



The Meaning And Message Behind Indie Films

by Tom Hall

According to the widely quoted African proverb, it takes a village to raise a child. That's also true when it comes to interpreting many of the films submitted to Eric Raddatz and Melissa Tschari DeHaven for inclusion in the Fort Myers Film Festival.

Rather than sitting in a darkened room in an undisclosed location somewhere, Raddatz and DeHaven screen a cross-section of the films they receive at the Sidney & Berne Davis Art Center on the first Monday of each month between August and the ensuing February for a couple of hundred enthusiastic cineastes who Raddatz unabashedly describes as "the most intelligent people in Fort Myers." Each Thank God for Indie Monday (TGIM) attendee is given a ballot on which they can rate each film from one to five. But it's during the open discussion that follows each



Eric Raddatz speaking to the audience at the Sidney & Berne Davis Art Center

photo courtesy www.artswfl.com

screening that true insight, deep revelations and astonishingly perceptive observations come out.

Of course, Raddatz and DeHaven recognize that it can sometimes prove dif-

ficult to elicit comments from the audience after showing a cryptic, enigmatic or, frankly, confusing film. Few are willing to embarrass themselves and no one wants to go first. To work around this all

too human and natural frailty, Raddatz and DeHaven conscript a panel of celebrity judges to get the discussion going. But because of their background and expertise in theater, film and entertainment, the judges typically focus on the film's technical merits (or lack thereof), including sound, lighting and editing, along with the strength or weakness of the performances turned in by the film's cast of actors. While of some interest to attendees, TGIM audience members are typically far more interested in the film's meaning and message.

The short and short short films screened on August 7 are a case in point.

For example, filmmaker Tyler Short had the unenviable task of commenting first on a short film by the name of *Papers*, which personified two official documents that end up jumping into a paper shredder as people seek to break down the locked door to the vacant office in which they are sequestered.

"I'm still searching for the meaning of the film, though I'm sure it was there," Shore confessed. "I had trouble following the dramatic arc," said actor and

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Children's Auditions To Be Held At Broadway Palm



Scene from *A Christmas Story*

photo provided

Broadway Palm Theatre is holding open children's auditions on Sunday, September 10 at 1 p.m. for the upcoming production of *A Christmas Story*. The play runs November 23 through December 25.

Auditions are on a first-come, first-served basis. A sign-up sheet will be available at noon. No appointments will be taken.

The following roles are available:
Boys and girls for youth ensemble

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The Moonlight Garden at Edison & Ford Winter Estates

photo provided

Moonlight Garden Exhibit To Open Friday

The Moonlight Garden Exhibit will open at Edison & Ford Winter Estates on Friday, August 25 at 2 p.m. The exhibit will include a history presentation on the Moonlight Garden and plein air paintings of the site by local artists.

The paintings will be displayed in the Edison Caretaker's House and the history presentation will be held in the

Moonlight Garden. The presentation will include tips on how gardeners can create their own moonlight gardens.

Specialty teas Genmaicha and Hao Ya B Keemun will be served, and tea expert Laurie Neihaus will be available for questions.

The Moonlight Garden was recently replicated at the Hampton Court Palace Flower Show in London.

The exhibit opening and presentation are included with paid admission. Refreshments will be served. For more information, call 334-7419.

The Edison & Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers.✽

Historic Downtown Fort Myers, Then And Now:

The Vivas Homestead



by Gerri Reaves, PhD

People who remember downtown Fort Myers in the mid-twentieth century will associate the northeast corner of First and Lee with two businesses that vanished with time.

The popular and long-running Blue Goose Restaurant opened in the mid-1930s in a frame building on the corner. In 1957, it relocated “behind” their corner location to a new building facing Lee Street and continued to do a booming business.

That cleared the way for the Thrifty Drugs building that opened about three years later and stands on the corner today.

That drug store closed in 1966. Over the last half century, numerous offices and business have been located in that large two-story building, most notably in the 1970s, some offices of the First National Bank, which was located across First.

Now zoom forward to the first decade of the twenty-first century. As the “now” photo shows, the “Thrifty” building was renovated into First Street Center.

The Goodwill Boutique is now located in the corner spot and much of the ground floor. Other entities, such as Florida Rep, own space on the second floor.

But long before the Thrifty building modernized the corner, that property was part of the large homestead of one of the town’s founding families, that of Joseph Delores and Christiana Strirrup Vivas.



First Street Center stands on a portion of the Vivas property photo by Gerri Reaves

The couple had arrived to find a vacated – and ransacked – U.S. Army fort in March 1866, less than a year after the Civil War had ended.

They had met and married in Key West only days earlier.

Traveling with them were Manuel A. and Evalina Gonzalez and son, and John A. Weatherford, Evalina’s brother.

Stirrup was an orphan of English descent, born in the Bahamas, and a ward of the Gonzalezes. This was actually her second visit to the fort, for she had seen it

as a small child in the 1850s. Her foster father had regularly delivered mail and supplies to the outpost.

Vivas, a young seaman and native of Belize, was a master carpenter and contractor to boot.

Those skills came in very handy, first in building his homes, and then in helping to develop the fledgling town. Among his projects were the first bridges over Billy’s Creek and Whiskey Creek, a new wharf at the foot of Hendry Street, and many pioneer homes.

His fluency in Spanish and English enabled him to prosper in his ferry business and as a translator for foreign vessels involved in the Punta Rassa cattle trade.

He had acquired the property at today’s First and Lee in 1877 from Maj. James Evans, whose homestead application to the federal government had been approved in late 1873. Evans’s homestead encompassed today’s historic downtown.

The Vivas property included not only the street frontage visible in the photo, but stretched all the way to the riverfront, which in those days lay approximately where Edwards Drive is now.

He had first built a log cabin in which



In the early 1920s, Christiana Vivas (left) stands with four of her daughters in front of their home at First and Lee. Visible center left, where the Sidney & Berne Davis Art Center now stands, is the U.S. Army Fort Myers officers headquarters, built in the 1850s during the Second Seminole War.

photo courtesy SWFL Florida Historical Society

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 FROM THE BEACHES TO DOWNTOWN FORT MYERS

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From left, Corporal Bobby Hunter, Deputy Jen Gaytan, Sergeant Josh Quaintance and Captain Chris Reeves photos provided

Officer Of Year Finalists Set For Law & Order Ball

Five local law enforcement officers have been announced as the finalists for Officer of the Year for the 2017 Law & Order Ball, which will be held at Germain Arena and presented by the Rotary Club of Fort Myers South on Saturday, September 16 at 6 p.m. The five final officers have demonstrated exemplary conduct and achievements and had a significant impact on their agency and/or area of responsibility.

The 2017 Law & Order Ball Officer of the Year finalist are Deputy Jennifer Gaytan, Lee County Sheriff's Office; Corporal Bobby Hunter, Lee County Sheriff's Office; Sergeant Josh Quaintance, Lee County Sheriff's Office; Captain Christopher Reeves, Lee County Sheriff's Office; and Master Officer Melissa Duncan, Lee County Port Authority Police Department.

The finalists are chosen through a blind judging process from the following agencies: Cape Coral Police Department, Florida Southwestern State College Police Department, Florida Gulf Coast University Police

Department, Fort Myers Police Department, Lee County Port Authority Police, Lee County Sheriff's Office and Sanibel Police Department. 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.

Other than paying tribute to Lee County law enforcement officers, the event 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 8. Both are available online at www.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 and even more surprises such as a wine pull and a balloon pop.

Creighton Construction and Development has returned as the Law & Order Ball's presenting sponsor. Additional sponsors include: LeeSar, Survival Armor, Inc., CTN-10, Florida Weekly, Edison National Bank, Galloway Family of Dealerships, Mark



From left, Sergeant Terry Targia, Master Officer Melissa Duncan and Lieutenant Mike Turner

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

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Amernet String Quartet

photo provided

Summer Concert Series Features String Quartet

Shell Point Retirement Community continues its 2017 Summer Concert Series with a live performance from the Amernet String Quartet at 7 p.m. on Tuesday, August 29 at the Social Center on The Island at Shell Point.

The Amernet String Quartet serves as an ensemble-in-residence at Florida International University in Miami. The foursome is composed of cellist Jason Calloway, along with violinists Misha

Vitenson, Franz Felkl and violist Michael Klotz.

Praised for their "intelligence" and "immensely satisfying" playing by *The New York Times*, the group's sound has been described as "complex with an old world flavor and superbly brilliant technique." The quartet's combination of technical ability and beauty of sound is derived from many of today's local composers.

The Shell Point performance will be held in a chamber-style setting that will allow audience members to mix and mingle with performers and have refreshments following the concert. Individual tickets are available for \$20 and can be purchased online at www.shellpoint.org/concerts or by calling 454-2067.*

Hunger Games Set For October 7

The inaugural SWFL Hunger Games will be held at Top Rocker Field at Six Bends Harley-Davidson on Saturday, October 7 from 11 a.m. to 3 p.m. Part of the Morgan & Morgan Signature Series, the event raises awareness and funds for the mission of Blessings in a Backpack of Southwest Florida.

More than 30 gourmet food trucks, local restaurants and popular chefs will gather to showcase their favorite dishes and compete for five awards. There will also be beer stations and live entertainment.

The growing roster of food trucks and restaurants hungry for competition now includes BGCC Blue Canteen Food Truck, Best Popcorn Company, Bubba's Roadhouse & Saloon, Coasting Donuts, Cordobesita Argentinean Catering, Currie's Smokin' Hot BBQ, Dairy Free Island Smoothie Bar & Grill, Doner Kebab King Karl, Johnsonville Marketplace - Naples, Jonesez BBQ, King's Kitchen, Kreips & Juices, Mobstah Lobstah, Nathan's Famous Fort Myers, Nico's Kitchen, Red Roc Cravings, Rollin Taps, Serious Cookie Company, Slider City Food Truck, Sweet Melissa's Café, The BRIT PIT, The Ravenous Rhino and The Sizzle Truck.

General admission is \$10 in advance and \$15 at the gate. VIP tickets are available for \$100 and will provide 30-minute early admission, preferred seating, complimentary food sampling, a personal food runner to stand in line and the ultimate concierge experience by FGCU Resort & Hospitality Management. Proceeds from each

VIP ticket sold will benefit Blessings in a Backpack, which steps up where federal aid stops by feeding children on the weekend. Every Friday afternoon, children receive backpacks filled with kid-friendly, ready-to-eat items. Students return every Monday morning with an empty backpack, a full stomach and an eager mind. In partnership with the Lee and Collier County schools, Blessings in a Backpack has helped dramatically to improve test scores, reading skills, behavior and general health.

The Morgan & Morgan Signature Series continues at Top Rocker Field with the Salute to the Brave: Hero Project on November 11 and the Biggest Baddest Beer Bash on December 2.

The Veteran's Day Salute to the Brave: Hero Project will be benefitting Avow Hospice Home. Festivalgoers are encouraged to sport their red, white and blue to experience the awe-inspiring Battle of the Brigades. Attendees can count on plenty of fun with live music, a sampling of food truck favorites and a variety of veteran vendors. One highlight is the Hero Project Giveaway, where Savage 4x4 will award two individuals with Jeeps and one person with a truck. Salute to the Brave is free to the public.

The inaugural Biggest Baddest Beer Bash will benefit United Way. More than 30 breweries will showcase an assortment of ambers, IPAs, stouts and more, making for a tasting event for the craft beer connoisseur or microbrew newbie. There will also be a selection of food trucks on site. Advance tickets are \$45 with day-of tickets at \$50 and VIP tickets are \$60.

Top Rocker Field is located at Six Bends Harley-Davidson at 9501 Thunder Road in Fort Myers.

For more information, visit www.TopRockerEvents.com.*

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New Location For Taste Of The Town

The 35th annual Taste of the Town will be held at the Alliance for the Arts on Sunday, November 5.

Taste of the Town, which began as a small "French Picnic" at several locations throughout Fort Myers, is the signature fundraising event of the Junior League of Fort Myers. Its proceeds benefit the volunteer mission of the 51-year-old service and leadership organization for women.

Each year restaurants provide "tastes" of their best dishes at low prices to showcase their food to the public.

"We are thrilled to be hosting our 35th annual Taste of the Town at Alliance for the Arts this fall," said Laura Richardson, returning committee chair for the event. "Taste of the Town allows the Junior League of Fort Myers to share our mission with the community, of helping to protect and

educate women, children and families in Southwest Florida. Returning to the Alliance feels wonderful, and we are looking so forward to partnering with them and to another fabulous year."

Richardson, 31, is a resident of Fort Myers and works as the development and special event manager for Golisano Children's Museum of Naples. She is deeply involved in community volunteerism as well as non-profit fundraising and has been a member of the Junior League since 2015.

Joining Richardson is a dedicated committee of 17 Junior League volunteers, including Janet Bakel, Amy Carroll, Tessa Cooper, Samantha Didio, Emily Frost, Crystal Goetz, Ashley Graham, Alexis Hatton, Leilani Martinez, Rebecca Migliore, Keri Otto, Andrea Paulet, Melody Porter, Kara Sajdak, Erin Snead, Danielle Thygesen, and Stacey Wilson.

For more information about the JLFM or Taste of the Town fundraiser, call 277-1197 or visit www.jlfm.org. For ongoing updates on Taste of the Town, visit www.jlfmtaste.com.*

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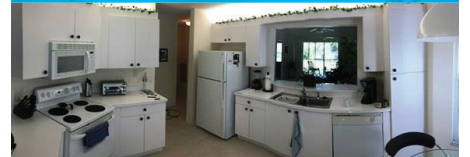
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Fort Myers Art:

Jansen Documentary Now Out On Vimeo



by Tom Hall

The online world premiere of *Marcus Jansen: Examine & Report* was recently placed on Vimeo, a video-sharing website that enables users to upload, share and view videos.

Examine & Report is a documentary that explores the renowned artist's motives for painting and supplies historic insight into his socio-politically

charged works, which have roots in graffiti, street art and German and American Expressionism. The film dissects the social and political influences and motivations of the former U.S. soldier turned critical contemporary painter and chronicles how urban-influenced painting achieved recognition by international museums over the last several decades.

The documentary premiered on April 7, 2016 at the 6th annual Fort Myers Film Festival, where it received honors as Best Local Documentary. Since then, the film has been screened at the opening of Jansen art exhibitions in Italy, Germany and other locations. Meanwhile, the film's trailer has received nearly 200,000 views to date on YouTube.

Not only does the documentary provide insight into Jansen's life and art, it furnishes an introduction to the uninitiated into the larger world of contemporary art by means of a series of interviews that Emmy-winning filmmakers John and Madeline Scoular conducted with art world luminaries including Steve Lazarides (who was street artist BANKSY's first agent), Lawrence Voytek (who was Robert Rauschenberg protégé and decades-long gallery director), West Rubinstein, Noah



Marcus Jansen with some of his artwork

photo courtesy www.artswfl.com

Becker, Dieter Rampl and Brooke Lynn McGowan (an art historian, curator and writer who is recognized worldwide as the leading expert on Jansen's works).

The documentary was shot during 2015 at locations in New York, Miami, London and Fort Myers and is now an integral part of Jansen's museum and *DECADE* book tour, which opened in 2016 in Milan, Italy.

Special footage includes revealing interviews with Jansen along with peeks of the artist at work.

"I just tried to stay out of the way of the film, which kind of told its own story," Scoular humbly stated at Fort Myers Film Festival's champagne dessert and awards ceremony in 2015. "We're very lucky to witness Marcus' rise. He's gone from [selling his art on] Prince Street in New York to museums in Milan, Germany and beyond. He's at the top of his game, and he gets to enjoy it while he's still alive. That's pretty

unprecedented."

The film is being screened at each stop in Jansen's two-year worldwide museum tour, which wraps up later this year. Scoular is trying to get it shown in New York, as well. The film will not only play a pivotal role in familiarizing art lovers, collectors and professionals around the globe with Jansen and his art, it will build upon the reputation that the legendary Robert Rauschenberg began when he made Captiva the site of his international headquarters and working studio and the loci of the Rauschenberg Overseas Cultural Interchange (ROCI), an initiative that Rauschenberg launched in 1982 for purposes of forging communication with other nations through the language of art by providing carefully selected venues where artists, sculptors, poets and authors from around the world could meet and exchange creative ideas in the spirit of collaboration.

"Jansen is not just a broad chronicler of the many mishaps in American society and politics, but a most passionate artist, a full-blooded painter and colorist through and through," noted art critic and two-time Kassel documents curator Dr. Manfred Schneckenburger. "Today, he is recognized ... and I do not say this lightly... as one of the most important American painters of his generation."

Although *Examine & Report* has enjoyed both critical acclaim and considerable exposure, Scoular received his Emmy for his subsequent film, *Paradise Reef*, which aired on PBS on June 30, 2016. It was WGCU's most watched online video in 2016 and has been viewed in over 1,195 cities and more than 29 countries around the world. It ended the year with the 2016 Suncoast Regional Emmy in the Topical Documentary category from the Suncoast Chapter of The National Academy of Television Art & Sciences.

*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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Virtual Reality Exhibit Simulates Original Fort

IMAG History & Science Center guests can be among the first in 150 years to visit the original fort of Fort Myers, established circa 1856. The new virtual reality (VR) exhibit, Virtual Fort Myers: The Past Meets the Present, brings the fort alive in a fully immersive 3D experience.

IMAG Historian Jim Powers and Executive Director Matt Johnson used historical texts to design the layout of the fort as it first appeared in 1856. IMAG partnered with a talented team of designers and historians at D3 Creative, a design studio in downtown Fort Myers, to recreate the fort in an interactive 3D VR environment.

Guests will experience the place where soldiers and early settlers of Southwest Florida slept, ate and kept watch over the fort. Using their own hands, they will interact with the environment, just like those who originally resided there.

The new IMAG App also debuted on August 19. The app is easily downloaded to smartphones to deliver

unique VR and augmented reality (AR) experiences with the assistance of Google Cardboard. The app currently provides two VR experiences, including a diving expedition to the USS Mohawk Reef off the coast of Sanibel Island, and a climb to the top of IMAG's iconic water tower to take in panoramic views of surrounding scenery. The AR experiences include viewing life-like images of the mammals represented by IMAG's prehistoric fossil exhibits.

Johnson explained that IMAG is beginning to incorporate VR and AR because it is such a powerful tool that has transformed the way people absorb information through immediate engagement and immersive interactions while being suitable for all learning styles.

Johnson said, "Our mission is to engage visitors in science and history, and we believe this exhibit is a perfect blend of both disciplines. It provides an interactive educational experience that is both informative and fun."

IMAG History and Science Center is a family-friendly destination offering fun interactive exhibits, an aquarium, history displays and a 3D theatre.

For more information, visit www.theIMAG.org or visit in person at 2000 Cranford Avenue in Fort Myers.*

Our email address is press@riverweekly.com



A dog jumps off a dock in pursuit of a baton

Dock Jumping To Support Shelter Animals

Come watch some of the most athletic dogs in the United States during the Hogs and Air Dogs national dock jumping competition at Six Bends Harley Davidson Dealership from November 17 to 19. The action runs from 10 a.m. to 5 p.m. each day.

Ultimate Air Dogs, a national dock jumping company, is hosting the three-day dock jumping contest to benefit the Gulf Coast Humane Society, a no-kill, non-profit animal shelter in Fort Myers.

"This is truly a national event, with dogs

and their handlers coming from all over the nation," said Hogs and Air Dogs organizer Jen Gaytan. "We'll have some of the best dog dock jumpers in the U.S. as well. This is a very entertaining family event, so bring your dogs out and watch some of the best compete for a national title."

Sponsors are still being sought. Any business, vendor or individual can be a sponsor.

There are different levels of sponsorship, including the \$250 Puddle/Vendor; \$500 Splash; \$1,000 Big Air; and the elite level of the \$2,000 Ultimate Air. There are many different benefits to each package, but best of all, it helps benefit the no-kill, non-profit Gulf Coast Humane Society (GCHS).

"Hogs and Air Dogs is one of our most important fundraising events of the year,"

photos provided



Dog jumps will be measured for distance

said GCHS Executive Director Jennifer Galloway. "It is also one of the most unique events in the area, one in which is very entertaining for the entire family. Hogs and Air Dogs is also an excellent way we can promote our shelter animals, it's great exposure since it's a national event."

Dogs of all ages will be jumping for the ultimate bragging rights, all in an effort to help those in need at GCHS. Special games called "Fetch It," "Catch It" and "Chase It" will also be held throughout the three days of competition, as well.

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

Lee County Sheriff Office will have a SWAT display, motor unit display, Seat Belt Convincer and Sheriff's Canine Unit

Demo. There will also be appearances from McGruff and Fire Dog Sparky.

Dogs in the dock jumping competition will have "Speeding Tickets" on the dock from the motor unit Saturday between 2 to 5 p.m.

Admission is free and dogs are welcome, as long as they are on a leash.

There will be dock jumping for dogs open to the public for a \$10 fee. A signature on a waiver will be needed to be on the dock. If dog owners decide they would like to have their dogs jump in the event, it is \$20 pre-register or \$25 on site for dock jumping. The "It" games are \$25 pre-register and \$30 on site.

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

Free Bird Patrol Nature Walk



Reddish egret

photo by Meg Rousher

Experience the beautiful birds of Bunche Beach with a Lee County Bird Patrol Guide on Saturday, August 26 beginning at 8:30 a.m. Participants are asked to meet on the beach located in South Fort Myers, off Summerlin Road. Drive south of John Morris Road until it dead ends.

Bunche Beach is excellent for both migrant and resident waders and shorebirds working the mudflats at low tide due to the diversity of micro-invertebrates. Participants may also see waterfowl,

raptors and warblers.

Provided in cooperation with Lee County Parks and Recreation, this event is free with parking fee of \$2 per hour (tour is approximately two hours). Restrooms are located in the building at the first parking lot.

Bring binoculars, sun protection, shoes that can get wet, a bottle of drinking water, your curiosity and love of nature.

For more information, call 707-3015 or visit www.birdpatrol.org.

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Along The River

The **Bob Rauschenberg Gallery** at Florida SouthWestern State College will be holding a **public reception** for an opening of **FluZusic/FLUXUS MUSIC** this 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.

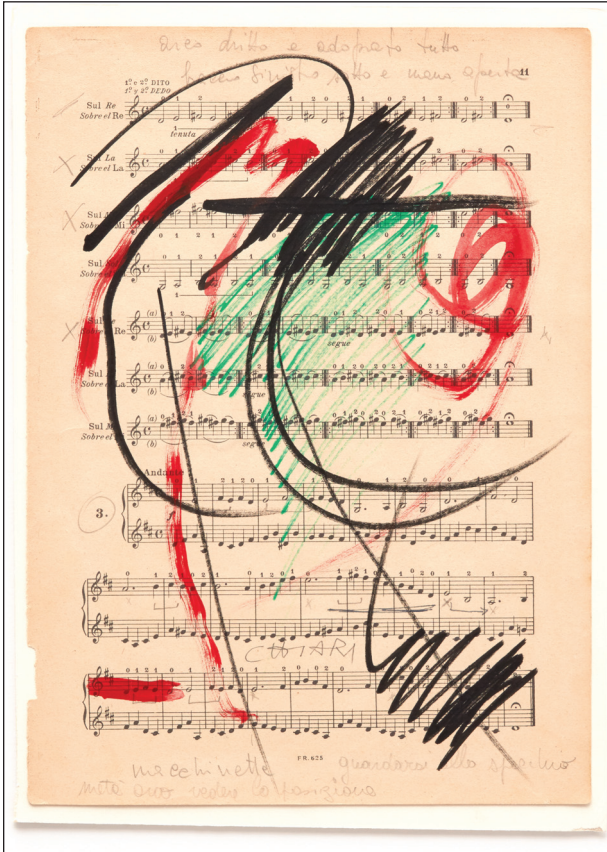
A preview question-and-answer session and exhibition walk-through with visiting artist and Fluxus pioneer Alison Knowles is scheduled the morning of Friday, August 25 at 11 a.m. Her 8-by-12 foot *Bean Garden* (1975/2017), newly-constructed for FluZusic/Fluxus Music, invites Bob Rauschenberg Gallery visitors 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.

The **Heights Center** is hosting a **Midsummer Nights Rockin' Fundraiser** this Saturday, August 26 from 6 to 10 p.m. The Rosada Project, an eight-piece local rock band, will perform hit songs from the '60s and '70s. The benefit if for the Heights Foundation School Success program. There will be a \$10 cover charge with food and beverage available at the event.

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

The Symphonic Chorale of Southwest Florida will present the oratorio *Elijah* at its **Summer Sing** at **Sidney and Berne Davis Art Center** this Tuesday,



A painting by Giuseppe Chiari at the Bob Rauschenberg Gallery image provided

August 29 from 7 to 9:30 p.m. This will be the first time the event will be held in downtown Fort Myers River District.

Summer Sing is a free community outreach event

of the Symphonic Chorale that invites participants to sing through a work that one may already know or an oratorio sung for the first time. Symphonic Chorale Artistic Director Dr. Trent Brown will lead all singers in a rehearsal of the work, and then the full rendition of *Elijah* will be presented to the audience, complete with chorus and soloists. Singing the role of *Elijah* is Miami-based baritone Graham Fandrei, who last joined the chorale for Faure's *Requiem* in 2016.

The Symphonic Chorale will begin rehearsals for its 2017-18 season on Tuesday, September 12.

For more information on Summer Sing, the chorale or to register, visit www.symphonicchorale.org or call 560-5695.

The Junior Achievement of Southwest Florida's 6th annual **Bowl-A-Thon** fundraising event will be held at **HeadPinz Entertainment Center** this Wednesday, August 30 from 6 to 8:30 p.m. Registration is \$125 for individual players, and \$750 for teams of six. Register online at www.JASWFL.org/junior-achievement-bowl-a-thon.

Individual players will be assigned to a team, or teams of six can register together. Each participant will receive a team shirt, food, beverage, two adult beverages, shoes and lane rental.

Presented by Sanibel Captiva Community Bank, the Bowl-A-Thon event will support Junior Achievement of Southwest Florida's efforts to provide educational programs on financial literacy, work readiness and entrepreneurship throughout Southwest Florida schools.

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

Lee Health's **Wellness Center in Cape Coral** and the Healthy Life Center at Coconut Point will

continued on page 18



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Funds Allocated For State Wildlife Conservation

U.S. Deputy Secretary of the Interior David Bernhardt recently announced \$200,000 in funding to Florida Native tribes and \$2.28 million to Alaskan state wildlife agencies through the Tribal Wildlife Grant (TWG) program and the State Wildlife Grants (SWG) program. The funds, which are provided by the U.S. Fish and Wildlife Service, give support for a diverse array of species and habitats across the country.

The Seminole Tribe will receive \$200,000 for a Seminole Tribe of Florida Wildlife Program.

"The work of Florida Native tribes and state wildlife agencies is absolutely critical to wildlife conservation in the United States," said Deputy Secretary Bernhardt. "We're thrilled to be able to collaborate with them, their local communities, and other partners to ensure important fish, wildlife, habitat and cultural needs are met. Tribal and state wildlife grants are foundational to protecting our nation's wildlife legacy, including game and non-game species."

The \$2.28 million in funding through the SWG program, which is part of \$48 million being distributed nationwide, will support imperiled species and habitats listed in approved state wildlife action plans. All 50 state and U.S. territorial wildlife agencies have these plans, which proactively protect species in

greatest conservation need. Projects funded through SWG involve research, monitoring, wildlife surveys, species and habitat management and other activities.

Through the TWG program, more than \$4 million in funds were given to tribes in 14 states to support fish and wildlife conservation and key partnerships. The awards will benefit 25 projects that encompass a wide range of wildlife and habitats, including species of Native American cultural or traditional importance and species that are not hunted or fished.

SWG funds are administered by the Service's Wildlife and Sport Fish Restoration (WSFR) program and are allocated to states and territories according to a congressionally mandated formula based on population and geographic area. Grant funds must be used to address conservation needs, such as research, wildlife surveys, species and habitat management, and monitoring identified within state wildlife action plans. The funds may also be used to update, revise or modify a state's plan.

TWG funds are provided exclusively to fund wildlife conservation by federally recognized Native American tribal governments, and are made possible under the Related Agencies Appropriations Act of 2002 through the State and Tribal Wildlife Grants Program. Proposals for the 2018 grant cycle are due by September 1, 2017.

For more information about Native American conservation projects and the Tribal Wildlife Grants application process, visit www.fws.gov/nativeamerican/grants.html or www.grants.gov.✪✪

Heights Foundation Awarded \$15,000 Grant

The Suncoast Credit Union Foundation has awarded The Heights Foundation a \$15,000 grant 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 Heights Foundation developed school success programs to address the challenges that may result from poverty, limited English proficiency and limited educational involvement," said Kathryn Kelly, CEO and founder of The Heights Foundation and The Heights Center. "Our programs provide a safe and engaging place for kids to be when school is out. The Suncoast Credit Union Foundation's grant helps build successful students and a stronger community. We are grateful for their ongoing support."

Harlem Heights was originally settled as a rural agricultural community. Approximately 780 children live in a mixture of single-family homes and multi-family apartments. Demographically, the population is approximately 70 percent Hispanic, 20 percent African-American, and 8 percent Caucasian. The poverty rate for children in Harlem Heights is more than twice the county average, with family income 40 percent below the county average. Families are not able to easily access family support services located in downtown Fort Myers and benefit greatly from programs located within the neighborhood.

The mission of the Suncoast Credit Union Foundation is to promote the education, health and emotional well-being of children in its communities. Since the inception in 1990, the foundation has raised and donated more than \$19 million dollars to help provide a better future for children.*



Children listening to a story at The Heights Center

photo provided



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Pastor Teaches Faith And Fitness At Annual Event

Pastor Tom Hafer, director of spiritual services for Gulf Coast Village, recently spoke at Dr. Piper Center for Social Services, Inc.'s annual orientation for foster grandparent volunteers at Southwest Florida Safety Council in Fort Myers. Hafer spoke to the volunteers about the importance of staying healthy, both physically and spiritually, in order to better care for others.

Speaking on faith and fitness, Hafer expressed the importance of caring for ourselves through the sustainable spiritual practices of clean eating and exercise. He also revealed how physical and spiritual wellness go hand-in-hand, highlighting the simple changes and practical steps that the volunteers can take in order to develop an overall healthier style, which in turn enables them to better care for the individuals they serve.

The program provides



Pastor Tom Hafer speaking to foster grandparent volunteers during an annual orientation at Southwest Florida Safety Council photo provided

volunteer opportunities and community involvement for seniors to serve as foster grandparents for special needs and at-risk children. It serves as a bridge between two generations, young and old, allowing elder mentors to share their love, wisdom and experience with younger peers.

"As always, Pastor Tom Hafer brings wonderful tips to shed light on how to attain great quality of life both physically and spiritually," said Lourdes Galan, MSW, program manager for Dr. Piper Center for Social Services, Inc. "His message highlights the importance of what really matters in life: health and spirituality.

Gulf Coast Village is a continuing care retirement community (CCRC) in Cape Coral.✱

Church To Host Discussion On Dementias

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

It is well known that Southwest Florida's population of those suffering with dementia is rapidly growing. Circumstance, not choice, dictates many families' ability to attend their house of worship. Memory impairment does not stop the need for spirituality, continued relationship with others, or one's religious practice. In fact, one's house of worship can be a great source of strength and

comfort, not only for the person with memory impairment but for their entire family (young and old) as they try to navigate their lives through this process. Staying connected with friends and family is vital to their well-being now and in the years to come.

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

This program is provided by the Alvin A. Dubin Alzheimer's Resource Center, in partnership with Lee County Sheriff's Office, Mind and Brain Care, Grace Church of Cape Coral, Choices in Living Adult Day Care, Shell Point Retirement Community, Comfort Keepers, Right at Home, and Prather and Swank, PA.

A complimentary dinner will be served.

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

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, revtedalthouse@aol.com, 850-3943.

CHURCH OF THE CROSS

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

CONGREGATIONAL

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

COVENANT PRESBYTERIAN

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

CYPRESS LAKE BAPTIST

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

CYPRESS LAKE PRESBYTERIAN

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

CYPRESS LAKE UNITED METHODIST

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

FAITH FELLOWSHIP WORLD OUTREACH

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

FAITH UNITED METHODIST

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

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

FIRST UNITED METHODIST CHURCH

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

FORT MYERS CHRISTIAN

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

FORT MYERS CONGREGATIONAL

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

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

KINGDOM LIFE

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

LAMB OF GOD

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

NEW BEGINNINGS CENTER

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

NEW COVENANT EYES

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

NEW HOPE BAPTIST

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

Sunday 10:30 a.m. www.17671 Pine Ridge Road, 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

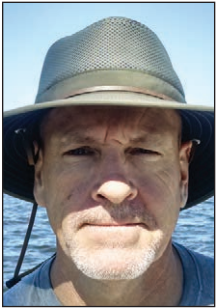
Sunday 10 a.m., Wednesday 7 p.m. 2120 Collier Avenue, 274-8881.

ZION LUTHERAN

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

CROW Case Of The Week:

Common Gallinule



by Bob Petcher

The common gallinule (*Gallinula galeata*) is not too common to many people living west of the Mississippi River in the U.S. It is mainly an East Coast bird that does some breeding

in northern states but generally has a year-round habitat in far southern states, Mexico and into South America.

The common gallinule is more like a duck due to its ability to swim on a water surface, though it has a triangular bill similar to a chicken's. The wetland bird resides in marshes and related habitat. In fact, the wide-footed animal can actually walk atop floating vegetation such as lily pads.

The gallinule is the most common species of rail bird, a small- to medium-sized ground-living feathered friend. It often lives in a basket-sized nest within dense vegetation on the ground.

The bird generally has dark plumage, a white undertail, yellow legs and a red and yellow beak. It has been known to utter a wide range of gargling calls and loud hisses when threatened.

At CROW, an adult common gallinule

was received from Labelle last week after it was found in the roadway and unable to fly. CROW medical staff suspected the patient was a victim of a predator attack due to two hawks seen in close vicinity to the bird, which had suffered many broken primary feathers, a small puncture wound and bruising around the area of the broken feathers.

Dr. Robin Bast, CROW veterinary intern, said the tissue in the patient's puncture wound would slowly grow in until the wound closed and that it could take months for a complete molt and new feather growing process to be complete.

"This depends on several factors, including the species of bird, time of year compared to when they naturally molt and hormonal changes," she said.

Dr. Bast explained why veterinarians removed every other primary feather from the shaft.

"If the feather is broken, but the shaft still remains in the follicle, a new feather will not grow until it is removed from the feather follicle (similar to hair follicles in people)," she said. "Only broken feathers were pulled in order to stimulate new feather growth sooner, as opposed to waiting for the bird's natural molt to occur."

The patient is rehabilitating outdoors and could be released before all feathers have grown in. Upon admission on August 18, the gallinule was reportedly stressed out and didn't like to be approached. After the weekend, the bird appeared to be on its way to feeling better.



Patient #17-2900 takes a stroll in an outside enclosure at CROW

photo by Brian Bohlman

"No major orthopedic injuries were found in the gallinule, so she is in an outside rehabilitation enclosure until she is able to get around well enough to survive in the wild," said Dr. Bast. "Her flight does not have to be perfect since she won't be migrating, but she has to be able to escape predators."

"The gallinule is doing very well outside, and is taking short flights. If she continues to do well, she will likely be released soon (even though her feathers

are still in the process of growing back). She is on a medication called Diazepam to help reduce her stress level."

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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My September Favorites Are Here



by Capt. Matt Mitchell

When asked what's your favorite time to fish, my reply never has a second thought: September. The end of August and September are the slower months

of the year for my guide service, and that allows me to get out on the water and fish without clients. For the next few weeks, there are very few boats on the water, and the species options are limitless. When conditions are right, I choose to tarpon fish.

Unlike in the spring when tarpon are in the pre-spawn mode and often just do not want to eat bait, these post-spawn tarpon are around huge schools of small fry bait and are feeding better than they do at any other time of the year. These tarpon have very little, if any, angler pressure on them and will often stay in generally the same location for days if not weeks, making them easy to return to and enjoy over and over. Unless something drastic happens with the weather pattern to cause the baitfish schools to move on, the tarpon pretty much stay put.

Once I locate these tarpon, my bait

of choice is a large pinfish three to four feet under a float. Watching these lazy tarpon roll and crash through these schools of fry bait gets your heart rate up even if you don't even hook one. They often roll right around your bait as you anticipate that magical pick-up. We will just never know what makes one tarpon decide to eat a bait while others won't. The average size of these tarpon is right around 50 pounds, which is just perfect. They are strong, fast, jump high and often only require about a 15-minute battle. Yes, there are some larger tarpon over 100 pounds in the bait schools, but for me a 50-pound tarpon is as good as it gets.

During my mornings off work this week, I've been lucky enough to enjoy some of the best and most consistent tarpon fishing we have seen all year. I've got to watch that big silver flash followed by a giant hole in the water before all hell breaks loose. That first run after hooking a tarpon is just wild as the fish goes airborne time and time again while making long drag-screaming runs. If you can keep the fish hooked for the first few minutes, your odds of getting a release on the fish just got a whole lot better. The thrill is that pick-up, and the first few crazy runs and jumps that happens after, just does not matter.

*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.**



Tarpon time

photo provided

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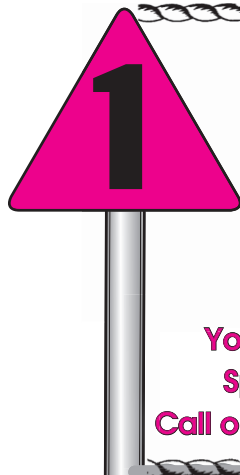
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Dave Doane

New Badges Offered To Girl Scouts

Just in time for the new school year, Girl Scouts has announced the addition of new badges in the areas of STEM (science, technology, engineering and math) and the outdoors – areas girls are not typically encouraged to explore outside of Girl Scouting.

This innovative Girl Scout programming builds girls' skills and encourages their interest in STEM and environmental conservation from an early age – increasing their confidence in these areas – in an all-girl environment where they feel comfortable trying new things, taking appropriate risks and learning from failure.

A new report from the Girl Scout Research Institute, The Girl Scout Impact Study, shows that participating in Girl Scouts helps girls develop key leadership skills they need to be successful in life. Compared to their peers, Girl Scouts are more likely than non-Girl Scouts to be leaders because they have confidence in themselves and their abilities (80% vs. 68%); act ethically and responsibly, and show concern for others (75% vs. 59%); seek challenges and learn from setbacks (62% vs. 42%); develop and maintain healthy relationships (60% vs. 43%); identify and solve problems in their communities (57% vs. 28%); and take an active role in decision making (80% vs. 51%).

Importantly, what girls gain through Girl Scouting positively affects all areas of their lives. For example, Girl Scouts do better than their non-Girl Scout peers in the classroom, earning better grades and aspiring to higher educational attainment, and are more likely to seek careers in STEM, law and business – industries in which women are underrepresented. And the benefits of Girl Scouting are not exclusive to any particular demographic, which means that no matter where girls live or what their age or background, Girl Scouts can help them develop to their full potential and excel in all aspects of life.

Girl Scouts of Gulfcoast Florida, the local Girl Scout council, is holding information events throughout the community, providing an opportunity for parents and girls to learn about all the exciting things Girl Scouts has to offer. Upcoming dates and locations include:

Cape Coral – August 30, Diplomat Elementary Cafeteria, 6 p.m.; August 31, Hector Cafferata Elementary Cafeteria, 6 p.m.; August 31, Skyline Elementary Cafeteria, 6 p.m.; September 5, Christa McAuliffe Charter School Cafeteria, 6 p.m.; September 7, Trafalgar Elementary Cafeteria, 6 p.m.; September 13, Cape Elementary Cafeteria, 6 p.m.; September 14, Caloosa Elementary Cafeteria, 6 p.m.; September 14, Pelican Elementary Cafeteria, 6 p.m.; and September 19, Cape Coral Charter School Cafeteria, 4:30 p.m.

North Fort Myers – August 25, North Fort Myers Academy of the Arts

Cafeteria, 6 p.m.; August 28, Rayma C. Page Elementary Cafeteria, 6 p.m.; August 29, Franklin Park Elementary School Cafeteria, 6 p.m.; August 29, Dr. Carrie D. Robinson Littleton Elementary Cafeteria, 6 p.m.; August 31, J. Colin English Elementary Cafeteria, 6 p.m.; September 5, Tropic Isles Elementary Cafeteria, 6 p.m.; September 6, San Carlos Park Elementary Cafeteria, 6 p.m.; September 12, Bayshore Elementary Cafeteria, 6 p.m.; and September 29, Heights Elementary Cafeteria, 6 p.m.

Program scholarships are available based on financial need. For an updated list of local recruitment events, or for more information about new Girl Scout registration visit, www.gsgcf.org.✱

Republican Women To Meet

Lee Republican Women Federated will hold its September Dinner Meeting at Pinchers – The Marina at Edison Ford on Monday, September 18. The evening begins with a social at 5:15 p.m. followed by the dinner and program.

September's guest speaker will be Richard Corcoran, the speaker of the Florida House of Representatives. Cost is \$25. The public is welcome and encouraged to attend.

Pinchers – The Marina at Edison Ford is located at 2360 West First Street in Fort Myers. To RSVP, visit www.leerepublicanwomen.com or contact Wren Morefield at 270-210-1284 or wrenspet@hotmail.com before Thursday, September 14 at noon.✱



Richard Corcoran



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Native buttonbush is a wildlife-friendly wetland shrub found throughout the state

photo by Gerri Reaves

Plant Smart

Common Buttonbush

by Gerri Reaves

Common buttonbush's (*Cephalanthus occidentalis*) native range includes much of the United States and extends into Canada.

In Florida, this perennial is found in freshwater wetlands, such as swamps, sinkholes, and along ponds, lakes and streams.

Button willow is another name for this member of the madder family.

Bees, hummingbirds, and butterflies, particularly polydamas, pipevine and other swallowtails, are attracted to the

plant, which also provides cover and food for birds.

It's an excellent choice for bog gardens or a poorly drained area, for it can tolerate standing fresh water.

It is multi-branched and fast-growing, typically reaching about 10 feet tall and as broad as tall. However, it sometimes develops into a small tree.

The bark is dark gray or brown and fissured in older specimens.

The plant is usually evergreen in South Florida. The oval to lanceolate leaves are dark green, opposite or whorled. Measuring up to six inches long, they have prominent veins and pointed tips.

Spring through summer, it blooms prolifically, producing dense flowerheads that dangle in clusters on long stalks.

White, fragrant and globular, they are

made up of tiny tubular four-lobed florets. The "flower balls" measure up to an inch and a half across.

Flower parts extend far above each flower, making the ball resemble a pin cushion or star.

The tiny nut-like fruit are found on the mature woody brown ball.

Common buttonbush prefers full sun, rich soil, and continual moisture for maximum blooms. It does not tolerate salt or drought.

Propagate it with seeds or cuttings. It can self-propagate with seeds or root sprouts.

Medicinal uses include the treatment of dysentery and rheumatism.

It is toxic to livestock and people.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Gardening for Florida's Butterflies* by Pamela F. Traas, *National Audubon Society Field Guide to Florida* by Peter Alden et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, floridata.com, fnps.org, lee.ifas.ufl.edu, plants.ifas.ufl.edu and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.✧



Bougainvillea in bloom at the Edison & Ford Winter Estates

photo provided

Bougainvillea Being Pruned At Winter Estates

The Edison & Ford Winter Estates is well known for its unique collection of historic bougainvillea. One of the largest groupings of bougainvillea on the 25-acre site involves 15 individual bougainvillea planted in the 1960s.

The large vining bougainvillea at the Larchmont Avenue and the Edison Ford Museum entrance is currently being dramatically pruned and re-supported. This activity will not only improve the overall health of the bougainvillea plants but also expose the intricate, twisted trunk structure which shows the age and vitality of this flourishing grouping of plants.

The particular variety of bougainvillea in this location is known as "Margaret Bacon" and was planted by Everglades Nursery, under the supervision of Landscape Architect Helen Hendry many decades ago. It is well known the Edison family was very fond of bougainvillea and planted it throughout their estate. Hendry would eventually become involved with all of the historic landscape including her beloved "bougainvillea."

What now appears today as a hedge is

actually composed of 15 separate plants with dramatic trunks beneath the leafy canopy. The work being undertaken will shorten the bushes to about eight feet in height overall and remove the mass of dead branches and limbs. In addition, a new stronger wooden support system will be added to support the annual growth and stabilize the bougainvillea in high winds, which will be replaced as an important part of the process. Edison Ford garden staff will fertilize the hedge in October. The hedge will rebound quickly, flushed with new growth, as more light is delivered to the remaining trunks and limbs.

Horticulturists and garden staff at Edison Ford will ensure that the revitalized bougainvillea will return to their managed 12 feet height profusely blooming their glorious watermelon colored bracts.

The project is being undertaken by Forestry Resources Ecological, Inc., supervised by Arborist Rick Joyce. BGI Fertilizer, Pine Island, will continue to be involved in the regular maintenance and consulting services on this important area.

For community members and visitors, several varieties of bougainvillea as well as fertilizer and other supplies are available in the Edison Ford Garden Shoppe which is open daily.

For additional information, call 334-7419 or visit www.edisonfordwinterestates.org.✧

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Public Relations Chapter Wins Nine Awards

The Florida Public Relations Association (FPRA) recently honored the FPRA Southwest Florida Chapter (FPRA SWFL) with several awards at the 79th annual FPRA State Conference at The Ritz-Carlton in Orlando. Members from 15 chapters across the state of Florida and public relations professionals from around the world witnessed four days of professional development, networking and recognition from their peers.

FPRA State President Terri Behling APR, CPRC presented members of FPRA SWFL with nine awards, including the Past President's Award that was given to Kara Winton APR, CPRC.

The 2017 Golden Image competition received 130 entries from around the state. The competition is judged by past state presidents of the Florida Public Relations Association and members of the FPRA Counselors' Network.

FPRA recognizes local chapter excellence through its annual President's Awards in 10 categories:



Heather Doane and Trish Robertson of the Collier County Supervisor of Elections Office
photos provided

Accreditation and Certification; Communications; Community Service; Financial Management; Image Awards; Leadership Development; Membership Development; Professional Development; Special Event Planning; and Student Development, based on



Randy Mitchelson of iPartnerMedia and FPRA President Terri Behling

accomplishments throughout the year. "Our Southwest Florida chapter continues to do great work throughout our community. Being honored with these awards is incredible validation of that," said Jessica Potts, FPRA Southwest Florida Chapter president.



Rick Williams and Connie Ramos-Williams of CONRIC PR Marketing

Others from FPRA SWFL that won awards include: Randy Mitchelson, APR and Mike Jackson, APR; Collier County Supervisor of Elections Office; CONRIC PR & Marketing; and Pushing the Envelope.✱

Financial Focus

Can You Save For College And Retirement?



by Jennifer Basey

Few of us have unlimited financial resources – which means that almost all of us need to prioritize our financial goals. Consequently, you'll have some decisions to make if you'd like to help pay for your

children's college educations someday, while at the same time saving for your own retirement.

Your first step in addressing these objectives is to maintain realistic expectations. Consider the issue of paying for college. Right now, the average four-year cost (tuition, fees, room and board) is about \$80,000 for in-state students at public universities and approximately \$180,000 for private schools, according to the College Board. And these costs are likely to keep rising in the years ahead. Can you save this much for your kids' education?

Instead of committing yourself to putting away this type of money, take a holistic approach to saving for your children's higher education. After all, you probably won't be the only one to help pay for college. Depending on your income and assets, your family might be eligible for some needs-based financial aid awarded by the college.

Also, you should encourage your children to apply for as many scholarships as possible – but keep in mind that most

scholarships don't provide a "full ride." Here's the bottom line: Don't assume you will receive so much aid that you don't need to save for college at all, but don't burden yourself with the expectation that you need to pick up the full tab for your children's schooling.

On a practical level, you may want to commit to putting a certain amount per month into a college savings vehicle, such as a 529 plan. You can generally invest in the 529 plan offered by most states, but in some cases, you may be eligible for a state income tax incentive. Also, all withdrawals from 529 plans will be free from federal income taxes, as long as the money is used for a qualified college or graduate school expense of the beneficiary you've named. (Withdrawals for expenses other than qualified education expenditures may be subject to federal and state taxes and a 10 percent penalty on the earnings.)

By starting your 529 plan early, when your children are young, you'll give the investments within the plan more time to grow. Plus, you can make smaller contributions on a regular basis, rather than come up with big lump sums later on. And by following this approach, you may be in a better financial position for investing in your IRA and your 401(k) or other employer-sponsored retirement plan. Obviously, it's to your benefit to contribute as much as you can to these plans, which offer tax advantages and a wide range of investment options.

If you're investing in a 401(k) or similar employer-backed plan, try to boost your contributions every time your salary increases. At the very least, always put in enough to earn your employer's matching contribution, if one is offered.

And once your children are through with college, you can discontinue saving in your 529 plan (although you may want to open another one in the future for your grandchildren) and devote more money to

your retirement accounts.

It can certainly be challenging to save for education and retirement – but with discipline and perseverance, it can be done. So, give it the "old college try."

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.✱

Junior Achievement Bowl-A-Thon

Individual and team registration is still available for Junior Achievement of Southwest Florida's 6th annual Bowl-A-Thon fundraising event at HeadPinz Entertainment Center on Wednesday, August 30 from 6 to 8:30 p.m. Registration is \$125 for individual players, and \$750 for teams of six. Register online at www.JASWFL.org/junior-achievement-bowl-a-thon.

Junior Achievement of Southwest Florida's annual Bowl-A-Thon provides team building opportunities and friendly competition for businesses, colleagues, neighbors and friends. Individual players will be assigned to a team, or teams of six can register together. Each participant will receive a team shirt, food, beverage, two adult beverages, shoes and lane rental.

Presented by Sanibel Captiva Community Bank, the Bowl-A-Thon event will support Junior Achievement of Southwest Florida's efforts to provide educational programs on financial literacy, work readiness and entrepreneurship throughout Southwest Florida schools.

HeadPinz Entertainment Center is

located at 14513 Global Parkway in Fort Myers. For more information or to RSVP, contact Stephanie Hoffman at shoffman@jaswfl.org or 225-2590.✱

LeeTran Launches New System

LeeTran passengers waiting at a bus stop, approaching their destination on the bus or planning their next trip from home now have access to real-time bus location information.

LeeTran's new real-time Clever Devices BusTime system is available on Android and iOS devices with the Ride LeeTran app; at kiosks in high-traffic locations; on digital signs at all transfer centers; in audio and text announcements on all buses; and at www.RideLeeTran.com.

The system improvements are funded by Federal Transit Administration grants and are intended to make transportation more user-friendly and accessible for veterans and their families, as well as all riders.

System kiosks will provide real-time bus information with links to veteran services websites, Google Maps Transit Trip Planner as well as LeeTran Rider Alert information and weather information.

The kiosks are available at Lee County VA Healthcare Center in North Fort Myers; Lee County Human & Veterans Services in Fort Myers; Southwest Florida Military Museum & Library in Cape Coral; Rosa Parks Transportation Center in downtown Fort Myers, Cape Coral Transfer Center in Cape Coral, Edison Mall Transfer Center in Fort Myers and Fort Myers Beach Park & Ride on Fort Myers Beach when construction is complete in late 2017.✱



Students from Pelican Elementary School in Cape Coral visited "Ding" Darling last school year as part of their granted Celebrating Birds project. photo provided

Refuge Grants Available For Teachers

The "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), along with JN "Ding" Darling National Wildlife Refuge, has announced its 12th annual round of teacher grants. Up to \$10,000 in grant awards are available to teachers in Lee, Charlotte, Collier, Glades and Hendry counties this school year for conservation education-related projects.

Teachers in the five-county area may apply for grants up to \$1,000 each to purchase teaching aids, books and classroom materials; fund new

classroom science projects; take field trips; or conduct work projects in the community.

All schools are invited to submit conservation-related proposals by October 31. The approved proposals will be awarded by December 2017 for projects to be completed by May 2018.

"With environmental education funding being cut throughout the school district, teachers and students are grateful to receive our grants to fund special projects," said Wendy Kindig, DDWS environmental education committee chair. "It's an important part of the society's mission to educate and create future conservation stewards from our young students of today."

In the past 11 years, DDWS has granted more than \$73,000 to local schools for environmental projects.

The teacher grants are funded by DDWS monies received from the DDWS Conservation Education Endowment Fund established by Jay "Ding" Darling's grandson, the late Kip Koss. To make a tax-deductible donation in support of the fund, contact DDWS executive director

Birgie Miller at 292-0566 or director@dingdarlingsociety.com.

For further grant information and an application, visit www.tinyurl.com/dinggrants, or contact Sarah Lathrop at 472-1100 ext. 233 or sarah@dingdarlingsociety.org.✱

Community Foundation Adds Board Member

The Southwest Florida Community Foundation recently announced Mary Beth Crawford has joined its board of trustees.

Crawford is a principal in Cummings & Lockwood's Private Clients Group and is based in the Bonita Springs office. Her law practice focuses on estate planning, tax planning and probate and trust administration.

Crawford received her bachelor's degree, juris doctorate and master of laws in taxation from the University of Florida. She is a member of the Florida Bar Association, Collier County Bar Association and the Collier County Women's Bar Association. Crawford is board certified by the Florida Bar in wills, trusts and estates and Martindale-Hubbell AV-rated. She has been named to the "40 Under 40" list by *Gulfshore Business* and is a graduate of the Leadership Bonita Class of 2004.

Crawford is very active in various local nonprofits including serving on the board



Mary Beth Crawford photo provided

of directors for Angels Undercover of Collier County, Inc. She is past president of the board of directive and chair of the planned giving committee for the David Lawrence Center, past president of the board of director for the Center for the Arts of Bonita Springs, planned giving committee chair for the American Red Cross and serves on the membership committee for the Speakers Assembly of Southwest Florida.✱

Superior Interiors

Dinner Is Served

by Marcia Feeney



There is a school of thought in contemporary living: the formal dining room is used so seldom today that the investment seems hardly worth the effort.

While it is perhaps true that our busy

lives today preclude a daily formal dining experience, the occasional family dinner in the dining room can serve us well in many ways.

The degree of formality is certainly a matter of personal taste but certainly dining is more enjoyable when the company is good, the food delicious and the ambiance unforgettable. The goal of the design professional is to place a memorable ambiance at the top of the list of priorities, ensuring a stimulating and satisfying experience.

To understand what creates the perfect mood for dining, think of some of your favorite restaurants. As much as the food makes it special, the way you feel as you arrive, the design, colors, lighting and

music all combine to make the evening splendid. The design impression of your dining room at home is just as important.

Beautiful quality furnishings and exquisite detailing greatly enhance the dining experience. Attention to detail is most important in a dining room since guests are seated for longer than usual and have a longer period of time to observe their surroundings. This is the room where your design efforts really pay off – a place for stunning accessories, dramatic colors and detailed window treatments.

A well planned lighting scheme should be part of your design professional's overall scheme. For example, assuming that the dining room will most often be used in the evening, the lights should be soft, warm, diffuse (on a rheostat) and emanating from several sources.

Example of other elements of a really special dining area are stunning fabrics, crown moldings and chair rails, objects of art, splendid mirrors, custom draperies and a fabulous rug.

Whether a holiday feast, a dinner party or simply a family get together, the ambiance should be exciting and stimulating – a place where family and guests love to gather to laugh, relax, exchange ideas, enjoy the meal and cherish special moments together.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindceden.com.✱

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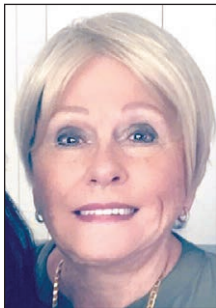
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Book Review

The Baker's Secret

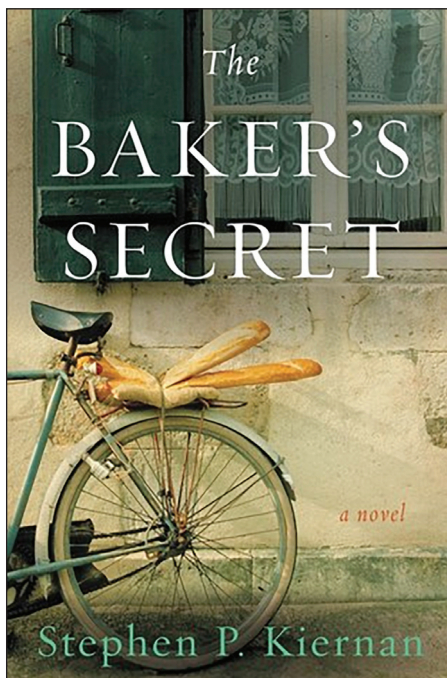


by Di Saggau

The Baker's Secret by Stephen P. Kiernan is a dazzling novel of World War II, a shimmering tale of courage, determination, optimism and the resilience of the

human spirit. Set in a small Normandy village on June 5, 1944, the eve of D-Day, it is a story of Nazi brutality and the courage of the French townspeople during the resistance. Emma is 22 years old and a baker with a secret. She lives in the small town of Vergers, and she doubts the Allies will ever arrive. The villagers rely on Emma for survival. She puts as much finely ground straw as she can into the flour she uses to bake the Nazi commandant's dozen loaves of bread each day. This gives her two extra loaves which she shares with the neediest townspeople.

Although it is set in a heartbreaking time, the book is uplifting and tells a wonderful story. Emma repeats many times, "They will never come," referring to the Allies. Yet, she wages her own one-woman war effort helping those in need. There is even some light humor. The Nazis won't search the



pigpen because it is too smelly. For the most part the Germans are cloddish and cunning. Under the watchful eyes of armed soldiers, Emma has built a clandestine network of barter and exchange that she and the villagers use to thwart their occupiers. Her gift to the village is more than a few crusty loaves of bread. Emma gives them hope by enabling them to care for one another. She finds rationed fuel for a fisherman who can then make extra trips to sea and share some of his catch with his neighbors rather than turn his entire catch over to the Nazis.

Like a gypsy, she makes her way around the village, moving among desperate inhabitants and arrogant occupiers. She's a deal maker, an observer and a keeper of secrets. Her gift to the village is much more than a few crusty loaves. Emma, is a model of dignity and defiance as she helps the villagers survive should the Allies ever come.

As a brutal Nazi captain begins to uncover her network, and the intricately woven web of resistance and subterfuge starts to unravel, the people of Vergers find their bonds tested as never before.

Author Paula McClain said of the book, "Nothing is more audacious or more inspiring than the human spirit, as we will see in Stephen Kiernan's luminous new novel. Emma is an unforgettable heroine, and *The Baker's Secret* will have you weeping and then cheering. A tale beautifully, wisely and masterfully told." Put this one on your list.

No matter how many World War II books you have read, don't miss this one. I found it extremely well written with absorbing characters. I read it in one day, totally loved it, and plan to recommend it to my book club.✱

School Smart



by Shelley M. Greggs, NCSF

Dear Shelley, My middle school son seems to have some difficulty making and keeping friends. I thought this might change as he got older but it's not. He's a good kid. Is there something I can do to help him?

Chloe K., Fort Myers

Chloe,

As children mature, the demands of being observant to social cues increases significantly. Social interactions become more subtle. If your son has trouble picking up on social cues like facial expressions and tone of voice, it can be hard to connect socially with peers. Here's what issues with social cues can look like in school.

One behavior that indicates difficulty with understanding and/or responding to social cues is showing or feeling empathy. Kids who struggle with this not know when to express empathy and when not to say anything. It might look like not asking what's wrong when a family member is sad or has had a bad day.

Another important skill is for a child to be able to "read" how others really feel about them. When children can't read others, they often misconstrue the actions of others. At home, he may think you are always angry with him even though that is not the case. At school, your child may think a particular person is constantly rude toward them when in reality that person may just want to be a friend.

They don't get the joke. Kids who can't pick up social cues often miss the nuances of humor. They don't understand sarcasm, tone of voice,

double meanings or body language, and then are at a loss in responding to the joke without looking foolish.

Children who struggle with social cues may become isolated and feel alone. They may not want to join in family events or join school clubs. They prefer to work alone on projects rather than in a group.

If you are seeing these types of behaviors in your child you may need to help your child "decode" social situations through role playing, discussing unwritten social rules and practicing identifying and labeling social behaviors. One easy way to do observe people is by watching a TV comedy or drama show with the sound turned off. Ask your child to describe what he is seeing, how the actors are feeling based on their body language and create scenarios where your child has to identify and describe what might happen next.

Roleplaying can also be helpful particularly if your child is facing a specific event where he is required to behave in a certain manner. Of course, there are numerous apps that address this situation. Visit www.additudemag.com/slideshows/educational-apps-for-kids-with-adhd-social-skills for a review and recommendation of some of the better ones.

If these interventions don't seem to make a difference, you may want to inquire if your son's school has a social skills group or if there is a private therapist who works with kids who have some social skills difficulties.

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

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From page 8

Along The River

wrap up their Healthy Life Series this Thursday, August 31 at the center's location at 636 Del Prado Boulevard North in Cape Coral.

The final educational program and screening will be titled **Diagnosis and Treatment of Shoulder Problems** with John Mehalik, MD

For more information about the Wellness Center, call 424-3220. To register to attend the Healthy Life Series event, call 495-4475.✱

VCB Members Join Tourism Committees

Six Lee County Visitor & Convention Bureau (VCB) staff members and eight tourism industry partners have been appointed to industry committees of the state's official tourism marketing corporation, Visit Florida. Each specialized committee works closely with specific Visit Florida departments to provide recommendations and industry knowledge to the organization.

The six VCB staff members to serve as chair and committee members include:

Tamara Pigott, VCB executive director, Promotions committee. This committee provides input on strategic matters related to Visit Florida's consumer promotions programs, which include promotions with media partners on market-specific, regional and national basis.

Pamela Johnson, VCB deputy director, Global Travel Trade and Air committee chair as well as Marketing Council Steering committee. As chair of the Global Travel Trade committee, Johnson will assess plans to impact consumers through partnerships within the tourism industry, including travel trade and airline partners. The Marketing Council Steering committee provides strategic input from the Florida tourism industry to fulfill Visit Florida's commitment to being "industry-led."

Fran Belasco, VCB administration director, Cultural, Heritage, Rural and Nature committee. This committee works with Visit Florida to develop and promote the growing segments of nature-based tourism, cultural heritage tourism and rural tourism.

Brian Ososky, VCB marketing director, Global Media committee. This committee provides insight and feedback on direct marketing to consumers.

Francesca Donlan, VCB communications director, Global Communications committee. This committee provides input

on public relations, communications plans, crisis support and planning.

Judi Durant, VCB visitor services director, Visitor Services committee. This committee is an advisory group comprised of Florida tourism industry representatives dedicated to guiding the marketing efforts of Visit Florida's five official welcome centers and frontline operations.

"The Lee County Visitor and Convention Bureau strives to be a leader in the tourism industry, and we are proud to have our employees, as well as our industry partners, serve on the Visit Florida committees," said Tamara Pigott, VCB executive director.

Several other Lee County tourism industry partners are also involved with the committees. Tony Lapi, president and CEO of Tween Waters Inn Island Resort on Captiva Island, will serve on the Florida Council of Tourism Leaders. Lapi is also a member of the Lee County Tourism Development Council (TDC).

The Cultural, Heritage, Rural and Nature committee will include Lisa Sbuttoni, vice-president of community and visitor relations at Edison & Ford Winter Estates. The Global Media committee includes Michele Frank, director of sales and marketing at The Westin Cape Coral Resort at Marina Village and Meredith Rizzo, social media manager at Pink Shell Beach Resort and Marina. The Global Travel Trade and Air committee will include Brian Solis, manager of air service development at Southwest Florida International Airport (RSW). The Industry Relations committee will include Heather Jenkins, marketing director at Sunstream Hotels & Resorts. The Promotions committee will include Stefanie Eakin, sales and marketing manager at The Westin Cape Coral Resort at Marina Village and Christopher Reublin, director of operations at Select Vacation Properties.

Committee positions are a one-year term and consist of Visit Florida board members and partners who have an interest or possess strong knowledge in each specific committee's discipline or product segment.✧

From page 2

Historic Downtown

the family lived until 1883, when they replaced it with the two-story frame house seen in the early 1920s photo.

Pictured are Christiana (left) and four of her seven daughters: Rosa Belle, Josephine Delores, Leonora "Nora" and Annie Jane.

Joseph died in 1909.

In 1925, the family sold the property with 132 feet of frontage on First to a Milwaukee developer for \$250,000. He had boom-time plans: an eight-story office building on First and, on the north side, a hotel made possible by fill and a seawall.

(Those plans never came to fruition, and according to historian Karl H. Grismer, "the property reverted to the Vivas estate" following the boom.)

After the property sold, the family home was moved north, only a half-block from the riverfront, which in those days ran roughly where Edwards Drive is now.

Christiana died in 1930, but some of her children continued to live in it for many years.

Walk down to First and Lee and

imagine the homes of pioneers who settled in a vacated fort and created a town.

Then, visit the following two research centers to learn more about the town's "first families."

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.leeountyblackhistorysociety.org.

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



Legendary Automotive is now AAA approved for auto repairs. Second from left is owner and Sanibel resident Jason Stretch. photo provided

Business Earns AAA Approved Auto Repair Status

Gene DeToma, AAA representative, confirmed that as of August 1, Legendary Automotive is AAA approved. AAA approval requires that the facility have a strong community reputation, a high customer satisfaction rating, clean and comfortable facility, customer service, staff qualifications and training, appropriate tools and equipment to meet the scope of services offered, and warranty coverage.

"If AAA trusts us, so can you," said Jason Stretch, Sanibel resident and owner of Legendary Automotive. "Our team is excited to continue our history of service excellence."

Stretch's last facility earned the prestigious AAA Independent Facility of the Year award for the entire state of New Hampshire for six out of the 10 years of ownership.

Legendary Auto also participates in rewards and discounts. If you are a AAA member, you can save 10 percent off of any service that is offered, up to a maximum of \$50. Along with the AAA approval, Legendary Auto is a battery service provider. It carries the full

continued on page 21

Available at
www.AMAZON.COM
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Female Pioneers of Fort Myers

Women Who Made a Difference in the City's Development

By Robin C. Tuthill and Thomas P. Hall

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

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

Red Sox Owner Moves To Rename Yawkey Way For Former Slugger



by Ed Frank

The racial unrest that has gripped the nation since the recent violence in Charlottesville, Virginia, has prompted the Boston Red Sox to remove the name Yawkey Way from the iconic street in front of historic Fenway Park. The street is named after Thomas Yawkey, who owned the team from 1933 until his death in 1976, and who adamantly opposed integration of his ball club. The Red Sox were the last Major League team to integrate in 1959 – some 12 years after Jackie Robinson made his Major League debut with the Brooklyn Dodgers.

Baseball history recalls that Yawkey passed on Robinson as well as the great Willie Mays. One former baseball scout said years ago, “Can you imagine a team with Ted Williams in left field and Willie Mays in center.”

Red Sox owner John Henry proposes the street be renamed after David Ortiz, the beloved former player who retired last year.

“For me personally, the street name has always been a constant reminder that it is our job to ensure the Red Sox are not just multi-cultural, but stand for as many of the right things in our community as we can – particularly in our African-American community and in the Dominican community that has embraced us so fully,” Henry said.

Yawkey Way serves as the colorful entrance to Fenway – a street bustling with

vendors, musicians and entertainment. The City of Boston would have to approve the name change.

To do so, however, some will say Henry is attempting to erase history – the argument that is raging nationwide over proposals to remove Civil War statutes. The counter to that argument is by changing the street name, it will mark the progress the city and the team has made in the name of equality.

Dan Lebowitz, executive director of the Northeastern Center for the Study of Sports in Society, applauded Henry for his proposed action, noting that sports is a particular influential social justice platform due to its large audience.

Jackie Robinson dramatically changed the face to not only baseball, but all sports. Henry’s bold proposal would follow in the footsteps of nearly 50,000 who marched last week in Boston to protest hate and bigotry.

Miracle Close In On Division Title And Post-Season Playoffs

The Fort Myers Miracle baseball team is racing for post-season play having won 10 straight games before a 3-2 loss to the Tampa Yankees last Sunday.

The Miracle began the week with a second-half season record of 37-19 (.661) and a five-game first-place lead over Charlotte in the Florida State League South Division.

With just 13 games remaining in the regular season through Monday of this week, the Miracle, should they capture the season’s second-half division title, will face the Palm Beach Cardinals in the first round of the playoffs. Palm Beach won the first-half division championships.

Fort Myers is home this weekend at Hammond Stadium facing Charlotte in a three-game series Friday through Sunday. Only seven regular season games will remain after the weekend series.

The Miracle’s .661 record is second best in the Florida State League. Only Tampa in the North Division is better at .685.✱

Miracle Infielder Named Player Of The Week

The Florida State League has named Fort Myers Miracle first baseman Brent Rooker the FSL Player of the Week for the week of August 7 to 13.

Rooker clobbered three home runs (all three-run shots) with 13 RBI over the course of the week. He went 8-for-22 (.364/.417/.818). The Twins’ 2017 Competitive Balance Round A draft pick has 18 RBIs over his last nine games with the Miracle.

He is the third Miracle position player to earn the honor this season after Max Murphy (April 24 to 30) and Chris Paul (May 15 to 21). Right-handed pitchers Tom Hackimer (July 3 to 9) and Sean Poppen (July 10 to 16) garnered the award as pitchers.

To stay up to date on upcoming promotional nights, follow the Miracle online at Miraclebaseball.com or through social media; Twitter: @MiracleBaseball, Instagram: [fortmyersmiracle](https://www.instagram.com/fortmyersmiracle), Facebook: Fort Myers Miracle, Snapchat: [ftmyersmiracle](https://www.snapchat.com/add/ftmyersmiracle). To



Brent Rooker

photo courtesy Fort Myers Miracle

purchase tickets for the Advanced-A affiliate of the Minnesota Twins, visit www.MiracleBaseball.com/tickets.

For more information or questions regarding the 2017 25th anniversary season, call the Miracle offices at 768-4210.✱

Students Pass America’s Boating Course

Thirty-six sailors recently completed the America’s Boating Course provided by the Peace River Sail and Power Squadron.

The course covered boating law, safety equipment, safe boating practices, navigation, boating emergencies, personal watercraft, charts, GPS, trailering and much more. Attendees received the America’s Boating Course manual, companion CD and a completion certificate. The class is approved by the Florida Fish and Wildlife Conservation Commission for the Florida Boater Safety Education ID Card, required for anyone born after January 1, 1988 who operates a motorboat with 10 horsepower or more in Florida waters. The course is also approved by the National Association of State Boating Law Administrators and the U.S. Coast Guard.

The squadron’s next America’s Boating Course will be on September

9 for three Saturdays from 8:30 a.m. to 12:30 p.m. To reserve your space, call 941-637-0766 or email puntagordaboating@gmail.com.✱

Sanibel Shared Use Path Repairs In Progress

The City of Sanibel’s annual repairs to the Shared Use Paths began August 21. For safety, the areas under repair will be barricaded off from users. All path users are reminded to use caution while navigating around construction zones.

Every year, the city inspects all 25.54 miles of Sanibel’s paths and prioritizes the needs for repairs. This year’s shared use path repairs total \$444,415.58. The contractor is required to complete the project within 45 days.

Contact the City of Sanibel Department of Public Works at 472-6397 if you have any questions regarding the project.✱

From page 1

Broadway Palm

actors. Dance/movement skills preferred (tap dancing a plus). Age range of 7 to 15 (must be under 5-foot 2-inches tall). Particularly looking for boy singers.

Bring a current headshot/picture and resume. Those auditioning need to be prepared to sing 16 bars that best shows off your vocal range. Bring sheet music in the proper key, an accompanist will be provided (no recorded music is accepted.) Songs should be in the musical theater genre. After the vocal audition, actors/actresses may be asked to attend a dance and/or reading audition. Allow enough time to be seen and possibly be

called back to read and/or dance.

Productions require a rehearsal process which begins on Monday, November 6 and goes through Wednesday, November 22. Performances are Tuesday through Sunday evenings with selected matinees on Tuesday, Wednesday, Thursday, Saturday or Sunday. Broadway Palm staff will do their best to work around school hours for children. All children’s roles are double cast and will alternate performances. Performance schedules are available at www.BroadwayPalm.com. Anyone interested must be available for the rehearsal process and all alternated, assigned performances.

Broadway Palm Theatre is located at 1380 Colonial Boulevard in Fort Myers. For more information, call 278-4422.✱

SPORTS QUIZ

1. Name the last major-league team to win at least 20 consecutive games in a season.
2. Which Baltimore Orioles pitcher in the 1960s tossed shutouts in his first two major-league starts?
3. Which team ended the NFC’s run of 13 consecutive Super Bowl victories?
4. When was the last time before the 2016-17 season that Valparaiso had a men’s basketball coach who did not have the last name of Drew.
5. Name the last No. 1 seed in the NHL playoffs before Chicago in 2017 to be eliminated in the first round.
6. Who was the last American male boxer before Shakur Stevenson in 2016 to win a gold or silver medal at the Olympics?
7. In 2017, Justin Thomas recorded the lowest-ever score for a 72-hole PGA event (253). Who had held the record for the lowest score?

ANSWERS

1. 1. Oakland won 20 in a row in 2002. 2. Tom Phoebus, in 1966. 3. Denver, in Super Bowl XXXII after the 1997 NFL season. 4. It was the 1987-88 season. 5. The Vancouver Canucks, in 2012. 6. Andre Ward won a gold medal in 2004. 7. Tommy Armour III shot 254 in a tournament in 2003.

Color Splash Race

You can walk or you can run, but you don't want to miss the Florida Department of Health in Lee County and Lee County Parks & Recreation's 2017 Color Splash 2.0 5K race on Saturday, September 23 starting at 7:30 a.m.

This fun, family friendly 5K encompasses three laps within Wa-Ke Hatchee Community Park. Registration and participation is free and limited to the first 500 registrants.

"Last year's event was so much fun that participants almost overlooked they completed a 5K," said Kevin Kirkwood, health promotion program administrator. "A healthy waistline is the result of nutritious foods in proper portion sizes and adopting some form of physical activity, ideally 150 minutes per week for adults and 60 minutes per day for children."

In addition to the Florida's Healthiest Weight activity, this event will also honor World Heart Day 2017. Lee County Emergency Medical Services responders will partner with Florida Department of Health in Lee County CPR instructors to demonstrate "hands



only" CPR technique. Vendors will share ideas for active family fun and healthy eating.

Wa-Ka Hatchee Community Park is located at 16760 Bass Road in Fort Myers.

Registration may be completed online at www.surveymonkey.com/r/XFN2W5S.

Pediatrician Joins Physicians' Primary Care

Dr. Melissa Bacchus has joined Physicians' Primary Care of Southwest Florida as a pediatrician.

Dr. Bacchus earned her Doctor of Medicine degree from the University of the West Indies in Jamaica. Her residency was completed at Charleston Area Medical Center at West Virginia University in Charleston.

In addition, Dr. Bacchus has worked as a pediatrician in private practice for the past 10 years in Charleston, West Virginia. She is Board Certified by the American Board of Pediatrics and is a member of the American Academy of Pediatrics, the American Medical Association, and the American Society of Bariatric Physicians.

Dr. Bacchus will see patients at the Fort Myers Pediatrics office at 9350 Camelot Drive and at the Cape Coral Pediatrics office at 1261 Viscaya Parkway, Suite 101.

For more information, visit www.ppcswfl.com.



Dr. Melissa Bacchus

photo provided

Lab Earns Accreditation

The electroencephalogram (EEG) lab at Lee Health's Outpatient Center at Plantation has been accredited by the EEG Laboratory Accreditation Board of the American Board of Registration of Electroencephalographic and Evoked Potential Technologists (ABRET). This is the first Lee Health EEG lab to earn this accreditation.

Accreditation required the Lee Health EEG Lab submit EEG records that met the standards and guidelines of the American Clinical Neurophysiology Society and employ at least one registered neurodiagnostic technologist; the Outpatient Center at Plantation EEG Lab employs three R.EEGTs. The lab also had to submit its policies and procedures for ABRET's review. The other Lee Health EEG labs, located at Golisano Children's Hospital of Southwest Florida and HealthPark Medical Center will be the next to

pursue accreditation, followed by Gulf Coast Medical Center, Lee Memorial Hospital and Cape Coral Hospital.

"Having this accreditation enhances the reputation and recognition of our EEG lab," said Carol Emmick, director, Lee Health neurodiagnostic departments. "It verifies the quality of our technicians and EEG studies, and represents our commitment to high standards. It adds credibility to our EEG records when we send them to other labs and physicians, and to our patients."

An EEG is a non-invasive test that uses small, flat, metal discs, called electrodes that are attached to the scalp to detect electrical activity in the brain. EEGs can help diagnose epilepsy or other seizure disorder, brain tumors, head injuries, strokes, sleep disorders and dementia.

"Lee Health has grown from one EEG lab with four technicians to now having five EEG labs and 14 technicians," explained William Carracino, MD, neurologist and medical director of neurodiagnostics.

"This accreditation, and now moving toward accreditation for the other labs, is exciting because it reinforces our knowledge, promotes confidence, fosters professionalism and encourages continuing education."

According to ABRET, the accreditation process evaluates technical

standards, the quality of the laboratory's output and lab management issues. A successful accreditation means the EEG laboratory has met strict standards and is to be recognized as a place where patients and physicians can have confidence they are receiving quality diagnostics.

From page 19

Auto Repair

line of AAA batteries that come with three-year free replacement.

Legendary Auto works on all makes and models, both foreign and domestic. Services range from oil changes, brakes, timing belts, and tires to complex diagnostics and computer programming.

Legendary Auto is also a Bosch Certified Diesel Diagnostic Center, one of just two in the area certified for diesel diagnostics and repair.

"Our commitment to quality service

and job done right the first time has been a big part of the success that Legendary continues to experience," said Joe Billias, service manager. "Our team looks forward to earning the business of those in and around the Fort Myers area."

Some of the benefits offered to their customers include a free digital courtesy inspection, a three-year or 36,000-mile nationwide warranty.

They are open from 8 a.m. to 5:30 p.m. Monday through Friday, and Saturday from 8 a.m. to 4 p.m. Walk ins are always welcome.

For more information, visit www.legendarlyfl.com or call 277-1004.

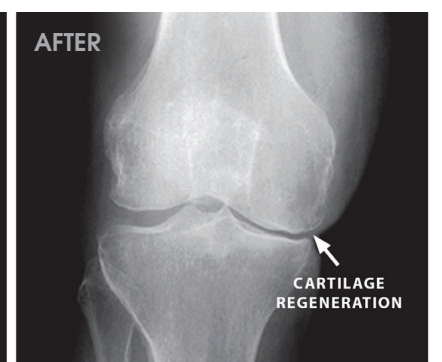
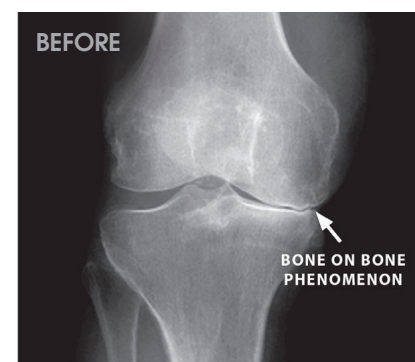
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Lee Health Hires System Director

Jeff Muddell, CFRE, has joined the Lee Health Foundation fundraising team. In his new role as system director of gift planning, Muddell will lead and advance the foundation's fundraising infrastructure, broaden and diversify support for Lee Health, as well as inspire the culture of philanthropy within Lee Health and amongst partners throughout the Southwest Florida community.

"I am very pleased to announce that Jeff Muddell has joined our team at Lee Health Foundation," said Skip Leonard, Lee Health chief foundation officer. "Jeff brings to the team a wealth of experience, vision and leadership that will no doubt have a substantial impact on Lee Health's philanthropic investments and our relationships within the Southwest Florida community."

Previously holding positions including vice president at Orlando Health Foundation and vice president of resource development at PACE Center for Girls in Jacksonville, Muddell is an experienced executive with a proven track record of successfully operating fundraising strategies. He specializes in capital campaigns and strategic planning for long-term development in the healthcare spectrum. He also has a unique background in local-level



Jeff Muddell photo provided television news broadcast.

To contact Muddell, call 343-6058 or email him at Jeff.Muddell@LeeHealth.org. For more information about philanthropy, visit www.LeeHealthFoundation.org.✱

Funds To Improve Health Centers

On August 15, the U.S. Department of Health and Human Services announced that \$4,710,489 has been awarded to 45 health centers in Florida as an investment in quality improvement, building upon their 2016 achievements. Health centers will use these funds to further improve the quality, efficiency, and effectiveness of the health care delivered to the communities they serve.

This announcement comes during Health Center Week, the annual celebration of the high-quality, affordable, primary care health centers have been providing for more than 50 years.

"Americans deserve a healthcare system that's affordable, accessible, of the highest quality, with ample choices, driven by world-leading innovations, and responsive to the needs of the individual patient," said Secretary Price. "Supporting health centers across the country helps to achieve that mission."

Health centers are receiving these funds to continue improving their services based upon high levels of performance in one or more of the following categories: Improving Quality of Care, Increasing Access to Care, Enhancing Delivery of High Value Health Care, Addressing Health Disparities, and Achieving Patient-Centered Medical Home (PCMH) Recognition.

"Today's awards will help health centers to provide their communities with high quality, affordable primary care," said HRSA Administrator Dr. George Sigounas. "Quality care remains a critical trait of the Health Center Program, especially because health centers are treating more patients than ever before."

HRSA also released new data compiled from health centers through its Uniform Data System (UDS) reporting, providing an update on the primary care services being provided to patients.

In 2016, nearly 26 million people (approximately one in 12 U.S. residents) relied on a HRSA-funded health center for affordable, accessible primary health care. Those figures include one in three people living in poverty; one in 10 U.S. children age 17 or younger; one in six U.S. rural residents; and more than 330,000 U.S. veterans.

For more than 50 years, health centers have delivered affordable, accessible, quality, and cost-effective primary health care services to patients. Today, nearly 1,400 health centers operate more than 10,400 service delivery sites nationwide.

For a list of FY 2017 Quality Improvement Awards recipients, visit: <https://bphc.hrsa.gov/programopportunities/fundingopportunities/qualityimprovement/index.html>. To learn more about HRSA's Health Center Program, visit <http://bphc.hrsa.gov/about>. To find a health center in your area, visit <http://findahealthcenter.hrsa.gov>.✱

From page 1

Indie Films

Florida Rep Artistic Director Jason Parrish, who added that the film was so short that he felt deprived of a beginning, middle and end. Actress/model Mercedes Gutierrez agreed, saying, "I didn't really get the point."

But in the ensuing audience discussion, theories were advanced that the reason the papers had to be destroyed was because they contained information that, had it come out, would have done more harm than good. Noticing that the office contained an old Apple computer monitor, one audience member conjectured that the papers contained the names of John F. Kennedy's true assassins. Ignoring the time reference contained in the film and with leaks of NSA information on Russian hacking in the news virtually every day, someone else postulated that the film was a metaphor for leaking classified documents to media outlets. "Think coup (d'etat)," summed up musician and former Planters keyboard player and vocalist Al Holland, adding depth and texture to a short film that might otherwise have been dismissed as regrettably simplistic.

It was Holland again who provided an exclamation point on the audience's interpretation of the next film, titled *Croissants*. This 6:25-minute short filmed in Barcelona depicts a couple (played by Pol Fernandez and Sofia Fleming) waking in the morning following an impromptu hook-up ("What is your name, again?") She sends him out to the corner bakery for two fresh and tender natural croissants, but when

he returns, she ignores the buzzer to her apartment. When he finds a way inside, his knock at her door is answered by a man who she wordlessly identifies as her husband by holding up the wedding ring that she's returned to her left hand.

Celebrity judges Jason Parrish and Mercedes Gutierrez both focused on the film's hopeful ending, in which the dejected guy returns to the bakery and makes a connection with the young girl behind the counter who sold him the two croissants. Members of the audience labeled the ending as "redemption" for him not outing the girl to her husband, a decision that demonstrated that he'd "held his own and retained his dignity." One audience member even praised the young woman for being so resourceful in letting her one-nighter know that the man standing next to her was her husband without saying a word. But then Holland picked up on something that no one else had noticed.

"She only asked him to go get the croissants after she got a call on her cell phone," he remarked. "Prior to that, they'd been talking about going out for breakfast together," leaving the implication that they'd return to her apartment afterwards. But what the woman hadn't counted on was her new lover's persistence or that he'd find a way to get inside the apartment building and show up at her door.

The film, which is produced and directed by Marius Conrotto, has been accepted into 40 film festivals to date, with one conferring its Best Actor award on Pol Fernandez.

One film that was roundly praised by both the celebrity judges and the TGIM audience was *LOC*, an animated film in

which people with clock heads discussed their perceptions of time. Gutierrez singled out a clock-headed homeless man whose sign read: Can you spare a minute? "I wonder," mused the actress/model, "how many of us would actually spare a minute for someone they didn't know."

An inveterate filmmaker, Tyler Shore surmised that the filmmaker interviewed people from all walks about what time meant to them and then personified their answers in the auspices of people who had intricately-crafted clocks for faces and heads. "It's so stupid but complex at the same time," he effused. "It's perfect."

Harkening to his background, training and experience as an accomplished director, Parrish was impressed by the various characters and characterizations presented by the film. "Sundial, genius," he proclaimed of a woman who continuously oriented her gnomon towards the sun so that it could cast a shadow on her dial. "Hour glass, genius," he added, referring to a man doing a headstand on the beach whose sand formed an integral part of his head.

But once again, it was left to the audience to comment on the theme or philosophical meaning of the film itself. "The ridiculousness of the clock heads," offered one audience member, "is a metaphor for the ridiculousness of trying to conceptualize time."

Actually, Parrish had it right when he used the term "genius." That was also the term applied to German philosopher Martin Heidegger when he published *Being and Time* in 1927. Heidegger argued in the book that since the epoch

of the ancient Greeks, philosophers had focused on individual or specific beings (i.e. the particular clockheads portrayed in the film) rather than analyzing the central concept of "being." And thus, perhaps the significance of *LOC* inheres not in how each individual clockhead perceives time, but rather in what life would be like for all clockheads if they could live life without reference to time... assuming, arguendo, that temporal beings can choose to live totally existentially with an eye on either the past or the future.

While the smartest people in Fort Myers may or may not congregate in the Davis Art Center's grand atrium for TGIM, you'll be hard-pressed to find anyone dealing with such heady constructs anywhere else in Fort Myers, if not all of Southwest Florida.

But wait a minute. Let's take a minute. It's not all seriousness and intellectualization.

Parrish used another operative term in describing *LOC* – irreverent.

And as if to counter-balance some of the heavy themes and discussion, Parrish, Gutierrez, Shore and Raddatz took terms poking fun at the films and cutting up in general, fomenting the type of humor characteristically found at a comedy club during a stand-up routine. That's the charm of TGIM. Nobody takes themselves too seriously.

If you missed TGIM on August 7, shame on you.

But don't be shamed a second time. The next TGIM takes place on Monday, September 4, the perfect way to end your Labor Day weekend. Visit www.sbdac.com/event/tgim-9-4-17/ to learn more.✱

Fort Myers Miracle Bark In The Park At CenturyLink Sports Complex



Alexis Foreman and Skye, a border collie, go through training techniques
photos by Bob Petcher



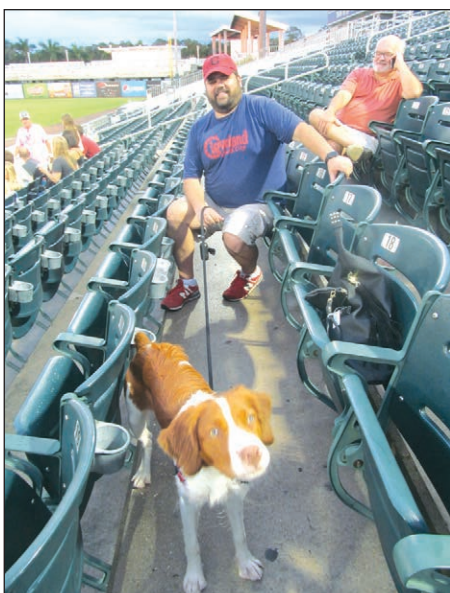
Tarra Wheeler and Sansa, a Belgium malinois, listen to a presentation

Fort Myers Miracle, the Advanced-A affiliate of the Minnesota Twins, held a Bark In The Park promotion where dogs were allowed into the ballpark with their owners last Thursday.

Unfortunately, the Miracle game versus the Lakeland Flying Tigers was cancelled after a rain delay due to poor field conditions. However, several dogs did get to socialize for a while.✱



Phil Stokoe and Panda, a standard poodle



Kevin Bresnahan and Rufus Unicorn Pizza, a Brittany



Jennifer Clavio and Louie, a pug and whippet mix



Donnie and Rowdy, two papillons



Fans and their four-legged friends waited for the rain delay to end, but the game was cancelled at roughly 8 p.m. due to poor field conditions



Doggiepal dog trainer Lander Bari and Clem, an English mastiff

deaRPharmacist

Saying 'No' Can Reduce Cortisol And Anxiety



by Suzy Cohen, RPh

Dear Readers: Cortisol is one of the hormones your body releases in response to stress, and it impacts many different functions in your body. People think cortisol is a bad hormone but it's not

bad at all, it helps regulate blood sugar levels and metabolism.

Cortisol is often referred to as the 'belly fat' hormone because too much cortisol causes you to gain weight, especially around your mid-section. In normal amounts, cortisol helps keep inflammation down.

But like all good things, too much cortisol results in a variety of health issues, from frequent infections to acid reflux, heart disease, diabetes and a higher risk of cancer.

Cortisol overload is mostly associated with adrenal fatigue. You will feel physically beat up and achy at times, very tense and on edge as well as overwhelmed. Your brain will refuse to comply and memory will slip, and you develop insomnia. Sugar, salt and fat cravings can also be intense so you probably will like eating a bag of sea salt potato chips and chasing it down with a sugary drink of some sort.

There's no easy fix at this point, but the quickest way to help yourself is to give yourself some me-time, or a vacation from whatever weighs on your heart and causes the stress. If you continue to drag yourself through each day, you'll wind up at a physician's office. Then you are sure to be given all kinds of psychoactive medications and possibly stimulants. But why would you want to start taking those drugs that are addictive or dangerous when you can ask to have your adrenals checked with a test? It's called a "4 Point Cortisol Saliva Test" or something similar, depending on the lab that you use.

If you are anxious or panicky, the fastest way to help yourself is to avoid processed foods and those laden with MSG or what's called "free glutamate"

foods that include either one of these ingredients included in fast food, junk food, cold cuts and broths, including bone broth. Chinese food is also pretty notorious for having MSG, although some restaurants have stopped adding it. Vegan diets are extremely high in MSG. Anxiety is provoked by medications in some people. The medications are asthma inhalers and pills; estrogen-containing drugs; antibiotics; steroids; selective serotonin reuptake inhibitor antidepressants; levodopa; decongestants; and thyroid medication in excess.

Adaptogens are helpful in rescuing tired adrenals, but let's be realistic, they can't compensate for a hundred micro-stressors a day, addictions to Facebook likes, a bad relationship or a horrible boss. Ask your doctor if either Siberian ginseng, Ashwagandha, Rhodiola, Schisandra, Tulsi (Holy Basil) are okay for you.

We can't entirely avoid stress or people who are crazy, and that's okay. But I'll tell you straight up, it is not intelligent to allow yourself to be taken advantage of. It's totally within your rights to set boundaries and politely say, "No." If you continue to put everyone's happiness first (above your own), you will surely be miserable and anxious. If you are a people pleaser, stop it. You're headed for disaster, then you'll be useless to everyone who needs you.

It's tough love, but someone has to tell 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.✱

Library Friends To Meet

Author Marta Elva will be the guest speaker at the Friday, September 8 meeting of the Friends of Lakes Regional Library at 1 p.m.

Elva, who was born in Mexico and currently resides in Matlacha, will discuss her novel *American Tumbleweeds*. Book sales and signing will follow the program.

The Friends programs are free. The public is welcome. No registration is required.

Lakes Regional Library is located at 15290 Bass Road in Fort Myers.✱

Chronic Disease Program

Lee Health's Lee Health Solutions, in partnership with many local community agencies and supported in part initially by a grant from the Southwest Florida Community Foundation, is offering It's All About You – a research-based Chronic Disease Self-Management program developed by Dr. Kate Lorig of Stanford University.

The program is designed for people age 18 or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions.

The workshop is 2.5 hours once a week for six weeks and it is free. The workshop will be offered on Thursdays beginning September 21 from 9 to 11:30 a.m. at Right at Home, 27657 Old 41 Road, in Bonita Springs.

For more information or to register, call 343-9264.✱

Doctor and Dietician

Young Athletes, Nutrition And Obesity



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

Have you ever been to a kids sporting event and noticed the athletic field and concession stand loaded with cupcakes, candy, sugary drinks and other junk foods? At a time where one out of three American kids are overweight or obese, the question arises as to whether kids involved in sports fare differently? It appears the tendency to consume junk food may be more common among young athletes. The results of seven out of 19 studies in *Current Sports Medicine Reports* showed sports participation was associated with the increased consumption of fast food, sugar-laden drinks and calories. The overall results of weight trends in the 19 studies indicated no difference between

sport participants and non-participants.

How is it possible that weight is a problem when sports participation boosts activity levels? Keep in mind that highly marketed items purchased at stores or at concession stands, including sports drinks, "fruit" snacks, granola bars and candy, can easily surpass 500 calories or more when combined. These items should be avoided as meal replacements and snacks, and sugary drinks should not replace water, as all of these can trigger overeating, blood sugar swings and weight gain. Kids in sports do expend more energy, but it's generally over a small amount of time, so they don't need to overcompensate with a huge caloric intake throughout the day.

Be aware of the opposite extreme... skipping meals. Kids need essential carbohydrates, fats and protein. Relying on packaged food or skipping meals altogether should be avoided because these young athletes need healthy meals for proper nutrients, energy and metabolism. Skipping meals may encourage binging afterward and unwanted weight gain. Preparing homemade meals and fresh ready-to-go snacks ahead of time can help keep energy levels steady and kids feeling their best both on and off the field.

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.✱

Lee Hospitals Earn High Ranking

Lee Memorial Hospital and HealthPark Medical Center earned recognition as a 2017 Best Regional Hospital by being ranked 14th in Florida by *U.S. News & World Report*. The two hospitals (combined) earned High Performance ratings in five medical procedures and conditions, including chronic obstructive pulmonary disease (COPD), heart failure, hip replacement, knee replacement and lung cancer surgery. Cape Coral Hospital and Gulf Coast Medical Center earned High Performance ratings in COPD and heart failure.

The annual *U.S. News Best Hospitals* analysis reviews hospitals' performance in clinical specialties, procedures and conditions. Scores are based on several factors, including survival, patient safety and nurse staffing. Hospitals are ranked nationally in specialties from cancer to urology and rated in common procedures and conditions, such as heart bypass surgery, hip and knee replacement and COPD. Hospitals are also ranked regionally within states and major metro areas.

"Lee Health's vision is to inspire

hope and be a national leader for the advancement of health and healing; this recognition from *U.S. News & World Report* is an endorsement that we are moving toward our ideal future where we continuously provide the highest quality, leading-edge, collaborative, patient-centered care," said Larry Antonucci, MD, MBA, Lee Health president and CEO. "As we continue to transform our processes and care delivery, we will look to these high performing departments, services, programs and facilities for ideas and inspiration."

The annual ratings in procedures and conditions focus on Medicare patients. *U.S. News* profiles and evaluates every hospital in the American Hospital Association's Annual Survey Database. In 2017, *U.S. News* evaluated data on nearly 5,000 hospitals in 16 adult specialties, nine adult procedures and conditions and 10 pediatric specialties. Only 10 to 21 percent of hospitals were rated High Performing in each of the specialties, procedures and conditions evaluated; fewer than 30 percent earned even a single High Performing rating. Hospitals that do well in multiple areas of adult care, like Lee Memorial Hospital/HealthPark Medical Center, may be ranked in their state and metropolitan area. More than 250 hospitals were evaluated in Florida.✱



Cantaloupe with Chicken Salad

photo courtesy Fresh From Florida



Cantaloupe with Chicken Salad

Salad
2 cups chicken cooked, shredded
2 cups fresh blueberries, rinsed and dried
1 cup celery, sliced
1 cup green seedless grapes, halved
½ cup pecans, chopped

3 cantaloupes, halved and seeded
Dressing
½ cup low-fat mayonnaise
¼ cup low-fat sour cream
1 tablespoon lemon juice fresh
1½ teaspoons lemon zest grated
1½ teaspoons natural sugar
½ teaspoon fresh ginger root, ground
Kosher salt and fresh ground pepper to taste
In a large bowl, combine chicken, blueberries, celery, grapes and pecans. In a small bowl, mix dressing ingredients. Pour over the chicken mixture and toss gently. Spoon into cantaloupe halves.

Yield 6 servings.✱

HORTOONS



THE RIVER WEEKLY NEWS

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

ARTS

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

CLUBS & ORGANIZATIONS

Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE (National Active & Retired Federal Employees)	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Gateway to the Islands	218-5768
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900

AREA ATTRACTIONS

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

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

PUZZLES

Answers on page 29

Super Crossword M-T SET

- ACROSS**

1 Comic Viking

6 It licenses lawyers

14 Habit-kicking programs

20 Florida city

21 It made Razr phones

22 Take a — (give a go)

23 Was glad to stick around?

25 New Orleans university

26 Outdated

27 Entertainer Zadora

29 Decrees

30 Grouch's cry

31 Monotonous predictions from mind readers?

36 Get all sudsy

40 Rho follower

41 Big beer

42 Colorful bird helping out?

46 Pop group — Tuesday

49 Untimely?

50 Hoop dangler

51 Conk

52 Powdery
- 54 Just make, with "out"

55 Book leaf

57 Snap a pic of an animated character?

61 See

63 Across

63 With

61-Across, Yankee who won the 1997 Silver Slugger Award

64 Nels or Nellie on "Little House on the Prairie"

65 Massive coup?

69 1980s game consoles

72 Do, —, fa, sol, la, ti, do

73 Oratorical art

77 Steering rod on a purple dinosaur's boat?

80 Harvard rival

81 Sch. URL ending

82 Consecrate

83 Suffix with Vietnam

84 Slalom, e.g.
- 85 Distance unit in astron.

86 According to

87 A trio of fuddy-duddy ducks?

93 Sandal, e.g.

95 Go get

96 Late, great crossword puzzle writer Merl

97 Buying candy for trick-or-treaters, e.g.?

102 "Tsk!"

103 Edgar — Poe

104 — -Blo fuse

105 Deprived of parents

110 Bread units

112 Flooring unit that can be installed in about 7% of an hour?

117 Intertwine

118 Distribution

119 Hair tint stuff

120 Like freshly baked

110-Across

121 Spruced up

122 Like a cliff
- DOWN**

1 Twinkie alternative

2 Hail —

3 Spaces

4 Rival of lams

5 Relative of a trolley

6 Rocker Patty

7 Lug along

8 — minimum

9 Craggy crest

10 Go astray

11 Young male, in hip-hop

12 A, in Hebrew

13 Halves of diameters

14 Q-U link

15 Liszt works

16 Many a salt, chemically

17 Manual calculators

18 Swahili's subfamily

19 Geyser spew

24 Hopped

28 Say "OK" to

31 Brad of films

32 Cpl.'s boss

33 Singer

34 Sumac

34 Isn't unable

35 Road goo

36 City of witch trials
- 37 Japanese port city

38 Daisy lookalike

39 Flaky treat

40 Allergic reaction

43 Wrath

44 "I could write —"

45 Obtained

46 General — chicken

47 "Am — early?"

48 NFL's Swann

52 Strike out

53 In — (gestating)

55 Sprites

56 Edgy

57 Sword stuff

58 Blackjack request

59 Studio alert

60 Shanty

62 Aquatic birds

66 1957

67 Singer

68 Badu

68 Atheist

Madalyn Murray —

69 "Dancing Queen" band
- 70 Like a giant

71 District

74 Label again

75 Rustic verse

76 Jinx

78 Small giggles

79 Medit. nation

84 Use a straw

85 Grazing spot

87 AAA offering

88 Young newt

89 Salty waters

90 Gallon divs.

91 Spew forth

92 Restraints

93 Works hard

94 Candid

97 "Roots" novelist Alex

98 By oneself

99 Camel kin

100 Spritelike

101 Gallows loop

102 Evened (up)

105 Years ago

106 Toiling away

107 — -to-five

108 In addition

109 Low in pitch

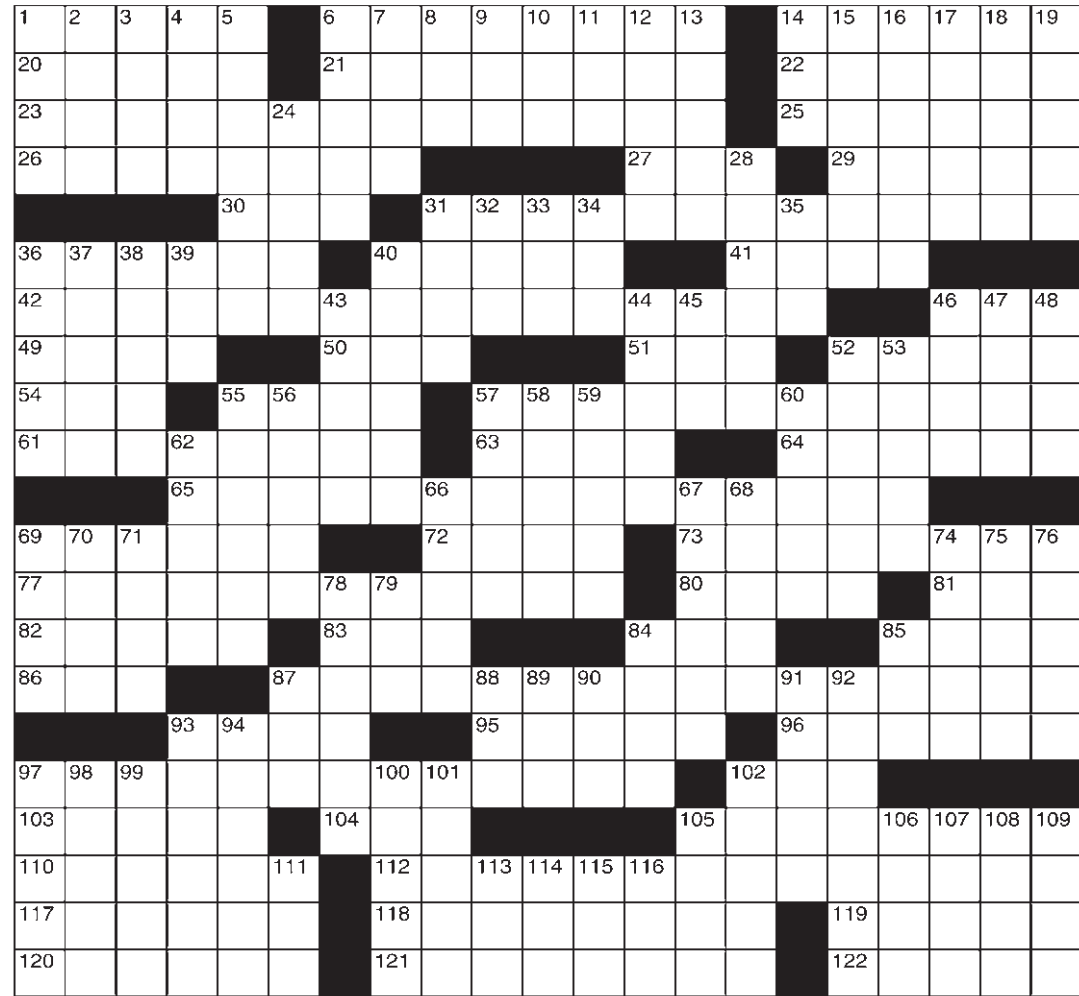
111 Reticent

113 D.C.'s home

114 Road furrow

115 West in film

116 Small hotel



King Crossword

- ACROSS**

1 Moby-Dick's pursuer

5 Strange

8 Slight coloration

12 Disturb

13 Hawaiian neckwear

14 Reed instrument

15 Tunes

17 Diamond source

18 Court

19 Spring, for one

21 Unspoken "I dunno"

24 Leave suddenly

25 Henhouse

26 Became less harsh

30 Everything

31 Bisect

32 Commotion

33 Creator of 1-Across

35 "Phooey!"

36 Shoppe describer

37 Greedy one's cry

38 Wheedle

41 "A mouse!"

42 Enthusiastic

43 Rapid decline

48 Equestrian game
- 49 Type squares

50 Concept

51 Aware of

52 Regret

53 Retain

10 Taboo, to a child

11 Adolescent

16 Pooch

20 Model

21 Con game

22 Golf target

23 Hot dog holder

24 Southern lass

26 Seasickness

27 Friendly

28 Dutch cheese

29 Be too fond

31 Jack and Jill's terrain

34 Type of doll
- 35 Long-snouted antelope

37 Obtain

38 Crime boss

39 Shakespeare's river

40 Leave at the altar

41 Different

44 Ostrich's cousin

45 Rhyming praise

46 Teensy

47 Siesta

DOWN

- 1 Upper limb
- 2 Weeding tool
- 3 Have a bug
- 4 Explode
- 5 Hodgepodge
- 6 Cee follower
- 7 Turn to liquid
- 8 Beefsteak or plum
- 9 Sacred bird of Egypt

MAGIC MAZE ● SINGLE —

B O L I F C Z E W T Q N K I F

C Z W U R P M J S H E C C Z X

U S Q N F L J G E O C U Z X V

T R P N L I J H E C P R A Y W

V N T S R P L N D T L R K I G

E R O T C B Z E X N G E U W U

S R E I P O D M R E C N L P J

I G E T T N D B X R A C I D Y

X W U C A C T S U A A Y E W Q

P T O H S E A O O P T B N L K

Y R T N E U S S I J H G F D C

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

- Action

Barrel

Bed

Currency
- Entry

Handed

Issue

Parent
- Purpose

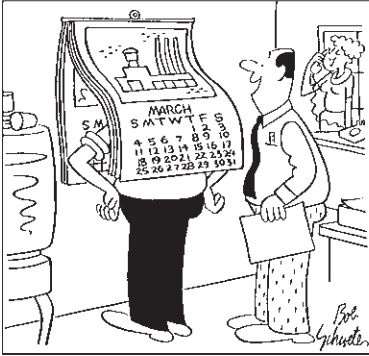
Seater

Shot

Source
- Stitch

Tax

Wing



"Guess you're pretty focused on your upcoming _____."

answer on page 29

SCRAMBLERS

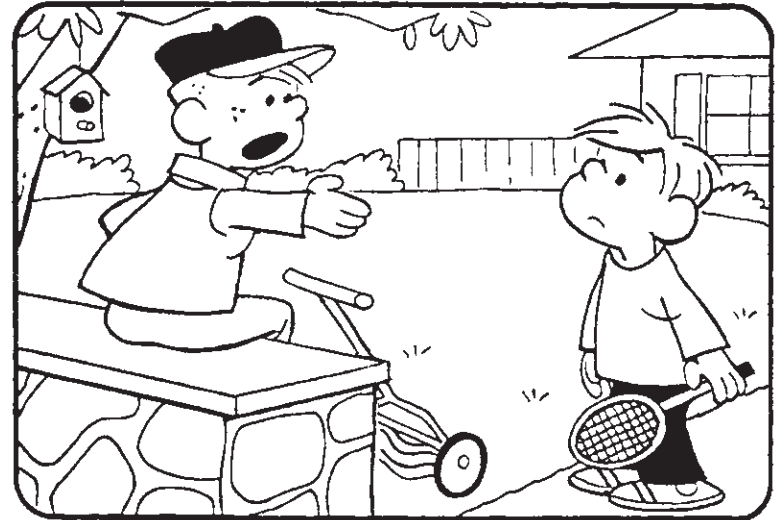
Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Harsh	RESEVE	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Bend	CEASER	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Sniff	HEALIN	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Sturdy	TURBOS	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

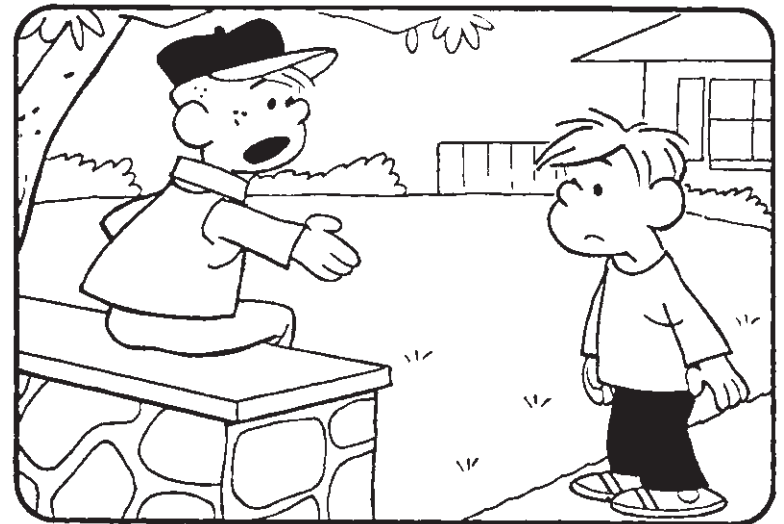
TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Birdhouse is missing. 2. Arm is missing. 3. Lawn mower is missing. 4. Fence is shorter. 5. Head is tilted. 6. Tennis racket is missing.

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

SUDOKU

To play Sudoku:

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

answer on page 29

Put Your Coast On Our Cover With This Contest

submitted by
Ken and Kate Gooderham,
ASBPA Managing Directors

Are you planning to go to the coast in the next month? Will you take your camera or phone? Or have you gone to the coast any time this year? We bet you took some great photos. Were they of the marshes? The beach? The bluffs? If so, submit them to American Shore & Beach Preservation Association's (ASBPA) 10th annual Shore & Beach photo contest by September 8. Your photograph could end up gracing the cover of *Shore & Beach* journal in its first issue of 2018.

The purpose of the contest is to highlight the beauty, variety and natural wonders of America's magnificent coasts as part of celebrating nearly 85 years of continuous publication of *Shore & Beach* by ASBPA.

Any photographs depicting the

coast taken since January 1, 2016 are appropriate. These include bluffs, beaches, marinas, wetlands, marine life, recreational facilities and engineered projects as long as they include the setting in which they were built (i.e. no portraits of dredges or your favorite coastal armoring).

Photographs can be full color, black and white, sepia or colorized. Manipulated photographs (colorized, posterized, solarized, etc.) are also welcome if you briefly describe the changes or procedure. The original base photograph must have been taken by the submitter.

Categories for submission are all U.S. regions, states and territories: east coast, Gulf of Mexico coast, Caribbean (Puerto Rico, U.S. Virgin Islands), Pacific Coast (one category for U.S. mainland and Alaska and the other for U.S. Pacific Islands (e.g. Hawaii or Guam).

Winning photographs may be used as cover art on *Shore & Beach*. Therefore, vertical-format photographs are highly preferred. Horizontal photographs can be submitted, too, but if a horizontal format photograph is a

winner, the editors of ASBPA may have to crop some of the scene, at their sole discretion, to fit on the cover of *Shore & Beach*.

Submit up to five photographs total in electronic files in jpeg, tiff or bmp format to the following e-mail address: contest@ASBPA.org.

Send the full size jpeg file as created in your camera (note: minimum camera resolution of 3 megapixels to allow for sufficient printing quality for cover art) or a reduced-size file (800x600 pixels minimum). Winners will have to send the full size file later.

What will we need to know from you in the text of the email? The basics:

1. Your name
2. Physical address
3. Email address
4. Occupation and place of employment
5. Photograph title or description
6. Date taken
7. Geographic category (see previous list)
8. Indicate if submission is full size original or reduced size file for contest purpose


9. Other notes, if necessary (what is happening if it is an unusual scene, why you took the photograph, etc.).


Prizes are essentially bragging rights. Not exactly the cover of *Rolling Stone*, but not a bad deal for the amateur photographer nonetheless.


Winners in each category will have his or her name and photograph printed in either *Shore & Beach* or the ASBPA's *Coastal Voice* e-newsletter, or both. A grand prize winner will be selected from among the category winners to have his or her photograph printed on the cover of *Shore & Beach* and receive a one-year annual membership renewal to ASBPA.


Other entries of outstanding merit may be printed in *Coastal Voice*, *Shore & Beach*, or on the ASBPA website. (Note: The editors may contact you for more information). All decisions by the ASBPA judges will be final and binding. Editors and officers of ASBPA will serve as the review and judging committee.


For more details, go to www.asbpa.org/2017/07/25/deadline-coming-soon-for-asbpa-2017-photo-contest/


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


**SATURDAY**
Showers Likely
High: 90 Low: 80

**SUNDAY**
Showers Likely
High: 90 Low: 80

**MONDAY**
Cloudy
High: 93 Low: 82

**TUESDAY**
T-storms Likely
High: 89 Low: 79

**WEDNESDAY**
T-storms Likely
High: 86 Low: 76

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

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	4:00 am	9:47 am	4:19 pm	10:10 pm	Fri	3:05 am	9:49 am	3:24 pm	10:12 pm	Fri	4:29 am	10:40 am	4:56 pm	10:57 pm	Fri	6:10 am	12:58 am	6:29 pm	1:03 pm
Sat	4:27 am	10:40 am	5:12 pm	10:39 pm	Sat	3:32 am	10:42 am	4:17 pm	10:41 pm	Sat	5:02 am	11:18 am	5:36 pm	11:26 pm	Sat	6:37 am	1:26 am	7:22 pm	1:56 pm
Sun	5:00 am	11:41 am	6:17 pm	11:11 pm	Sun	4:05 am	11:43 am	5:22 pm	11:13 pm	Sun	5:31 am	11:57 am	6:15 pm	11:51 pm	Sun	7:10 am	1:55 am	8:27 pm	2:57 pm
Mon	5:39 am	12:51 pm	7:45 pm	11:50 pm	Mon	4:44 am	12:53 pm	6:50 pm	11:52 pm	Mon	5:59 am	12:41 pm	6:55 pm	None	Mon	7:49 am	2:27 am	9:55 pm	4:07 pm
Tue	6:27 am	2:09 pm	9:40 pm	None	Tue	5:32 am	2:11 pm	8:45 pm	None	Tue	6:23 am	12:10 am	7:38 pm	1:35 pm	Tue	8:37 am	3:06 am	11:50 pm	5:25 pm
Wed	7:28 am	12:42 am	11:18 pm	3:26 pm	Wed	6:33 am	12:44 am	10:23 pm	3:28 pm	Wed	6:45 am	12:19 am	8:26 pm	2:36 pm	Wed	9:38 am	3:58 am	None	6:42 pm
Thu	8:41 am	1:57 am	None	4:31 pm	Thu	7:46 am	1:59 am	11:20 pm	4:33 pm	Thu	7:16 am	12:28 am	9:25 pm	3:36 pm	Thu	1:28 am	5:13 am	10:51 am	7:47 pm

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PSA

PUBLIC SERVICE ANNOUNCEMENT

Narconon reminds families that an intervention can be the difference between life and death. Interventions are powerful tools that can be used when an addict refuses to get help or seek treatment. To learn more about how to conduct an intervention for your loved one and save their life go to
<http://www.narconon-suncoast.org/blog/the-power-of-an-intervention.html>
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AFTER SCHOOL BABY SITTER/HOUSE MANAGER NEEDED. MUST HAVE TRANSPORTATION

Twin 6th graders, east end location. Seeking mature, responsible person who is organized, can plan and schedule, and most importantly is kind but firm with the girls. Responsibilities include: school pick up, transportation to activities, keeping schedules organized, basic house maintenance and meal prep. Please contact me at (917) 701-5086

8/25 ★ 9/8

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.

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7/28 ★ 9/15

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★RS 8/5 CC TFN

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Call (239) 334-7007 or donate online at:
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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS



Harry Chapin Food Bank
OF SOUTHWEST FLORIDA

PETS OF THE WEEK



Randy ID# 709148

photos provided

Lee County Domestic Animal Services

Randy And Sugar Rae

Randy is one of the ‘tweens looking for a home to call his own. As you can see, he is not afraid to say his favorite color is pink. He is a sleek climber and gets around without being noticed. He would love to be adopted with a feline friend who can be adopted at no charge. Randy’s adoption fee is \$50.

Sugar Rae has had a tough go of things in her young life. She came to the shelter with her mom and two sisters. She has been adopted and returned because she is too timid. Sugar Rae would thrive in a home with another dog that will teach her that life is OK. She comes out of her shell when she is with other dogs and is an absolute joy to be around. With patience and time, she will blossom into a great addition to the right family. If you stop by and meet her, you are sure to fall in love with her underbite as quickly as the staff at the shelter has. Sugar Rae’s adoption fee is \$75.



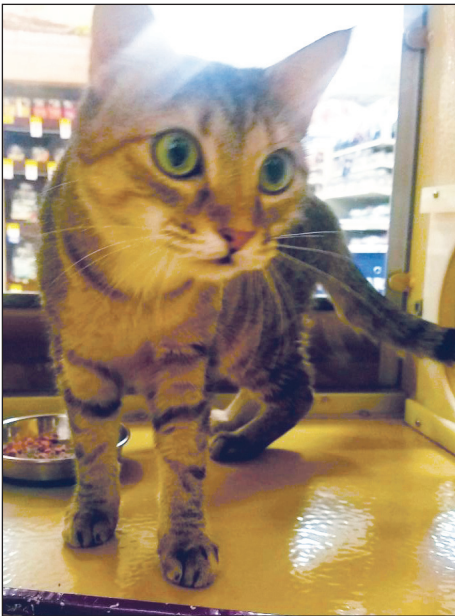
Sugar Rae ID# 705204

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.*

Haven on Earth Animal League
Mo And Solar



Mo

photos provided

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



Solar

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.*

Share your community news with us.
Call 395-1213
Fax: 395-2299
or email press@islandsunnews.com

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Edgewater Estates	Fort Myers	2003	5,572	\$1,999,999	\$1,600,000	150
Marina Isle	Bonita Springs	2002	3,608	\$1,324,500	\$1,210,000	84
Imperial Shores	Bonita Springs	2014	3,025	\$1,095,000	\$950,000	140
Cape Coral	Cape Coral	2012	2,750	\$997,000	\$953,500	64
Cedar Glen	Estero	2001	3,016	\$949,000	\$892,500	170
Whispering Ridge	Estero	2002	2,882	\$724,900	\$699,000	71
Catalpa Cove	Fort Myers	1999	2,441	\$650,000	\$630,000	41
Cape Coral	Cape Coral	2011	2,521	\$647,900	\$615,000	37
Cape Coral	Cape Coral	1995	2,272	\$644,900	\$585,000	223
Fort Myers	North Fort Myers	2004	2,711	\$589,000	\$575,000	88



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