



From the Beaches to the River District downtown Fort Myers VOL. 16, NO. 36

SEPTEMBER 1, 2017

FREE

Take Me

Home

Art Grant **Recipients** To Be Honored

Tinners of the 2017 Fort Myers Art Grant award will be honored during the Fort Myers Individual Artist Grant Recipient Show at Sidney & Berne Davis Art Center on Friday, September 1 from 6 to 10 p.m. Each year, the City of Fort Myers

provides grants to local artists who demonstrate that they are making a meaningful contribution to the arts and culture of the city. This year, current and past grant recipients will share their work in a wide-ranging show that puts on parade a diverse array of genres, media and cuttingedge techniques.

Participating in the show are visual artists David Acevedo, Linda Benson, Katherine Boren, Andy Brown, Cornell Bunting Mark Cranford, Pat Collins, Scott Guelcher, David Hatchett, Lily Hatchett, Ray Hernandez, Krista Johnson, Leo Johnson, David Meo, Christine Penuel,

Dana Roes, Terry Lynn Spry, Gregory Van Kirk, Warren Van Kirk and Roseline Young. Together, they will be exhibiting a array of paintings in oil, acrylics and watercolor, mixed media works and collage, free-standing sculpture and wallhangings, and wall-sized murals.

In addition, this year's show will feature performance art pieces by Lily Hatchett and Kat Epple (who will be joined by David Hatchett), conceptual artist Mark Cranford, Cornell Bunting, and the Brothers Van Kirk, who are the core of popular Pine Island hipster band Strange Arrangement. Introductory remarks begin at 8 p.m., with performances to follow immediately after.

The City of Fort Myers individual artist grant program recognizes the importance of the arts to the cultural, educational and economic well-being of its diverse population. According to the recently released Arts & Economic Prosperity 5 report prepared by the Americans for the Arts in association with the Lee County Alliance for the Arts, Fort Myers' nonprofit arts and culture sector generates \$49.7 million in annual economic activity, gener-



Home Before Times by David Acevedo image provided

ates \$32.2 million in household income to local residents, delivers \$6.7 million in state and local tax revenues and supports 1,389 full-time equivalent jobs. It is to foster and enhance this level of economic activity and provide its residents and visitors with a full range of cultural experiences that the City of Fort Myers provides funding for arts and cultural programs.

Administered by the City of Fort Myers Public Art Committee, the Individual Artist Grant Recipient Show gives residents, visitors and other guests an unparalleled opportunity to glimpse the future of the arts in the city – and all of Southwest Florida – and talk shop with some of the brightest, most energetic and avant garde visual, conceptual and performance artists living and working in the local community.

The Fort Myers Individual Artist Grant Recipient Show runs through September 26

The Sidney & Berne Davis Art Center is located at 2301 First Street in the heart of the downtown Fort Myers River District. For more information and gallery hours, call 333-1933 or visit www.sbdac. com.炎



Jeff Ocasio from Ocasiocasa works in his studio

photo provided

Gallery Offers Peace During SoCo Saturday

or the month of September, members of DAAS Co-op Art Gallery & Gifts have coordinated a heartfelt exhibition with the simple, yet important concept of peace. The opening reception of PEACE coincides with the SoCo Second Saturday event, held within the SoCo Cultural District on Saturday, September 9 from 6 to 10 p.m.

Former DAAS Co-op members Jeff Ocasio and Diana Ripoll are curating the continued on page 22



Peace1 by David Acevedo image provided

Pups Of The Caribbean Yappy Hour

ell Tower Shops and the Gulf Coast Humane Society have partnered to host a pirate-themed Yappy Hour block party at the Bell Tower Center Court on Friday, September 8 from 6 to 8 p.m.

Yappy Hour will feature a costume contest to name the best pirate pooch of the seven seas. The contest's winning dog and owner will receive a special treasure. Pets and their owners are invited to come decked out in pirate gear for a chance to win. An onsite \$5 donation to the Gulf Coast Humane Society is requested per dog to enter.

There will be live music by Peter Kolter and Constantine Grim of Electric Mud, a bounce house, a sidewalk chalk station and lawn games. Cru will provide the beer and



In August, Yappy Hour dogs dressed in their favorite college attire photo provided

wine for the evening, with all proceeds from beer purchases to be donated to the Gulf Coast Humane Society. Omaha Steaks will also present a Doggone Good Deal with \$2 hot dogs and \$1 water bottles. Proceeds will go to the Gulf Coast Humane Society. Pets Du Soleil Photography will be offering pet portraits, with 25 percent of the proceeds benefiting the Gulf Coast Humane Society.

Throughout the evening, visitors will have the chance to stop by dog-friendly sponsor stations and can also meet adoptable dogs from the Gulf Coast Humane Society

Yappy Hour is the area's largest pet-friendly social hour. Pet lovers are invited to bring their four-legged friends out for an evening of fun at the dog-friendly shopping, dining and entertainment destination.

For more information, visit www.thebelltowershops.com or www.facebook.com/ BellTowerShops/、举

Historic Downtown Fort Myers, Then And Now:

Tides Motel



by Gerri Reaves, PhD

ecades ago, motorists entering Fort Myers from the north via the old Edison Bridge were channeled onto Fowler Street. From there, they had the option to turn left or right on First to find accommodations.

A left turn took them past many beautiful homes built in the early 20th century by wealthy out-of-towners for winter homes. Those homes were reminders of the town's history.

By the 1950s, motorists also found several modern motels east of Fowler, among them the Edgewater, the Sea Chest and Towne House.

Another was the Tides Motel, seen here in two postcard images dating from about the time it opened in 1956.

A year later, the nine-unit Edgewater was built next door on the east side. It was later renamed the Ta Ki-Ki Motel and lastly, the Ta Ki-Ki Riverfront Inn.

The Tides Motel advertised itself as "a place in the sun." It was typical of the motels prominent in nostalgic recollections of old Florida: one-story and sprawling – a bit like a 1950s ranch house, with a stylish sign, a porte cochere and the requisite palm trees.

The 24-unit motel offered an unobstructed river view, a swimming pool by the



This postcard image shows the Tides Motel about the time it opened on First Street in 1956. It was located on the riverfront at the foot of Evans Avenue.

photo courtesy SWFL Florida Historical Society

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The former Tides and neighboring Ta Ki-Ki properties were demolished in 2005. Condo towers are planned for the site. photo by Gerri Reaves

river and phones in every unit. And, it was within walking distance of the business district.

A dock made it accessible for boaters. What more could you want?

The heyday of the motels along East First has passed, but two original ones remain and are vintage landmarks in that part of town.

Two others have been converted, one to apartments and the other to condos. But the neighboring Tides and Ta Ki-Ki were demolished in 2005.

Now, twin condo towers are planned for the adjoining properties.

Walk down to First and Evans, imagine it's the 1950s and you have your pick of motels.

Then visit the following two research centers to learn more about mid-20th century tourist accommodations.

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

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

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

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

For information, call 332-8778 or visit www.leecountyblackhistorysociety.org. Sources: Archives of the Southwest Florida Historical Society and Fort Myers News-Press.☆

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Critical Thinking Lectures Series

Forida SouthWestern State College (FSW) will host a string of guest speakers in September as part of its Critical Thinking Lecture Series on its Fort Myers campus at 8099 College Parkway. The series is free and open to the public.

Community leaders will discuss how they use critical thinking skills in their profession or focus on critical topics from their area of career or academic interest. Through the series, participants will learn more about careers of interest while also applying critical thinking to the topics presented.

The September schedule is as follows: Wednesday, September 6, 9:30 to 10:30 a.m. -- Critical Thinking in Higher Education with FSW President Dr. Jeff

Alliance Classes And Workshops

The Alliance for the Arts is offering a diverse new class schedule for the 2017-18 season. It includes drawing, music lessons, printmaking, photography and more.

"Creativity shapes our identity and ties us together," said Director of Operations & Education Brandi Couse. "We're excited to see our great classes return of some audience favorites and thrilled to add some great classes to the roster."

The Alliance offers over 200 affordable classes and workshops for artists of all ages and skill levels year-round. New additions to the line-up include:

DIY Printmaking with Mama's Sauce (for ages 14 and older); September 9 from

Allbritten; Building U-102;

Tuesday, September 12, 12:30 to 1:30 p.m. -- Put On Your Thinking Cap: Six Hats for Better Decision Making with FSW First Year Experience Professor Dr. Mary Myers; Building AA-177 Monday, September 18, 2 to 3 p.m.

Monday, September 18, 2 to 3 p.m. -- Critical Issues in Law Enforcement: Past, Present, and Future with Fort Myers Police Chief Derrick Diggs and Lee County Sheriff's Office Undersheriff Carmine Marceno; Building AA-177

Thursday, September 28, 11 a.m. to noon -- Risk Free, Reward Free: Take the Path Less Traveled with Chauncey Goss, founder and managing partner of Goss Practical Solutions; Building AA-177

For more information on the FSW Critical Thinking Lecture Series, contact Whitney Rhyne, director, Strategic Initiatives, at 433-6943 or Whitney. Rhyne@fsw.edu.*

9:30 a.m. to 1:30 p.m.; Instructed by Nick Sambrato.

Watercolor Workshop (for ages 16 and older); Saturday, October 21 from 9:30 a.m. to 4:30 p.m.; Instructed by James Beech.

Still Life Workshop with Elio Camacho (for ages 17 and older); Wednesday, November 15 from 9:30 a.m. to 5 p.m.;

Instructed by Elio Camacho. Step Up to Arts (third grade to fifth

grade); Fridays, September 8, 15, 22 and 29; Instructed by Kathryn Dunn. Drawing I & II (for ages 10 to 17);

Sundays, September 17 and 24, October 1 and 8; Instructed by Kevin Madieros.

Alliance membership saves 20 percent on classes and workshops. To become a member, visit www.ArtInLee.org/Join.

For more information, to register, visit www.ArtInLee.org/Education or call

939-2787.举

Moonlight Garden Exhibit Rescheduled

Due to weather conditions, the Moonlight Garden presentation and exhibit opening at Edison & Ford Winter Estates has been rescheduled for Friday, September 8 at 2 p.m. The event includes a Moonlight Garden walk and local artists' plein air painting exhibit. 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 garden.

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.**



Ecological Gallery Lecture

The Art Galleries of the Bower School of Music & the Arts at Florida Gulf Coast University (FGCU) will present Wendy Wischer: Ecological Syntax Lecture in the FGCU Cohen Center, Room 247 on Thursday, September 14 at 5 p.m. Wischer will be joined by Win Everham, professor of environmental studies. The lecture and reception are being co-sponsored by The Center for Environmental and Sustainability Education.

Wischer will be working with art, theatre and science students throughout the fall semester. Students will be making work that will be on display in the ArtLab Gallery exhibition Stop and Listen: Environmental Awareness and Restoration from October 5 to November 17. The students will also be contributing to Wischer's solo exhibition in February 2018. Wischer is the fourth artist to participate in the Art Galleries' Crossroads of Art & Science series.



photo provideo

The Cohen Center is located in the middle of the FGCU campus. A visitor's permit is required for parking and can be obtained at the information booth shortly after turning into the main entrance of the FGCU campus. From there, obtain directions to the visitor's parking in Parking Lot 5. Room 247 is on the second floor of the Cohen Center.

For more information on this lecture or the exhibitions, go to www.artgallery. fgcu.edu or call Anica Sturdivant at 590-7199 or asturdiv@fgcu.edu.‡





First Female Welding Grad Goes To Work

anet De La Cruz has always been inspired by the teachers in her life. When she was younger, she first wanted to be an elementary school teacher and later a speech language pathologist.

"In elementary school, I had the most amazing music teacher so that was my inspiration for wanting to teach," she said.

Her career would take a drastic turn as a student at East Lee County High School, once again thanks to a teacher.

"My teacher, Mr. Filler, was talking to me about what type of electives I could take," she said. "He talked about nursing, fire fighting and emergency technicians, but those weren't really me.

Then he told her about welding. "He said, 'Basically you'll be playing

with fire,' and I said 'That sounds awesome'

From the first class, De La Cruz was hooked and fell in love with welding. That elective led her to pursue dual enrollment her senior year in order to earn an industry certification through Fort Myers Technical College.

The welding technology class at Fort Myers Technical College provides a fastpaced, high heat, learning environment for its students. De La Cruz was the class's only female welding student.



Janet De La Cruz

In May, she became Lee County's first female student to receive an American Welding Society certification and recently started her full-time career as a welder with Direct Industrial Products and Machining in LaBelle. "Women are better welders," said



Michael Landrum, welding instructor at FMTC. "They have the three things that all my students need to succeed: patience, attention to detail and focus."

When Brent Kettler, executive director with the Hendry County Economic Development Council and a member of the FutureMakers Coalition, learned of De La Cruz's certification. he reached out to Mark Chapman, president of Direct Industrial Products and Machining to tell him about her accomplishments.

Direct is an industrial construction supply store and fabrication/machine shop that has partnered with the FutureMakers Coalition in the past on student mentoring. Chapman offered De La Cruz a position with his company the day of her interview.

"Janet is another example of how workforce development is a win-win for our community," said Chapman. "We, like many other businesses in Hendry County, are in constant need of qualified workers for hard-to-fill trades positions. When business and education come together, not only are we paving the future for that student, we are providing them with the proper tools to work in the industry that they strive to do well in."

"This is a great example of how

Commemorate A Decade At Davis Art Center

he Sidney & Berne Davis Art Center's 2017-18 season marks 10 years of bringing downtown Fort Myers the best in arts programming, boasting outdoor festivals, concerts, special events, art exhibitions and arts educational programming.

The center's 10th anniversary season kicks off with several concert series and two shows from the legendary Second City. September begins the Noteworthy Concerts, where audiences can enjoy notable bands paired with fantastic local breweries. This season, the Noteworthy Concerts will feature Soulixer, Wilder Sons, The Copper Tones, and Late Ones.

As a special treat, the Davis Art Center will host two improv shows from the Second City, an improvisational comedy enterprise. See the hilarious troupe that has helped incubate some of the greatest comic performers of our time, including Steve Carell, Chris Farley and Tina Fey, during the last weekend in September.

In addition, the Jazzy Nights Series and the Chamber Concert Series are back for another season at the Davis Art Center.

the FutureMakers Coalition's effort to connect education and business to transform the workforce is working,' said Kettler. "Business education partnerships are the key to filling indemand jobs, improving the economy and creating social mobility."

Often times students will get a certification or degree but then don't know where to turn to get a job," De La Cruz added. "FMTC was so great because our instructor would bring businesses into the school to talk to us and tell us about career opportunities. It was really helpful for a student like me who wanted to go to work as soon as I finished school.

The FutureMakers Coalition's goal is to transform our workforce by increasing the number of Southwest Florida residents with degrees, certificates and other high-quality credentials by the year 2025.

The Southwest Florida Community Foundation serves as the anchor organization for the coalition. The FutureMakers Coalition encourages residents to join and support this community-changing initiative. For more information, visit www. futuremakerscoalition.com, call 274-5900 or email Tessa LeSage at TLeSage@floridacommunity.com.举



A fashion model during a previous Art Walks photo provided the Runway event

Jazzy Nights features the return of critically acclaimed performer Kate Davis, as well as more jazz greats, like Dan Miller, Lew DelGatto and Professor Cunningham and His Old School.

Likewise, some of the best classical continued on page 24





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Fort Myers Art: Childhood Story Obsessed Over In Alumni Exhibition



by Tom Hall

n view now through September 21 at Florida Gulf Coast University (FGCU) is 20/20: Art Alumni Exhibition. As the name connotes, 20 alumni of the FGCU art program are

exhibiting their work in celebration of the university's 20th anniversary. Among the 20 is artist Leila Mesdaghi, a member of the class of 2016.

In her work, Mesdaghi often investigates her self-imposed illusions, emotions, relationships and memories. In fact, she prefers the term "obsess."

"My process becomes about finding tangible ways to relate to them," Mesdaghi acknowledges. And in her Barzakh Series, she obsesses about one childhood memory in particular.

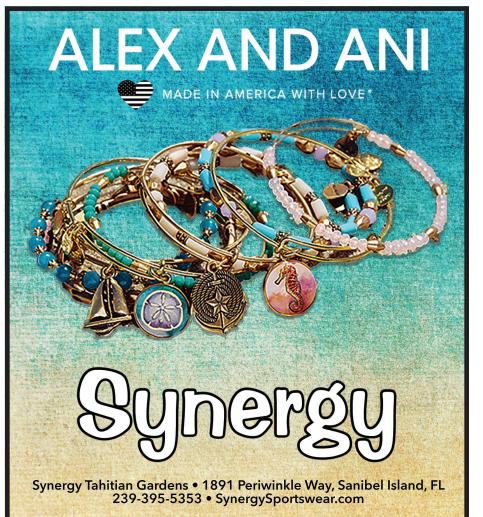
When she was a little girl, she heard in a story about a man who "saw a woman hanging by her hair." The image made her more curious than afraid. "To this day, I keep questioning that memory," the artist stated. "What an extreme punishment! How would that even be



Artist Leila Mesdaghi utilizes her father's garden pool as a "canvas" to inscribe childhood memories photo courtesy www.artswfl.com

possible? What would it feel like? How long would one last before the scalp tears off the skull and where would one fall?"

While the latter musing may seem gruesome to some, Mesdaghi has built a reputation for provocative visual installations and performance art pieces that comment on psycho-social and



political issues. For example, in the video performance piece she put together for her FGCU senior project, Privilege of Removal, she threw dead fish against a pane of glass to metaphorically challenge the ways in which we observe, react and respond to social and political issues.

"We watch real life behaviors of physical, verbal and moral abuse on TV and computer screens and, instead of rejecting, we justify and accept them as socio-political norms," Mesdaghi noted at the time. "By literally throwing dead fish at a pane of glass, I act as a violent exhibitionist and also remind the viewer of our silent voyeuristic nature. I smash dead fish against the barrier that separates the world we live in from the world we witness."

Mesdaghi has never been one to shy away from childhood memories, even those that may be somewhat unpleasant. When she visited her father in Tehran

Songwriter Fest Headliner Climbs To Top Of Charts

Singer-songwriter Lindsay Ell recently climbed to the top of the iTunes Country albums chart and the Nielsen SoundScan Country Albums chart with her album *The Project*.

Ell and singer-songwriter Brook Eden will perform at Pinchers at The Marina at Edison Ford in historic downtown Fort Myers on Wednesday, September 27 during the upcoming Island Hopper Songwriter Fest.

Grammy-winner Kristian Bush of Sugarland – a former Island Hopper Songwriter Fest performer – produced Ell's chart-topping album.

The Canadian singer-songwriter has opened for The Band Perry and Luke Bryan. She is currently on tour with recently, she discovered that the pool in his garden has been empty for 40 years. So she used the chalky concrete walls as a canvas on which to inscribe her childhood memories. For Quest for Permanence, she reconstituted the pool and her inscriptions in the Wasmer Art Gallery to not only make a powerful statement about the fragility of memory, but the ways in which we alter long-term memories each time we retrieve and review them.

"I used the pool as a personal piece to reflect the memories that we all have and can relate to," she noted during her gallery talk at the opening of the exhibition. "Who died, who got married, who beat up someone. Like most families, not all the memories there are sweet."

Mesdaghi welcomes emotions related to guilt, love, regret and despair. She knows deep down that they are not only personal, but universal as well. "My body becomes my medium, a body continually waiting, repeating and enduring," she added. "I make art to take control, to find refuge, and to see comfort." The only suspense is the form these emotions will take in any given visual installation or performance art piece.

And in Barzakh, the suspense is endless.

Mesdaghi lives and works in Fort Myers. In 2016, she was represented at the 2nd Contemporary Art Biennale Peace on Paper in Tehran, Iran, at the Abadan Contemporary Art Museum and the Isfahan Contemporary Arts Museum.

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

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.

Brad Paisley. Canadian Country Music Association nominated Ell for Female Artist of the Year.

"You can never predict when these gifted singer-songwriters will catapult to the top of the charts," said Tamara Pigott, executive director of the Lee County Visitor & Convention Bureau. "Our community is extremely fortunate to have this level of talent performing in our slice of paradise."

The Island Hopper Songwriter Fest runs from September 22 to October 1 on Captiva Island, Fort Myers Beach and historic downtown Fort Myers. There are more than 80 confirmed singer-songwriters performing more than 155 scheduled performances at tropical venues on The Beaches of Fort Myers & Sanibel. Most of the events are free, with the exception of a handful of ticketed events.

Visit www.island-hopper.fortmyerssanibel.com/ to view the schedule.🌣

Downtown River Basin Honored With Award

The City of Fort Myers has been recognized as a winner in the Florida League of Cities' 9th annual Florida Municipal Achievement awards. The city is co-winner of the League's Environmental Stewardship Award for the Downtown River Basin. This is the first time that the city has won a "Muni" award from the Florida League of Cities.

Municipal Achievement awards are presented in three categories: City Spirit, Florida Citizenship and Environmental Stewardship. The Environmental Stewardship award focuses on city programs that promote conservation, improve and protect environmental condition, and/or provide environmental education and outreach programs within a city. The City of Fort Myers earned the award for improvements to environmental water quality, and shares the 2017 honor with a co-honoree, the Town of Lauderdale-by-the-Sea.

The River Basin is a 1.5-acre water detention/retention area that treats urban stormwater runoff from

Design And Print Competition Award Recipients

Priority Marketing and Palm Printing were recently honored by the Printing Industries of America in the 2017 Premier Print Awards for the creation of the Uncork the Power of Giving campaign materials for SWFL Children's Charities, Inc.'s 2017 Southwest Florida Wine & Food Fest. The Premier Print Awards is the graphic arts industry's largest and most prestigious worldwide printing competition, hosted by Printing Industries of America, which recognizes those responsible for the creation and production of outstanding print communications.

The winning campaign included the creation of a multi-page invitation, auction catalog book, an auction brochure, multiple event invitations and custom lanyards. Priority Marketing's graphic design team developed the award-winning pieces and Palm Printing printed all materials.

The Downtown River Basin during Art Fest

15 acres of the city's downtown,

reducing the total nitrogen load

entering the Caloosahatchee River.

The picturesque basin has sparked

including the construction of the

economic development in downtown,

Michael Makin, president and CEO of Printing Industries of America, said, "Each year, the field of entries brings impressive work from some of the best printers in the world. Only a small number of companies receive any award. The craftsmanship and hard work of Priority Marketing and Palm Printing enabled them to produce an award-winning campaign of materials in the face of some very stiff competition."

The Premier Print Award Competition drew more than 2,200 entries this year. Each year, only the worthiest pieces receive Awards of Recognition, Certificates of Merit and the Benny statue (Best of Category). The Premier Print Award is awarded to firms that have demonstrated a unique ability to create visual masterpieces. Chosen from thousands of entries, each represents the unique partnership between designer and printer, need and creativity, technology and craft.

Airport July Traffic Report

Divide International Airport in Fort Myers, an increase of 9.6 percent compared to July 2016. Year-to-date, passenger traffic is up 2.6 percent from the same period last year.

The traffic leader in July was Delta Air Lines with 126,717 passengers traveling to and from Fort Myers. Rounding out the top five airlines were Southwest (116,242), American (97,313), JetBlue (60,711) and United (44,087).

Southwest Florida International Airport had 4,826 aircraft operations, an increase of 8.9 percent compared to July 2016. Page Field saw 6,681 operations, a 12.7 percent decrease from July 2016. In addition, slightly more than 2.5 million pounds of air freight moved through Southwest Florida International Airport in July 2017, an increase of 6.2 percent compared to July 2016.

Southwest Florida International Airport served 8.6 million passengers in 2016 and is one of the top 50 U.S. airports for passenger traffic. For more information, visit www.flylcpa.com or Facebook at www.facebook.com/flyRSW.



photo courtesy Eloise Pennington

upcoming basin-side Luminary Hotel & Co. Additionally, the basin has become a focal point for downtown events, helps to reduce the urban heat island, and offers opportunities for community education and passive recreation.

THE RIVER - SEPTEMBER 1, 2017 7

"Most people see the River Basin and think it's just a nice water feature in our downtown area," said City Manager Saeed Kazemi. "It actually serves an important environmental purpose. It collects and filters the stormwater from our downtown streets, parking lots and buildings, and the result is healthier water entering the river."

The award was received at the Florida League of Cities (FLC) annual conference, held August 17 to 19 in Orlando. The basin will also be featured in an upcoming issue of the league's award-winning magazine *Quality Cities*.

award-winning magazine Quality Cities. Other 2017 Muni Award winners include the City of Oldsmar (City Spirit Award) and the City of Melbourne (Florida Citizenship Award).

The FLC also recognized the mayor and two city council members with 2017 Home Rule Hero awards. Councilman Forrest Banks, Mayor Randall P. Henderson Jr. and Councilwoman Teresa Watkins Brown earned the designation for their efforts to advance the league's legislative agenda and help protect the Home Rule powers of Florida's cities. Home rule is the ability for a city to establish its own form of government and enact its own ordinances, codes, plans and resolutions.^{*}



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Along The River

The River District Alliance will host the monthly art event called **Art Walk** in **downtown Fort Myers** this Friday, September 1 from 6 to 10 p.m. and Saturday, September 2 from 11 a.m. to 4 p.m.

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

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

Arts for ACT Gallery, located at 2265 First Street, will feature graphic artist Tom Nagata in the Main Gallery and paintings by Patrick Conolly in the White Gallery. Sidney & Berne Davis Art Center will honor the winners of the 2017 Fort Myers Art Grant award throughout September. Opening night is Friday, September 1 from 6 to 10 p.m. with a special performance slated for 8 p.m. View works that would not have been possible without the support from the City of Fort Myers. The opening night ceremony will also feature an artist meet-and-greet, cocktails and inspiring art.

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

For more information, visit www. fortmyersriverdistrictalliance.com.

Southwest Florida cyclists will be gathering at a side lot in the Publix Supermarket mall in **downtown Fort**



Art Walk returns to downtown Fort Myers this weekend

Myers on Friday, September 1 for the **SWFL Critical Mass Ride**, a monthly evening large group bicycle slow ride. Tailgating begins at 7:15 p.m. and bicyclists roll at 8 p.m. The 10-mile course goes through the Art Walk area, then through the neighborhoods by the Edison & Ford Winter Estates.

Publix is located at 2160 McGregor Boulevard in downtown Fort Myers. For more information and to view ride guidelines, visit www.meetup.com/ Biking-SWFL.

Beach Records is hosting a **Sounds So Different concert** on Saturday, September 2 from 7 to 11 p.m. The "very



ekend photo provided electric mix of music" will feature K-Sea, Personal Kings, Yr Glow, Xid and the 25 and Slow Ocean.

Beach Records is located at 16120 San Carlos Boulevard, Unit 10 in Fort Myers. For more information, call 878-7806 or visit www.facebook/beachrecords.

Thank God for Indie Movie Mondays (TGIM) continues during an 8th season of local, national and international indie movies. Each month, help the guest

judges decide which short indie films make

Silent No More Gala And Auction

buse Counseling and Treatment, Inc. (ACT) will hold the Silent No More Gala and Auction at the LaBelle Civic Center on Saturday, September 16 from 5 to 9 p.m. The event will support ACT's core services for victims of domestic violence, rape/sexual assault and human trafficking, including emergency shelter for survivors and their children, the 24-hour crisis hotline, counseling, children's programs and community education in Hendry and Glades counties.

The evening will feature a dinner and silent and live auctions to commemorate the nonprofit agency's 39 years in the

Firm Partner To Speak At Benefits University Course

Pavese Law Firm partner Christina Harris Schwinn will speak at Leading Edge Benefit Advisors' fall Benefits University course on September 7 at Florida Gulf Coast University (FGCU). The event will take place from 8 a.m. to noon in Room 214 of the Cohen Center at FGCU, located at 11090 FGCU Boulevard North in Fort Myers.

Schwinn will provide attendees an update on trending employment law issues and recent developments that employers should be aware of and sensitive to under the law. Her presentation will also it to the 2018 Fort Myers Film Festival. This Monday, September 4, celebrate Labor Day and TGIM at **Sidney & Berne Davis Art Center** with hosts Eric Raddatz and Melissa DeHaven along with judges Tyler Shore, Mercedes Gutierrez and Jason Parrish. The musical guest will be Frankie Colt. The evening begins with cocktails at 6:30 p.m. and movies at 7 p.m. Tickets are \$10 for adults and \$8 for students and seniors. Visit www.sbdac.com for more information and tickets.

TGIM will have a half price offer to all Facebook members through summer. Check out updates and deals on Facebook and Twitter. It is sponsored by Bennett's Fresh Roast Coffee and Capone's Pizza. There is an "afterbuzz" at Twisted Vine every Monday after the show for late night happy hour and appetizers.

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

Go on a **guided museum tour** at **The Mound House** on Fort Myers Beach this week.

Through December 31, the Mound House is open on Tuesdays, Wednesdays and Saturdays from 9 a.m. to 4 p.m. Cost is \$10 for adults, \$8 for students with college ID, \$5 for children ages 6 to 12, and free for members or children age 5 or younger.

For more information, call 765-0865 or email info@moundhouse.org.炎

communities of Hendry and Glades counties. Tickets are \$50 per person or \$90 for two.

Sponsors include Stanton Mobile Home Sales Inc., Guines Jewelry and Pawn, Suncoast Credit Union, US Sugar, Rock Enterprises, Inc., First Bank, Crumb's Well Drilling, Riverside Realty, K & M Pharmacy, Roland Martins Marina and the Quart House.Sponsorships are still available for the main event, which includes business branding recognition.

Last year, ACT served over 156 victims and their children from Hendry and Glades counties. Nearly half were children staying in the safe emergency shelter.

For more information on how to join as a supporter of this event, visit www. actabuse.com or call Jennifer Benton 939-2553.☆

include an update on the upcoming oral arguments before the U.S. Supreme Court on October 2, regarding the Department of Labor's enjoined minimum salary rule, which would have increased the minimum salary for exempt employees to \$47,476 per year.

In addition to Schwinn, program speakers will include Leading Edge Benefits Advisors, LLC managing member Kerri Sisson and senior benefits advisor Timothy McGee as well as United Benefit Advisors chief compliance officer Danielle Capilla.

Registration for this course is \$35 and will include a continental breakfast and snacks. This course has been approved for three Society for Human Resource Management (SHRM) continuing education credits. For more information or to register, visit http://conta.cc/2sGwZAu.



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Wild Coffee Duo pianist Abbey Allison and cellist Susie Kelly

Wild Coffee Duo To Perform In **Concert Series**

hell Point Retirement Community continues its Summer Concert Series with a performance by Wild Coffee Duo at the Social Center on

photo provided The Island at Shell Point on Thursday,

September 7 at 7 p.m. Wild Coffee Duo was formed in 2015 by pianist Abbey Allison and cel-list Susie Kelly. The classically trained musical group presents an engaging repertoire that draws on a variety of musical styles. The versatile pair is dedicated to presenting chamber music to audiences in Southwest Florida.

Allison holds a dual degree in piano

Sunday 8, 9, 10 and 11 a.m. 8260 Cypress

performance and string education from Ithaca College. She has worked with both student and professional musicians, ranging from national competition winners and contemporary music specialists to performers on live radio.

Kelly is a member of the Palm Beach Opera Orchestra and Southwest Florida Symphony, where she served as principal cellist for seven years. She received a bachelor's degree in cello

North Fort Myers Library To Make Temporary Move

n preparation for the construction of the new North Fort Myers Public Library, the existing library will relocate to a temporary location nearby at 50 Pine Island Road North in North Fort Myers. The current library will close at 5 p.m. Saturday, September 9 and reopen in the temporary facility at noon Tuesday, September 12. Materials can be returned to the book drop at the temporary location beginning 5 p.m. Saturday, September 9.

During construction, the temporary site will offer basic services: public computers, holds pickup, new materials, popular materials (book and DVDs), youth programming area and reference services. The temporary location hours will remain the same as the current

performance and master's degree in chamber music from the University of South Florida.

The duo will bring a traditional sound and intonation, combined with Parisian flair, to the Shell Point stage. Tickets for Wild Coffee Duo are now available for \$20 each and can be purchased online at www.shellpoint.org/ concerts or by calling 454-2067.举

library with the exception of the library being closed on Mondays. Hours are as follows: noon to 8 p.m. Tuesday; 10 a.m. to 6 p.m. Wednesday and Thursday; and 9 a.m. to 5 p.m. Friday and Saturday. The temporary library will be closed Sunday and Monday.

Construction of the new library will begin after demolition of the current facility. The new library will be about 25,000 square feet and is expected to open in the summer of 2019. The estimated cost of the project is \$12.5 million, paid from existing library fund balances.

The Lee County Library System serves the county with books, downloadable e-books, digital content, Books-by-Mail, a bookmobile, e-sources, music and films, programs and meeting space.

For a free Lee County Library System library card or more information, visit www.leelibrary.net, call 479-4636 or stop by any branch.☆

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.举

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.simplysimple worship.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**

Lake Drive, www.clpc.us, 481-3233. **CYPRESS LAKE UNITED METHODIST** Sunday 8, 9:30 and 11 a.m. 8570 Cypress Lake Drive, 482-1250. FAITH FELLOWSHIP WORLD OUTREACH Sunday 10:30 a.m., Thursday 7:30 p.m., Friday 7:30 p.m. 6111 South Pointe Boulevard, 278-3638 FAITH UNITED METHODIST Sunday 8:45 and 10:30 a.m. 15690 McGregor Boulevard, 482-2030. FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE Sunday 10:30 a.m. and 6 p.m. 13545 American Colony Boulevard, 936-2511 FIRST UNITED METHODIST CHURCH Sunday 9:30 a.m. and 5:30 p.m. 2466 First Street, www.fumcftmyers.org, 332-1152.

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

4330. FORT MYERS CONGREGATIONAL

UNITED CHURCH OF CHRIST:

Sunday 10 a.m., 8210 College Parkway, 482-3133

IONA-HOPE EPISCOPAL CONGREGATION Saturday 5 p.m.; Sunday 8 a.m. and 9:30 a.m.; Tuesday 9:30 a.m.; Wednesday 9:30

a.m. 9650 Gladiolus Drive, 454-4778. JESUS THE WORKER CATHOLIC

Friday and Saturday, 7 p.m.; Sunday 8, 10 a.m. and 6 p.m. 881 Nuna Avenue, 481-1143. KINGDOM LIFE Sunday 10:30 a.m. 2154 McGregor

Boulevard, 218-8343.

LAMB OF GOD

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

NEW BEGINNINGS CENTER

Friday 6:30 and 7 p.m. 8505 Jenny Cae Lane, nbcministry@embarqmail.com, facebook.com/nbcministry, 656-0416. **NEW COVENANT EYES** Monthly 9 a.m. 1900 Park Meadows Drive,

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

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

Sunday 9:30 a.m. 15840 McGregor

Sunday 8:15 and 10:15 a.m. 3950 Winkler

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,

newcovenanteyes.com, 220-8519.

Road, www.newhopefortmyers.org, 274-1230. PEACE COMMUNITY

Road, peacecommunitychurch.com, 267-7400.

PEACE LUTHERAN

Boulevard, www.peaceftmyers.com, peace@ peaceftmyers.com. 437-2599.

REDEEMER LUTHERAN

Ext., 274-0143 **RIVER OF LIFE ASSEMBLY OF GOD**

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

crow case of the week: Leucistic Animals



by Bob Petcher

very now and then, CROW will receive a patient with an abnormal condition.

On August 21, the Sanibel clinic admitted a loggerhead sea turtle hatchling (*Caretta caretta*) that looked, well, ghostly. It was admitted to the clinic after it was found at the bottom of a hatched nest on Fort Myers Beach during an excavation process that involved sea turtle volunteers collecting data from a recent hatching. Instead of being a traditional brown to gray color, this baby sea turtle was white.

The hatchling had a rare condition, known as leucism, which caused its coloration to be whitish instead of the darker hue associated with a sea turtle that had just hatched.

Many people would see an all-white animal and think it is an albino. But leucism is different than albinism. The best way to tell the difference is in the eyes of the animal. Albinism is a condition in which there is an absence of melanin, which gives color to the skin, hair, feathers and eyes. In contrast, leucism is a partial loss of pigmentation, which can make the animal have white or patchy colored skin and other areas of its body, but the pigment cells in the eyes are not affected and thus allow the animal to have normally colored eyes. So, a leucistic animal can have a white body and blue eyes.

The abnormal condition of reduced pigmentation affects various animals, such as birds, mammals and reptiles. This particular case is unique at CROW, according to Dr. Heather Barron, CROW's hospital director.

"It is very rare to have an animal with leucism brought to the clinic," she said. "Prior to this case, I had only seen four cases in six years at CROW, and only one of those was a sea turtle."

Unfortunately, the loggerhead hatchling had not absorbed its umbilicus, leaving it raw and exposed.

"When sea turtles and other reptiles hatch, they have a yolk sac connected to (their) body through an umbilicus which provides nutrients and is absorbed within the first few days," said Dr. Barron. "In this case, the umbilicus had not been fully absorbed into its body, leaving it susceptible to infection. This type of infection, known as sepsis, causes the body to shut down."

The hatchling received antibiotics to prevent infection and nutritional care to help it regain strength. However, the turtle was weak and passed away a day after it arrived. A necropsy was performed.

"The necropsy confirmed the patient was septic due to the umbilicus not being fully absorbed," said Dr. Barron.



Due to their light coloring, leucistic animals are exposed to predators and may not survive in the wild.

"Many animals rely on the pigments in their skin, fur and feathers for camouflage and protection," said Dr. Barron. "An animal with leucism does not have that camouflage and can be an easy target for predators. Although it is possible for an animal with leucism to survive to adulthood, it is uncommon."

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



Patient #17-2960, pictured with a fellow hatchling (above) and during care, died a day after arrival photos by Brian Bohlman

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.



September Snook Season-Opener



by Capt. Matt Mitchell

Tropical rains kept anglers off the water this week for what seemed like days. The one real plus of this major rain event was the cooling off of our

water temperature, which dropped into the low 80s for the first time since May. This drop in water temperature will do wonders for our fishing action and should kick some of the best redfish fishing of the year into high gear.

September 1 is the opening of snook season and, with cooler dirty water brought on by this tropical system, it will be the perfect set up for fishing our passes. Large pinfish and grunts weighted down or drifted during the fastest periods of the tide will get it done if you're chasing that first keepersized fish of season. The fall snook season, which is open until December 1, always seems the more productive of the two seasons, as warmer weather has the fish more active than than the colder February to May season.

Shiner fishing for snook is my everyday method. Along with chumming live shiners, it catches more snook than any other technique. Oyster bars, mangroves and docks within close proximity to the passes will be holding snook as we are reaching the annual transition time when they move back into the bays and estuaries after the spawn. For catching sheer numbers of snook, it's hard to beat live shiners. But if your targeting the larger models, big baits and patience are often what it takes. With great numbers of snook caught all summer long, this snook season should be a good one.

When it comes to keeping or harvesting a snook, I'm not opposed to it. Though when I am out fishing with clients, we generally release more slotsized fish than we keep. With such a small slot size of 28 to 33 inches and a relatively short season, landing a legalsized snook is far from an every day event. With the excellent Florida Fish & Wildlife Conservation Commission management of the species, our snook fishery can certainly handle this short controlled harvest.

When asked by clients if snook are a good fish to eat, my answer is 'yes' but we have better table fish to eat that are much more abundant. I think partly what makes a snook so tasty is catching a legal fish during the short season. Snook being so slow-growing and one of our hardest fighting gamefish are a whole lot more valuable to most anglers than just a fish dinner. *Capt. Matt Mitchell has been fishing*

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.🛠



Father and son Ray and Paul Salasa happy about a snook caught while fishing with Capt. Matt Mitchell photo provided



County Holiday Schedule

The Labor Day holiday on Monday, September 4 will result in some closures and schedule changes for Lee County operations.

All garbage, recycling and yard waste collections in unincorporated Lee County, the City of Bonita Springs and the Town of Fort Myers Beach will take place one day after the regularly scheduled collection day for the entire week beginning September 4. This means that if the regular collection day is Monday, the collection truck will pick up that material on Tuesday. Tuesday's regularly scheduled pickups will occur on Wednesday and so on for the rest of the week through Saturday, September 9. Regular collection schedules resume on Monday, September 11.

Lee County Solid Waste facilities and offices are closed Monday, September 4, in observance of the holiday. This includes the operation at the Household Chemical Waste Collection Facility, 6441 Topaz Court, and the Resource Recovery Facility on Buckingham Road. The Household Chemical Waste Collection Facility will be open from 8 a.m. to noon on Saturday, September

Regarding utilities, the customer service center will be closed Monday, September 4, in observance of Labor Day.

Parks & Recreation offices and recreation centers will be closed Monday and will reopen Tuesday, September 5. Parks, pools and preserves remain open on Monday.

All library locations will be closed on Monday. Each branch will resume regular operating hours on Tuesday, September 5.

Lee County Domestic Animal Services will be closed Monday. It will resume regular business hours on Tuesday, September 5.

LeeTran will not run bus, trolley or paratransit service on the holiday. Service resumes Tuesday, September 5. The schedule can be found at www. rideleetran.com.

City Holiday Schedule

The City of Fort Myers Solid Waste Division will observe Labor Day on Monday, September 4. City offices, including Solid Waste and Utility Billing offices, will be closed in recognition of the holiday. There will be no residential or commercial trash or recycling collection on Labor Day Monday. Residential and commercial customers will be serviced one day later, Tuesday September 5, through Saturday September 9.

All regular collection schedules will resume Monday, September 11.

Call the City of Fort Myers Solid Waste Division at 321-8050 for any questions concerning service.

Photo Contest Deadline Nears



Kent Jager of Sanibel Island won honorable mention in last year's contest with a photo of a reddish and snowy egret that appear to be racing photo provided

Society-Friends of the Refuge (DDWS), is held in conjunction with "Ding" Darling Days Amateur Days, which runs from October 15 to 21.

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

In an effort to maintain its commitment to the environment, DDWS will no longer be accepting photo contest entries by mail. All entries this year must be submitted electronically. For assistance, call 472-1100 ext. 4 or email shois@dingdarlingsociety.org.**

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A rogue sculptor had his way with this firebush photos by Gerri Reaves Plant Smart

Preventable Injuries

by Gerri Reaves

If you care about plants, these photos might make you wince. Three have suffered from common landscape practices, and the fourth is the victim of careless driving.

That ball-shaped mass of twigs is the victim of a wannabe sculptor. Native firebush (*Hamelia patens*) is as an excellent butterfly and hummingbird attractor and usually is covered with a profusion of orange-red tubular flowers.

But after this pruning, it might never attract anything again, including nesting birds.

Remember those grade-school science lessons about photosynthesis, the process by which plants produce food? This firebush has a struggle ahead.

Unfortunately, native species such as seagrape (coccoloba uvifera), wax myrtle (Myrica cerifera), and cocoplum



This cabbage palm, which later died, illustrates the dangers of harsh pruning, aka "hurricane cuts"

(*Chrysobalanus icaco*) often suffer a similar fate, as they are planted as hedges and repeatedly leveled off until there's nothing left but leafless branches.

The excessive pruning of native cabbage palms is especially egregious – and, it violates Lee County treeprotection ordinances.

The cabbage palm (*Sabal palmetto*) pictured her received a "hurricane cut" or "carrot-topping" shortly before a fall hurricane arrived. Without the natural protection of its fronds, the heart, or bud, was damaged and the tree later died.

Palms are self-pruning, although the judicious removal of lower fronds can be done for aesthetic reasons.

However, removing healthy green fronds and the inflorescences not only invites disease and malnutrition, but robs wildlife of food and cover.

There's a reason tree trimmers use chain saws to remove fronds – nature has fastened them tightly to the palm, which is naturally wind-resistant. Watch a video of native palms in hurricane winds





This West Indian mahogany tree was hat racked

for a demonstration.

Perhaps the most eye-catching photo here is the amputated West Indian mahogany tree (*Swietenia mahagoni*), one of South Florida's most graceful native trees.

After this hat-racking job that removed all foliage, the tree could possibly starve and have to be removed at great expense.

The resulting large open cuts also invite disease and decay.

In addition, without its natural canopy, the tree can die from sun exposure, since South Florida's intense heat and light damage the tissues beneath the bark.

Pruning has benefits and purposes, but it must be done properly if plant health is not to be compromised.

Not all tree injuries are the result of

Bird Patrol Guided Walk

Experience the beautiful birds of Bunche Beach with a Lee County Bird Patrol Guide on Saturday, September 9 beginning at 7:30 a.m. Participants 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



This slash pine bordering a parking lot was hit by a vehicle

lawn tools, however. Trees bordering parking lots are susceptible to vehicular damage, as the photo of the gash on the slash pine (*Pinus elliottii*) trunk shows.

The tree has attempted to seal off and heal the wound, which invites pests and disease.

Whether your gardening philosophy is "wack it and let it come back" or "let it be," Lee County offers free helpful online information.

Visit leegov.com/dcd/es/trees for information about tree protection codes and proper pruning.

For more landscaping information, visit UF/IFAS Lee County Extension Services at leegov.com/parks/extension. Or, visit the office in Terry Park.

Plant Smart explores the diverse flora of South Florida.

low tide due to the diversity of microinvertebrates. 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.☆



Toast To Tenacity 97th Anniversary

n Saturday, August 19, women from Fort Myers, Sanibel and Estero gathered to raise a glass of grape juice (after all, it was still Prohibition in 1920) to commemorate the 97th anniversary of the passage of the 19th amendment. They toasted the tenacity of suffragists, including African American women, white women and some men, who struggled for more than 70 years until they finally won the right to vote for American women.

This annual, nation-wide Toast to Tenacity is sponsored by Vision 2020, a national coalition of individuals and organizations working for women's economic, political and social equality. To learn more about Vision 2020, visit www. Drexel.edu/vision2020.

The local group honored Ida B. Wells, an African-American journalist, newspaper editor, suffragist, sociologist, feminist, early leader in the Civil Rights Movement and one of the founders of the National Association for the Advancement of Colored People.

Business Women To Meet

Judith Griffin, owner and president of the Southwest Florida Transportation Group, will speak at the American Business Women's Association (ABWA) Imperial River Chapter's monthly business dinner at the Holiday Inn Fort Myers Airport on Wednesday September 13 at 6 p.m. Griffin will discuss her journey as a woman business owner, as well as the impact of interrupters such as Lyft and Uber on the taxicab industry.

Born in McMinnville, Tennessee, Griffin's family impressed upon her a strong work ethic, which influences the way she conducts business to this day. Her grandfather owned a taxi company in Tennessee. "I guess one could say the transportation industry runs in my blood." After selling their businesses in North

After selling their businesses in North Carolina, Griffin and her husband Phillip relocated to his home state of Florida in 1993. They settled in Southwest Florida and purchased the small but well-known Blue Bird Taxi of Fort Myers. Over time, they acquired other cab companies, eventually forming the Southwest Florida Transportation Group.

Griffin has been heavily involved with the Transportation, Limousine & Paratransit Association (TLPA), serving on the Steering Committee, Women in Transportation Committee and the Mentoring Committee. She has been recognized as the 2017 TLPA Taxicab Operator of the Year, and recently became a member of the Imperial River Chapter of the American Business Women's Association.

Registration/check-in and networking starts at 6 p.m. at Holiday Inn Fort Myers Airport, located in the Town Center at 9931 Interstate Commerce Drive in Fort Myers. Dinner is served at 6:30 p.m. Tickets are \$30 at Eventbrite, which includes dinner.

For more information, email Info@ ABWAImperialRiver.org.**



From left, Deb Silver, Jane Kuckel, Melissa Schaerf, Arlene Knox, Indera DeMine, Latrice Davis, Karen Nathan, Diane Spears, Elaine Schaeffer, Audrea Anderson, Madelon Stewart, Jill Dillon and Dena Geraghty photo provided











This Week at the Museum

Summer Promotions!

Family Discount* Purchase 1 adult admission; receive 1 youth or child admission

> 1 FREE shell bag* per family with purchase of admission *One discount per family

Family Arts & Crafts Every day at 11:30 and 1:30

Exercise your imagination and artistic talents, and take home a creation that is sure to be a favorite reminder of your visit to the Museum. Fun for all ages!

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Every day at 11:00, 12:30, 2:30, and 4:00 Learn about some of our local mollusks that make shells! One of our experts offers incredible insights into the lives of these fascinating creatures.

 "Mollusks in Action" and "Tales & Trails" Movies
 Shown throughout the day on the hour

Shown throughout the day on the hour and on the half-hour

View our two educational movies that play on the half-hour and on the hour throughout the day. Watch mollusks in their natural habitat, and learn how to track down these amazing animals.

> Open Daily 10 am – 5 pm 3075 Sanibel-Captiva Road Sanibel, Florida 33957 Phone: (239) 395-2233 www.shellmuseum.org

Child Care Group Elects New Board



Andie Vogt

photos provided



Elaine Hawkins

SWFL Children's Charities, Inc. recently elected its 2017-18 board of directors during the organization's annual trustee meeting to serve a one-year term through July 2018. The board is led by Elaine Hawkins, president, and Andie Vogt, vice president. Other officers include Debbie Toler, vice president of public relations and marketing; Jason Stephens, treasurer; and Sandy Stilwell, secretary and vice president of grants.

SWFL Children's Charities, Inc. board members are responsible for supporting the operations and mission of the 501c3 organization and administering funds that support local programs benefitting the care and well-being of children in Southwest Florida. The board's officers are also responsible for overseeing the planning and execution of the charitable organization's two-day signature fundraising event, the 2018 Southwest Florida Wine & Food Fest.

Celebrating its 10th year, the 2018 Southwest Florida Wine & Food Fest will feature uniquely themed Chef Vintner Dinners on March 2, held at private homes throughout Southwest Florida, followed by The Grand Tasting and Live Auction on Saturday, March 3 at Quail West Golf



Debbie Toler



Jason Stephens



Sandy Stilwell

and Country Club in Naples. One hundred percent of monies raised at the auction will benefit SWFL Children's Charities, Inc.'s primary beneficiaries: Golisano Children's Hospital of Southwest Florida, Florida Gulf Coast University and Florida SouthWestern State College.

To learn more about SWFL Children's Charities, Inc. and the 2018 Southwest Florida Wine & Food Fest, visit www. swflwinefest.org.**

Financial Focus Are You A Hardworking Investor?

by Jennifer Basey **T**ext week,



Nee observe Labor Day, a celebration of the American worker. You work hard your whole life with the hope that your efforts will ultimately allow you to achieve your

financial goals, such as a comfortable retirement. But for that to happen, you may need to apply some of the lessons of the workplace to your efforts as an investor.

So, what are these lessons? Here are a few to consider:

Be consistent. The most successful workers are the ones who show up, day after day, and strive to overcome the inevitable obstacles that crop up. As an investor, you, too, need to be consistent in your habits – which means you should keep investing in all types of markets. If you take a "time out" every time the market drops, you might end up missing opportunities when the next rally begins.

• Be flexible. When good workers see that something is not going well, they change what they're doing. And when you invest, you also may need to make adjustments. If an investment has consistently underperformed, or if you have too many others very similar to it, or if it just doesn't meet your needs anymore, you may be better off by selling it and using the proceeds to invest elsewhere. This doesn't mean you should constantly be buying and

Resource Group Seeks To Hire 600 Employees

A lta Resources Corp., the Wisconsin-based customermanagement business-process outsourcing company, is expanding its seasonal workforce in preparation for the health insurance industry's annual open enrollment period. More than 600 fulland part-time customer service and sales positions are available, 100 of which are Spanish bilingual positions. These temporary jobs offer competitive pay and paid training.

"Thanks to the dedicated and enthusiastic service from our Fort Myers team, Alta Resources is able to hire an even greater number of seasonal employees this year," said Paul Makurat, Alta Resources Fort Myers managing director. "In fact, this year's hiring ramp-up marks the company's largest seasonal increase since 2014."

The Alta Resources workforce has

selling – in fact, you'll likely be better off by purchasing quality investments and holding them for the long term. But you need to be flexible enough to make the appropriate moves at the appropriate times.

Be informed. The best workers are those who regularly update their skills and acquire knowledge that helps them do their jobs better. As an investor, you should also keep learning – about the investment world in general and about new opportunities for you to explore. And you should always understand what you are investing in... and why. Even if you work with a financial professional, you need to inform yourself about every aspect of your investment portfolio – after all, it's your money and your future.

Be farsighted. Good workers not only know what they're doing - they also can visualize the desired outcome of each task. And, of course, people who are in charge of a particular endeavor, or who are responsible for the fortunes of a business, have a clear view of what they want to accomplish, even if the achievement of that goal is many years in the future. When you invest, you also need to see where you want to go. If you can constantly keep in mind your long-term goals – such as the type of retirement lifestyle you desire – you will likely find it easier to stick with an investment strategy that's appropriate for your needs and risk tolerance. Conversely, if you lose sight of your destination, you might be more prone to taking short-term detours, which could work against you.

Labor Day reminds us to appreciate the skills and dedication of all workers. As an investor, you can put these same attributes to good use.

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.X

grown to include more than 700 yearround employees since 2013, when the Fort Myers campus first opened with five employees. Since July 10, through its new partnership with Fiat Chrysler Automobiles – the parent company for brands including Jeep, Chrysler, Dodge and Ram – Alta Resources has hired nearly 400 year-round customer service representatives.

"Our goal in Fort Myers has always been to provide sustainable, ongoing employment," said Makurat. "Taking on Fiat Chrysler Automobiles as a client allowed us to dramatically increase the number of year-round Alta jobs in Fort Myers. The nature of the health insurance industry, however, dictates the need for seasonal employees each year to support our health care client's annual open enrollment needs in customer service and sales."

Alta Resources' Fort Myers campus is located in the Gateway Corridor, just east of I-75 and north of Daniels Parkway. Interested candidates can learn more about career opportunities and apply online at www.JoinAlta.com or emailing HR@AltaResources.com.**

Superior Interiors Dressing Your Windows



by Trinette Nelson

Diving the windows in your home simply means providing some form of window treatment to your living spaces. Although that sounds simple enough,

determining the best design option for each of your windows is a bit more complicated and depends widely upon what you want the treatments to accomplish.

Privacy, light control and beauty are the three major functions of window treatments. In addition, what you put on your windows may or may not provide thermal protection from heat. As you approach the issue of window treatments in your home, there are several key questions to ask yourself in order to decide what is your best option.

First, consider the degree of privacy needed at each window or door with glass. Bedrooms and bathrooms are the most obvious rooms where privacy is required. Most homeowners want the availability of a privacy treatment in the more public areas of their homes as well, especially during nighttime hours.

Even those who live in secluded areas where the issue of other people looking in is a negligible need to consider whether they want privacy treatments to block the 'black hole syndrome' that occurs from looking outward to dark nothingness at night.

Secondly, think about your light control needs. Most of us love lots of natural light in our homes, as reflected in the huge beautiful windows of today's architecture. However, over time, the sun causes fading of your furniture, wood floors and floor coverings, and can dramatically increase your cooling bills in summer. It also interferes with computer work and television viewing by creating an eye-straining glare on the screen. And, as great as sunrises and sunsets are to watch, we don't want them shining directly in our eyes when we eat breakfast or watch the evening news.

Thirdly, ask yourself what aesthetic role you need for your window treatments to play in each room, as they are an important element in providing a balance of color, pattern and texture to your overall decorating scheme. They can also serve to create optical illusions of your windows appearing larger, your ceilings being higher, or your room being more proportionally pleasing than it actually is.

Clients sometimes tell me that they are reluctant to put anything on their windows, thinking that 'window treatment' means heavy occlusive draperies or yards and yards of fussy stuff at their windows. Although we can still do those things where it's appropriate, today's window treatment styles offer much more variety and excitement than in generations past.

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

WOT N LIER

SUPPORT, & THE CAREER DEVELOPMENT TOOLS TO HELP WOMEN THRIVE IN

Front row from left, Julio Barina, Barbara Dell, Karen Anderson; back row from left, Terri Sobeck, Cheryl Reynolds, Shiree Woody, Donna Marks, Chandra Spary-Kontinos, Jennie deLima, Barbara Melvin photo provided

Dress For Success Board Additions

Dress for Success SW Florida, a non-profit organization that helps women achieve self-defined financial and professional success, recently announced additions to its board of directors for 2017-18.

New to the board this year are Jennie deLima, Home Depot; Donna Marks, Windfall Inc.; and Cheryl Reynolds, Hertz. They join existing board members Karen Anderson, board president, Shell Point Retirement Community; Julio Barina, board vice president, Markham Norton Mosteller Wright & Company; Noelle Casagrande-Montgomery, Chico's FAS, Inc.; Barbara Melvin, immediate past president, First Integrity Bank; Terri Sobeck, board treasurer, Stevens Construction; Chandra Spary-Kontinos, board secretary, Card Systems, Inc.; and Shiree Woody, Waterman Broadcasting.

"We are so fortunate to have an involved and talented board of directors working together to support our mission to improve the lives of unemployed and underemployed women in our community," said Barbara Dell, CEO, Dress for Success SW Florida.

For more information about Dress for Success SW Florida, call 689-4992 or visit www.dfsswflorida.org.な

Housing Authority Earns High Scores

The Lee County Housing Authority (LCHA) recently received a high performance status in the Public Housing Assessment System (PHAS) report for 2017, according to Executive Director Marcus D. Goodson.

HUD's Real Estate Assessment Center (REAC) effectively and fairly measures the performance of a public housing agency using the PHAS. As the centralized system of REAC, the Integrated Assessment Subsystem electronically collects individual subsystem scores, produces a composite PHAS score and communicates the results that represent a PHAS's management performance. The PHAS scored LCHA 91 points out of a possible 100. PHAS indicators used for the scoring included physical, financial, management and resident reviews as well as financial sub-indicators including current ratio, months expendable funds balance, tenant receivable outstanding, occupancy loss, net income and expense management.

The LCHA oversees 142 low-income rental units at three sites in North Fort Myers and administers 271 vouchers in Lee County.

Programs offered through LCHA include public housing, Section 8 Housing Vouchers, Family Self-Sufficiency and Resident Opportunity

Self Sufficiency. For more information, call 997-6688.*



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THE RIVER - SEPTEMBER 1, 2017 18 **Book Review**

Anything Is Possible

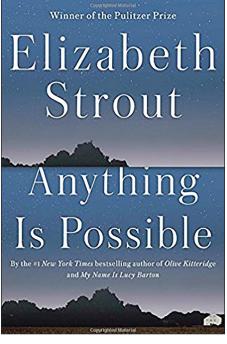


by Di Saggau

lizabeth Strout's new novel Anything Is Possible bears a strong resemblance to her best-selling My Name is Lucy Barton. It's a companion novel that explains

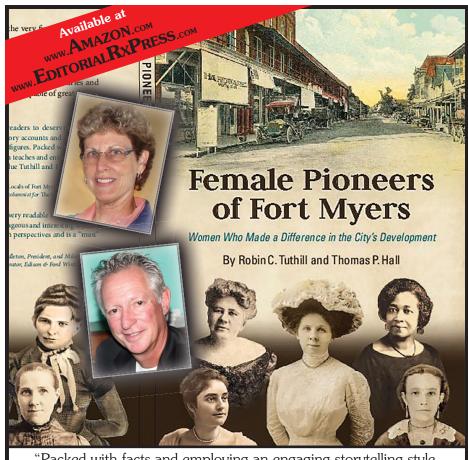
where Lucy came from and how the townsfolk react to her latest successful memoir. The book includes nine linked stories about people who overcome terrible childhoods, severe losses in their lives, unhappy marriages and even the trauma of war and yet come to experience moments of amazing grace, showing us that a little kindness and compassion can do a lot. The book explores the whole range of human emotion through the intimate drama of people struggling to understand themselves and others.

Strout gives each of her characters a turn in the spotlight in small town America. We meet the janitor in Lucy's grade school who recalls her bruises and the fact she refused to make eye contact. There are two women who bond over the painful consequences of their mothers leaving their difficult



marriages.

Perhaps the strongest story is in Windmills, which talks about how "people were always looking to feel superior to someone else," and the healing power of literature. Patty Niceley, who was called Fatty Patty in high school, is one of the most sympathetic characters. She feels more understood after reading Lucy's memoir and is impressed that Lucy managed to love and forgive her parents in spite of their failures. Another chapter, Sister, has Lucy visiting her brother Pete when



"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.³ Gerri Reaves, PhD, author of Legendary Locals of Fort Myers and Fort Myers, Then & Now her sister Vicky shows up, throwing rancorous insults at Lucy. But Lucy understands, because even though she's helped her sister financially, she is the one who got away.

Strout shows great compassion for her characters and makes us care about them. We've probably known

School Smart

by Shelley M. Greggs, NCSP

ear



Shelley, Well, we're

back at school now. and my teenager's sleep problems have returned. We are all frustrated, and it's beginning to cause school

problems for him. What can I do? Kelly A., Fort Myers

Kelly,

It's not easy, but parents still have the power to encourage good sleep habits. From the time teens hit puberty until the age of 22, adolescents need about nine hours of sleep a night to function optimally and to be physically, mentally and cognitively healthy. Right! What teenager has time to sleep for nine hours a night during the school year? Very few. In fact, only about 8 percent of American teenagers get the sleep they need, according to a recent study in the Journal of Adolescent Health. The rest live with chronic sleep deprivation—some mild to moderate, but more than half (59 percent) with severe sleep deprivation, meaning they sleep on average six hours or less most school nights. Recently the nation's pediatricians have declared insufficient sleep for adolescents "an important public health issue.'

However, there are lifestyle changes that adolescents can make, and even a few small changes can have a big effect on teens' well being. Here are some suggestions from experts on how to work with sleep deprivation and get back a couple of precious hours of sleep a night.

First of all, teenagers aren't likely to change their sleep habits unless they recognize that more sleep will make them feel better and improve their performance in school. Both teens and parents have to be willing to put in the effort. It's hard, but parents need to show that it's important, and talk it out. "There's pretty good evidence that parental help with limit-setting around bedtimes and study times and media is helpful," said Dr. Mary Carskadon, a professor of psychiatry at Brown University and director of chronobiology and sleep research at Bradley Hospital in Providence, Rhode Island. "It's hard to jump in with teens if you haven't started when the child is younger," she added, "but despite adolescents'

a few like them somewhere in our lifetimes. Anything Is Possible focuses on an unforgettable cast of small-town characters who cope with love and loss. The book reverberates with the deep bonds of family and the hope that comes with reconciliation.☆

expectations of autonomy, parental influence and expectations really do help kids make better decisions about managing their time.'

"Consistency is really, really crucial in terms of building healthy sleep habits," said Dr. Alison Baker, a child and adolescent psychiatrist at the Child Mind Institute. That means it's important for your teen to go to bed as close as possible to the same time every night, and get as close to eight hours of sleep as possible and to stick to the same schedule within reason on the weekends. If a kid's sleep schedule shifts dramatically on the weekends like staying up most of the night and sleeping until midafternoon Saturday and Sunday, the chances of getting back to normal by Sunday night are slim.

Also, most experts on this topic emphasize the importance of turning off all electronic devices a minimum of an hour before the time adolescents are trying to go to sleep. Electronic screens emit a glow called "blue light" at a particular frequency that sends "a signal to the brain which suppresses the production of melatonin and keeps kids from feeling tired," said Dr. Max Van Gilder, a pediatrician. You may want to check www.lifewire.com/reduce-eyestrain-with-blue-light-filter-apps-4134615 for recommendations on apps that suppress blue light at night.

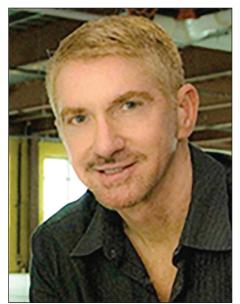
Dr. Gilder also suggests planning ahead so that homework that needs to be done on a screen is completed by early evening and "off-screen" work is saved for later at night. So no "unwinding" by going on any social media sites, which may in fact, create new anxiety. It's tough to fall sleep if you've just read something socially stressful from your BFF.

Teen sleep issues are, at a minimum, challenging and often serious. If things are extremely difficult, you may want to consult your doctor. Working with your teen to put together a sleeping program that can be supported by both you and he is important for long-term health and school success.

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.

CEO Panel Luncheon September 8





Armando Llechu

photos provided David Diamond



Juliann Pless

The 2017 CEO Panel, hosted by the Bonita Springs Area Chamber of Commerce Young Professionals, will take place at the Holiday Inn Fort Myers Airport at Town Center on Friday, September 8 at 11:30 a.m. Registration closes Friday, September 1.

closes Friday, September 1. The event will give attendees the opportunity to interact with community leaders and learn about how they overcame obstacles, built meaningful relationships and made the business decisions that brought them into their leadership roles.

This year's panelists will be David Diamond, co-founder and president of DeAngelis Diamond Construction; Armando Llechu, chief administrative officer at Golisano Children's Hospital of Southwest Florida; Mayela Rosales, co-founder and executive vice president of Media Vista Group, LLC; and Juliann Pless, senior vice president of CSI globalvCard.

The luncheon format will allow attendees to network, hear from each panelist and then participate in a questionand-answer session. Questions can be submitted at the event or through Twitter, using the hashtag: #aviewfromthetop. Tickets for the CEO Panel

Tickets for the CEO Panel Luncheon are available for \$35 at



Mayela Rosales

BonitaSpringsChamber.com or over the phone at 992-2943. This event is sponsored by the FGCU Alumni Association, Golisano Children's Hospital of Southwest Florida and the Hyatt Regency Coconut Point Resort & Spa. *

Observatory Schedule

The James & Barbara Moore Observatory located on the Florida SouthWestern State College (FSW) Charlotte Campus, 26300 Airport Road, Punta Gorda, opens for the 2017-18 season on Friday, September 15. Observation sessions are held on the third Friday of each month and begin 30 to 45 minutes after dark, outdoors and weather permitting. Sessions are free and open to the public.

Schedule of Observatory viewing vessions includes September 15; October 20; November 17; December 15; January 19; February 16; March 16; April 20; and May 18.

For more information, call 941-637-3518 or 941-637-5652, or visit www.fsw. edu/charlotte/observatory.☆



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Preseason Odds Gave The Twins Minuscule Chance To Make Playoffs



by Ed Frank

s the 2017 Major League baseball season moves to its final month, the resurgence of the Minnesota Twins clearly is one of baseball's biggest stories.

Coming off the worst record in baseball in 2016 with 103 losses, the Twins held a 1-1/2-game lead over Los Angeles and Seattle for the second American League wildcard slot through Monday of this week with only 32 games remaining in the regular season.

Minnesota has been in solid contention in the AL Central Division all season, and their 67-63 record (.515) is in sharp contrast to last season's ending mark of 59-103 (.364)

If you want to know how amazing this turnaround is, Major League Baseball at the beginning of spring training this year ranked the Twins with just a two percent –that's right just a two percent– chance of reaching the postseason playoffs.

right just a two percent– chance of reaching the postseason playoffs. And even when Minnesota began the season with a plus-.500 record of 19-16, MLB warned that "a regression is coming, and it won't be pretty."

Just this week, ESPN issued its odds for winning the 2017 World Series. The Boston Red Sox were near the top at 10 to 1 odds. The Chicago Cubs, the defending World Series Champions, were 3 to 1. Do you know the odds for the Twins? It was 100 to 1.

When our two spring training teams left here in late March, we expected that the Red Sox, the defending AL East champions, would contend again despite the retirement of slugger David Ortiz. And they have. Through Sunday, the Red Sox were atop their division with a 2-1/2-game lead over the New York Yankees.

But no one, as the two percent odds showed, expected Minnesota to be in the hunt for postseason play into the last month of the season. Should the Twins gain a wildcard spot, it would be their first postseason appearance since 2010.

Improved pitching and hitting has been the key to the team's competitiveness this year. First-baseman Joe Mauer, a former league MVP and batting champion, is having one of his best seasons in years. He began the week with a team-leading .296 batting average.

Right-hander Ervin Santana is among the league leaders with 13 wins, and Bryon

Register For 5K Run And Mile Fun Walk

et inspired and race your way to a healthier lifestyle by participating in Lee Health's Inspiring Health 5K Run & 1-Mile Fun Walk at Coconut Point Mall in Estero on Saturday, September 30 at 8 a.m. Registration is now open. Visit www.tinyurl.com/inspiringhealth5kweb for more information or to sign up. Entry fees for the event are \$30 per

Entry fees for the event are \$30 per person. Your participation supports the programs, services and events provided at the Healthy Life Center, which promotes healthy lifestyles, early detection of disease and chronic disease management. Funds also benefit Shipley Cardiothoracic Center, which includes a multidisciplinary team of physicians, nurses and allied professionals in the specialty area of cardiothoracic surgery. Together this team provides an advanced level of comprehensive and coordinated care with the goal of improving outcomes through an in-depth understanding of individual patients' risk factors, co-morbidities and personal health needs.

"We are excited to host this race for the second year in a row," said Blain Lindsey, Lee Health physician relations representative. "This race helps our organization put our mission of empowering healthier lives through care and compassion in motion – not only through the actual event, but also through the services and programs that benefit from the proceeds."

For more information about the race, Healthy Life Center or Shipley Cardiothoracic Center, call 495-4475.*



Buxton, the one-time top prospect in the Major Leagues, has become one of the best, if not the best, center fielder in the game. He homered three times last Sunday and set a career-high five RBI as Minnesota defeated Toronto 7-2.

These are just a few of the reasons why Minnesota has become the surprise team of the 2017 season.

Rain, Soggy Field Delay Miracle's Title Chase

Last weekend's rain and resulting soggy grounds at Hammond Stadium delayed the Fort Myers Miracle baseball team from closing in on the season's second-half title in the Florida State League South Division.

The Miracle began this week, the final week of the regular season, with a four-game division lead over the Charlotte Stone Crabs with seven games remaining. But last weekend's wet weather resulted in cancellation of home games Saturday and Sunday with Charlotte.

If the Miracle is not leading Charlotte by more than two games after Sunday's last game, then a double-header against the Stone Crabs will be played here Monday.

Fort Myers plays five games on the road next week, Monday through Thursday at St. Lucie and Friday at Jupiter. The Miracle concludes the regular season here next Saturday and Sunday also against Jupiter.

Scout To Be Inducted Into Miracle Hall

arry Corrigan, longtime scout, was recently inducted into the 2017 Professional Scouts Hall of Fame. He was recognized during a 15-minute ceremony at Hammond Stadium on Saturday, August 26 before the Fort Myers Miracle game against the Charlotte Stone Crabs in Advanced-A baseball action.

Corrigan began scouting for the Minnesota Twins organization in 1988 and climbs the ranks during the course of his career.

"Larry Corrigan dedicated his life to helping make the great game of baseball better," said Miracle Executive Vice President and Chief Operating Officer Ben Hemmen. "His passion and love for the game comes through from the moment you meet him, and we are honored that his plaque will be on display at Hammond Stadium for future baseball generations to see when they come to a game."

Corrigan began his baseball playing days at Iowa State where he was a three-time All-Big 8 player, a three-time All-American and a two-time Big 8 Champion. In 1972, Larry was drafted by the Los Angeles Dodgers and played six seasons with the Dodgers and Minnesota Twins in their Minor League systems as a pitcher and catcher. After his playing days, Corrigan moved to coaching at Iowa State from 1979 to 1984, the Anchorage Glacier Pilots in 1984, Cal State Fullerton from 1985 to 1986 and the Fairbanks Goldpanners in 1986. He also served as a member of the United States Army



Larry Corrican

photo provided

Reserve In 1987, Corrigan began scouting for the Oakland A's as an area scout before scouting for the Twins, where he climbed the ranks as a West Coast scouting supervisor, scouting director, Minor League field coordinator and a special assignment scout over the next two decades (1988 to 2005). During that stint, the Twins captured four divisional titles. From 2006 to 2009, Corrigan served as a special assignment scout for the Pittsburgh Pirates. After a brief stint with the Angels in 2010, he rejoined the Twins as a professional scout. Over Larry's life work, he has helped draft many great players including first round pick Torii Hunter in 1993.

Corrigan is a member of the Iowa State Hall of Fame and was Midwest Scout of the Year in 2016. On May 3, 2016, he suffered a stroke and now resides full time in Fort Myers, Florida.

SPORTS QUIZ

- 1. Entering the 2017 season, how many consecutive years had the Baltimore Orioles hit at least 200 home runs?
- 2. Which was the last school before Coastal Carolina in 2016 to win the championship in its first College World Series?
- 3. Who holds the NCAA Division I record for most punting yards in a game?
- 4. How many times has LeBron James led his NBA team in total assists for a season during his 14-year NBA career?
- 5. Which season was Hall of Famer Bobby Orr's last as an NHL player?
- 6. Entering 2017, who was the last NASĆAR Cup driver to finish second in four consecutive races?
- 7. When was the last time that Americans won both the men's and women's singles titles in the same year at the U.S. Open?

ANSWERS

1. Five seasons (2012-16). 2. Minnesota, in 1956. 3. Texas Tech's Charlie Calhoun punted 36 times for 1,318 yards in a game in 1939. 4. Fourteen times. 5. It was the 1978-79 season. 6. Mark Martin, in 1,918. 7. It was 2002 (Pete Sampras, Serena Williams).

Wealth Of Changes To FGCU This Year

s faculty, staff and more than 14,700 students - including 2,664 entering for the first time – began the 2017-18 academic year at Florida Gulf Coast University (FGCU) recently, they noticed a new president plus a wealth of new programs and amenities.

The biggest story is transition at the top. FGCU's third president, Wilson G. Bradshaw, retired June 30. A day later, Mike Martin became the university's fourth president.

He brings with him an impressive higher-education pedigree, including chancellor at Louisiana State University and the Colorado State University System, among highlights of a long and accomplished career. Martin ushers in FGCU's third decade determined to lead a growing university to even greater heights.

"We will continue to improve student success," Martin said. "We will continue to make a difference, to be a springboard to success, not just a filter, to build our graduate and doctoral programs and reflect the nature of the living laboratory in which we live – a tropical landscape and a diverse population.

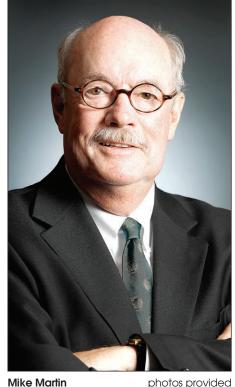
In addition to a new leader with a wide-ranging vision, the university boasts additional academic programs. an expanded sports arena, a new vibe at our oldest residential area and a new look and feel for our official website.

Here are some of the other additions this vear:

Honors College: The Honors program has grown into an Honors College, starting this semester with almost 900 students enrolled, representing the top 5 percent of the student body. Clay Motley, Honors College director and associate English professor, said, "We offer students increased ability to take honors courses related to their major, enhanced opportunities to conduct research or study abroad and additional resources dedicated to academic success. When honors students graduate, they have much more than just good grades and a diploma; they are able to demonstrate that they are self-motivated scholars and leaders who make a difference in the world.'

Interdisciplinary Entrepreneurship Major: Business owners and leaders of tomorrow get a jumpstart in FGCU's interdisciplinary entrepreneurship major, offering eight dedicated courses. The undergraduate program is open to students in any of FGCU's five colleges and, while much of its curriculum follows the lead of the institute for entrepreneurship in the Lutgert College of Business, it's a major field of study built on partnerships with all university departments. Business Programs: Also new in

Lutgert College this fall are a master of science degree in information



photos provided

systems and analytics and a minor in professional sales, the latter powered in part by a new sales lab sponsored by FGCU partner Gartner.

More Graduate Degrees: The Marieb College of Health & Human Services starts its physician assistant studies master's program while the U.A. Whitaker College of Engineering offers its first master's degree in engineering.

Alico Arena Expansion: The main 500-seat arena, where fans cheer on NCAA Division I men's and women's basketball and women's volleyball, is now flanked by a \$4.5-million, 11,000-square-foot-plus addition funded in part by \$1 million gifts each from Jim and Donna Sublett, Dean and Janie Schreiner and Mike and Karen Hartley. There's an academic center for FGCU student-athletes and an expanded sports medicine area on the first floor, plus 4,000 feet of basketball office space and a state-of-the-art film room on the third floor overlooking Swanson Stadium.

News From The North: The university has transformed its waterfront area along North Lake Village into a beach-and-boardwalk destination. With Lake Como and the usual waterfront recreational options as a backdrop, the new paver-lined walkway is accented by benches, a main covered pavilion with a giant fire pit and another pavilion at the west border with a barbecue area. Still under construction is a central dining area that will consist of a waterfront restaurant, a Pizza by Design and a Starbucks.

Website Revamp: After a year of planning and development, FGCU will launch a new website, with a dramatically different design, improved navigation and mobile-friendly delivery of content. It will be more compliant with ADA standards to make it accessible for visitors with disabilities. The rollout of the all-new www.fgcu. edu begins at the end of summer and continues through 2018 as 50,000



North Lake Village has a new paver-lined walkway along Lake Como that's ideal for biking and walking. Coming soon are a waterfront restaurant, pizza parlor and a Starbucks

pages are reworked for optimum user experience.

Still More: Art exhibits tied in with the 20th anniversary theme in the FGCU Art Galleries and the Library

(see fgcu.edu/cas/bsma) and WGCU Public Media's "FGCU at 20: The Beginning" documentary (check wgcu. org for air times) offer new cultural experiences.☆

WANT TO **AVOID SURGERY?** You have other options to alleviate chronic pain! STEM CELL THERAPY PROLOTHERAPY PLATELET RICH PLASMA Our specialists can give you a treatment plan that resolves your pain without surgery or medications. We treat... • Ankle pain • Headaches • Migraines Shoulder pain • Back pain • Hip pain • Neck pain Sports injuries • Foot pain • Knee pain • Osteoarthritis ... & much more!







Caring Medical Regenerative Medicine Clinics 9738 Commerce Center Ct. Fort Myers, FL 33908





Calendar Girls dressed up like Cher for their latest performance

photo by Bill Floyd

Calendar Girls Perform At Assisted Living Facility

he Calendar Girls channeled superstar Cher as they performed for the residents of Calusa Harbour in Fort Myers on Saturday, August 19. Bravo, the Calendar Girls 18th sponsored guide dog puppy, was on hand to bring smiles to all. Since 2006 the Calendar Girls have been sponsoring guide dogs for veterans through the Paws for Patriots program of Southeastern Guide Dogs For more information, visit www.calendargirlsflorida.com or call 850-6010.

Memory Café For Those Living With Dementias

ealth is teaming up with the Alvin A. Dubin Alzheimer's Resource Center, the Alzheimer's Association, Florida Gulf Coast University and Keiser University to create and host Memory Café, a monthly gathering for those living with mild cognitive impairment, Alzheimer's disease or other dementias. Caregivers are also invited to participate.

'The gatherings provide a social outlet and opportunities to meet people, learn something new and participate in activities, such as dancing, journaling, or arts and crafts," said Molly Grubbs, director, Lee Health's Healthy Life Center at Coconut Point. "Living with, as well as caring for someone with cognitive impairments and/or dementia can be challenging. Through Memory Café, Lee Health wants to create a way to support both the patient and the caregiver in a fun, relaxed and friendly way.

According to the Alzheimer's Association, research shows that people who regularly engage in social interaction maintain their brain vitality. The association also reports that additional research found that sports, cultural

activities, emotional support and close personal relationships appear to have a protective effect against dementia. For those already living with cognitive impairments, the social activities create positive experiences and can help reduce stress, agitation and restlessness.

Lee Health is providing the space for the gatherings, while the Alvin A. Dubin Alzheimer's Resource Center and the Alzheimer's Association are providing resources and support. Florida Gulf Coast University students will participate as a course-based, servicelearning activity that will enhance their understanding of older adults and those living with dementias. Keiser University will track and measure outcomes regarding whether participants feel more socially engaged with others and if the gatherings make attendees feel less socially isolated from others.

The Memory Café will meet at Cape Coral Hospital in Classroom A on the second Friday of each month starting on September 8 from 10 a.m. to noon. Starting on September 16, there will also be a Memory Café at Lee Health's Healthy Life Center at Coconut Point, 23190 Fashion Drive Suite 105, in Estero on the third Saturday of each month from 10 a.m. to noon.

For more information, call Lee Health's Healthy Life Center at Coconut Point at 495-4475.举

Job Openings At New Restaurant In Coconut Point

'idiCi The Neapolitan Pizza Company will Lbe creating more than 40 jobs in Estero with its latest restaurant opening. Applications are currently being accepted for a variety of positions including fornaio, stretcher, pizzaiolo, salad chef, concierge, barista, quality assurance, kitchen and dining room

'We're searching for motivated, kind and enthusiastic individuals who will bring an exceptional experience to all of our guests," said Franchisee Dina



MidiCi The Neapolitan Pizza Company photo provided

Wysseier. "We look forward to building a team of friends who will not only serve the most delicious and authentic Neapolitan cuisine, but also create a genuine relationship with the local Southwest Florida community.

The restaurant, located at the Main Towers Coconut Point Town Center, will be open daily from 11 a.m. until 10 p.m with extended weekend hours.

For more information, visit www.mymidici.com. Candidates interested in joining the MidiCi team may apply at www.mymidici.com/careers/application/estero-fl/.**

Grand Marshall Selected For 9/11 Parade

ennis Stagliano, a 9/11 FDNY firefighter for the Fire Department of the City of New York (FDNY), will be the grand marshall for the third annual Parade for Heroes on 47th Terrace Southeast in South Cape Coral on Saturday, September 9 at 10 am. The parade – which coincides with the 16th anniversary of the 9/11 terrorist attacks - features first responders such as EMS, military, law enforcement and firefighters. Former Vietnam POW Wayne Smith will be the parade emcee.

According to Cape Coral's Invest in America's Veterans Foundation, more than 80 units are participating in the parade, including the Whispering Pines Clydesdales, both the Cape Coral Republican and Democratic Party clubs as well as both the Cape Coral and Fort Myers Corvette clubs. Music includes the marching bands from Ida S. Baker High School, Mariner High School and Trifalger Middle School. The Blue Dirt Dixieland Band and Guns and Hoses bagpipes will also perform. The parade will also feature Cape Coral Fire Department firetrucks and the Araba Shriners clown float and Flintstone

From page 1 SoCo Saturday

exhibition. "We all need a little peace and love," said Ocasio, whose own artistic vision, along with wife Dale, is filled with messages of love and happiness.

Ripoll, currently a member of the neighboring Union Artist Studios, is thrilled with the opportunity. "I am humbled and happy to help curate this exhibition alongside Jeff [Ocasio]," she said. "Our

miniature cars.

Stagliano was born in Manhattan, New York and was raised in Manhattan and Staten Island. He joined FDNY on June 1, 1983 and was assigned to Engine 207 Super Pumper Systems. After one year, he went to Ladder 110 and remained there for 10 years until assigned to Ladder 79

Dennis was a 9/11 first responder and worked every day for three months at Ground Zero as a Rescue 5 Special Operations Tactical Services member. He retired from FDNY in March 2005, and now resides at the Jersey Shore. He is married and has one son.

Cape Coral's Invest in America's Veterans Foundation, which will be celebrating its 8th anniversary, will hold an open house after the event. Lunch and entertainment will be available from noon to 2 p.m.

Ralph Santillo, president of the Invest in America's Veterans Foundation, said, "the Parade of Heroes honors those who have sacrificed for us to enjoy the freedoms we now have. We hope to encourage others in the community to join us in saying thank you to those who serve us in the military as well as the brave service personnel who serve us on the homefront.

For more information, contact Debra Barclay at 541-8704 or debra. vetsfoundation@gmail.com.举

district [of SoCo] is evolving, and we all love being a part of it."

For more information about DAAS Co-op or to find out how to become a member, visit www.daascoop.com or call 590-8645. In-person inquiries are also welcomed. The gallery is located in Royal Palm Square at 1400 Colonial Boulevard suite 84 in Fort Myers

The SoCo Cultural District extends from the Alliance for the Arts campus to the Royal Palm Square block. Visit www. socoswfl.com for more information.☆



Chef Todd Johnson, center, and the crew from Rumrunners Celebrity Chef Night

photos provided

Celebrity Chef Night Raises More Than \$160K

The 14th annual Rumrunners Celebrity Chef Night held on August 16 was a success, raising more than \$160,000 for Barbara's Friends - Golisano Children's Hospital Cancer Fund.

The culinary event at Rumrunners in Cape Coral featured live and silent auctions, a champagne toast with a prize of a custom-designed necklace by award-winning Mark Loren Designs, as well as cocktails and fine culinary creations from Chef Todd Johnson and Chef Ralph Centalonza of Rumrunners, Chef Brian Roland of Crave Culinaire, Chef Harold Balink of Harold's, Chef Andy Hunter of The Bay House, and Chefs Norman and Ryan Love of Norman Love Confections. Rumrunners' renowned Gourmet Dinner by Chef Todd and his team sold to three guests, bringing in a total of \$16,750 for the live auction. Additionally, a Cash Call for Kids raised \$43,000 to purchase specialized infusion pumps to treat kids with cancer at Golisano Children's Hospital.

Since 2003, the Celebrity Chef Night event has raised more than \$1 million for Barbara's Friends - Golisano Children's Hospital Cancer Fund at Lee Memorial Health System Foundation. Special thanks



Brian Roland of Crave Culinaire receives the final touches to his plate



A tempting display from Norman Love Confections



The friendly bartenders

goes out to this year's major sponsors: Century 21 Sunbelt, Siesta Pebble, Texas Roadhouse, Custom Packaging and Products, Private Client Insurance Services, Cheney Brothers, Jason's Deli and The Comrie Cancer Foundation.



Golisano Children's Hospital patient Avery McCaskill helps Chef Todd Johnson

For more information about the annual Celebrity Chef Night, Barbara's Friends or Golisano Children's Hospital of Southwest Florida, call 343-6950 or visit LeeHealthFoundation.org.



From left, Golisano Children's Hospital patient Avery McCaskill, Rumrunners Chef Todd Johnson and Rumrunners Chef Ralph Centalonza



Chef Harold Balink of Harold's, center, serves a plate to a guest

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Nootropes Help You Think With Clarity



by Suzy Cohen, RPh

Pear Readers: Last month I wrote an article entitled Alzheimer's is A Guessing Game.

Afterwards, many of you emailed and shared your personal stories about this, and some were delightful, others heartbreaking.

I truly understand. It brings to the forefront of my mind a woman named Mary, who I met at a Florida nursing home in the 1990s. I am going to tell you her story soon, so be sure to sign up for my newsletter at swww.suzycohen.com.

Today's column will focus on natural remedies that support brain health and memory. Keep in mind that anything you want to try, please ask your physician if it's right for you since I am not a doctor and besides, individual response varies. Now for some intelligent brain-loving options, all available at health food stores nationwide (and possibly in your garden):

Lion's Mane – This is a medicinal mushroom, not an animal-derived furry ingredient. It is classified as a nootrope. Have you ever heard of that word before?

Nootropics (noah-trope-icks) are defined as substances that can improve cognitive function. Nootropic substances, whether they be medications or supplements, simply contain supportive nutrients that will help you maintain optimal brain function.

Lion's Mane is known botanically as Hericium erinaceus, and it possesses well-known regenerative effects. There's an active ingredient in Lion's Mane mushroom that promotes the growth of nerve cells in the brain. When you grow new nerve cells, it's helpful right?

Nootropes are the way of the world, and even kids know about them because, on the street, they are termed "smart pills." Some college kids like nootropic supplements to help them get through finals and exams.

Bacopa Monnieri – There is a gorgeous white flower that is a nootropic herb. It helps you maintain optimal brain function due to its strong, protective effect on one particular memory-compound called acetylcholine.

Bacopa blocks acetylcholinesterase (which breaks down acetylcholine) and, remember now, that acetylcholine is a highly desired neurotransmitter.

Gotu Kola (*Centella asiatica*) – Gotu kola, commonly called pennywort, contains compounds that support neurotrophin secretion. Brain-Derived Neurotrophic Factor or BDNF is the most well-studied of the neurotrophins. It helps maintain brain integrity, and signals nerve cells to survive and differentiate. Gotu kola seems to help with mental fatigue.

I have a longer version of this article (plus big news) so to read that, go to my site and sign up for my newsletter. If your practitioner approves of these gentle remedies, you could certainly try them independently, or you can find multitasking formulas that contain these as well as other key nutrients and amino acids.

Just be careful because some nootropic supplements are dangerous. In fact, some are not supposed to be on the market anymore. Buy from trusted brands and companies. It's completely within your rights to ask for a company's Certificate of Analysis for purity and heavy metal testing. If they don't provide that document to you, run.

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.*

From page 4 Davis Art Center

music acts are featured during the Chamber Series, including the Diaz Trio and Curtis on Tour. Plus, see the yearly performance of the American Virtuosi. Lastly, a brand new series, Vinyl Vibes, brings cover acts the Memphis Motown Experience, The Elvis Tribute and Mersey Beatles to this season's attendees.

In 2018, the Sidney & Berne Davis Art Center's outdoor festival season begins. In January, Taps and Tunes Craft Beer and Music Festival will feature more than 80 craft beers, indie music and food vendors. In April, Smoke on the Water Barbecue and Music Festival returns. Both events take place near the Fort Myers River Basin where thousands of festival goers can take part.

The celebration continues all season long with recurring events, like Art & Poetry, Art Walks the Runway and the Fort Myers Film Festival, Now in it's 7th year, Art Walks the Runway fuses art, music and fashion for a three-night Couture catwalk show featuring top designers. The 8th annual Fort Myers Film Festival will bring indie movies to the Davis Art Center in March. From August through February, on the first Monday of the month, see the Film Festival entries during the monthly TGIM.

The Sidney & Berne Davis Art Center's season wouldn't be complete without a monthly art exhibitions. The 2017-2018 season includes group art shows, like Dark Arts in October, City of Palms in November, and an Art by Physicians event in April. Plus, all artists are invited to submit to the June Juried Exhibition. This season's theme, X, celebrates all things related to this enigmatic symbol. The individual artist showcases include exhibitions from London Amara, Jet Victory and Myra Roberts.

Staying committed to the arts also means bringing arts education to the community. That's why the Davis Art Center presents workshops and courses in music, art and writing throughout the season, as well as the informative Famous Author Lecture and Lunch Series.

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

For tickets or more information call 333-1933 or visit www.sbdac.com.

Related Back And Pelvic Pain With Pregnancy



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

Tomen commonly suffer from back or pelvic pain during and after pregnancy. An article in the European Spine Journal reports that 45 percent of pregnant women have mild symptoms, 25 percent experience serious pain and 8 percent are severely disabled from back or pelvic pain. In postpartum women, 80 percent have mild symptoms and 7 percent have serious problems. Interestingly, this condition baffles many doctors, leaving many patients with chronic pain during and after pregnancy. We see women in our office who have dealt with years of disabling pain that left them unable to participate in many of their favorite activities.

Grant Awarded For Mentoring Program

Vasets Fund has awarded Big Brothers Big Sisters of the Sun Coast (BBBSSC) a \$10,000 grant for its Beyond School Walls (BSW) program in Immokalee. Lipman Family Farms is partnering in the program.

BSW is a workplace mentoring program that allows high school students to interact with mentors in a business setting. Students experience what it means to work for a corporation, learn business etiquette and identify educational requirements for professional success.

BBBSSC also received \$10,000 from Richard M. Schulze Family Foundation for its one-to-one mentoring program in Lee County and \$50,000 for its one-to-one mentoring program in Collier County with a focus on the BSW program in Immokalee.

Naples Children & Education Foundation awarded \$93,500 to BBBSSC for its one-to-one mentoring program in Collier County. The Naples Children & Education Foundation, founded in 2001, is committed to supporting charitable programs that improve the physical, emotional and educational lives of underprivileged and at-risk children in Collier County. Its primary fundraiser, the Naples Winter Wine Festival, is the largest global event of its kind.

Pregnancy-related back and pelvic pain is due to pelvic girdle relaxation. During pregnancy, a woman's body secretes a hormone called relaxin, which causes ligaments to loosen. Ligament laxity is normal during pregnancy. This allows the baby to pass through the birth canal. The pelvic and the sacroiliac joints have to expand for the delivery. The mobility is actually increased by about 33 percent. But if the ligaments stay stretched out, this leads to chronic pelvic and sacroiliac instability. The continued stress on the body as the mother cares for her baby around the clock can limit her ability to obtain enough restorative sleep and can create a vicious chronic pain cycle.

When a woman carries the growing baby on her hips, it also aggravates sacroiliac laxity and pain. Many months are required after pregnancy for the joints to get their strength back, and the added stress of poor posture hinders the healing process. Prolotherapy is an available option that directly triggers ligament repair to combat joint instability for both pregnancy and postpartum back and pelvic pain. When the ligament tissue is stronger, the demands on the body can be met without producing debilitating pain and without interfering with the birthing process.

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.☆

Publix Super Markets Charities has donated \$20,000 to BBBSSC as a corporate sponsor for its fundraising events throughout the organization's footprint. These events are hosted September 2017 through March 2018.

BBBSSC provides one-to-one mentoring relationships to children ages 6 to 18 throughout the Gulf Coast of Florida in Sarasota, Manatee, DeSoto, Highlands, Hardee, Charlotte, Lee, Collier and Hendry counties. A fundraising event is hosted in each of the communities BBBS serves.

BBBSSC programs encourage children to set higher goals for high schools and college, improve their confidence in themselves, and help them have better, stronger relationships with their families. There are two core programs: communitybased program and site-based program. In the community-based program, some Bigs meet their Littles on the weekends. Others get together with their Littles in the evenings. Each match develops a schedule that works for them. Getting together doesn't require a special occasion or expensive activity – just a few hours every month doing things the Little and Big already enjoy. Although it takes place at schools, the site-based mentoring program isn't limited to the classroom. Of course, some Littles do talk with their Bigs about class, or do homework, or read together, but it's perfectly fine to shoot hoops in the gym or play in the playground.

At the end of the day, it's really all about starting a friendship, providing guidance and inspiring them to reach their potential.



Sangria



- 1 lemon 1 lime
- 1 orange
- 1 cup strawberries 1 bottle blueberry wine, semi-dry

Wash and thinly slice lemons, limes and oranges, without removing the peel. Place in a large pitcher and add strawberries.

Pour wine into pitcher so that it covers fruit. Cover and refrigerate for 4 hours. \updownarrow



	V NIEW/S
Emergency.	
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	
Florida Highway Patrol	
Poison Control	
HealthPark Medical Center	
Ft. Myers Chamber of Commerce	
Foundation for Quality Childcare	
Fort Myers Beach Chamber of Commerce	
Fort Myers Beach Library	
Lakes Regional Library	
Lee County Chamber of Commerce	
Post Office	
Visitor & Convention Bureau	
ARTS	

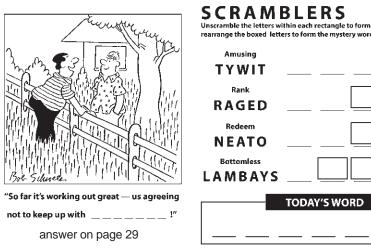
Lakes Regional Library	533-4000
Lee County Chamber of Commerce	
Visitor & Convention Bureau	
ARTS	
Alliance for the Arts Arts For ACT Gallery & Studio	
Art League Of Fort Myers	
Art League Of Fort MyersBarbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	
Broadway Palm Dinner Theatre	
Edison Festival of Light	
Florida Repertory Theatre at the Arcade	
Florida West Arts Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards. CLUBS & ORGANIZATIONS Angel Flight	574-9321
Angel Flight 1-	877-4AN-ANGEI
Animal Refuge Center	/31-3535
American Business Women Association	357-6755
Audubon of SWFL	
Caloosahatchee Chapter DAR.	472-3150
Caloosahatchee Folk Society	
Cape Chorale Barbershop Chorus	. 1-855-425-3631
Cape Coral Stamp ClubduPont Company Retirees	542-9153
Edison Porcelain Artists.	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confeder	acy 728-3743
Friendship Force Of SW FL	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	
	472-6940
Lee County Genealogical Society	549-9625
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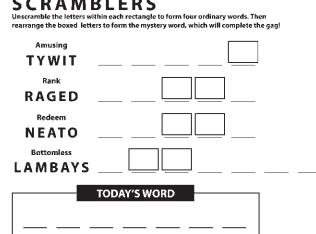
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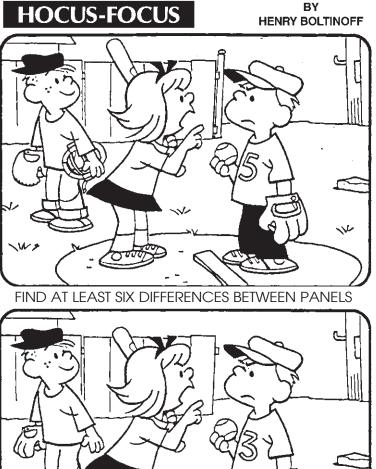


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SUDOKU

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





missing. 5. Number is different. 6. Pitching slab is missing. Differences: 1. Glove is different. 2. Mask is missing. 3. Bat is shorter. 4. Post is

Smoke Detectors Installed By **Fire Officials**

ozens of Fort Myers families now have safer homes, thanks to the Fort Myers Fire Department. On August 10, Fort Myers firefighters visited residents in the Bowling Green neighborhood to identify homes without smoke detectors and install the lifesaving devices.

'This neighborhood experienced a fire tragedy just two days ago," explained Chief John Caufield. "We are trying to reduce the potential for another preventable tragedy in this community.'

At Thursday's neighborhood canvassing event, Fort Myers firefighters visited more than 60 homes and installed 45 smoke detectors. On Cambridge Cout, the site of this week's fatal fire, only one home had a functioning detector.

Since January 2015, the City of Fort Myers has experienced 150 residential fires. Only 36 percent of those homes had working smoke detectors installed. Nationwide, nearly two-thirds of all



Fire officials go over a list regarding homes without smoke detectors

home fire deaths occur in properties without working smoke alarms. Having a functioning smoke alarm in your home cuts your risk of dying in a home fire in half.

"We want people to stay safe," said Chief Caufield. "A smoke detector is the best inexpensive insurance you can have to prevent a fire tragedy in your home.

The Fort Myers Fire Department offers other fire safety tips:

Test your smoke detectors monthly. Dead or missing batteries are the leading reason that smoke alarms fail to operate.

Smoke alarms should be installed on every level of a residence and should be located in or near every sleeping area.

Sleep with your bedroom door closed. A closed door will provide valuable protection in case of an overnight fire in another part of your home.

Do not leave your kitchen unattended when you are cooking. About 50 percent of home fires in Fort Myers start in the kitchen.

Have an exit plan for yourself and your family in case of a home fire.

This was the second smoke detector canvassing event conducted by the FMFD in 2017. In April, the department collaborated with the American Red Cross to install smoke detectors in the Love Joy Park neighborhood.

For more information about fire safety, contact Fire Marshal Jennifer Campbell at 321-7350.举

28 THE RIVER - SEPTEMBER 1, 2017

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My Stars *** * * ***

ARIES (March 21 to April 19) A change that you'd hoped for is down the line. But you still need to be patient until more explanations are forthcoming. Continue to keep your enthusiasm in check.

TAURUS (April 20 to May 20) Your social life expands as new friends come into your life. But while you're having fun, your practical side also sees some positive business potential within your new circle.

GEMINI (May 21 to June 20) Your workplace situation continues to improve. Look for advantages you might have missed while all the changes were going on around you. That trusted colleague can help.

CANCER (June 21 to July 22) Resist the urge to hunker down in your bunker until things ease up. Instead, get rid of that woe-is-me attitude by getting up and getting out to meet old friends and make new ones.

LEO (July 23 to August 22) Now that you're back enjoying the spotlight again, you should feel re-energized and ready to take on the challenge of bringing those big, bold plans of yours to completion.

VIRGO (August 23 to September 22) A former friend would like to repair a relationship you two once enjoyed. Your positive response could have an equally positive impact on your life. Think about it.

LIBRA (September 23 to October 22) Resist making impulsive decisions. Stay on that steady course as you continue to work out workplace problems. Be patient. All will soon be back in balance.

SCORPIO (October 23 to November 21) You might feel confident about taking a promising offer, but continue to be alert for what you're not being told about it. Don't fret. Time is on your side.

SAGITTARIUS (November 22 to December 21) People dear to you might be planning a way to show appreciation for all you've done for them. Accept the honor graciously. Remember: You deserve it.

CAPRICORN (December 22 to January 19) Congratulations. Your self-confidence is on the rise. This could be a good time to tackle those bothersome situations you've avoided both at home and at work.

AQUARIUS (January 20 to February 18) You feel obligated to return a favor. (Of course, you do.) But heed advice from those close to you and do nothing until you know for sure what's being asked of you. **PISCES** (February 19 to March 20) Your loving reassurance helped revive a once-moribund relationship. But be wary of someone who might try to do something negative to reverse this positive turn of events.

BORN THIS WEEK: You are a wonderful matchmaker who can bring people together to form long-lasting relationships.

THIS WEEK IN HISTORY

• On Sept. 5, 1666, firefighters in London begin blowing up homes in a desperate attempt to halt the spread of a great fire through the city. By the time the fire was finally extinguished the following day, more than 100,000 people had been left homeless.

• On Sept. 9, 1893, President Grover Cleveland's wife, Frances, gives birth in the White House to the couple's daughter Esther. She remains the only child of a president to be born in the White House.

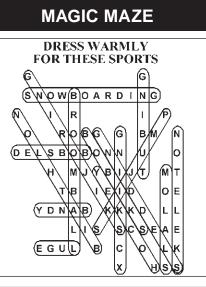
• On Sept. 6, 1915, a prototype tank nicknamed Little Willie rolls off the assembly line in England. Little Willie was far from a success. It weighed 14 tons, overheated, got stuck in trenches and crawled over rough terrain at only 2 mph.

• On Sept. 10, 1940, in light of the destruction and terror inflicted on Londoners by German bombing raids, called "the Blitz," the British War Cabinet instructs British bombers over Germany to drop their bombs "anywhere" if unable to reach their targets. One of them even landed in the garden of Joseph Goebbels, the Nazi Party's minister of propaganda.

• On Sept. 7, 1950, Julie Kavner, perhaps best known as the voice of Marge Simpson on "The Simpsons," is born in Los Angeles. Before taking on the role of the famously blue-haired housewife, Kavner played Brenda Morgenstern on "Rhoda."

• On Sept. 4, 1972, U.S. swimmer Mark Spitz wins his record seventh gold medal at the 1972 Summer Olympics in Munich. The record would stand until Michael Phelps took home eight gold medals at the Beijing Games in 2012.

• On Sept. 8, 1986, "The Oprah Winfrey Show" is broadcast nationally for the first time. Her daytime television talk show turned Winfrey into one of the most powerful, wealthiest people in show



business.

STRANGE BUT TRUE

• It was pioneering Mexican-American musician Carlos Santana who made the following sage observation: "The most valuable possession you can own is an open heart. The most powerful weapon you can be is an instrument of peace."

• Those who study such things say that men who tend to be womanizers when they're single are more likely to be jealous husbands once they're married.

• The beginning of a new school year seems a good time to note the origin of that lunchtime favorite, peanut butter. A Canadian named Marcellus Gilmore Edson patented the product in 1884, but it didn't become popular in the United States until 1898. That was when John Harvey Kellogg's Western Health Reform Institute began selling it at expensive health care institutions. It seems that protein-packed peanut butter was perfect for elderly patients who had trouble chewing.

• Rats tend to be right-handed, too. Or, rather, "right-pawed."

• Standing desks, stand ready: There's a new trend in workspaces. It seems that standing up while working isn't enough to counteract the detrimental health effects of sitting in an office chair all day. Enter Fluidstance, a company that wants to help you surf your way through the workday. Their balance boards, designed to be used with standing desks, reportedly increase heart rate and improve range of motion, allowing users to burn calories while burning their way through the mundane tasks of office life.

• Driving isn't the only activity that is dangerous to mix with alcohol. Statistics show that 40 percent of skiers who get injured in the French Alps are legally drunk.

THOUGHT FOR THE DAY

"Many people consider the things government does for them to be social progress but they regard the things government does for others as socialism." -- Earl Warren

SUDOKU

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

SCRAMBLERS

1. Witty; 2. Grade; 3. Atone; 4. Abysmal *Today's Word* **ANYBODY**

TRIVIA TEST

- 1. **Games**: In Monopoly, what color is the property St. James Place?
- 2. **Language**: What does the expression "carrying coal to Newcastle" mean?
- 3. **Television**: What was the name of the news director on "WKRP in Cincinnati"?
- 4. **U.S. Presidents**: Which U.S. president was the target of the first assassination attempt?
- 5. **Animal Kingdom**: In the cat family, what are vibrissae?
- 6. **Measurements**: How many grams are in a pound?
- 7. **U.S. States**: What state lies directly to the north of Kansas?
- 8. **Medical**: What is happening if you experience borborygmi?
- 9. **Firsts**: When were the first license plates required for cars?
- 10.General Knowledge: What does an onomastician study?

TRIVIA ANSWERS

1. Orange 2. Something superfluous or unnecessary. Newcastle is a coal-mining city. 3. Les Nessman 4. Andrew Jackson, 6. 454 7. Nebraska 8. You may be hungry. Borborygmi is stomach growling. 9. 1901, New York state 10. Names



 \star \star \star www.islandsunnews.com PLACE CLASSIFIED \star \star \star

PETS OF THE WEEK



Daisy ID#707608 Lee County Domestic Animal Services Daisy And Homer

Hello, I'm Daisy. I'm a one-year-old female Maine coon, a beautiful patch tabby who is a bit timid when I first meet you. I need a little time and patience to come out of my shell. photos provided

I get along well with other cats and am very easy going by nature. My ideal home would be where I can have the time and space needed to make it my own. Adoption fee is \$50

Hi, I'm Homer. I'm a 12-year-old male hound mix and a Super Senior looking for a home to spend my golden years. I am



Homer ID# 708269

well-mannered and even-tempered (the perfect combination). I will be a devoted companion and faithful friend to the lucky person who adopts me.

Adoption fee is \$25 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.☆

PAWS Of Sanibel



Emmy

photo provided

PAWS of the Islands has a beautiful kitty that was picked up on August 23 in the Santiva neighborhood behind the Lazy Flamingo at Blind Pass, in the vicinity of Harbor Lane. She has been in the area for at least a couple of weeks. She has now been spayed, given the necessary immunizations, combo test, worming, etc. She is approximately one year old with a petite black coat and lovely green eyes.

If you know who she may belong to, contact Pam at PAWS at 472-4823 as soon as possible. If her family is not located within a couple of weeks, she will be available for adoption.

Haven on Earth Animal League Ned And Katie

History In the end of
Hello, my name is Katie Calico. I am a very sweet, loveable female calico. I have beautiful markings and little tufts of fur on the tops of my ears. I'm one year old, spayed and up-to-date on all vaccines. My adoption fee is \$100. I am currently residing with foster parents. Please adopt me so I can have a home of my own. We are being cared for by Haven

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.X



photos provided

Ned Nederlander

d Katie Calico

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Woodlake at Bonita Bay	Bonita Springs	2017	3,926	\$2,715,000	\$2,715,000	236
Palmetto Point	Fort Myers	1977	2,678	\$1,249,000	\$1,050,000	155
Tidewater Island	Fort Myers	1997	4,868	\$1,098,900	\$930,000	167
Cape Coral	Cape Coral	1975	3,541	\$1,049,000	\$980,000	48
Sweet Bay at Shadow Wood	Estero	2005	2,941	\$999,000	\$937,500	145
Palaco Grande	Cape Coral	1990	3,602	\$769,000	\$735,000	202
Vanderbilt Lakes	Bonita Springs	1993	2,217	\$698,900	\$691,250	146
Sanibel Center	Sanibel	2005	2,140	\$689,000	\$625,000	25
Cape Coral	Cape Coral	1998	2,001	\$649,999	\$610,000	189
Dunes at Sanibel Island	Sanibel	1981	2,371	\$599,999	\$500,000	63

Courtesy of Royal Shell Real Estate

LABOR DAY SIDEWALK SALE

FREE \$25 GIFT CARD FRI-MON • SEPT. 1-4

Spend \$125 or more at any combination of our 40 Outlet Stores and receive a \$25 Gift Card that is good at all of our stores. Just bring your receipts to Shopper Services, by the children's playground. One free gift card per shopper.



SANIBEL OUTLETS

2 miles before Sanibel Causeway • 5 miles from Ft Myers Beach • 20 minutes off I-75 20350 Summerlin Rd. • SanibelOutlets.com • Mon-Sat 9-9; Sun 10-6