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Along The River

The downtown **Fort Myers River District** will again be the scene for **Music Walk** this Friday, August 18. Restaurants, bars, art galleries and shops will showcase a wide range of music during the evening from 6 to 10 p.m. Expect live jazz and blues to rock, drums and much more. Each month brings new energy to the historic streets of downtown Fort Myers.

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

Visit www.fortmyersriverdistrictalliance.com to learn more.

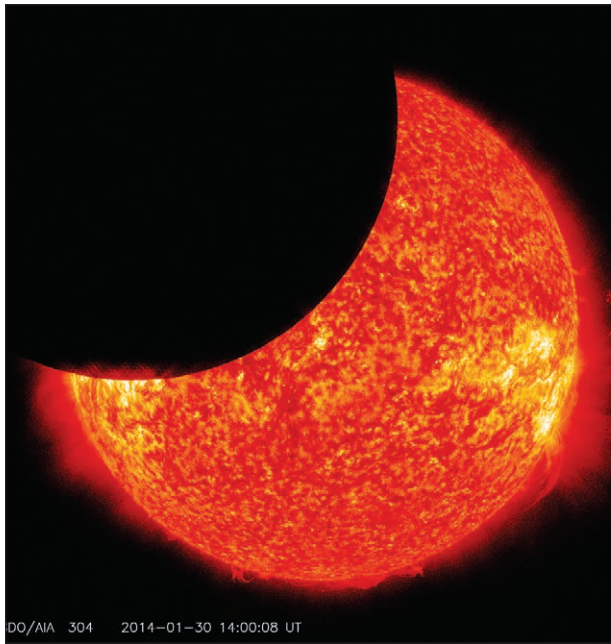
Rhythm on the River continues at **The Marina at Edison Ford** this Friday, August 18 with vocalist and multi-instrumentalist John McLane from 5:30 to 8:30 p.m.

The free show and river view can be seen from the indoor air-conditioned bar or back deck of The Marina at Edison Ford. A cash bar and limited menu from Pinchers will be available. Donations to Edison Ford will be accepted.

Parking will be at Pinchers at The Marina at Edison Ford.

Festivities for the Panther Baseball Alumni Club 6th annual **fishing tournament** will be held at **Salty Sam's Marina** this Saturday, August 19. The tournament honor start is 7 a.m.

Scales will open at 2 p.m. and close at 4 p.m. with a live weigh-in followed by dinner, raffles and a ceremony at Parrot Key Caribbean Grill. The tournament begins with a mandatory captains meeting at the same restaurant on Friday, August 18



2014 solar eclipse taken from space photo courtesy NASA

at 6 p.m.

The Panther Baseball Alumni Club raises funds to support the Cypress Lake High School baseball team through the purchase of equipment and supplies as well as awarding scholarships to student athletes that exemplify leadership within their community.

Salty Sam's Marina and Parrott Key Caribbean Grill are located at 2500 Main Street on San Carlos Island.

Gulf Coast Humane Society (GCHS) will be shedding light on the tragedy of pet overpopulation and the spay/neuter solution during **International Homeless Animals Day** this Saturday, August 19 from 6:30 to 8:30 p.m. in **downtown Fort Myers** on Hendry Street, between Bay Street and Edwards

Drive.

GCHS' Spay and Neuter Clinic staff will be on hand to answer any questions about the importance of fixing pets. Spay or neutering a pet is the most effective tool against the battle of pet overpopulation. Attendees of the International Homeless Animals Day can decorate a luminary bag and light it in remembrance of the countless animals euthanized due to pet overpopulation.

If you would like to experience the **solar eclipse** this Monday, August 21, drop by the **James & Barbara Moore Observatory** in Punta Gorda from 1:30 to 4 p.m. The viewing is free and open to the public.

The solar eclipse will take place from 1:18 to 4:14 p.m., peaking at 83.3 percent coverage at 2:50 p.m.

According to Observatory Director David Hanson, there will be three or four telescopes with proper filters available for use and limited eyeglass filters. Hanson recommends participants bring their own certified eclipse glasses or hand-held solar viewers.

For more information and safety tips, visit <https://eclipse2017.nasa.gov>. The James & Barbara Moore Observatory is located on the Florida SouthWestern State College Charlotte Campus at 26300 Airport Road in Punta Gorda.

Love That Dress!9, presented by White House Black Market, will be held this Wednesday, August 23 at the **Embassy Suites by Hilton** in Estero, located at 10450 Corkscrew Commons Drive. Participants will view a selection of new and gently loved dresses, shoes, handbags and jewelry all donated through collection events held throughout the summer. They can also take part in the event's silent auction featuring more than \$35,000 worth of items, food and fun with friends.

Tickets, available online at www.lovethatdress.org, are \$30 per person in advance or \$40 at the door. For more information, call 470-7548 or visit www.pacecenter.org/locations/lee.✱



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Rockin' Fundraiser At Heights Center

A Midsummer Nights Rockin' Fundraiser will take place on Saturday, August 26 from 6 to 10 p.m. at the Heights Center. The Rosada Project, an eight-piece local rock band, will perform hit songs from the '60s and '70s. The event will benefit the Heights Foundation School Success program. There will be a \$10

cover charge with food and beverage available at the event.

The School Success program provides after school care, academic tutoring, scholarships and support for those graduating and attending college. It also provides school supplies so all kids can have the dignity of having the supplies that other kids have on the first day of school.

Bring your friends, raise some funds and get ready to rock with one of the area's newest and hottest local bands

The Heights Center is located at 15570 Hagie Drive in Fort Myers. Call 482-7706 for more information.✱

Thrift Store Sale Benefit

Shoppers can enjoy three days of special savings on Friday, September 1, Saturday, September 2 and Monday, September 4 at Hope Chest upscale resale stores to celebrate Labor Day.

Visitors to the Hope Chest stores in Bonita Springs and North Fort Myers will discover brand-name clothing, high-quality furniture, specialty home goods, antiques and collectibles – many priced up to 50 percent off.

Proceeds from the Hope Chest stores benefit Hope Healthcare programs that provide exceptional care and support to individuals and their loved ones as they fulfill life's journey.

Hope Chest at The Crossings is located at 28520 Bonita Crossings Boulevard off U.S. 41 south of Bonita Beach Road. The North Fort Myers Hope Chest is located at 13821 North Cleveland Avenue.

For more information about volunteer opportunities or donating items to the Hope Chest resale stores, call 482-4673 or visit www.HopeHCS.org.✱



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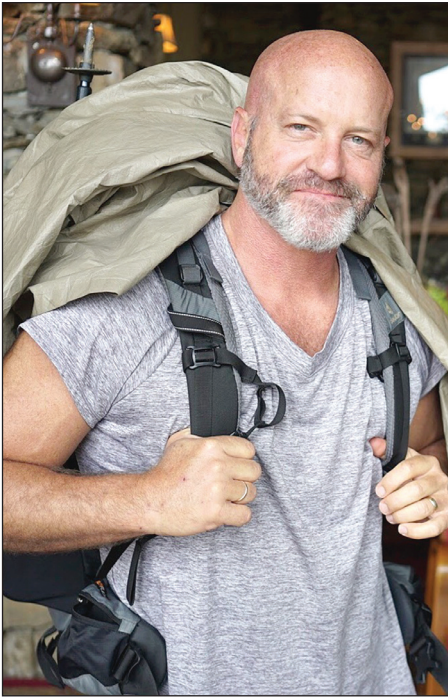


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Pastor To Host Book Signing About Trail Hike



Tom Hafer

photo provided

Pastor Tom Hafer, director of spiritual services for Gulf Coast Village in Cape Coral and ordained minister with Volunteers of America (VOA),

will host a motivational wellness lecture and book signing event for his sixth book, titled *Ramble On*. Free and open to the public, the event will take place at the Gulf Coast Village Auditorium on August 24 at 3 p.m.

As a minister and a physical therapist for three decades, Hafer has cultivated a unique approach to health and wellness through synergizing the physical and spiritual aspects of our lives. Hafer's personal hike along the Appalachian Trail inspired *Ramble On*, which highlights the path to finding the physical and spiritual center while walking the trail. During the book signing event, Hafer will share his insights from this journey, focusing on the importance of ways to care for ourselves to better care for others.

To further its mission of wellness, Gulf Coast Village has launched a Faith & Fitness Trail campaign to bring six new pieces of outdoor exercise equipment to the residents and employees of the community. Attendees who donate to the Faith & Fitness Trail during the motivational wellness lecture and book signing event will receive a free copy of Hafer's book. *Ramble On* is also available on Amazon, with a special offer provided through www.tomhafer.com.

Hafer offers free workshops and shares a weekly newsletter, entitled *My Weekly Ramble*.

Gulf Coast Village is located at 1333 Santa Barbara in Cape Coral. To schedule a talk by Hafer, contact him at tom@hafer.com or visit www.tomhafer.com.✽



From left, Tony Peterson, Stacey Mercado, Paul Copeland, Katie Gilbert, Shelley Bolduc, Jodee Ransom, Samira K. Beckwith, Gray Davis and Tollie Rich photo provided

Kids' Room At Hope Hospice Receives Upgrade

Thanks to help from BB&T-Oswald Trippe and Company, visitors to the Kids' Room at Hope Hospice House in Fort Myers will be greeted by new toys and DVDs, a TV, artwork and fresh furnishings in a completely updated space that serves as a cheerful respite for children with family members in Hope's care.

After selecting Hope Hospice as the recipient of their Safeco Lighthouse Project grant, BB&T team members worked together with Hope to coordinate renovations throughout the summer.

"We had a great time remodeling the

kids' playroom. We helped to create a warm and inviting place for children and parents to unwind while visiting their loved ones," said Stacey Mercado, marketing and sales development specialist at BB&T-Oswald Trippe and Company.

Updates to walls, flooring, furniture and decor completed the new playroom.

"We are so grateful to BB&T for volunteering their time and making the Kids' Room renovation a reality," said Samira K. Beckwith, president and CEO of Hope Healthcare. "Caring community partners like BB&T help us make a difference to the families we serve."

Hope Healthcare is a nonprofit health care organization dedicated to providing care and comfort to every individual and their loved ones as they fulfill life's journey. For more information, call 454-3100 or visit www.HopeHCS.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.17671 Pine Ridge Road](http://www.17671PineRidgeRoad.com), peacecommunitychurch.com, 267-7400.

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

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

SAMUDRABADRA BUDDHIST CENTER

Meditation classes. MeditationInFortMyers.org, 567-9739.

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

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

SAINT JOHN THE APOSTLE METROPOLITAN

Sunday 10 a.m. 3049 McGregor Boulevard,

344-0012.

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

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

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETHEL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE NEW CHURCH

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

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

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

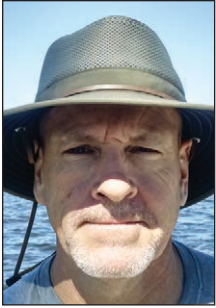
ZION LUTHERAN

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

CROW Case Of The Week:

Great Blue Heron

by Bob Petcher



The great blue heron (*Ardea herodias*) has a knack for standing still when scanning the waters for prey. When not motionless, it can be seen taking slow, calculated steps en route to striking

quickly when it spots its lunch or dinner.

When in flight, the great blue heron soars, taking slow, methodical wingbeats with its neck tucked and long, thin legs stretched out behind. These are reasons why the blue-gray bird is referred to as "majestic."

The most common and largest heron in North America, the great blue heron averages between three to 4.5 feet in length and an even more impressive 5.5- to 6.5-foot wingspan. Its south Florida cousin, the great white heron, is said to be slightly larger and fully white in color.

Other related birds that can be confused for the great blue heron are the great egret (smaller in stature), reddish egret (mid-sized and red-tinted) and little blue heron (smaller, lacking white color on its head).

The wading bird is adaptable and can be found in or near rivers, lakes, saltwater, ponds and marshes. Anglers could learn a thing or two from these

excellent fishers.

At CROW, an adult great blue heron was admitted to the clinic last week from St. James City. The patient was found injured with blood on its feathers. During its intake exam, CROW medical staff discovered the heron had a fractured ulna in its right wing and a fractured tibiotarsus in its left leg. Radiographs showed a comminuted fracture (broken into more than two pieces) in the wing and a greenstick fracture (hairline fracture; a crack in bone but still intact) in the leg.

CROW officials reported evidence that the bird had suffered from a gunshot. A gunshot pellet remained lodged in the tibiotarsus of the patient's leg.

"If the heron had required surgery to repair the fracture and the pellet was easily located, it would be removed," said Dr. Robin Bast, CROW veterinary intern. "But since surgery was not necessary to repair the leg fracture, the decision was made to leave the pellet."

The injured wing was placed in a figure 8 wrap to stabilize the area to allow the fracture to heal, while the injured leg was splinted. Its wounds were cleaned and flushed. The patient was also started on pain medications.

"With multiple fractures, one involving a wing and one involving a leg, time will tell if it will be able to fly and walk again once the fractures have healed," said Dr. Bast prior to last weekend. "We also have to work to prevent effects of capture myopathy, and are treating him accordingly with sedation, minimally invasive handling and Vitamin E. Overall,



Patient #17-2851 succumbed to its injuries on Sunday evening

photo by Brian Bohlman

the heron's prognosis is very guarded, and he has an uphill battle to climb."

The uphill battle was too much for the great blue heron. Dr. Bast reported that the patient passed away from its injuries during the evening of August 13.

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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Busy Fishing And Dead Baiting



by Capt.
Matt Mitchell

Morning outgoing tides brought with them some of the lower water conditions we have experienced all summer. Changing it up and fishing

the channels' edges and deeper cuts through the shallow flats was very productive for a mixed bag of fish and what I just like to call "busy fishing." Mangrove snapper and sea trout along with a few mackerel, jacks and small gag grouper fired up to live shiners and just kept feeding as the tide fell out. It was crazy how many fish one little 50-yard-long, 4- to 5-foot deep channel would have in it. Open flats in four to six feet of water up around Captiva Pass offered anglers much of this same nonstop action.

As usual, free-lined live shiners are the bait for this. The better larger shiners have been in the northern sound and have required an early morning 20-mile round-trip ride before picking up my clients. From Redfish Pass south, the majority of the shiners, though plentiful, are all on the small side. Making the morning run up past Redfish Pass to get the better bigger bait has been a daily event for me the



Redfish action is starting to heat up

photo provided

past six weeks. How the day's fishing will go is often decided on the bait, so having a livewell full of the right-sized bait and lots of it generally assures that we will have a busy day of fishing.

Starting this week, redfish action should improve as we get better tides to target them. Early morning high incoming water will be the set-up to fish under the mangroves and around

oyster bars. Big schools of redfish will also start to show up on the shallow flats just inside all of the big passes as this month progresses. September and October are our prime redfish months with big schools of over-sized spawning fish found both in the passes and out cruising the shallow flats. Chasing these schools in shallow water and casting weedless spoons and dead baits at them is some of the most exciting redfish action of the year.

When chasing redfish this time of year, a cut bait is hard to beat and a chunk of fresh-caught ladyfish is about as good as it gets. Spend some time catching ladyfish up around the passes on jigs while waiting on the right tide to redfish. Ladyfish has a very short shelf life and even when packed on ice is only good for a couple of days before getting too mushy and soft to stay on a hook.

Frozen jumbo shrimp are also a great bait for summertime redfish. I fish these big dead shrimp on a jig head. Put them under the trees or on a float and let it drift down a mangrove shoreline or oyster bar. Frozen Spanish sardines are also another option. When the water is hot, it seems redfish often just don't want to chase down a live bait and will sniff out and find a dead bait from much farther away.

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

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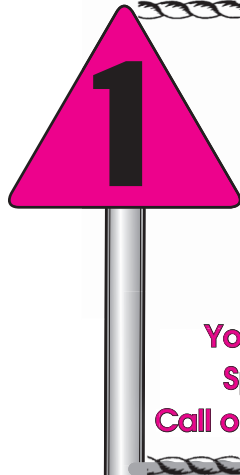
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Dave Doane

Royal Court Sought For Edison Pageant

Through Friday, September 1, the Edison Pageant of Light, a social organization which also encourages entrepreneurship in youth, is accepting nominations from the community for the Royal Court of Edisonia.

Nominees should display the qualities Thomas Edison embodied: an interest in the world around them; a commitment to Lee County; and a drive to succeed. Neither the young person being nominated, nor the person submitting the nomination, need to be a member of the Edison Pageant of Light.

Nominees must be between age 19 and 24 and resided in Lee County for one year. Participants must commit to participate for two years in the Royal Ball, hosted by the Edison Pageant of Light, and in the Edison Festival of Light Grand Parade. Both events occur in February. For a nomination form call 671-4142 or email Royalcourtofedisonian@yahoo.com.

The Edison Pageant of Light was the inspiration of the late Robert Halgrim,



The 2016 full court with King John Joseph Cantisano and Queen Alexandria Carlton Edwards

photo provided

newspaper man and personal friend to Thomas Edison. Halgrim created a celebration that would pay homage to the great inventor and would become a livening memorial to the man who gave us incandescent light. In 1938, seven years after Edison's death, the Edison Pageant of Light was launched. The Woman's Community Club and

the Jaycees enthusiastically helped develop the concept of the mythological kingdom of Edisonia. The event has been held each year since, with the exception of the war years of 1942 to 1945.

The Edison Pageant of Light, which most recently donated \$5,000 to the Sidney and Berne Davis Art Center, is

looking to further expand its charitable contributions by partnering with local organizations assisting children facing challenges similar to those Thomas Edison overcame (hearing impairment and learning disabilities).

For more information and membership applications, visit www.edisonpageant.com/✱

Third Headliner Added To Songwriter Fest

The award-winning Island Hopper Songwriter Fest has an exciting line-up of talented singer-songwriters performing this year from September 22 to October 1. This showcase, now in its fourth year, will take place in intimate settings on Captiva Island, Fort Myers Beach and historic downtown Fort Myers.

Nashville hit-maker RaeLynn joins the festival as a headliner on Fort Myers Beach. She will perform at the Pink Shell Beach Resort and Marina on Sunday, October 1. RaeLynn's top hits include *God Made Girls* and *Love Triangle*. *God Made Girls* was a Top 10 hit on the Billboard Hot Country Songs chart and a Top 20 hit on the Billboard Country Airplay chart.

RaeLynn has also worked with superstars in country music. She performed *Lie*, co-written by Miranda Lambert. She also sang background vocals for Blake Shelton's *Boys 'Round Here*, which peaked at No. 16 on the U.S. Billboard Hot 100 chart.

"RaeLynn will be the exclamation point on 10 days of incredible artists at this year's songwriter fest," said Louis Kaplan, senior vice-president of programming for

iHeartMedia in Southwest Florida. "We're so excited to bring in these writers and give you a chance to hear the backstories of some of this country's most popular songs."

Other headliners include Lindsay Ell and Brooke Eden, who will perform at Pincher's at the Marina at Edison Ford in downtown Fort Myers on Wednesday evening, September 27.

This year, Island Hopper welcomes a variety of new singer-songwriters, like Natalie Hernby (*White Liar*) recorded by Miranda Lambert; Clint Daniels (*Brokenheartsville*) recorded by Joe Nichols and Maggie Rose. The festival brings back Even Stevens (*I Love a Rainy Night*) recorded by Eddie Rabbit; Wynn Varble (*I'm a Little More Country*) recorded by Easton Corbin; and Aaron Barker (*What About Now*) recorded by Lonestar and Karla Davis.

This year's festival brings more than 75 singer-songwriters from around the country playing more than 100 shows.

Island Hopper is presented by Lee County Visitor & Convention Bureau, iHeart Media, Cat Country 107.1 and BMI, the largest music rights organization in the U.S. For more information, visit www.islandhopperfest.com. Follow the festival hashtag #islandhopper on Twitter and other social media.✱



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Mahoe's flowers turn from yellow to red as the day progresses

photos by Gerri Reaves

Plant Smart

Mahoe

by Gerri Reaves

Mahoe (*Talipariti tiliaceum*) is a coastal tree or shrub native to tropical Asia that is also known as seaside hibiscus.

Over the last few decades, various plant experts have disagreed as to whether it's native to Florida. Currently, however, this member of the mallow family is considered non-native but naturalized in Florida, meaning that it

self-propagates in the wild.

In fact, it propagates so well that it is listed as a category-II invasive species by the Florida Exotic Pest Plant Council.

Like many species that have become invasive, mahoe escaped cultivation as a landscape plant, subsequently becoming a potential threat to the state's native plant communities.

Thus, this species is not recommended for use as a landscape plant.

It's easy to understand its initial popularity, for it is fast-growing, ornamental and valuable as a shade tree or large screen.



Mahoe's dense foliage

Mahoe reaches up to 50 feet tall with a wide spread. It can be trained to be single-trunked, but can also be multi-trunked and weedy, making it difficult to manage in a home landscape.

It requires full sun and is highly salt tolerant, so it's especially useful in coastal landscapes.

The evergreen leaves are alternate and heart-shaped or nearly round with pointed tips. They measure four to eight inches long and have long stems, or petioles.

Large showy cup-shaped flowers have five petals and dark centers from which

prominent stamens and pistil arise.

Two to three inches along, they start the day as yellow and gradually change to red or maroon.

They bloom year 'round and resemble the common non-native landscape plant, hibiscus (*Hibiscus rosa-sinensis*). Like that plant, mahoe has edible young flowers and leaves.

Important to note is this species' close resemblance to another member of the mallow family, yellow mahoe (*Talipariti tiliaceum* var. *pernambucense*), which is not native either (some experts dispute that) but is not invasive.

The easiest way to distinguish the two is the presence of the flower's dark red center, which yellow mahoe's flowers lack.

The invasive species also typically grows taller than the other, which reaches only 25 feet or less.

Mahoe produces one-inch seed capsules that travel via water, spreading the invader to beaches, where it out-competes native species that stabilize shorelines.

The fiber and wood have many uses, including making rope, fishnets and boats.

Sources: *Growing Native* by Richard W. Workman; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; *Mahoe: Native or Exotic or Both?* by Dick Workman; *The Shrubs and Woody Vines of Florida* by Gil Nelson; edis.ifas.ufl.edu; and floridata.com.

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

Free Trees For Joining Foundation

Spruce up your landscape by joining the Arbor Day Foundation in August.

Everyone who joins the nonprofit Arbor Day Foundation with a \$10 donation will receive 10 free Colorado

blue spruce trees or 10 white flowering dogwood trees through the Foundation's Trees for America campaign.

The trees will be shipped postpaid between October 15 and December 10, depending on the right time for planting in each member's area. The 6- to 12-inch trees are guaranteed to grow or they will be replaced free of charge.

"Colorado blue spruce trees truly provide year-round beauty for any landscape," said Matt Harris, chief

executive of the Arbor Day Foundation. "Dogwood trees will add color and beauty to your yard throughout the year, with their showy spring flowers, scarlet autumn foliage, and red berries that attract songbirds in the winter."

New members of the Arbor Day Foundation will also receive The Tree Book, which includes information about tree planting and care, and a subscription to *Arbor Day*, the foundation's bimonthly publication.

To receive the free Colorado blue spruce trees, send a \$10 membership contribution to: Ten Free Blue Spruces OR Ten Free Dogwood, Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by August 31 or join online at arborday.org/ august.*

Book Signing With Mayor At Estates

Edison & Ford Winter Estates will host a book signing and presentation on Thursday, August 24 at 10 a.m. with City of Fort Myers Mayor Randy Henderson, photographer Ilene Safron and author Amy Bennett Williams. *Fort Myers City of Palms – A Contemporary Portrait* is a compilation of photos presented in a coffee table book format.

The estates is featured in the book and is the first location to offer the book for sale. Copies are available for purchase in the Edison Ford Museum Store, Ford Cottage Shoppe and the Edison Ford Shoppe at Bell Tower Shops.

It is a free event and open to the public. For more information, call 334-7419.*

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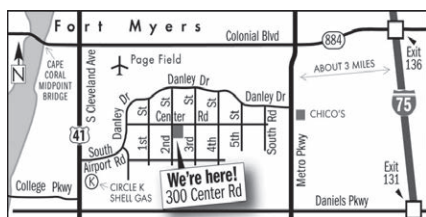


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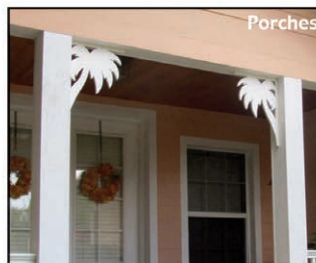
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Medical Center Expansion Project Receives Funding

The Lee Health Board of Directors approved a \$306,293,011 expenditure—the final funding request for a major expansion of Gulf Coast Medical Center. This amount includes construction costs, furnishings, equipment and information systems required to complete the project, which will add 367,500 square feet to the existing 531,000-square-foot facility. In addition to the substantial increase in square footage, the project will add 268 new inpatient beds to the hospital for a total of 624. The funding passed with full support from the Lee Health Board of Directors.

Dave Kistel, Lee Health vice president of facility management, said the board of directors has already funded \$41,305,071. “Of the project costs already incurred, the six-level, 1,300-space parking garage, which cost \$19,444,055 and opened earlier this month, has been the most significant physical change on the campus of Gulf Coast Medical Center,” Kistel said. “Now, with the funding approved, we can move forward with this exciting project that will help us better meet the medical needs of our community.”

The project also includes the relocation



A rendering of the Gulf Coast Medical Center expansion

photo provided

of the Trauma Center, now located at Lee Memorial Hospital, and allows for the growth of several departments. Following the completion of the project, specific, high-acuity services will move from Lee Memorial Hospital to Gulf Coast Medical Center. Total cost of the expansion and renovation project is \$347,598,082.

“As medical technology advances,

Lee Memorial Hospital has infrastructure limitations – such as ceiling heights, room sizes, available land and mechanical systems – that cannot accommodate the equipment necessary for complex medical services,” said Larry Antonucci, MD, MBA, Lee Health president and CEO. “While Lee Memorial Hospital remains a vital part of our health system, it is wise and fiscally

responsible to house the more complex medical services in new, state-of-the-art facilities. At Lee Memorial Hospital, we will focus on lower acuity inpatient services as well as wellness, outpatient and chronic care management services.”

The Gulf Coast Medical Center expansion is expected to be completed by 2021.*

Call For Ethics Award Nominations

Nominations for the Uncommon Friends Foundation 2017 Business Ethics Award are due no later than September 1. Eligible businesses in Lee, Charlotte, Collier, Hendry and Glades counties who have a system-wide commitment to high ethical business practices can nominate themselves or be nominated by a third party. The online nomination form and detailed submission guidelines are available at www.uncommonfriends.org.

Independent judges will select three finalists, who will be honored at a business ethics luncheon to be hosted by Florida Gulf Coast University's Lutgert School of Business and the Uncommon Friends Foundation on November 1. The winner of the Business Ethics Award will be revealed on November 2 at the annual Uncommon Evening to be held at the historic Burroughs Home and Gardens in Fort Myers.

For more information, visit www.uncommonfriends.org or call 337-9503.*

Workshops Added To Symposium

Two workshops have been added to the Greater Fort Myers Chamber of Commerce's 4th annual Business Building Symposium on Wednesday, August 23 from 7:30 a.m. to 3 p.m. at the Sanibel Harbour Marriott Resort

& Spa. The symposium is presented by HBKS Wealth Advisors and HBK CPAs & Consultants.

All attendees will experience a workshop produced by Chico's FAS, Inc. entitled Capturing Customer Voice to Deliver the Most Amazing Personal Service. The panelists are Tallie Kawahara, vice president and head of sales at Soma; Shelly Langa, vice president and head of stores at Chico's FAS, Inc.; and Chris Shaver, senior director, omni-channel operations at Chico's FAS Inc. The panel will be moderated by Dr. Guido Minaya, CEO, Minaya Learning Global Solutions and 2017 Innovator of the Year award recipient from the Florida Small Business Development Center (FSBDC) at Florida Gulf Coast University (FGCU).

In addition, the first 20 symposium registrants will be eligible to attend an innovation and business growth workshop with Scott Winter (Yosef Funke) using the latest in brain-friendly coaching and game-based training. This session is Tuesday, August 22 from 2 to 5 p.m. at the Hampton Inn and Suites at 4350 Executive Circle in Fort Myers. Learn more at www.freshbizgame.com.

In addition to these special sessions, attendees will have access to 10 workshops and fifteen speakers including Norma Love, owner Norman Love Confections, who is the opening kickoff speaker presenting A Recipe for Building Customer Loyalty and Suzanne Willis who will keynote the luncheon presenting The Etiquette Edge: How Manners Make Good Business Sense. Tuition for this professional development day is \$149. Online registration is open at www.fortmyers.org.

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

Entrepreneur Society To Meet

David Farmer, CEO of Metro Forecasting Models, will discuss population-growth trends in Southwest Florida at a meeting of the Entrepreneur Society of America at Endeavor Innovative Workspaces on August 23 from 5:30 to 7 p.m.

Farmer is a nationally recognized professional engineer and certified city planner with extensive experience in real estate development, planning and civil engineering, modeling and infrastructure design and construction.

Cost is \$25 per person. Register at www.esoa15.wildapricot.org.

Endeavor Innovative Workspaces is located at 8831 Business Park Drive unit 301 in Fort Myers.*

Register For Public Relations University Seminar

Registration is open for the Florida Public Relations Association Southwest Florida Chapter's annual PR University: PR Is Universal, which will take place on Thursday, October 5 from 8 a.m. to 5 p.m. at Florida SouthWestern State College in Fort Myers.

This daylong professional development seminar will bring together local, state and national public relations experts to share insight into PR's reach across all industries and professions.

Early bird registration rates for PR

University close September 5. The cost is \$65 for members, \$80 for non-members and \$40 for students and includes a continental breakfast, lunch and refreshments.

For more information or to register for the event, visit www.fpraswfl.org. For questions regarding PR University, contact Trish Robertson at trishrobertson@colliergov.net or Heather Doane at heatherdoane@colliergov.net.*

Continental Women's Club To Meet

The Continental Women's Club will meet at The Hideaway Country Club on Thursday, September 7 at 11:30 a.m. Cost to attend the luncheon is \$22.

Guest speaker will be Susan Ball with Seniors vs Crime. Sponsored by the Office of the Florida Attorney General, the project allows consumer-conscious seniors to be actively involved in protecting their communities and their fellow seniors from becoming victims of consumer fraud.

The Continental Women's Club will hold Game Day on October 24 and its annual fundraising fashion show on March 19, 2018.

The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. Call 691-7561 for more information.*

Brettholtz Re-Elected To Symphony Board

Steve Brettholtz, president and shareholder of Myers, Brettholtz & Company, PA, Certified Public Accountants & Business Consultants, has been re-elected to the board of trustees of the Southwest Florida Symphony.

Each year the orchestra presents a series of five masterworks concerts featuring music from the symphonic repertoire.

Brettholtz's years of accounting experience include numerous assignments in nonprofit organizations, all phases of common interest realty association development and administration, and various business entities.

For more information, visit www.mbcopa.com or call 939-5775.✱



Steve Brettholtz

photo provided

Superior Interiors

Step One In Decorating



by Linda Coin

So, you've just moved into a new home and although you like the layout, it's just not yet you. Or maybe you're just plain tired of the décor in your living room. Sometimes, it simply does our hearts good

to give our rooms a new, fresh and lively "look."

In either case, where do you start? I suggest that you start with a master plan – one that will help guide all your decorating decisions over the coming months. I believe the key element to successful decorating or redecorating is to

spend time – up front – creating your own personal master plan.

First of all, determine how much you can afford to spend on your design project. That figure will guide you in many of the decisions you'll be making about purchasing furniture, flooring and window treatments.

Once you've established a comfortable budget, your next step is to take a good critical look at the room you're redecorating. What is it used for? How much traffic does it get? Is it a sanctuary in which you escape the realities of every day life, or is it a room for welcoming and entertaining many guests? Such questions are important ones to consider, because they will help dictate the style of decorating that will work best for your personal lifestyle.

And, by all means, don't forget to work with a professional decorator. We can save you time and money, as we work together to create the room of your dreams.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindeciden.com.✱

Financial Focus

How Can You Leave The Legacy Desired?



by Jennifer Basey

You may not see it in the greeting card section of your local drugstore, but August is What Will Be Your Legacy Month. So it's a good time to think about the type of legacy you'd like

to leave.

Of course, "legacy" can mean many things. In the broadest sense, your legacy is how you will be remembered by your loved ones, friends and the communities to which you belong. On a practical

level, establishing your legacy means providing your family and the charitable organizations you support with the resources you'd like them to have.

And that means you may need to take the following actions: create your plans, communicate your wishes and review and update your documents.

Let's take a quick look at all these steps:

Create your plans. You will want to work with your legal professional, and possibly your tax and financial professionals, too, to draft the plans needed to fulfill your legacy wishes. These plans may include drafting a will, living trust, health care directive, power of attorney and other documents. Ideally, you want these plans to do more than just convey where you want your money to go – you want to impart, to the next generation, a sense of the effort that went into building the wealth they receive. Without such an appreciation, your heirs may be less than rigorous in retaining the tangible legacies you've left them.

Communicate your wishes. It's important to communicate your

legacy-related wishes to your family members as early as possible. By doing so, you can hopefully avoid unpleasant surprises and hurt feelings when it's time for your estate to be settled – and you'll also let people know what tasks, if any, they need to perform. For example, if you're choosing a family member to be the executor of your estate, or if you're giving someone power of attorney over your financial or health-related matters, they should be prepared.

Update your documents. During your life, you may well experience any number of changes – new marriage, new children, opening a family business, and so on. You need to make sure your legal documents and financial accounts reflect these changes. For example, if you've remarried, you may want to change the beneficiary designations on your IRA, 401(k) and other retirement accounts – if left untouched, these designations may even supersede the instructions left in your will. And the directions in life chosen by your grown children may also dictate changes in your will or living trust. In any case, it's a

good idea to review all your legacy-related documents periodically, and update them as needed.

In addition to taking the above steps, you also need to protect the financial resources that go into your legacy. So, when you retire and begin taking funds from your IRA, 401(k) and other retirement accounts, make sure your withdrawal rate is sufficient for your living expenses, but not so high that it eventually jeopardizes the amounts you planned to leave to your family or to your preferred charities. A financial professional can help you determine the withdrawal rate appropriate for your situation.

With careful planning, and by making the right moves, you can create the type of legacy you desire – one that can benefit your loved ones far into the future.

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.✱

Business Board Selects Leader

Peter Antonacci recently was elected as the new president and CEO of Enterprise Florida, Inc. The Enterprise Florida, Inc. (EFI) Board of Directors voted unanimously to approve the selection. Antonacci will also serve as Florida's Secretary of Commerce. He began his new role with EFI on August 2.

Governor Scott said, "I am proud that the entire EFI Board voted to select Pete Antonacci as their new president and CEO. Pete has a long record of success and has demonstrated an incredible commitment to helping make our state the best place for families and job creators. I am confident that his experience as the executive director at the South Florida Water Management District (SFWMD) and as

my office's general counsel will make him a great leader for EFI as he fights to bring more jobs to Florida every day. I commend the Enterprise Florida Board of Directors for nominating such a great leader, and I know Pete will help utilize the new \$85 million Florida Job Growth Grant Fund to compete for new job opportunities on behalf of Florida families."

Antonacci spent the last two years leading SFWMD in carrying out its mission to balance and improve flood control, water supply, water quality and natural systems across the region. SFWMD is one of the largest water management systems in the world.

"I am privileged to lead Enterprise Florida forward in its mission of job creation," said Antonacci. "As a 60-year Floridian and having served Florida for much of my professional career, I am enthusiastic to begin competing with other states and nations to ensure that

when companies create jobs, they do so right here in Florida."

Antonacci served Gov. Scott from 2013 to 2015 and in 2012 served as state attorney in Palm Beach County. He also served as a governing board member at the Northwest Florida Water Management District, as statewide prosecutor of Florida and deputy attorney general. Raised in Hialeah, he attended Hialeah High School and Miami Dade College. He earned a bachelor of arts and master's degree in urban and regional planning from Florida State University as well as a juris doctorate from the Florida State University College of Law.

Stan Connally, EFI Board vice-chair said, "We are fortunate to have Pete leading the team at EFI. His reputation and track record speak for themselves, and I look forward to seeing the impact of his leadership as he works with the team to continue bringing good,

high-paying jobs to Florida."

SFWMD Governing Board Chairman Dan O'Keefe said, "Pete Antonacci has been a tremendous leader who worked tirelessly every day to advance our restoration goals and protect all 8.1 million South Florida residents. The governing board would like to thank him for all that was accomplished, and we look forward to what he will be able to do for Florida in his new role."

Cissy Proctor, executive director of the Florida Department of Economic Opportunity, said, "Pete Antonacci is a great leader and will bring the best of public service and private sector experience to Enterprise Florida. I am looking forward to continuing our partnership with Enterprise Florida under his leadership as we promote Florida's incredible business climate, including the new Job Growth Grant Fund, to grow jobs and opportunities for Floridians."✱

Congressman Visits Hope Center

Hope Healthcare President and CEO Samira K. Beckwith hosted Congressman Francis Rooney at Hope's PACE Center and Hospice House in Fort Myers.

Rooney visited with several participants in Hope PACE, a program of all-inclusive care for the elderly. While at the care center, he learned how the program's multifaceted services allow aging adults in Southwest Florida to stay healthy, active and socially connected. With this unique support, PACE participants are able to remain safely in their own homes, rather than being placed in a nursing facility.

"I am looking forward to working with Samira Beckwith and her amazing team, to make caring for seniors in our community less burdensome," said Congressman Rooney. "I have written a letter to Secretary of Labor Alexander Acosta, requesting relief from excessive labor regulations on home health care workers. We should be supporting programs like PACE and making it easier on caregivers, not making it more difficult for them to function."

Rooney also thanked the staff and volunteers at the Hope Hospice House in Fort Myers and spent time with those in Hope's care.

"It was inspiring to see how invested Congressman Rooney is in both Hope's mission and its innovative programs



From left, Samira K. Beckwith, Janice Buongiorno and Francis Rooney

photos provided

that serve the most vulnerable in our community," said Beckwith. "He truly cares about the issues that affect their lives."

To learn more about Hope Healthcare programs, including Hope PACE, Hope Hospice, Hope Kids Care, Hope Parkinson Program, Hope Palliative Care, Hope Visiting Nurses and other home care services, call 482-4673 or visit www.HopeHCS.org.



From left, Samira K. Beckwith and Congressman Francis Rooney greet Thomas Link



Francis Rooney thanks Hope Hospice staff and volunteers with Samira K. Beckwith

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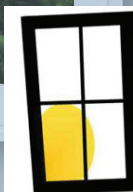
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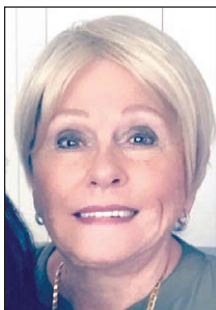
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Book Review

Right Behind You

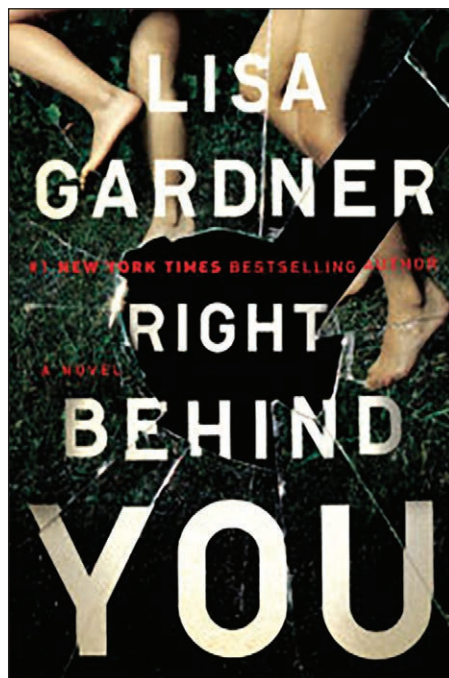
by Di Saggau

Lisa Gardner's latest book *Right Behind You* brings back law enforcement couple Pierce Quincy and Rainie Connor, two former federal agents. At the center of the story

is 13-year-old Sharlah Nash, their foster daughter for three years. Now they want to adopt her. Sharlah has been through a great deal throughout her young life. When she was five, her father killed her mother in a drunken rage. In self-defense, her 9-year-old brother, Telly, beat their father to death with a baseball bat. The siblings were fostered in separate homes, and Sharlah has not seen her brother since that awful evening.

When a security camera shows 17-year-old Telly shooting a clerk and a customer to death at a local convenience store, and his foster parents are found dead in their home, law enforcement sets out to get him. Quincy and Connor work with law enforcement to try to stop the killing spree and also to keep Sharlah in the dark as to who they are investigating. When evidence on Telly's cellphone shows recent pictures of Sharlah, they fear for her life.

The troubles that fall on these two youngsters make for a most engrossing story. The book takes a look at the



effects of physical and mental abuse upon children and how it prevents them from accepting sincere acts of love and kindness. We also see the emotional bond that exists between siblings even after they have been separated for eight years. We learn how hard it is for Sharlah to feel or express love for her foster parents even though she wants to.

Right Behind You is an edge-of-your-seat thriller and a beautiful tale of suspense. You care about the characters, becoming emotionally involved and worrying about how everything is going to turn out. The big question concerns Telly. Is he a hero or is he a killer? I suggest you read this book and find out.✱

School Smart



by Shelley M. Gregg, NCSP

Dear Shelly, My first grader is finger-counting when she does her math problems. I thought by now she would no longer do this. Is this a bad habit? What should

I do?

Sarah N., Fort Myers

Sarah,

Finger-counting is an activity that most children engage in before their math skills become automatic and they are able to remember and perform math problems in their heads. Generally speaking, teachers start telling children to stop counting on their fingers at the end of first grade. Finger-counting is sometimes seen as a crutch or even a sign of weak math ability.

New information, however, sheds some interesting information on this topic. Recent research suggests that young children may make gains in math by counting with their fingers. A new British study published in *Frontiers in Education* suggests that finger-counting seems to boost math learning when paired with number games.

In the four-week experiment, conducted by Tim Jay and Julie Betenson, 137 6- and 7-year-old children were split into five groups. One group participated in finger-counting exercises such as counting from 1 to 10 using each finger, showing the correct number of fingers when told a specific number, and doing simple addition or subtraction problems using their fingers.

The second group played number games like dominoes and card games. The third and fourth groups did both, they performed finger-counting exercises and played number games. The final group was the control and didn't participate in either the exercises or the games.

In other words, while number games slightly boosted one math skill, children experienced larger gains on a range of tests when they also used their fingers.

The authors of the study suggest an intriguing explanation for the boost: The "part of the brain that responds to number lies in close proximity to the area that is activated whenever subjects perform pointing and grasping activities." So when we use our fingers, we also activate the areas of our brain associated with counting. This parallel processing may explain why young children benefit from finger-counting.

While older students should eventually move past finger-counting, there's now a strong case to let younger students continue. Right now, it may be better to allow your child from counting on her fingers – it may actually boost math learning, especially when paired with number games. However, if her finger counting continues long into second grade, it may be time to ask for additional assessment of your daughter's math skills.

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

College Art Galleries To Open Alumni Exhibition

The Art Galleries of the Bower School of Music & the Arts at Florida Gulf Coast University (FGCU) present 20/20: Art Alumni Exhibition in the Wasmer Art Gallery and ArtLab Gallery from August 21 to September 21. This exhibition is curated by Gallery Director John Loscuito and Gallery Coordinator Anica Sturdivant. On Thursday, August 31, there will be an opening reception in both galleries and 20th Anniversary Art Walk from 5 to 8 p.m. The exhibition is sponsored in part by the Division of Cultural Affairs in the Department of State for the State of Florida and the Florida Council on Arts and Culture.

In celebration of Florida Gulf Coast University's 20th anniversary, 20 alumni from the FGCU Art Program will be exhibiting in both art galleries on campus. The artists chosen for the exhibition represent the range of ideas and techniques that the faculty and

*Euphoria*

image Quinn Miller

staff are proud to have been a part of shaping.

The FGCU alumni artists in the exhibition are: Lauren Ashley S. Baker (2010), Alyssa Baladad (2015), Linda Barone (2011), Alina Eydel (2011),

James Futral (2016), Ehren Fritz Gerhard (2009), Briena Harmening (2005), Philip Heubeck (2010), Hannah Johnson (2014), Megan Leary Kissinger (2004), Erica Klopff (2012), Jeffrey Scott Lewis (2004), Felipe Maldonado (2016),

Nick Masiello (2012), Leila Mesdaghi (2016), Quinn Miller (2015), Christina Penuel (2009), Mr. Revrac (2012), Grayson Stoff (2015), Tarra Wood (2011).

The 20th Anniversary Art Walk also includes 20 Years: The Creation of FGCU in the Archives & Special Collections Gallery in the FGCU Library, which will run from August 31 through December 15; and Selections from the FGCU Art Galleries' Permanent Collection in the library reference area on the first floor of the library building, which will run from August 21 through December 15.

The Wasmer Art Gallery is in the Arts Complex, and the ArtLab Gallery is at the west side of the library building on FGCU's main campus at 10501 FGCU Boulevard South. Parking is available in Lot 7 for gallery visitors. Regular viewing hours are 10 a.m. to 4 p.m. Monday through Friday, and 10 a.m. to 7 p.m. Thursday.

For more information on this exhibition and others, go to artgallery.fgcu.edu or call Anica Sturdivant at 590-7199 or asturdiv@fgcu.edu.✱

Life Insurance

Estate Planning



J. Brendan Ryan, CLU, ChFC, MSFS

You have certainly heard of estate planning. And, if you are like most people, you probably have at least some understanding of what it means.

Now, perhaps you would like to review or improve your understanding.

The definition that I learned decades ago is that estate planning is the creation, preservation and maximization of assets for the future. There is a lifetime component that is now usually encompassed in the phrase "financial planning." And there is the more widely recognized component that refers to the planning for the orderly preservation of assets after death and their ultimate distribution.

Wikipedia says estate planning is "the process of anticipating and arranging during a person's life for the disposal of their estate." I like my definition better.

You may have engaged in some estate planning already. Signing up for life insurance is an act of estate planning. Here you are creating an asset – the death benefit – and planning for its orderly distribution through the beneficiary designation. Likewise when you name a beneficiary for a qualified retirement plan.

But how does one get started in a deliberate process of formal estate planning? Many people simply have the spontaneous insight that they need to get their affairs in order and begin the process with a phone call. For others it comes as a recommendation from one or another advisor, such as an insurance agent, financial advisor, accountant, etc.

After talking things over with one's spouse about how assets should be distributed at the death of either or both of them, the first step should be to select an experienced estate-planning attorney and go in to see that attorney for an initial interview.

How do you find such an attorney? If

you do not already know one, ask friends and associates who they use and whether they are happy with the relationship. If that does not work, the local bar association, which is the professional association of practicing attorneys in your area, can give you names.

That is the beginning of your estate-planning team. Your attorney will want to work with your other advisors to lay out the best possible arrangements for meeting the planning goals that you will have established through consultation.

For some people, estate planning may be very simple, nothing more than writing a will. For others it may include not just a will but also one or more trusts, new life insurance, powers of appointment, a living will and other legal instruments.

Once these documents are executed, they should be reviewed from time to time with the attorney and other advisors. Circumstances, affections and family dynamics change, and these documents in many cases need to be changed and updated accordingly.

A few additional considerations:

If you want to have a say about how your property is distributed and even who could be named as the guardian of your underage children, do not ignore estate planning. For those who die without a will, the state writes one under the laws of intestacy. These laws spell out who gets what property left behind by those who die "intestate." You may not like the outcome.

Do not be tempted to get a book and write your own legal documents. Attorneys take courses in this area to be sure that no mistakes are made, no laws are ignored, no invalid provisions are included. Errors or confusion often lead to messy, lengthy and expensive contests of the will in court.

Unless you have named your estate as beneficiary of your life insurance or qualified retirement plans – or else have named no beneficiary at all – your will does not affect the payment of those death benefits. And no future change that you make in beneficiary designations affects your will. But your planning should be sure to coordinate these policies with the provisions of your will to be sure that your goals are achieved.

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

From page 7

Nominees

following Lee County 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.

Five finalists will be announced before the event and one officer will be announced as the prestigious Officer of the Year at the ball, where they will receive a custom award designed by fine jeweler and Rotarian Mark Loren.

The Law & Order Ball will take place on Saturday, September 16 at Germain Arena at 6 p.m. Paying tribute to Lee County law enforcement officers, the event honors an Officer of the Year and raises funds to support local law

enforcement youth programs and the Fort Myers Rotary South Foundation, a fund that distributes monies raised by the Fort Myers Rotary South to local non-profits and law enforcement agencies.

Tickets are \$175 each or \$1,400 for a table of eight. Both are available online at LawAndOrderBall.org. Attendees may also "Fund-A-Cop" by purchasing a special ticket that will sponsor an officer to attend. 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, a wine pull and a balloon pop. A portion of funds raised during the evening will be distributed among the honored agencies for their youth programs.

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



From left, Robert Cooper, Greg Adkins and Heidi Larison

photo provided

School Officials Shave Heads In Celebration

On August 11, Mirror Lakes Elementary School Principal Robert Cooper and Media Specialist Heidi Larison had their heads shaved in celebration of the school's grade being raised.

Principal Cooper and Larison challenged students and staff last school year to raise the school's grade by at least one letter. In return, they promised to shave their heads.

The students and staff held up their end of the deal by working diligently to raise the school's grade from a D to a C, leaving

the two of them no choice but to hold up their end of the bargain.

Principal Cooper says, "These kids worked really hard, and I am proud of our accomplishment. I hope by shaving our heads we help heighten the energy and positivity of our students and staff to move up again this year."

Superintendent Dr. Greg Adkins administered the buzz cuts. Dr. Adkins congratulated staff and students saying, "It is an awesome achievement. Congratulations and keep up the great work. I'm sure this year will be even better."

Larison had been growing her hair ever since she made the promise last year. She was a good sport and smiled throughout the ordeal. "The students truly did a great job," she said. "Hairs off to them."✴

Available at
www.AMAZON.COM
EDITORIALRXPRESS.COM

Female Pioneers of Fort Myers

Women Who Made a Difference in the City's Development

By Robin C. Tuthill and Thomas P. Hall

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

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

Will Miracle Manager’s Success Earn Him A Shot In The Major Leagues?



by Ed Frank

You can be certain in the weeks ahead there will be a bevy of baseball managers who will be fired. It occurs every year. So we raise the question whether the talented and successful manager of the Fort Myers Miracle, Doug Mientkiewicz, will be tapped for one of those Major League jobs?

Perhaps you will recall that Mientkiewicz was a finalist for the Minnesota Twins manager position that ultimately went to Paul Molitor with a three-year contract. Molitor is in the final year of that contract, so once again will Mientkiewicz be considered for the job if Molitor’s contract is not extended?

Just consider what he has accomplished in the five years he has managed in the Twins Minor League system:

He first managed the Miracle in 2013 and 2014, leading the team to the post-season league championship game both years. The Miracle won the Florida State League title in 2014, their first in franchise history.

Mientkiewicz then moved up to Double A Chattanooga where his team won the Southern League Championship in 2015.

He has played major roles in the development of several Twins who have led this year’s resurgence of the Major League Twins such as Miquel Sano, Byron Buxton, Max Kepler and many others.

Back this season as the Miracle manager, his team has caught fire in the season’s second half where they started this week with a second-half season record of 32-18 and a division lead of 4-1/2 games over Jupiter. As of Monday, the Miracle was 10-2 in the month of August.

With just 20 games remaining in the regular season, it appears that Mientkiewicz will once again pilot the Miracle into the post-season playoffs.

If not the parent club Twins, there should be interest in Mientkiewicz by other teams seeking managers.

Former Twins General Manager Terry Ryan plucked Mientkiewicz from a low-level position in the Los Angeles Dodgers organization for the Miracle job in 2013. Although Mientkiewicz had no prior managing experience, Ryan recognized his baseball smarts

during the six seasons he played for the Twins. His Major League playing career spanned 12 seasons with seven different teams. He is only one of five players who won a World Series (Boston 2004) and an Olympic gold medal (2000).

We will know in the months ahead whether the fiery Miracle manager will obtain his dream of becoming a Major League manager.

Twins Top Draft Pick Advances Quickly

It didn’t take long for Royce Lewis to prove why he was the first overall draft pick of the Minnesota Twins in this year’s Major League draft.

Just 18 years old, he started his professional career right here with the Twins Rookie Gulf Coast League team where he batted .271 with 11 extra-base hits and 15 steals in 36 games.

Last week, he was promoted to the Class A Cedar Rapids where he collected four singles in four trips to the plate in his very first game. His debut appearance drew more than 4,000 fans to the Cedar Rapids stadium. With his promotion to the Midwest League, he became the first high school first-rounder to reach the Class A Level.*



Doug Mientkiewicz
photo courtesy
Minnesota Twins

Couple Featured In International Sports Publication

Fort Myers residents Katie and Danny Haas were featured in the August 14 issue of *Street & Smith’s SportsBusiness Journal*.

The feature story, written by SBJ’s Executive Editor Abraham D. Madkour, looks at what day-to-day life is like for Katie, vice president of Florida business operations for the Red Sox and her husband Danny, special assistant to the general manager for the Baltimore Orioles.

Katie and Danny first met in 1999. She was a high school senior and assistant director of game-day operations for the Red Sox’s Florida State League Class A team in Sarasota. Danny was an outfielder on the team.

Today, the married couple has four World Series rings between them and manage to balance life with two young children while Danny’s scouting keeps him on the road roughly 200 nights a year.

“Danny and I really think our lives are pretty boring,” said Katie. “While baseball dominates our work life, we do our best not to let it interfere with our home life. It’s all about our kids and the team we have at home.”



Katie, Danny, Georgie and Hunter Haas
photo provided

The article explores everything from how the couple juggles their hectic schedules and growing up in a baseball family to what it’s like for them during the playoffs and even the careful consideration given to what the children wear and how they split allegiances.

The full article is available at www.sportsbusinessdaily.com/Journal/Issues/2017/08/14/Opinion/From-The-Executive-Editor.aspx.*



See wildlife in its native habit as you paddle through the mangrove forests photo provided

Discounts For Locals At Tarpon Bay Explorers

Tarpon Bay Explorers (TBE) is offering 25 percent discounts on all rentals and tours for local residents of Lee, Charlotte and Collier counties during the month of September. Paddle a kayak through the mangrove tunnels, ride a bike through the heart of the refuge on Wildlife Drive, look for dolphins and manatees with a bird’s eye view on a paddleboard or go fishing on a pontoon boat in the back bay waters of the JN “Ding” Darling National Wildlife Refuge.

What better way to enjoy the off season by exploring local waters within one of the most beautiful places in Southwest Florida without the crowds or lines. Kayaks, canoes, paddleboards and bike rentals are available on a first come, first served basis. Anything motorized such as motorized canoes and pontoons requires a reservation. Reservations are recommended for all tours.

Construction is still being done in the parking lot and as a result, the launching of personal watercraft (kayak, canoe, SUP or anything motorized) has been suspended until the completion of the project. Bring your Florida ID to verify your residency.

For more information or reservations, call 472-8900.*

SPORTS QUIZ

1. Who was the last player before Seattle’s Nelson Cruz in 2015 to have two separate streaks of five consecutive games with a home run in the same year?
2. Between 1967 and 1972, Ferguson Jenkins had six consecutive 20-win seasons for the Chicago Cubs. Did any Cubs teammate notch 20 wins during that time?
3. When was the last time before 2015 that Temple beat Penn State in football?
4. Who was the last Toronto Raptors player before Kyle Lowry (2013-14 through 2015-16) to have three consecutive 100-steal seasons?
5. When was the last time before 2016 that the New York Islanders advanced to the second round of the playoffs?
6. Name the last driver before Kyle Busch in 2016 to sweep all the NASCAR national series races for two consecutive weeks.
7. When was the last time before 2016 that more than one American female tennis player reached the quarterfinals of the French Open?

ANSWERS

1. Philadelphia’s Chase Utley, in 2008. 2. Bill Hands won 20 in 1969. 3. It was 1941. Penn State was 38-0-1 during the 74 years in between. 4. Alvin Williams (2000-01 and 2002-03 seasons). 5. It was 1993. 6. Harry Gant, in 1991. 7. It was 2004 (Jennifer Capriati and Venus and Serena Williams).

Collegiate Scholars Earn Gold Star Rating

The Florida SouthWestern State (FSW) College Chapter of the National Society of Collegiate Scholars (NSCS) received a Gold Star recognition based on their highly engaging student events throughout the year.

Honor students in the NSCS chapter volunteer for beach clean-ups, local food banks and for holiday gift wrapping events. From February 6 to 9, the chapter also hosted Integrity Week, where students and faculty explored academic, professional and personal integrity.

"Our NSCS chapter provides students with enriching activities outside of the classroom, whether its volunteerism, community art projects, exposure to new cultures or applying what they learn in the classroom to



Members of FSW's National Society of Collegiate Scholars volunteer at the Harry Chapin Food Bank photo provided

the real world," said Dr. Christine Davis, vice president of student affairs & enrollment management at FSW.

"We are so proud of the chapter's accomplishment."

Chapter members are also enrolled

in FSW's honors scholar program, where students have the opportunity to study abroad or compete in academic challenges like the Harvard National Model United Nations conference.

According to the NSCS national office, the FSW chapter is among the best of the best. This recognition is also significant because the relatively new chapter was founded in May 2016.

"The achievement of Gold Star status is highly coveted among our 330 chapters throughout the country," said NSCS CEO and Founder Stephen Loflin. "The chapter at FSW demonstrated its integrity and dedication to the NSCS pillars of scholarship, leadership and service."

The NSCS is a national, not-for-profit honor society recognizing undergraduate students who excel academically during their first and second year of college. It's a certified member of the Association of College Honor Societies (ACHS) and offers \$1 million in scholarships, awards and chapter support each year.✱

Campaign Goal Topped For Student Aid Rate

The FutureMakers Coalition has surpassed its FAFSA first! campaign goal of increasing the region's Free Application for Federal Student Aid completion rate by 5 percent. During the 2016-17 school year, 40.5 percent of Southwest Florida high school seniors completed the FAFSA, compared with 35 percent during the year prior.

"We could not be prouder of the final results," said Tessa LeSage, director of social innovation and sustainability for the Southwest Florida Community Foundation, which serves as the backbone organization for the FutureMakers Coalition. "Working together as a region, we made a meaningful difference for these budding college students that will help them for years to come."

Last fall, FutureMakers Coalition partners – including educators, workforce developers, business leaders, economic development professionals, government officials, residents and students – launched the FAFSA first! campaign to inform high school seniors and their parents about FAFSA and increase the region's completion rate.

"This campaign has proven to be a successful effort and supports our ultimate goal of transforming the Southwest Florida workforce. Research shows that there is a strong correlation between FAFSA completion rates and the percentage of the workforce with degrees, certificates and high-quality credentials," said LeSage. "A higher FAFSA completion rate in the region means that there are more students from our area who will likely be attending college or career school this fall."

Data from Florida College Access Network, which serves as the data partner for FAFSA first!, shows that 4,794 out of 11,846 12th graders completed their FAFSA applications throughout the region's five school districts. For an equal comparison to 2015-16 school year

FAFSA completion data, only 12th graders up to age 18 and enrolled in a public or charter high school were included in the data set.

Each district finished with the following completion rates compared with the prior year:

- Charlotte County Public Schools: 35.9 percent versus 32.8 percent (3.1 percent increase)
- Collier County Public Schools: 46.2 percent versus 43.2 percent (3 percent increase)
- Glades County School District: 37 percent versus 35.3 percent (1.7 percent increase)
- Hendry County District Schools: 43.9 percent versus 35.6 percent (8.3 percent increase)
- Lee County School District: 38.6 percent versus 32.3 percent (6.3 percent increase)

"We saw increases in FAFSA completion in virtually all parts of the state," said Troy Miller, associate director for research and policy, Florida College Access Network. "The schools, districts, community partners and supporters who raised awareness and helped more students complete the FAFSA have showed us what's possible when everyone works together to boost education outcomes."

The final data shows the following high schools with top FAFSA completion rates in each respective school district:

- Florida SouthWestern Collegiate High School, Charlotte County: 62.7 percent
- Gulf Coast High School, Collier County: 58.4 percent
- Moore Haven Middle-High School, Glades County: 37 percent
- Clewiston High School, Hendry County: 44.4 percent
- Fort Myers High School and Oasis Charter High School, Lee County: 60.7 percent

The 2017-18 FAFSA became available October 1, 2016, three months earlier than in past years, and now requires already filed tax return information. Previously, the FAFSA was not available until January 1 for filing. It required income tax information for the most recent

tax year, which often meant actual tax returns hadn't yet been filed with the IRS.

Each year, the federal government provides more than \$150 billion in financial aid (grants, work study and loans) for college and career school. To apply for this aid, every high school senior who plans to attend college or career school must complete the FAFSA. State governments and many colleges, career schools and private organizations also use FAFSA information to determine additional

financial aid awards.

Visit www.FAFSAfirst.org to learn more about the campaign and for information and resources about FAFSA. Fact sheets are available for download in English, Spanish and Creole. In addition, educators and others working with students and parents on FAFSA can access the FAFSA first! Practitioners Toolkit at www.futuremakerscoalition.com/toolkit, which focuses on effective implementation of FAFSA completion strategies.✱

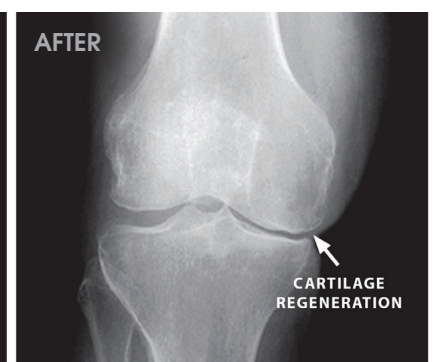
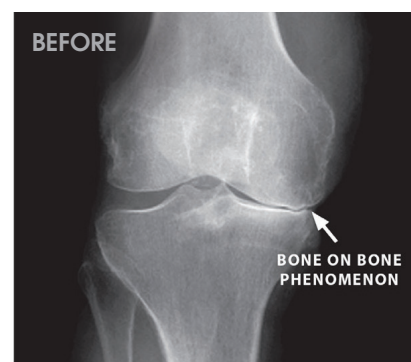
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Lee Health Awards Nearly \$270,000 In Grants

Each year, Lee Health awards educational grants and scholarships to employees, volunteers, family members and local residents who are interested in pursuing a career in a health-related profession. This year, \$269,250 will help 172 individuals meet their educational and professional goals. Teresa Smith and Yvonne Medvecky are two of this year's recipients.

Smith is a clinical educator with Lee Physician Group and she is pursuing her bachelor of science in nursing (BSN). "I have worked for Lee Health for 10 years, and I have always been amazed at how supportive leadership is of continuing education," she said. "I cannot thank everyone enough for the financial assistance, but also for always encouraging us to go farther – whether that is with accreditations, certifications or educational degrees."

Medvecky agrees, as she has received financial assistance throughout her educational journey.

Six years ago, Medvecky started working in registration in the emergency department at Lee Memorial Hospital. When she decided to go to



Lee Health awarded more than \$269,000 in educational grants to 172 individuals photo provided

nursing school, she applied for and received financial assistance through the education grants. She earned her associates degree and began working as an emergency department (ED) nurse at Cape Coral Hospital. This spring she will graduate with her BSN. "Lee Health has been behind me throughout my education and now my career," Medvecky said. "The system helped me through my prereqs, my associates

and now my bachelor's degree. I plan to continue on the same path of ED nursing and hope to go back to school again to earn my master of science in nursing."

The educational grants are provided by the Cape Coral Hospital Auxiliary, Gulf Coast Medical Center Auxiliary and Lee Memorial Auxiliary. The Lee Health Foundation also provides grants through donor support,

including Eloise M. Carlson Education Endowment Fund; Madeleine R. Taeni Nursing Education Fund; Edward and Gale McBride Education Scholarship Fund; Jim Nathan Endowment Fund; Nathan Family Educational Excellence Fund; Robert and Frances Feuchter Endowment for Nursing and Healthcare Education Scholarship Fund; and Ellen McDonald Endowed Pediatric Nursing Scholarship Fund.

"Having the means to pursue educational degrees is challenging for many," said Larry Antonucci, MD, MBA, Lee Health president and CEO. "Through the education grant program, and the tremendous support from long-time volunteers, physicians, community, board and auxiliary leaders, philanthropists and community advocates, education and career goals are attainable and achieved. Health care is constantly changing, and new technologies and techniques continue to emerge, so a well-educated workforce is vital to our success – both in our day-to-day operations and in attracting and retaining the best and brightest health professionals."

Anyone interested in supporting Lee Health's Education Grant Program is asked to contact Lee Health Foundation at Foundation@LeeHealth.org or 343-6053.✱

Practitioner Joins Family Practice



Brian Collins photo provided

Brian Collins has joined Physicians' Primary Care of Southwest Florida as an Advanced Registered Nurse Practitioner. He will assist family practice physicians at the Cape Coral Family Practice office at 1255 Viscaya Parkway.

Collins is a graduate of Ohio University, where he received his bachelor of science degree in nursing. He earned his master of science degree as a primary care nurse practitioner from Florida Gulf Coast University.

Collins has nine years of experience

as a registered nurse in the emergency rooms of Lee Memorial Hospital and Orange Park Medical Center in Orange Park, Florida. He is certified in basic life support, advanced cardiac life support and the National Institute of Health Stroke Scale.

For more information, visit www.ppcswfl.com.✱

County Reports Increase In Syphilis

The Florida Department of Health in Lee County is advising medical providers and citizens of a spike in confirmed cases of infectious syphilis in Lee County. As of July, Lee County is experiencing a 39-percent increase in reported cases of infectious syphilis compared to this time last year.

"With the significant increase in confirmed cases of syphilis, the Florida Department of Health feels it is vital to alert our community of these alarming numbers," said Angela M. Smith, Florida Department of Health administrator. "While syphilis is a curable disease, an infected person must be treated as quickly as possible."

Thus far this year, Lee County has 106 cases of confirmed early syphilis (infected within a year before testing positive) as opposed to the 92 cases for the entire year of 2016.

Syphilis is a sexually transmitted disease (STD) that is spread from person to person during intercourse or any sexual activity. Syphilis is an STD that has several stages with symptoms

appearing within one to 12 weeks after having sex. Often, symptoms are internal, so the person does not know they are infected. The only way to know if a person has syphilis is to have a syphilis test.

Symptoms of syphilis can include a painless sore in the genital or rectal area, a painless sore or mucous patches in the mouth and swollen lymph glands. A person with syphilis may also have a non-itchy skin rash on the bottoms of the feet, palms of hand, chest or all over the body.

If untreated, syphilis can spread to the brain, spinal cord, or heart. This can lead to blindness, dementia, paralysis, deafness, loss of balance, and miscarriage or passing of the infection to a baby during pregnancy or childbirth, which can lead to irreversible damage and even death in the infant.

Pregnant women, by Florida Statute, are to be tested for syphilis, herpes, HIV and other STDs in the first and third trimesters. Men who have sex with men, people with multiple sex partners, injection drug users and others at risk should be tested regularly. Those at risk for syphilis are also at risk for HIV, gonorrhea and chlamydia. Simple blood (for syphilis and HIV) and urine and swab tests (for gonorrhea and chlamydia) are all that is needed to test for these infections. Lee County has seen an increase in each of these infections as well over last year.

For more information on STDs and HIV or how to obtain a test, contact Diana L. Prat, STD program manager, at the Florida Department of Health in Lee County at 656-2539.✱

Free Program For Diabetes Prevention

Have you been told that you have prediabetes? Would you like to learn about a variety of tools that have been proven to prevent or delay the onset of type 2 diabetes?

Lee Health offers a free program designed to help you make modest lifestyle changes and cut your risk of type 2 diabetes by more than half. This year-long program with weekly meetings for the first six months, then once or twice a month for the second six months, is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

Information presented in the workshop can help you become empowered to prevent type 2 diabetes. Learn about the benefits of physical activity; manage symptoms of stress, make smarter decisions related to healthy eating, and pick up tips to stay motivated. Participants will receive a participant guide to use as an ongoing reference tool once the classes are completed.

Programs will be held on Wednesdays, beginning on September 13 from 6 to 7 p.m. at Cape Coral Hospital, first floor, meeting room A, 636 Del Prado Boulevard, in Cape Coral.

Seating is limited and registration is required. Call 424-3127 for more information.✱



Emmanuel Vega Arreola and Laura Hernandez check what they netted photos provided

Students Learn About Ecosystems At Watershed

Students in The Immokalee Foundation's Middle School Summer Academy learned about complicated, delicate ecosystems during a June outing to the CREW Land & Water Trust.

The goal for the visit – part of the foundation's Junior Academy program – was to introduce young students to various environmental conditions and how scientists work in them. Students learned how experts evaluate environmental health by testing the levels of phosphate, nitrogen and oxygen in water samples, along with other experiments.

Not surprisingly, a field trip in which they trekked through marshy water and used large nets to (temporarily) catch water scorpions, shrimp, tadpoles and bugs drew enthusiasm from the middle-schoolers.

"I liked walking through the deep water," said Eloy Anzualda III. "I have never done anything like that in my life. It was really cool to see the entire landscape and see where our water comes from."

"I liked the fact that we had to

walk through the water and see amazing orange crickets," said Daniel Trejo-Garcia.

The creatures also impressed Vanessa Hernandez, who said, "Critter netting was my favorite activity because we got to experience the ecosystem very close up." Similarly, Alfonso Hernandez said, "I enjoyed the marsh because I got to see where our water comes from and also all the different types of animals in this environment."

According to Middle School Summer Academy STEM teacher Tyler Wippel, who is also a math teacher at Immokalee Middle School, "The students saw firsthand how they are connected to their environment. We learned about aquifers and ecosystems in our classroom, then bam! They were right in front of us."

The CREW Land & Water Trust was established in 1989 as a nonprofit organization to coordinate the land acquisition, land management and public use of the 60,000-acre Corkscrew Regional Ecosystem Watershed. CREW is the largest intact watershed in Southwest Florida, straddling Lee and Collier counties. For more information, visit www.crewtrust.org.

The Immokalee Foundation provides a range of education programs that focus on building pathways to success through college and post-secondary



Jessi Drummond (in orange shirt) led the group, including David Hernandez and Eloy Anzualda III, through experiments



From left in the foreground, Ethan Rincon, Alex Martinez, Suzie Lopez-Trejo and Jenesis Sanders listen to Jessi Drummond (orange shirt) as they trek through marshy water

preparation and support, mentoring and tutoring, opportunities for broadening experiences, and life skills development leading to economic independence.

To learn more about The Immokalee Foundation, call 430-9122 or visit www.immokaleefoundation.org.

Lakes Park Island Restoration Project To Begin

Visitors to Lakes Regional Park will see work beginning in the popular Lee County Parks & Recreation site as Lee County Natural Resources department starts its first phase of an island restoration project.

A contractor for the county has installed orange safety fencing along

the work site perimeter and will block 150 feet of walkway along the water's edge. This is to ensure the safety of park visitors and is necessary for the contractor to have a landing zone for hauling away debris as they remove non-native trees from the islands within the park's lakes. Lakes Regional Park visitors may also observe work crews, cranes and other construction equipment and a barge on the lake during this time.

In Phase 1, work crews will remove invasive exotic trees from the islands south of the park boardwalk. Phase 2

will include excavation of the islands below the lake control elevation to create littoral shelves with native wetland plants, which will absorb nutrients from the water column and create a native habitat. Natural Resources anticipates Phase 2 to begin in January 2018 and continue through the winter.

The project's purpose is to reshape and restore islands located south of the existing boardwalk. These islands were created via mining activities during the 1950s and 1960s on the site before it became a park. This project as well as

prior Natural Resources projects in the park help with water quality. The park collects urban runoff and is adjacent to Hendry Creek, which flows south to Estero Bay and is designated as a state aquatic preserve.

For more information about the restoration project, call Lee County Natural Resources at 533-8109. For more information about Lee County Parks & Recreation, locations, amenities and special events, visit www.leeparks.org, call 533-7275 or email leeparks@leegov.com.

Doctor and Dietician

Health Benefits
Of Owning A Dog

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

Having a pet provides wonderful health benefits. They lift our mood, provide companionship, and improve socialization. Dogs in particular, have been shown to help children and adults to be more fit both mentally and physically. Dog owners enjoy reduced stress, anxiety and loneliness. The stress relief from petting a dog lowers blood pressure. Dog owners also tend to see the doctor less frequently and have healthier hearts. A statement from the American Heart Association reveals that pet ownership, especially dog ownership, may be a reasonable way to reduce the risk of cardiovascular disease.

Exercise reduces the risk of many health conditions, and dog owners have

been shown to exercise more, because they generally take their dogs for walks. A June 2017 study in the British Journal BMC Public Health revealed that older adults who were dog owners completed 22 minutes more of moderately paced walking per day than those without dogs. They also sat less and took 2,760 additional steps per day than non-dog owners. The extra walking helps people meet the World Health Organization's 150 minutes of moderate to vigorous weekly exercise recommendations. The boost in physical health benefits from walking a dog in combination with the mood enhancement that comes with owning a friendly dog buddy is pretty amazing.

"It's very difficult to find any other intervention that produces this size of effect," said senior author Dr. Daniel Simon Mills, a professor of veterinary behavioral medicine at the University of Lincoln in England.

This is just one study of many that show the benefits of dog ownership and the important role that pets have in the lives of their human companions. The bond impacts our lives in so many ways, including physically, mentally and socially.

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.✱✱

dearRPharmacist

What's In Your
Meatball?

by Suzy Cohen, RPh

Dear Readers: Imagine a large white bowl where you toss in the ingredients to make meatballs. You expect them to be delicious and juicy if you put in ground beef, bread crumbs, an egg, chopped

onion, parsley, garlic, and salt and pepper, right?

That is the basic recipe. You mash that together with your hands, forming meatballs and then simmer them in spaghetti sauce. Does it turn out tasty everytime? Perhaps in your kitchen it does.

Now let's consider your health, and you are the meatball. I'll show you the pharmaceutical equivalent of all these classic "ingredientss" designed to get you healthy. Here goes:

Ground beef = Sleeping pills

Bread crumbs = Antidepressants

An egg = Statin cholesterol drugs

Chopped onion = Pain killers

Parsley and Garlic = Acid reducers

Salt and pepper = Blood sugar pills

What's in your meatball?

The average "meatball recipe" consists of 13 medications per day. Does this recipe sound good? Many of you have agreed to it, whether or not it resonates with your personal health convictions. Do you feel foolish for wanting to use natural remedies? Do you worry that herbal extracts and vitamins are not approved by the FDA?

There are many reasons you have become this meatball. Probably because 80 drug ads are aired every hour of every day on American TV. One out

of every three people ask their doctor about drug commercials seen on TV.

My recipe above is slim, when you consider that the average person takes 13 medications per day.

It's not always due to careless prescribing practitioners. No fingers are being pointed here. In fact, many innocent mistakes happen because your medication list is not complete, or current at each doctor's office. Regardless, the mistake affects you and only you.

Mistakes are dangerous. Because we, as a nation, are so heavily medicated, I am confident this meatball recipe needs revisions. It needs a complete make-over immediately. Everyone's so worried about heroin and other illicit drugs but do you realize that there are 10 times more deaths per year from properly administered prescription medications?

Some people experience a sudden adverse reaction and get rushed to the emergency room. Some 106,000 people never get to go back home to finish what they were doing. You take it for granted that your pills are safe don't you? Prescriptions are handed to you super fast. Picture money shooting out of an ATM ... super fast like that.

The intention of my blog is to force you to face reality and think about your future. I'm very aware, as a pharmacist for almost 30 years, that some meds are necessary, but some are not.

It's my responsibility to make sure you understand there's a risk to taking every pill you take, just like a potential advantage. Your risk is understated at the time the prescription is placed in your hand. Your true risk may not even come to your awareness until it is too late.

Make sure your meatball recipe is right for you.

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



Happy Panda by Tom Nagata

image provided

From page 1

Vibrant Works

teaching art to elementary and middle school students with the hope of passing along to younger generations his passion for art and color.

In 1988, the City of Fort Myers adopted a poster created by Nagata as the official city poster.

Nagata's original compositions are acrylic, and he remains focused on Hawaiian and tropical subjects. He recently retired from teaching and works full time as a painter. He recently married his friend

and co-worker, Judy, whom he met 40 years ago.

Conolly has dabbled with the arts all his life. Using acrylics, his art appears spontaneously from his imagination. Most of Conolly's recent works celebrate and reflect the unique beauty of Southwest Florida. He plays with the surface of his canvases, making them smooth and shiny. His line work is minimal and his colors are bright. His large works are simple, while the smaller works are filled with detail.

The exhibits will be on view through October 3. Arts for ACT Gallery is located at 2265 First Street in downtown Fort Myers.✱✱

College Alumni
Bowling Benefit

This year's annual Florida Gulf Coast University (FGCU) Alumni Association bowling fundraiser will celebrate over a decade of generating Eagle pride and scholarship support.

Tickets are available for Strikes for Scholarships, which will be held at HeadPinz Entertainment Center on Saturday, September 9 at 4 p.m. Last year's sold-out event raised more than \$20,000 for student scholarships — enough for the FGCU Alumni Association to award three scholarships this academic year.

"It's so gratifying to have our alumni support this annual tradition and the impact it makes for our students," said Alumni Relations Director Kimberly Wallace. "It's a great opportunity for our alumni and friends to reconnect while making a difference for the next

generation of Eagles."

Approximately 300 alumni are expected to bowl, network for two hours and support a silent auction while enjoying refreshments. Bowlers can sign up individually or as a team at \$30 per adult and \$15 per child (age 7 and younger) including shoe rental.

To register, visit www.alumni.fgcu.edu. For more information, call Angela Kunkle, assistant director of alumni relations, at 745-4343.

The FGCU Alumni Association is dedicated to encouraging graduates in a lifelong allegiance with the university and fellow alumni, cultivating opportunities for personal and professional growth after graduation, celebrating pride in the principles and achievements of FGCU and its graduates, and inspiring individual investment in the university's future.

HeadPinz Entertainment Center is located at 14513 Global Parkway in Fort Myers.✱✱



Open Face Watermelon Sandwiches

photo courtesy Fresh From Florida

**Open Face Watermelon Sandwiches**

¼ medium-sized watermelon, seeds and rind removed

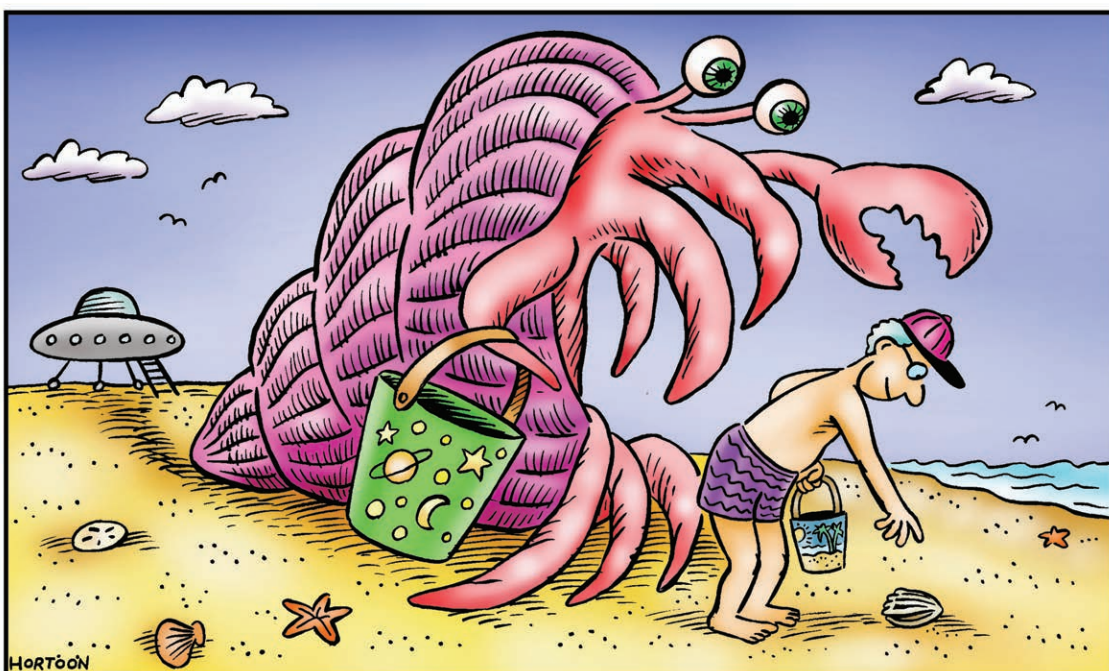
1 handful fresh mint leaves, chopped
8 ounces goat cheese

½ loaf crusty bread, sliced thin

Olive oil
Kosher salt to taste
Fresh ground pepper to taste
Crumble chilled goat cheese into a small bowl. Lightly mix cheese and chopped mint. Taste for seasoning and adjust with salt and pepper. Cut bread into 8 small slices and drizzle with olive oil. Toast bread slices until golden brown and crispy on top. Let bread cool slightly. Spread cheese mixture on the top of each slice of bread. Cut watermelon slices into fun shapes and layer watermelon on top of cheese. Lightly season the top of the sandwiches with salt and pepper. Serve at room temperature.

Yield 4 servings.*

HORTOONS



HORTOON

THE RIVER WEEKLY NEWS

FROM THE BEACHES TO DOWNTOWN FORT MYERS

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

ARTS

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

CLUBS & ORGANIZATIONS

Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape 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

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

PUZZLES

Answers on page 29

Super Crossword

PREPOSITION REPETITION

- ACROSS**

1 As a substitute

8 Part of VCR

16 Snow clearer

20 Saint who converted Scotland to Christianity

21 Informal "Leave it to me"

22 Roll-call call

23 Public speech about unity?

25 Dictator Idi

26 D.C. baseball team

27 Dog pests

28 On the — (in hiding)

29 Gun-carrying 30 — -devil

31 Roster

32 Canto or esprit lead-in

34 Big online dating site

37 Japanese dancing girls being helpers?

41 Shunned sort

43 Hagen of the stage

44 Former U.N. head Annan

45 Citizen of Muscat

46 Don't leave the Hoosier State?

54 Method

55 Walk atop

57 "Wow!," in a text message

58 Get via logic

59 Reeves of Hollywood

60 Dandy guy

61 Substitute

63 Prefix meaning "both"

66 Infant next to a famous British poet?

70 Holders of holy tablets

71 Observant

73 French "yes"

74 Atlanta university

76 Carne — (Mexican dish)

77 Method: Abbr.

78 Feta, e.g.

80 English article

83 Route for some travelers headed for Ohio from Ontario?

87 Housing at 74-Across, e.g.

89 London vehicle

90 Hawaii's Mauna —

91 Style of many ski chalets

92 Police officer in a certain military posture?

100 Having several parts

101 They may be parked at KOA sites

102 Dark film genre

103 Seattle-to-Phoenix dir.

106 Weed B Gon brand

107 Stable diet?

109 Followers of Attila

110 Like two peas in —

111 Miles of film

112 What DNA paternity tests provide?

117 Shah's home

118 Assumed control of

119 Polar light phenomena

120 To be, to Tacitus

121 Fireplace log supporters

122 Adolescents, informally
- DOWN**

1 Holy relics

2 Singer Jones

3 Roofing color

4 Mild rebukes

5 Former U.K. record co.

6 Nullify

7 Pastry type

8 French film

9 In time past

10 Prince, e.g.

11 Artist Frank

12 2015 erupter

13 TV show opener, often

14 "— a pity"

15 19th letter

16 Big — (drug companies)

17 Actor Jack

18 Get aligned

19 Rival of Burger King

24 Bi- times four

29 Goya's field

31 Act as a link

32 Not — eye (show no reaction)

33 Actor Morales

35 Player of 45s

36 "It's —!" ("That's just wrong!")

38 A, in Berlin

39 Japanese sport

40 Like bikinis

41 "Smack!"

42 Org. for drs.

46 Of kidneys

47 Digital book file extension

48 Tyro PC user

49 Drop down

50 Mosaic piece

51 Miles off

52 Tie locale

53 Eros' father

56 Perfume from Dana

59 Fella

60 Sticky-note initialism

61 Juliet's flame

62 Baseball's Slaughter

63 At the drop of —

64 "You've Made — Very Happy"

65 Pooh, e.g.

67 Cellist with 18 Grammys

68 Total failure

69 Marsh stalk

72 Real admirer

75 West Coast evergreen

77 Hawaii achieved it in 1959

78 Congeals

79 Sun provision

80 Take place

81 "I wonder ..."

82 Suffix of nationalities

84 Certain Vette roof

85 Uttered

86 Kingly Norse name

88 Pedro's gold

91 In dispute

92 Cheap flick

93 Sirens, say

94 Radicals

95 Gas in fuel

96 AFL- —

97 Strive to get

98 Adequate, in dialect

99 Skim, maybe

104 Sub finder

105 Rims

108 Golfer Isao

109 — d'oeuvre

110 Elvis — Presley

112 K-12 gp.

113 Pal of Harry at Hogwarts

114 Lacto- —

115 Marsh

116 Lead-in to existing

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									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						
111																					
117																					
120																					

King Crossword

- ACROSS**

1 — out a living

4 Chops clumsily

9 Zodiac feline

12 "The Thin Man" actress

13 Foolish

14 Sixth sense, for short

15 Students' excursion

17 Chubby

18 Oklahoma city

19 Ranking

21 Laundry container

24 "I'll — and I'll puff ..."

25 A Gershwin brother

26 Just out

28 Corn

31 Outlet

33 Depressed

35 Oboe insert

36 Relaxed

38 Pouch

40 Trail behind

41 Bus rider's payment

43 Walk like a duck

45 Original

47 Modern-day evidence

48 Fib

49 Voles, e.g.

54 Every bit

55 Terrycloth

item

56 Illuminated

57 Homer Simpson's neighbor

58 Cubic meter

59 Fond du —, Wis.

snack

8 Anatomical wall

9 Where the unexpected "comes out of"

10 Birthright barterer

11 Chooses, with "for"

16 Sitter's creation

20 Somewhere out there

21 Bee's home

22 Neighbor-hood

23 Actress Jayne

27 Existed

29 Ardor

30 Advantage

32 Squad

34 Time waster

37 Conscripts

39 Something wicked?

42 His work inspired "Cats"

44 Beaver's structure

45 Blueprint

46 Anger

50 Female sheep

51 Ailing

52 Spy org.

53 And so on (abbr.)

MAGIC MAZE ● — ENGLISH

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

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

- Basic

BBC

Body

Broken
- Canadian

Early

King's

Middle
- Modern

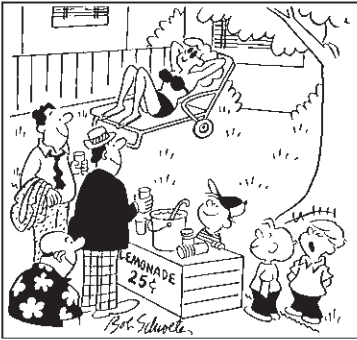
Old

Oxford

Pidgin
- Plain

Queen's

Standard



"Take away his _____ and what's he got? Just another lemonade stand!"

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!

Slip
PALES

Lift
AIRES

Circuit
SOCURE

Sober
SUTEARE

TODAY'S WORD

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

SUDOKU

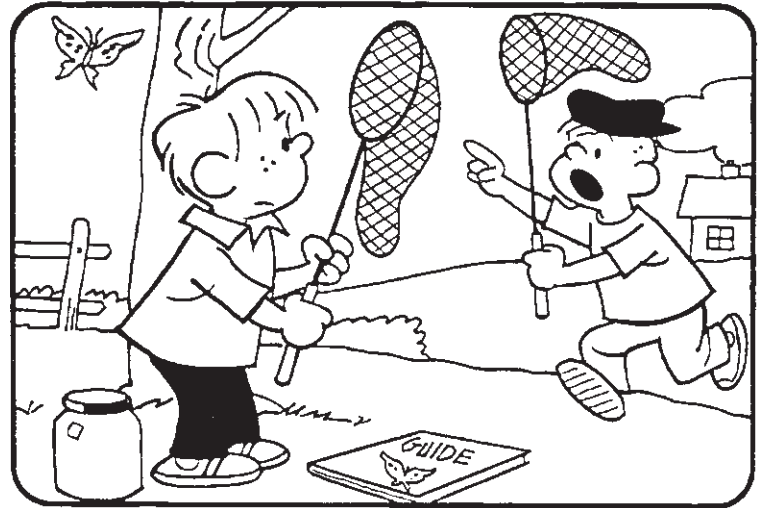
To play Sudoku:

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.

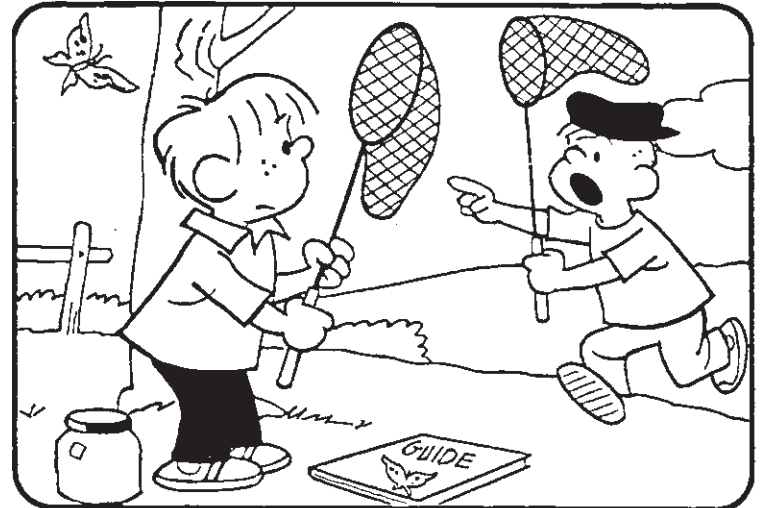
answer on page 29

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Butterfly is smaller. 2. Jar is missing. 3. Fence rail is missing. 4. Net is different. 5. Arm is missing. 6. House is moved. 7. Boy's net is moved.

Heartworm Becoming An Epidemic In Dogs

Every loving pet owner knows their furry friends are loyal and have big hearts. So it only makes sense for responsible pet owners to protect those big hearts their loyal friends share.

The year 2017 has been a very difficult one for animals contracting heartworm, a common but very preventable parasite disease which especially affects dogs.

The cause of heartworm is also a problem in Florida – mosquitos. It takes just one mosquito bite for your dog to contract heartworm and, with the mosquito population exploding this year in Florida, the parasite is becoming epidemic.

Add the rapid rise of mosquito population in Southwest Florida with an abnormal amount of rain this year and you have a larger amount of heartworm cases in dogs who will enter Gulf Coast Humane Society (GCHS).

"Heartworm is a serious problem, and I am afraid we are going to see a flood of dogs with heartworm soon, because it takes up to six months for symptoms to show up," said GCHS Executive Director Jennifer Galloway. "We are already reaching our limit financially to treat heartworm in our shelter animals,



Ritz photo provided
and it's only going to continue to rise, unfortunately.

"And it's not just limited to dogs who go outside, mosquitos get inside the house all the time, where it can bite your dog and give it heartworm. So inside animals are not immune to the parasite."

The rapid growing mosquito population in 2017 has reached 20-plus year highs. Since heartworm is a mosquito-borne parasite, it means more animals will be

infected.

But it doesn't have to be that way, because heartworm is easily preventable. For an average dog of 45 to 50 pounds of weight, it costs approximately \$15 to 20 a month to have them on a heartworm preventative pill. The cost goes down with smaller dogs.

"You still should bring your dog in once a year for a heartworm checkup," Galloway said. "The majority of medications recommend yearly tests for heartworm."

In the case of GCHS shelter dog, Ritz, it's too late to treat. Ritz' sad case involves neglect from a previous owner, in which her heartworm infection was never treated. The heartworms have grown too numerous and have entered Ritz' lungs and has led to congestive heart failure.

"We are providing as much TLC and treatment to Ritz and making her as comfortable as possible," Galloway said. "Unfortunately, Ritz is an extreme case of neglecting to treat or prevent heartworm."

If heartworm preventative pills are not given, and your pet is infected, the costs balloon greatly.

In a typical 50-pound dog, starting with the first visit when the pet is heartworm-tested and found positive, and up until the last injection appointment, the treatment is \$936.91 at GCHS Veterinary Clinic. But that cost can be up towards \$1,200 to \$1,400 at other vet clinics.

This estimate does not cover the follow up Microfilaria test and six month heartworm test, and those appointments would be an approximate cost of \$50.






Currently, there are 24 dogs that are available for adoption, which are heartworm positive, all of which GCHS is picking up the cost of the treatments. GCHS also continues to treat heartworm positive dogs who are adopted, in which that number counts in the dozens.

Heartworm is an atypical parasite in cats, with most of the worms not being able to survive to adult stages. Even though, one to three worms can survive in a cat, which then is hard to detect. If a cat is infected with heartworm, it can still cause damage in the form of heartworm-associated respiratory disease.

There is not a treatment for cats if they do develop heartworm, so prevention is the lone means of protecting felines from heartworm.

If your dog does contract heartworm, there are several symptoms which will occur. According to the SPCA Florida website, "Symptoms of heartworm infestation can include labored breathing, coughing, vomiting, weight loss, listlessness and fatigue after only moderate exercise. However, some dogs exhibit no symptoms at all until late stages of infection. Heartworm disease is serious and can be fatal."

continued on page 31

	FRIDAY Partly Cloudy High: 90 Low: 84		SATURDAY Mostly Sunny High: 94 Low: 88		SUNDAY Mostly Cloudy High: 93 Low: 87		MONDAY Isolated T-storms High: 92 Low: 86		TUESDAY Mostly Sunny High: 91 Low: 85		WEDNESDAY Partly Cloudy High: 89 Low: 83		THURSDAY Cloudy High: 87 Low: 81
--	--	---	---	---	--	---	--	---	--	---	---	---	---

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	12:46 am	3:22 am	10:22 am	6:03 pm	Fri	9:27 am	3:24 am	None	6:05 pm	Fri	8:54 am	2:44 am	None	5:28 pm	Fri	2:56 am	6:38 am	12:32 pm	9:19 pm
Sat	1:32 am	4:32 am	11:26 am	6:53 pm	Sat	12:37 am	4:34 am	10:31 am	6:55 pm	Sat	12:04 am	4:25 am	11:13 am	6:38 pm	Sat	3:42 am	7:48 am	1:36 pm	10:09 pm
Sun	2:04 am	5:34 am	12:23 pm	7:35 pm	Sun	1:09 am	5:36 am	11:28 am	7:37 pm	Sun	1:08 am	6:16 am	12:37 pm	7:37 pm	Sun	4:14 am	8:50 am	2:33 pm	10:51 pm
Mon	2:31 am	6:29 am	1:15 pm	8:12 pm	Mon	1:36 am	6:31 am	12:20 pm	8:14 pm	Mon	1:53 am	7:27 am	1:36 pm	8:28 pm	Mon	4:41 am	9:45 am	3:25 pm	11:28 pm
Tue	2:53 am	7:19 am	2:02 pm	8:44 pm	Tue	1:58 am	7:21 am	1:07 pm	8:46 pm	Tue	2:35 am	8:25 am	2:30 pm	9:12 pm	Tue	5:03 am	10:35 am	4:12 pm	None
Wed	3:14 am	8:08 am	2:47 pm	9:14 pm	Wed	2:19 am	8:10 am	1:52 pm	9:16 pm	Wed	3:16 am	9:16 am	3:24 pm	9:51 pm	Wed	5:24 am	12:00 am	4:57 pm	11:24 am
Thu	3:36 am	8:56 am	3:32 pm	9:42 pm	Thu	2:41 am	8:58 am	2:37 pm	9:44 pm	Thu	3:54 am	10:00 am	4:13 pm	10:26 pm	Thu	5:46 am	12:30 am	5:42 pm	12:12 pm

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*RS 4/29 CC TFN

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*RS 8/5 CC TFN

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ANNUAL RENTAL

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*NS 5/6 BM TFN

LOST AND FOUND

LOST CAT

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6/16 ★ TFN

FOUND

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

6/30 ★ TFN

CONDO IN SANIBEL VIEW

SANIBEL VIEW is an excellent gated community in Fort Myers just minutes to the Sanibel Causeway. This impeccably maintained & updated condo has 1591 sq ft under air, 2 bedrooms, 2 full baths, den/office, and open concept living area. A beautifully updated kitchen with new SS appliances in 2016, new A/C in mid-2016; newly screened lanai and impact windows are among the many special features of this condo. Gorgeous lake & sunrise view. 2-car garage; elevator in bldg; great amenities; pet friendly. Short walk to Publix, etc. at Sanibel Beach Place. Close to Health Park, shopping and dining. For sale by owner, asking price \$325,000. Please call 859-753-8589 for more information.

8/18 ★ 8/18

VACATION RENTAL

LIGHTHOUSE REALTY

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7/28 ★ 9/15

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*RS 1/23 BM TFN

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Call 395-1213

SUNSET VISTA CONDO



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

Sunset Vista condominium is located on the Caloosahatchee River and in the Historic River District in Fort Myers, next door to Sunset Royale condo and the City's boat yard. It is located just a block from the new Publix and other First Street Village retail stores; easy walk to restaurants, clubs, galleries in the Fort Myers River District, Centennial Park, and the Edison and Ford Winter Estates. 1,267 sq. ft., 2B/2B, corner unit. Completely furnished, renovated in 2005.

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

New kitchen appliances, granite counter tops, breakfast bar.

Stack washer and dryer

Walk-in closet in master bedroom.

Screened in lanai/porch overlooking the Caloosahatchee River and Cape Coral.

Amenities:

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

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

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

7/28 ★ TFN

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5/26 ★ TFN

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8/11 ★ 9/1

Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

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

• Hold the fish in the water while you unhook it if you're going to

release it.

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

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

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

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

PETS OF THE WEEK



Akira ID# 510434 photos provided

Lee County Domestic Animal Services

Akira And Annie

Hello, my name is Akira. I am an 8-year-old female akita who is a graduating member of the cell dog program with the Lee County Sheriff's Office. The dog training program, taught by volunteers from K-9s Comes 1st, teaches inmates how to obedience train dogs during an intensive 8- to 12-week course. Upon graduation, the dogs are highly adoptable and possess obedience skills such as heel, sit, recall and stay. We are house trained, leash trained and responsive to voice commands and some hand signals.

My adoption fee is \$25.
Hi, I'm Annie. I'm a 10-month-old female Florida cur mix who is also graduating from the cell dog program. I am still a pup at heart and will be a great family dog. I would be great to grow up with your kids. My white socks add to my charm. I will come with a diary written by my handler that will give you some insight into my personality and help to continue with my training.
My adoption fee is \$75



Annie ID# 697286

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.✽



Mo photos provided

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.



Solar

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.✽

From page 27

Heartworm

Yearly checkups are highly recommended.
In Florida, heartworm is a year-round problem. An animal which has heartworm, is in store of painful treatments, and if not treated, a slow death.
Don't let your best furry friend's big heart and love suffer from neglecting the threat of heartworm.
Schedule your pet for a heartworm test at the GCHS Veterinary Clinic for a heartworm test and a monthly regiment of heartworm treatment pills. Heartworm prevention starts in your home and with your decision to protect your pet.
Call 332-2719 to make an appointment, or visit GCHS' website at www.gulfcoasthumanesociety.org.✽

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Del Sega	Sanibel	1994	2,736	\$1,795,000	\$1,680,000	144
Holiday Heights	Fort Myers Beach	1957	2,368	\$1,300,900	\$1,200,000	266
Cape Coral	Cape Coral	1996	3,194	\$1,124,000	\$900,000	130
Wildcat Run	Estero	2005	3,601	\$960,000	\$875,000	113
Cape Coral	Cape Coral	1964	2,187	\$799,000	\$780,000	147
Gulf Ridge Sub	Sanibel	1981	1,871	\$759,000	\$718,000	38
Lake Murex	Sanibel	1977	1,918	\$699,000	\$640,000	115
Sanibel Lake Estates	Sanibel	1971	2,059	\$629,000	\$610,000	99
Cape Coral	Cape Coral	2006	2,168	\$595,900	\$575,000	65
Manatee Bay Unrecorded Subdivision	St. James City	2002	2,330	\$590,000	\$570,000	138

Courtesy of Royal Shell Real Estate

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SANIBEL OUTLETS

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