



Events Expanding In Cultural District

Starting in June, the SoCo Cultural District will shift its focus to the originating idea for an established district of arts and culture.

Around 10 businesses within the block of McGregor Boulevard to Marco Boulevard joined forces in October of 2016 to start a monthly art crawl called SoCo Second Saturday. The event brought attention to the area and helped unify the participating businesses through collaborations and cross-promotions. Now, these businesses south of Colonial Boulevard – where the acronym SoCo derives from – hope to maintain its popularity through a series of projects and events held on different days of the month, every month and all year long.

“SoCo is every day now,” said David Acevedo, who created the original second Saturday event and helped incorporate the cultural district, alongside other community leaders such as Lydia Black from the Alliance for the Arts, Melissa Vogt from Broadway Palm



Jeff Ocasio working in his Ocasiocasa studio within the SoCo Cultural District

photo provided

Dinner Theatre and Chip Withrow from Yoga Bird, among others.

“During these last 19 months of

SoCo (Second Saturday), many ups and downs happened, but we feel like it is time for the next step in this process,”

added Acevedo, who owns DAAS CO-OP Art Gallery & Gifts in Royal Palm Square. “I feel like the community knows we are here now and that there are amazing things happening here every day, not just one night a month.”

The www.socoswfl.com website has been refurbished as a hub for all things SoCo, including a comprehensive calendar of events for all businesses within the district. The popular SoCo map has been modified to be used as a cross-promoting tool, inviting patrons to stroll around the variety of venues and make the best of their visit. In addition, the map will include information and even coupons for discounts at various locations within the district.

Within the SoCo Cultural District, you'll find a dinner theater, center for arts and arts education in a 10-acre campus, art loft with more than 12 artists and studios, cooperative art gallery with more than 25 artists and monthly exhibition receptions for guest artists, yoga studio, barber shop, Swedish goods store, dance studio, three restaurants, among other things.

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



Ambar Eve

photos provided

Hibiscus Show In Full Bloom For 67th Year

The James E. Hendry Chapter of the American Hibiscus Society will hold its 67th annual Hibiscus Show and Plant Sale at Araba Shriners on Sunday, June 3 from 1 to 4 p.m.

The free hibiscus show is the oldest, largest and best attended of all Florida's hibiscus shows, attracting several hundred people annually. This continuing show is made possible through the generosity of community sponsors; Craters & Freighters, Driftwood Garden Center, Edison National Bank, Dr. Jacob



Blueberry

Goldberger, Greenscapes, Hooters, Dr. John Kagan, K&K Super-Blend Soil Conditioner, Lisa Adams Agency Allstate Insurance, Riverland Nursery, Storm Shutter Warehouse, Donna and Jim Sublett, Tim's Tree Service and Wilford & Lee.

“The event will showcase hundreds of different hybrid hibiscus blooms in a variety of colors and forms which will be judged in several different classes including amateur, collector, open collector, commercial and seedlings,” said Patricia Myers, society president.

In addition, more than 700 hybrid hibiscus plants will be for sale. Free raffle tickets will be given away every 30 minutes for gift certificates from several local businesses.

Hibiscus plants are delicate, beautiful



Cherry Blue

and grow abundantly in Florida's tropical climate. The following hybrid plants will be for sale at this show: African-Safari, Ambar & Eve, Bayou Rose, Beautiful Desire, Bienvenue, Big Easy, Blueberry, Bold Idea, Bon Temps, Cajun Blueberry Thrill, Cajun Bold-n-Sassy, Cajun Creole Fire, Cajun Grand Marnier, Cajun Paprika, Cajun Princess, Candid Camera, Caramel Dawn, Chartreuse Rose, Cherry Blue, Chocolate Raspberry, City Slicker, Corazon, Dancing Devil, Dark Princess, Delta Rose, Desert Fire, Fifi, Flameball, Foxy Lady, Gator Pride, High Definition, Imperial Dragon, Jennie Lynn, Lemon Kisses, Lightning Jack, Magnifique, Marianne Charlton, Masked Bandit, Monet, Moonstruck, Nectar Pink, Night Runner, Peach Cascade, Pinot Noir,



Chocolate Raspberry

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Members of the society who are experts in the care and growing of hibiscus will be available to provide advice. Should members of the public have questions regarding how the blooms are judged, there will also be several senior American Hibiscus Society judges available to respond.

To learn more about how to grow, graft and hybridize hibiscus plants, join the James E. Hendry Chapter, AHS at the show. The society meets seasonally at Berne Davis Gardens, 2166 Virginia

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Historic Downtown Fort Myers, Then And Now:

Workers Unite On Broadway



by Gerri Reaves, PhD

The contrast between boom-time and pioneer days in this 1926 photo is initially a bit disorienting, even though we have the familiar Post Office Arcade on Broadway to situate us.

The vicinity of the intersection (right) of First Street and Broadway was very much in flux in the 1920s, with pioneer-era wood-frame structures still hanging on as modern buildings went up around them.

Along First near that intersection, private homes and businesses, such as the three-story Riverview Hotel, had stood for decades.

However, they would soon be gone. The three-story Kress Building opened on the corner in December 1927, and the hotel would vanish shortly afterward.

In contrast, the left side of the image is right out of the classic 1920s boom, from the fancy new arcade to the many cars lined along the street. Broadway had been created mid-decade, and the arcade had opened in 1925, the first building on the new street.

The occasion documented in the historic photo is a Labor Day “bag parade” by local unionized labor. The parade was but one event celebrating that holiday, and thousands of people turned out for the fun.

Pictured marching past the Post Office Arcade are members of Fort Myers Local 697 of the Operative Plasterers and Cement Finishers.

The *Fort Myers Press* described the parade, as the first annual one that “embraced all the industries of the city.”

Led by the Fort Myers Concert Band, it began at Evans Avenue that morning and proceeded down First Street to Broadway, turning left, as we see here.

Local 697 was third in the parade that also included locals from the United



On Labor Day, September 6, 1926, Fort Myers Local 697 of the Operative Plasterers and Cement Finishers participates in a parade. They are marching south on Broadway, passing the Poinsettia Pharmacy storefront in the Post Office Arcade. The Caloosahatchee is visible over the tree tops (top center).

photo courtesy of the Baucom Family



Today the former location of Poinsettia Pharmacy is a café and the Kress Building, opened in December 1927, stands at the First Street corner

photo by Gerri Reaves

Brotherhood of Carpenters and Joiners of America; the Brotherhood of Painters, Decorators and Paperhangers; and the International Brotherhood of Electrical Workers.

Several other locals did not join in the parade but participated as sponsors: International Typographical Union, Cigar-makers International Union of America, Master Plumbers Association and the Journeymen Barbers' International Union.

The city's industries, utilities and businesses were represented by creative floats.

After the downtown parade, the festivities continued at the Terry Park fairgrounds, where dignitaries and prominent people gave speeches uniformly praising labor and labor organizations and stressing the importance of skilled workers.

Recreational activities such as races, a pie-eating contest and a high-jumps were also on offer.

Best of all, though, was a free fish fry.

It's a good thing Labor Day 1926 was so pleasant, for unbeknownst to Fort Myers, the infamous September 18 hurricane would soon head toward the city after devastating Miami, bringing an early end to the boom.

Walk down to Broadway and imagine a time when the city turned out to celebrate unionized labor. Then visit the following two research centers to learn more about the days when First and Broadway was in the throes of modernization.

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

Sources: Archives of the Southwest Florida Historical Society and *The News-Press*.✧

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Alliance Summer Arts Camp Nears

The Alliance for the Arts has limited space available for visual and performing arts summer camps for grades 1 to 6. The program is coupled with a one-of-a-kind, family-friendly summer gallery exhibition experience.

Summer Arts Camps, sponsored by Family Thrift Center in Fort Myers, allow children to discover their creative abilities by taking part in visual and performing arts with a different theme each week. Alliance camps focus on painting and visual arts, theatre, music and dance instruction, which come together for an art exhibition and performance each Friday afternoon.

Camp runs from 9 a.m. to 4 p.m. with extended care available from 8 a.m. until 5 p.m. for a fee. Cost is \$160 per week for Alliance members or \$200 per week for non-members. You may become a member to receive a 20 percent discount.

Themes include:

June 4 to June 8: Once Upon A Time

June 11 to June 15: Trapped in a Video Game

June 18 to June 22: Robot Mayhem

June 25 to June 29: The Search for Yellow Beard's Hidden Treasure

July 9 to July 13: Are You Game?

July 16 to July 20: Broadway: Another Opening, Another Show!



Campers take a break to pose for a photo

July 23 to July 27: Super Heroes
July 30 to August 3: Let's Rock Out!
For the duration of the summer, the Alliance will present two educational gallery exhibitions to enrich camper experiences.

From June 1 to June 30, the Alliance invites campers to explore historical spaces and artifacts in new

ways through its exhibition, Augmented Reality. With Augmented Reality, the Alliance will superimpose virtual world over what's actually in front of you through cutting-edge technology.

The traveling Smithsonian Exhibition Hometown Teams: Sports in American Communities is on display from June 30 to August 4. This project

photo provided

gives patrons an opportunity to share these stories, celebrate local legends and collect memorabilia from the community. The show provides educational initiatives about sports and ideals such as team work, fair play, leadership and respect.

For students in grades 6 to 12, the Alliance also presents Musical Theatre Intensive, held at Broadway Palm's rehearsal space in Royal Palm Plaza and offers students the unique opportunity to work with Broadway Palm's resident Choreographer Amy McCleary and with actors from current Broadway Palm shows. Camp runs 9 a.m. to 4 p.m. Monday through Friday. Daily arrival time is 8:45 to 9 a.m. with no extended care available. There is a final performance each Friday at 3 p.m. Each week is \$175 for Alliance members or \$220 for non-members. Camps run June 4 to 8 and July 9 to August 3.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. Broadway Palm is located at 1380 Colonial Boulevard in Fort Myers. For more information on Summer Arts Camp or Musical Theatre Intensive Camp, visit www.ArtInLee.org/SummerCamp or call 939-2787.

Teen volunteer and scholarship applications are also available. Volunteer positions are offered to students at least 14 years of age who want to gain experience and confidence through assisting the Summer Arts Camp Education Team and receive service learning credits for school.✱

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Southwest Florida String Trio

photos provided

Shell Point Concert Series Begins In June

Tickets are now available for Shell Point Retirement Community's Summer Concert Series, which features monthly performances through August.

Shell Point's 2018 Summer Concert Series, which is open to the public, includes performances by:

Southwest Florida String Trio – Wednesday, June 13 at 7 p.m.

Wild Coffee Duo – Thursday, July 19 at 7 p.m.

Trillium Piano Trio – Thursday,

August 16 at 7 p.m.

"The Shell Point Summer Concert Series is back for its eighth season with an engaging lineup of highly acclaimed musicians," said Laura Slack, director of resident life at Shell Point Retirement Community. "This season's theme is 'classically cool' with many talented performers from right here in Southwest Florida."

The Southwest Florida String Trio will perform an array of musical selections from composers such as Bach, Vivaldi, Schubert and Piazzolla, in Baroque and Beyond, Part II. Listeners will be provided background information on each composer and will have an opportunity to meet with the musicians following the concert.



Wild Coffee Duo Abbey Allison and Susie Kelly

Sanibel's own Wild Coffee Duo, formed in 2015, will perform Back in Time: A Musical Retrospective of a Century Ago. With the end of World War I and the birth of Leonard Bernstein in 1918, audiences will celebrate music from this milestone year, including popular songs such as *I'm Always Chasing Rainbows* and selections from *West Side Story*.


Trillium Piano Trio will feature classical music with a modern twist. The trio's performance includes a signature talk to explain the stories

behind each piece, resulting in a relatable performance that connects the audience to the artistry of the music.

Cost for each concert is \$20 and all performances will be held in the Grand Cypress Room at The Woodlands at Shell Point, located at 14441 Woodsong Lane in Fort Myers. To purchase tickets, visit www.shellpoint.org/summer or call the box office at 454-2067. Tickets will be held for pick-up at will call on the night of the performance.✧

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Gala And Fine Art Auction

Abuse Counseling and Treatment, Inc. will host its Arts for ACT Gala and Fine Art Auction at the Hyatt Regency at Coconut Point on Saturday, November 10 beginning at 5 p.m.

This fundraising event will feature a cocktail reception, silent and live auctions, raffle and dancing to commemorate the nonprofit agency's 40 years in the community and 30th year of this event. Presenting sponsor

is Bill Smith, Inc. along with co-chairs Stephen Blancett and Marc Collins.

This 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 2017, ACT provided 5,459 people with services in their outreach program and provided shelter for 639 victims including their children.

To donate or for more information on how to join as a supporter, visit www.artsforactfineartauction.com or call 939-2553.✧

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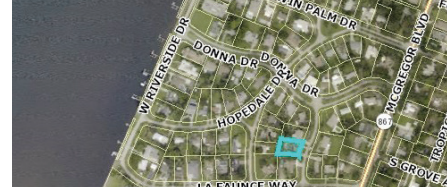
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Fort Myers Art:

A Case Of Augmented Reality At Alliance



by Tom Hall

The Alliance for the Arts' June exhibition will bring computer-generated objects into the real world. Titled Augmented Reality (or AR, for short), the work in this exhibit superimposes computer-generated

images over a user's view of the real world, thereby enhancing the viewer's current perception of reality.

But viewers won't find the exhibit's 12 digital works hanging on the gallery walls! Rather, they will be produced via a free Alliance app that viewers will download on their phone or tablet. Through a series of marker-based targets, the AR app will bring to life megalithic creatures, asteroids, board games and more.

Virtually interactive, this digital exhibition has been designed and curated by August Taylor. A sophomore at Florida Polytechnic University majoring in computer science with a focus in cyber security, Taylor has over 20 industry certifications, most achieved while at Dunbar High School's Microsoft Academy.

"From improving education to bringing art to life, augmented reality will no doubt be part of our future," Taylor predicts. "My hope is that this exhibition will display some of the possible augmented reality implementations that we may see in our day-to-day lives in a future that is not so far off."

Augmented Reality will exhibit from



A digital exhibition on virtual reality will be at the Alliance for the Arts in June

photo courtesy www.artswfl.com

June 1 to 23 with an opening reception from 5 to 7 p.m. on Friday, June 1. Meet and engage with Taylor during a conversational tour through the gallery at 6 p.m. on Saturday, June 9. The discussion will break down the complicated mechanics of augmented reality as well as educate patrons on how augmented reality will transform how we work, play, learn and connect with the world around us.

Receptions and gallery talks are open to the public and do not require tickets or reservations. While gallery admission is free, a \$5 suggested donation keeps Alliance programming affordable and accessible.

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

Lab Theater Season 10 Open Auditions May 27

The Laboratory Theater of Florida will be holding open auditions for its 2018-19

10th anniversary season on Sunday, May 27. Actors will be seen on a first-come, first-seen basis. They should bring a resume with them and will be required to fill out an audition form. Actors should prepare a one- to two-minute comedic or dramatic monologue. Actors who are unable to attend auditions may send in a video audition to director@laboratory-theaterflorida.com or send a resume and headshot to: The Laboratory Theater of Florida, attn: Casting, PO Box 334, Fort Myers, FL 33902. Call-backs will be held in the first two weeks of June and will be by invitation only. Stipends will be offered to performers.

Lab Theater's New Seating Will Provide Better Line Of Sight

Lab Theater's 2018-19 season opens June 1 with the campy parody *Hush Up, Sweet Charlotte*, but a highlight of the new season will be the addition of risers in The Lab's proscenium that will elevate seats in the fourth row and beyond in order to provide better viewing.

Starting with *Anna In The Tropics* in September, Rows A, B and C will be on

the floor, with Rows D through I on risers. Each row of risers will be six inches higher than the row in front of it.

In addition, a special seating arrangement is being employed in conjunction with The Lab's production of *Hedwig And The Angry Inch* from January 18 through February 3.

Lab Theater has been conducting extensive renovations and improvements of both the theater and its lighting and sound systems since it purchased the facility in which it stages its productions. If you haven't been lately, The Lab is all new, all business, all fun.

Alliance Youth Theatre To Perform Calvin Berger In June

The Alliance Youth Theatre will produce three performances of *Calvin Berger* by Barry Wyner in June. Based loosely on Edmond Rostand's play *Cyrano de Bergerac*, *Calvin Berger* is the hip and hilarious story of unrequited feelings, love notes and physical insecurity among four high school seniors.

Calvin is smitten by the beautiful Rosanna, but he feels insecure because of the size of his nose. Rosanna, in turn, is attracted to the good-looking newcomer, Matt, who is painfully shy and inarticulate around her, although the attraction is mutual. Hoping to get closer to Rosanna through his eloquent love notes, Calvin offers to be Matt's "speech writer," all the while ignoring the signals of attraction from another girl, his best friend, Bret. When the deception unravels, everybody's friendship is seriously jeopardized, but Calvin eventually realizes that his preoccupation with his appearance had led him astray, and his eyes are opened to Bret, who'd been there all along.

Shows are at 2 and 8 p.m. on Saturday, June 16 and 2 p.m. on Sunday, June 17.

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

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Estates Receives Donation For Restoration

Edison & Ford Winter Estates received more than \$10,000 for garden restoration through a fundraising collaboration with Keep Lee County Beautiful, the Community Interact Club of Fort Myers and the Rotary Club of Fort Myers. Several trees were planted on April 21 in a ceremony with the supporting organizations and students.

This year, the Rotary club was tasked with planting trees as part of their overall mission; each chapter made it their goal to plant some locally. "When the Rotary Club and Keep Lee County Beautiful learned of the need for garden restoration at Edison Ford, they decided it was a perfect fit," said Mike Cosden, executive vice president at Edison Ford.

Keep Lee County Beautiful is an organization that aims to inspire, educate and engage the Lee County community in improving, beautifying and protecting the environment. Sponsored by the Rotary Club of Fort Myers, the Community

Interact Club of Fort Myers is a service club for youth, ages 12-18.

Following the devastating effects of Hurricane Irma, Edison Ford is restoring the gardens. Replacing the lost trees and plants has been an enormous expense for the organization. The money raised by Keep Lee County Beautiful, the Rotary Club of Fort Myers and the Community Interact Club will cover the costs associated with replacing several trees. Trees that are being replaced, include: camphor (*Cinnamomon camphora*), white floss silk (*Ceiba insignis*), eucalyptus (*Eucalyptus degulpta*), lorito (*Pithecellobium arborea*), sausage tree (*Kigelia pinnata*), pink shaving brush tree (*Pseudobombax ellipticum*), ironwood (*Caesalpinia ferrea*), beautyleaf tree (*Callophyllum innophyllum*), allspice (*Pimenta dioica*), bay-rum (*Pimenta racemosa*), pink orchid tree (*Bauhinia purpurea*), princess flower (*Tibouchina*), violet tree (*Polygala cowellii*), yellow tabebuia (*Tabebuia argenta*), red silk cotton tree (*Bombax ceiba*), tree jasmine (*Rachmachera ignea*) and Walter's viburnum (*Viburnum obovatum*).

For more information, or to donate, visit www.edisonfordwinterstates.org or call 334-7419.✴



Front row from left, Thomas Bamford, U.S. Coast Guard Auxiliary Division Commander; Senior Chief Eric Risner, U.S. Coast Guard; Daniel Eaton U.S. Coast Guard Auxiliary Flotilla 91 Public Affairs Officer. Back row, Fort Myers Beach Town Council. photo provided

Safe Boating Week Begins With Open House

Fort Myers Beach Mayor Tracey Gore recently presented a proclamation certifying May 19 through May 25 as Safe Boating Week.

The U.S. Coast Guard Station will hold an Open House to serve as the official kickoff on Saturday, May 19 from 10 a.m. until 3 p.m. Guests will tour several Coast Guard assets during the open house. Members of the Coast Guard Auxiliary will be available to answer recreational boating safety questions, and certified vessel examiners will conduct free vessel safety checks for all registered vessels. No violations will be issued during the safety checks.

Members from the Lee County Sherriff Marine Unit, Florida Department of Environmental Protection, and Safe Kids Lee County are scheduled to also be in attendance.

There will be instruction in knot tying and a maritime environmental game. As an added attraction, 'Coastie', a remote-controlled low endurance class cutter, will make an appearance. Free hot dogs will be served during the event.

The Fort Myers Beach Town Council encourages citizens to learn and practice safe boating practices such as wearing a life jacket, taking a safe boating class, getting a vessel safety check, operating their vessels responsibly and saving consumption of alcoholic beverages for after the trip. Experiences and statistics have demonstrated that deaths may be prevented by simply wearing life jackets, especially operators of paddleboards, canoes and kayaks.

Every year, boating and water safety advocates around the world team up to promote and educate people on the importance of safe boating and life jacket use during National Safe Boating Week, now in its 60th year.

The U.S. Coast Guard Station is located at 719 San Carlos Drive on San Carlos Island. For more information, visit www.cgaux.org.

Reimagined Exhibit Tells Of Lost WWII Bomber

The IMAG History & Science Center has enhanced its B26 Maurader Exhibit which displays remnants of a crash that occurred off the coast of Sanibel in November 1942.

The refreshed exhibit opened on Saturday, May 12, with a series of graphically designed panels that detail the incredible story of the WW II bomber and its crew who perished in the crash. Parts of the plane were donated to the Southwest Florida Museum of History (which has since merged with the Imaginarium Science Center to create the IMAG) by Underwater Historical Explorations (UHE) in 2008.

"We decided it was the perfect time to bring the story behind this exhibit to the forefront, as it is the 10-year anniversary of a longstanding mystery solved by

the UHE team," said IMAG Executive Director Matt Johnson.

In 2008, Tim Wicburg, the Fort Myers fishing boat captain who discovered the plane 17 years prior, partnered with UHE, made up of former Chicago resident Tom O'Brien and hall of fame diver, captain Jon Hazelbaker. They led an extensive excavation of the crash site in May of that year. Subsequently, they donated the pieces that now make up the exhibit on display at the IMAG. After realizing they had found a military plane that had been missing for 66 years, they conducted lengthy research about the origins of the plane and its crew. Little did they know they would uncover the cause of the crash and clear the name of the pilot, having the official record changed from "pilot error" to "mechanical error."

Visitors to the IMAG will have the opportunity to learn about this extraordinary discovery and the lives of the crew members.

Miracle To Host Pet-Friendly Nights

The Fort Myers Miracle will open Hammond Stadium to dogs for four more Saturday games this season, allowing pooches and their owners to sit side-by-side for the ballgame. The next Bark in the Park event will be held on Saturday, May 19.

Lee County Domestic Animal Services is the presenting sponsor for all Bark in the Park events this season, and its staff members will bring along several adoptable dogs and offer information to pet lovers about the agency's adoption process.

"We have worked hard to establish a great family-friendly atmosphere at Hammond Stadium, but when one of your family members is stuck at home, it's never as much fun," said Chris Peters, president and general manager of the Fort Myers Miracle. "Bark in the Park is like a three-hour social event for dogs and dog owners, and we'll have plenty of treats for everyone at the game."

Dog owners don't need to fetch a ticket for their pooches. There is no admission charge Saturday for four-legged spectators.

Because all five Bark in the Park events this season fall on Giveaway Saturdays, fans will receive some Miracle swag upon entering Hammond Stadium on these dog-friendly dates:

May 19 vs. St. Lucie Mets: Joe



The next Bark in the Park will be held Saturday, May 19 photo provided

Mauer bobblehead giveaway, presented by First Community Bank

June 30 vs. Lakeland Flying Tigers: Jose Berrios bobblehead giveaway, presented by Achieva Credit Union

July 21 vs. Lakeland Flying Tigers: Torii Hunter bobblehead giveaway, presented by Millennium Physician Group

August 18 vs. Clearwater Threshers: Miracle replica jersey giveaway

For more information, call 768-4210 or visit www.miraclebaseball.com.

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at holly@sanibelchurch.com or
call the Church office 239-472-2684

Register Online at sanibelchurch.com Events-VBS

Along The River

Young artists and performers are invited to take part in **Teen Talent Night** at the **Sidney & Berne Davis Art Center** this Friday, May 18 from 6 to 10 p.m. Teens age 13 to 17 can enter visual art, dance, film, music or theater categories for a chance to win up to \$600 in cash prizes.

Produced by the Sidney & Berne Davis Art Center Junior Board in 2017, Teen Talent Night has attracted the interest of many of Southwest Florida's brightest young stars. Contestants and attendees can enjoy food, music, raffles and so much more. It's free to enter the contest, and only \$5 to attend.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the downtown Fort Myers River District. For more information, sign up or purchase tickets, visit www.sbdac.com/event/teen-talent-night-2018 or call 333-1933.

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

The **Alliance for the Arts** will hold its weekly **GreenMarket** this Saturday, May 19 from 9 a.m. to 1 p.m. There will be an exclusive selection of locally grown, caught and cultivated foods and



Participants at a previous Alliance for the Arts free yoga session

photo courtesy www.artinlee.org

other products available to sample and purchase. Enjoy live entertainment by local musicians and fun activities for kids, gardening classes and live cooking by local chefs. The GreenMarket hosts neighbors and small growers who bring seasonal, limited crops to market.

During the GreenMarket, stretch out during a **free yoga session** from 9:30 to 10:30 a.m.

Join registered yoga teacher Anna Withrow for the free activity beneath the shade trees just west of the vendors. No reservations are required. The sessions

are suitable for all levels and beginners are welcome. Supervised children are also encouraged to join in. Bring a yoga mat, sunscreen and water.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, visit www.artinlee.org.

The best of the best in vegan cuisine and desserts in Southwest Florida will be showcased at **Millenial Brewing Company** during the **Vegan Food Rally** this Saturday, May 19 from 5 to 10 p.m.

Traditional and new vegan food vendors will be serving their fare. Vendors include Ciambella vegan donuts, Angelic Desserts Bakery and Coffee Shop, Dairy

Free Island Smoothie Bar, The Vegan Knife, Irene's Dream, Artisan Eatery and BuddhaBlends Food Truck.

Millenial Brewing will feature house made craft beers, cider, and kombucha on tap. Wine and organic vodka-based cocktails are also on the menu.

There will be live music. The rally is pet-friendly.

Millenial Brewing Company is located at 1811 Royal Palm Avenue in Fort Myers. For more information, visit www.millenialbrewing.com.

Gulf Coast Leisure will present for the **Art & Poetry Networking Event at Sidney & Berne Davis Art Center** this Thursday, May 17 at 8 p.m.

There will be mixed media artists, music, spoken word and vendors are all highlighted each month. Attendees also have a chance to network and connect with other like-minded people in the arts community. Sign up early to perform, or be a part of the audience and enjoy this interactive music and art showcase.

Cost is \$10 per person.

Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, tickets or vendor registration, visit www.gclmovement.com.

Go back in time with a guided **Shell Mound Tour** at the **Mound House** this Saturday, May 19 from 1 to 2 p.m. Discover an ancient island life beyond anything you've ever imagined, through hands-on experiences atop a 2,000-year-old Calusa indian shell mound.

Cost is \$15 for adults or \$10 for ages 6 to 12 and includes museum admission.

Mound House is located at 451 Connecticut Street on Fort Myers Beach. For more information, visit www.moundhouse.org.✪



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Miracle To Host Superhero Night

The Fort Myers Miracle, the Class-A Advanced Affiliate of the Minnesota Twins, are hosting Superhero Night on Friday, May 18, and all superheroes will be offered free tickets at the ballpark. Gates open at 6 p.m. Game time is at 7 p.m. against the St. Lucie Mets.

Miracle superfans can enter a superhero costume contest during the game, and several superheroes will be traversing Hammond Stadium for photo opportunities with spectators.

"Everyone has a favorite superhero character they identify with: Superman, Wonder Woman, Thor, Batman, Incredible Hulk, Catwoman," said Chris Peters, president and general manager of the Miracle. "Who says you can only dress up like a superhero on Halloween?"

Miracle players will be wearing exclusive spider hero jerseys, which will be auctioned off to raise money for Keep Lee County Beautiful. Lee County Solid Waste is the presenting sponsor for the jersey auction.

May 18 also is Nonprofit Night, where local charities will showcase

their tremendous work within the community. Pre-Game Happy Hour will be from 6 to 8 p.m., presented by Wicked Dolphin and B103.9. Florida Community Bank will present a postgame fireworks show (weather permitting).

May 18 begins a six-game homestand against the St. Lucie Mets and Bradenton Marauders, and each game features multiple promotions:

Friday, May 18: Superhero Night, Nonprofit Night, Lehigh Rotary Night, Pregame Happy Hour, Postgame Fireworks Show

Saturday, May 19: Bark in the Park, Joe Mauer Bobblehead Giveaway, Goodwill Night, Ed Randall Bat for the Cure

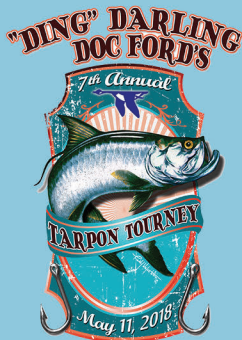
Sunday, May 20: Disney Trip Giveaway, State Testing Completion Celebration, Kids Run the Bases, Kids Pregame Catch, Dairy Queen Sunday, Kids Club Sunday

Monday, May 21: Dollar Dog Monday, Humana Silver Slugger Monday Club, Lawyers Night

Tuesday, May 22: Two-for-One Tuesday, Education Day

Wednesday, May 23: Throwback Day, Winning Wednesday

For more information about baseball tickets and promotions, call 768-4210 or visit www.miraclebaseball.com.✪



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Participants at the Community Prayer Breakfast listen to speaker Rick Rigsby photo provided

Community Prayer Breakfast Draws 1,400 Plus

More than 1,400 individuals from all faiths, political inclinations and backgrounds came together recently in prayer, hearing a message of unity, love and positivity as the community builds a stronger future.

In conjunction with the National Day of Prayer, the annual Community Prayer Breakfast was held at City of Palms Park and emceed by Fort Myers Mayor Randy Henderson. It was funded by more than 40 generous businesses, organizations and residents. This year's national theme was unity, a topic that wasn't lost on keynote speaker Rick Rigsby. The nationally acclaimed speaker and author urged those in attendance to "let Fort Myers be the kindness

capital of the world," and that reputation alone can build a better, stronger community.

Rigsby preaches love, and says positivity, inclusion and respect will ultimately create a unified community rather than a broken one.

"Love all people, like God loves us," Rigsby said.

The National Day of Prayer is an annual observance on the first Thursday of May, when individuals of all faiths join together in unified prayer for continued blessings on the nation. Local, state and federal observances are held from sunrise to sunset across the

nation, attracting more than 2 million people annually.

Fort Myers and surrounding areas have recognized the National Day of Prayer since the Community Prayer Breakfast's inception in 1988. With divisiveness permeating the country – politics, religion, economics, race and an abundance of other issues – Henderson said it's important to stay strong and purge oneself of negative thoughts, harnessing positive energy into action.

"If ever there was a time to come together, it's right now going forward," Henderson said.✱

Church To Offer Medicare Event

Future and current Medicare beneficiaries are invited to attend a free presentation about the ins and outs of Medicare at Chapel by the Sea Presbyterian Church. Medicare 101 will be offered in Silver Hall on Tuesday, May 22 at 9:30 a.m. Advance registration is not necessary.

The Florida Department of Elder Affairs' SHINE (Serving Health Insurance Needs of Elders) program provides free, unbiased information and assistance for Florida Medicare beneficiaries year-round as they carefully evaluate their health care options. SHINE is administered locally by the

Area Agency on Aging for Southwest Florida (AAASWFL).

Medicare 101 is a well-rounded presentation covering the basics of Medicare for those soon to be eligible as well as those currently on Medicare. Participants will learn the basics of Medicare Parts A, B, C and D, and discover more about the many plan options available. Attendees will also receive information about the new Medicare cards which will begin distribution this spring.

Chapel by the Sea is located at 100 Chapel Street on Fort Myers Beach. For more information, visit www.aaaswfl.org or by calling the toll-free Helpline at 866-413-5337 (866-41-ELDER). For a listing of SHINE counseling sites and public events in the area, visit www.FloridaSHINE.org.✱

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

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

ALL SAINTS BYZANTINE RITE CATHOLIC

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

ANNUNCIATION GREEK ORTHODOX

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

BETH SHILOH MESSIANIC SYNAGOGUE

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

BIBLESHARE

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

BREAD OF LIFE MINISTRIES

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

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

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

CHURCH OF THE CROSS

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

CONGREGATIONAL

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

COVENANT PRESBYTERIAN

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

CYPRESS LAKE BAPTIST

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

CYPRESS LAKE PRESBYTERIAN

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

CYPRESS LAKE UNITED METHODIST

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

FAITH FELLOWSHIP WORLD OUTREACH

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

FAITH UNITED METHODIST

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

FIRST CHURCH OF CHRIST, SCIENTIST

Wednesday 12 noon Testimony Service, Sunday 10:30 a.m. 2390 West First Street, christiansciencefortmyers.net, christianscience.com.

FIRST CHURCH OF THE NAZARENE

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

FIRST UNITED METHODIST CHURCH

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

FORT MYERS CHRISTIAN

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

FORT MYERS CONGREGATIONAL

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

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

KINGDOM LIFE

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

LAMB OF GOD

Sunday 7:45 and 10 a.m. 19691 Cypress

View Drive, lambogodchurch.net, 267-3525.

NEW BEGINNINGS CENTER

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

NEW COVENANT EYES

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

NEW HOPE BAPTIST

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

Sunday 8 and 10 a.m. 15840 McGregor Boulevard, www.peaceftmyers.com, peace@peaceftmyers.com, 437-2599.

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

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

SAMUDRABADRA BUDDHIST CENTER

Meditation classes. MeditationInFortMyers.org, 567-9739.

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

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

SAINT JOHN THE APOSTLE

METROPOLITAN

Sunday 10 a.m. 3049 McGregor Boulevard, 344-0012.

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

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

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETHEL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE NEW CHURCH

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

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

Sunday 10 a.m. 11120 Ranchette Road, unityoffortmyers.org, 278-1511.

WESTMINSTER PRESBYTERIAN

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

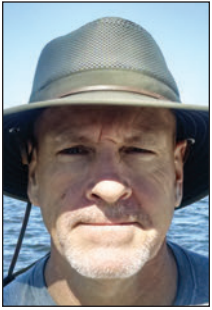
WORD OF LIFE

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

ZION LUTHERAN

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

CROW Case Of The Week:

Bald Eagle
Fledgling

by Bob Petcher

Bald eagles (*Haliaeetus leucocephalus*) are known for building the largest tree nests ever recorded for any animal species. Not surprisingly, these homes are very large in order to

compensate for the size of the parents and their fast-growing young. By the time eagle chicks are 9 weeks old, they are fully grown. These young reportedly remain in the nest to gain strength for 10 to 12 weeks before flying off.

While in those nests, sibling rivalry can get quite competitive as chicks turn into fledglings. Unfortunately, domination can occur when the older eaglet acts aggressively to its younger and smaller brother(s) or sister(s). Sometimes, the nest gets a little small come feeding time.

At CROW, a fledgling bald eagle was admitted to the hospital from Fort Myers. The eagle had been observed on the ground without care from its parents for more than 24 hours before it was rescued.

"The nest was easily visible by people that lived in neighboring houses. It is not uncommon for fledgling eaglets to end

up on the ground when they are learning to fly, but they should not stay on the ground for an extended period of time," said Dr. Robin Bast, CROW veterinary intern. "The parents were observed in the area interacting with the eaglet; however, there were two other siblings still in the nest and this means competition for resources as well as space in the nest."

When the fledgling arrived at the hospital, the intake exam did not reveal any broken bones or injuries. The eagle's body condition score was low, indicating it was thin. Blood samples were tested and revealed the bird was also anemic.

Dr. Bast confirmed no orthopedic abnormalities were noted. "The fledgling was thin and mildly dehydrated, and as a result had a mild anemia – low red blood cell count. It was treated supportively with an injection of iron and vitamin B12, and subcutaneous fluid therapy upon admission to the hospital," she said. "The next morning, it was moved to an outdoor enclosure and ate readily. It was likely thin because of competition for resources with two other siblings in the nest."

"Bloodwork was repeated five days after intake, and was within normal limits (thus) anemia resolved. At that time, the eagle's weight and body condition had improved with nutritional support."

Since there were two other eaglets in the patient's nest, CROW veterinarians decided it was best to release the patient once it was fully flighted rather than re-nest it immediately as it may be pushed right back out of the nest by the siblings.

Dr. Bast stated that the patient



Patient #18-1408 was released after a successful stay at CROW, including a period where it became self-sufficient in flight photo by Brian Bohlman

continued its clinic stay in a large flight enclosure and practiced making strong short flights on its own. Siblicide, or death resulting from competition for resources among siblings, is not an uncommon occurrence with eagles, she said.

After its second week at CROW, the bald eagle was released near its nest.

"This fledgling was successfully reunited with its family at the nest site on May 12, after two weeks in hospital," said Dr. Bast. "Both parents and both siblings

were observed in the nest at the time of release and the next day the eaglet was observed in the nest tree with its siblings."

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for native and migratory wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to P.O. Box 150, Sanibel, FL 33957. Call 472-3644 or visit www.crowclinic.org.

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Prime Tarpon Time



by Capt.
Matt Mitchell

The week's tarpon fishing brought some good days and some not-so-good days. The one thing that was very consistent was being able to find tarpon every time we fished for

them. Being set up in lots of rolling tarpon is always a good thing, and the calm conditions we had most days really helped out when it came to locating them. Pods of happy tarpon could be found anywhere from the beaches through the passes and in all the regular spots in the bay. The best action on my boat came while fishing them in the sound where I was able to set up and fish a full spread of both live baits and cut baits.

Some days tarpon eat, then other days they just don't. That's the only way I can explain it. While tarpon sit in rolling fish in the sound, you can often tell from their behavior when they are happy and content with no real movement almost like they are floating or just milling around. Often you will see free jumps and a few crash baits on the surface. Gulfside tarpon generally seem to have more movement to them. These fish require staying on them and making multiple presentations. This week I was able to return to a few of the same places and pull right up on these fish day



A tarpon jumps one last time at the boat before being released this week

photo provided

after day.

Baits that tarpon wanted to eat seemed to almost change by the day. One day, both our bites in the bay came on cut mullet, then the next day both bites came on live crabs drifted under a float. Putting out a variety of baits insured at least you had it covered if they decided they wanted to eat. Even the fish we jumped fought totally differently with one staying close to the boat and making lots of leaps, while the other made crazy long runs that required us to chase it between other

boats. We jumped three other tarpon but did not manage to keep them on for very long.

The only guarantees when going tarpon fishing is that no two days of tarpon fishing nor any two tarpon battles will ever be the same. As a fishing guide, tarpon fishing is a love-hate relationship. When you have a good day, there is nothing else that compares to it, then there are those days when you can sit in rolling fish and just not get a bite or worse yet not even find the fish. These bad days are as much of a part of tarpon fishing as the days you go out

and make memories for a lifetime. Tarpon trips go one of two ways: get that first bite and be a rock star or get no bites and it might as well have been a sightseeing trip. Tarpon fishing is rolling the dice, fortunately the good days stay in your head much longer than the bad days.

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

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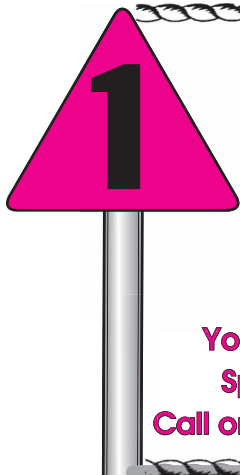
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Dave Doane

Plant Smart

Largeleaf Geigertree

by Gerri Reaves

Largeleaf geigertree's (*Cordia sebestena*) native status is still being debated. Some sources say it is native only to the southernmost Florida Keys, where John James Audubon featured it in an 1832 painting of white-crowned pigeons.

But whether it was introduced to the U.S. at least a couple of centuries ago or is indeed native, there's no doubt about its value in the South Florida landscape.

Desirable attributes include pretty evergreen foliage and year-round showy orange flowers.

Add to those wildlife friendliness, low maintenance and high wind resistance, and it's easy to understand why this species is on Lee County's Protected Tree List.

A member of the borage, or forget-me-not, family, this tree is also called scarlet cordia.

It takes the form of a large shrub or small tree, usually 15 to 30 feet high with rough dark-brown bark and a rounded crown.

Alternative oval or heart-shaped leaves are deep green with paler undersides. They are up to eight inches long with pointed tips and about four inches wide. A covering of stiff hairs gives them a rough texture.

The clusters of tubular flowers bloom



Largeleaf geigertree is appreciated for its pretty evergreen foliage, showy flowers, and wildlife friendliness photos by Gerri Reaves

all year, but mostly in spring and summer, attracting hummingbirds, pollinating insects and butterflies, such as the large orange sulphur and Schaus' swallowtail.

The flowers have crinkly edges and measure an inch or two across. Their resemblance to a geranium from a distance earns the tree another name, geranium tree.

The pulpy white egg- or pear-shaped fruit is about an inch long and edible but not tasty.

High salt tolerance makes it suitable for coastal landscape, and drought



Clusters of tubular flowers appear year-round, but mostly in spring and summer

tolerance lessens the maintenance.

One thing this tree won't tolerate, however, is cold.

Plant it in sun or light shade in well-drained soil. It can grow in nutrient-poor soil but needs some organic content.

It is recommended that largeleaf Geigertree be used as a background plant, since the leaves are vulnerable to the geiger beetle, and the plant is generally pest sensitive.

Propagate it with the one or two seeds in the fruit.

Sources: *Florida Gardner's Guide* by Tom MacCubbin and Georgia B. Tasker, *Florida Landscape Plants* by John V.

Watkins and Thomas J. Sheehan, *Florida Plants for Wildlife* by Craig N. Huegel, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Growing Native* by Richard W. Workman, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, *Trees of Everglades National Park and the Florida Keys* by George B. Stevenson, *Wild Plants for Survival in South Florida* by Julia F. Morton, www.edis.ifas.ufl.edu, and www.regionalconservation.org.

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

Local Fig Tree Deemed Largest In Florida

Shangri-La Springs, a historic property in downtown Bonita Springs, recently received recognition for having the largest Mysore fig tree in the state, earning the title of Champion Tree, by the Florida Department of Agriculture and Consumer Services.

Of Shangri-La Springs' two Mysore fig trees on its property, the one located in the courtyard is deemed the largest of its species within the state, and its second tree, located on the south lawn, earns title of challenger tree. The champion Mysore fig tree, native to Mysore, India, stands at 85 feet tall and measures 546 inches in circumference, and carries a crown spread of 115 feet. Shangri-La Springs' tree surpassed the previous Florida Mysore Fig Champion Tree, earning a total of 656 points based on its measurements, a 50-point gain over the previous champion tree. According to the Florida Forest Service's measurement records, Shangri-La Springs' champion Mysore fig tree is unofficially the largest in the nation. However, tree species must be native to the U.S. to be recognized as a National Champion Tree. Shangri-La Springs' second Mysore fig tree is ranked third in the state, based on its Florida Champion Tree program measurements, making it a challenger tree with points within 80 percent of the current champion tree also located at Shangri-La Springs.

To view Florida's Champion Tree database, visit <http://championtrees.freshfrom-florida.com/home.mvc/Index>.*



The state champion Mysore fig tree

photo provided

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Conservation For Sea Turtle Nesting

May is the beginning of sea turtle nesting season on many of Florida's sandy beaches. Beachfront property owners and beach visitors can help nesting turtles and hatchlings by turning off or shielding lights that are visible from the beach at night.

"People's efforts to keep our beaches as dark as possible at night, without affecting human safety, can make a tremendous difference for nesting sea turtles," said Robbin Trindell, head of the Florida Fish and Wildlife Conservation Commission (FWC) sea turtle management program. "Female sea turtles and their hatchlings can be disturbed or confused by artificial light, whether it comes from a house, a flashlight or a cellphone camera."

Sea turtle nesting is starting now on beaches from the Gulf coast, including northwest Florida, to the state's northeast Atlantic coast and from Miami-Dade County south to the Keys. Nesting began earlier in March along Florida's southeast Atlantic coast from Brevard County south to Broward County.

Florida is a critically important destination for nesting sea turtles. More loggerhead turtles nest here than anywhere else in the continental United States, with nearly 97,000 loggerhead nests counted statewide during the 2017 nesting season. Leatherback and green sea turtles also nest in significant numbers in Florida.

What are the basics of being sea turtle-friendly? Here are a few:

It's a sea turtle night, turn off the



Female loggerhead sea turtle

photo courtesy Loggerhead Marinellife Center

light – After sundown, turn off any lights not necessary for human safety. Use long wavelength amber LED lamps for lights that must stay lit and shield lights so they are not visible from the beach. Remember to close shades or curtains.

Sea turtles get lost in the light – On the beach at night, don't take flash photos or use bright cellphones or flashlights.

Sea turtles are protected and must be respected – Stay back and give sea turtles space if you see one on the beach at night. Don't touch a nesting turtle because it may leave the beach without nesting if disturbed. Remember, it is illegal to harm or disturb nesting sea turtles, their nests, eggs or hatchlings.

Clear the way at the end of the

day – Beach furniture, canopies, boats and toys left behind on the sand may become obstacles that block nesting and hatchling turtles. Fill in any holes dug in the sand.

Help hatchlings home by leaving them alone – Do not handle hatchlings crawling toward the water. Any interference or disturbance by people, such as getting too close or taking flash photos, increases the chances the hatchlings will get confused, go in the wrong direction and not reach

the ocean quickly. That makes them vulnerable to dehydration, exhaustion and predators. As with all wildlife, watching from a distance is best.

Buildings and other structures along the beach that need lights for human safety can be lit with long wavelength amber LED bulbs in a downward-directed, well-shielded fixture that is not visible from the beach. The FWC tests lights submitted by manufacturers to see if they meet our Keep It Long (wavelength), Keep It Low (lumens and mounting height) and Keep It Shielded requirement. Approved fixtures are less likely to impact nesting or hatchling sea turtles. The agency maintains a list of these certified wildlife-friendly fixtures so property owners along Florida's coastlines can easily find options that work for human and sea turtle safety. The list is available at www.MyFWC.com/Conservation by clicking on "How You Can Conserve," "Wildlife Lighting" and then "Certified."

The FWC works to conserve Florida sea turtles, including coordinating nesting beach survey programs around the state. People can help by reporting sick, injured, entangled or dead sea turtles to the FWC's Wildlife Alert Hotline at 1-888-404-3922, #FWC or *FWC on a cellphone or text Tip@MyFWC.com.

Learn more about Florida's sea turtles at www.MyFWC.com/SeaTurtle.✪

Status Reviews To Be Conducted

As part of the process mandated by the Endangered Species Act (ESA), the U.S. Fish and Wildlife Service will conduct five-year status reviews of 35 endangered or threatened fish, wildlife and plants. These species are found in the Southeastern United States and Puerto Rico.

The public is invited to provide information and comments concerning these species on or before July 6.

These five-year reviews will ensure listing classifications under the ESA are accurate and recommend changes in status where appropriate based on the latest science and analysis. In addition to reviewing the classification of these species, a five-year review presents an opportunity to track the species' recovery progress. It may benefit species by providing valuable information to guide future conservation efforts.

Information gathered during a review can assist in making funding decisions, consideration related to reclassifying species status, conducting interagency consultations, making permitting decisions and determining whether to update recovery plans as well as other actions under the ESA.

To help inform the five-year reviews, the service is requesting information on: (1) species biology, including population trends, distribution, abundance, demographics and genetics; (2) habitat conditions, including amount, distribution and suitability; (3) conservation measures that have been implemented; (4) threat status and trends; and (5) other new information, data, or corrections, including taxonomic or nomenclatural changes; identification of erroneous information contained in the

ESA list; and improved analytical methods. Comments and materials received will be available for public inspection by appointment.

The Federal Register notice announcing the status review of these 35 federally listed fish, wildlife and plants is available online at www.fws.gov/policy/frsystem/default.cfm.✪

Stone Crab Season Closes Until October 15

The commercial and recreational harvest of stone crab claws in Florida closed on May 16. Stone crab season will reopen on October 15. This five-month closure occurs each year during the peak spawning season to help conserve and sustain Florida's valuable stone crab resource.

Commercially harvested stone crab claws may be possessed and sold during the closed season, but only if they have been placed in inventory prior to May 16 by a licensed wholesale or retail dealer.

Stone crab traps must be removed from the water within five days after the close of the stone crab season. Stone crab claws cannot be harvested from traps pulled after the season closes.

Learn more about the stone crab harvest season by visiting www.myfwc.com/fishing and clicking on "Saltwater Fishing," and then either "Recreational Regulations" or "Commercial." The Florida Fish and Wildlife Conservation Commission (FWC) is gathering public input on the commercial and recreational stone crab fishery. Learn more at www.myfwc.com/saltwatercomments.✪

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From left, Rookie of the Year Lauren O'Desky, Franchisee of the Year John Brown, Spotlight Award Winner Jan Maze, and Rising Star of the Year Missy and Len Kinor. photo provided

Oasis Senior Advisors Awards Of Distinction

Oasis Senior Advisors recently announced the honorees of the company's annual awards of distinction at a banquet held in conjunction with the organization's annual conference in Orlando, Florida. More than a hundred people were on hand to celebrate the hard work, dedication and success of these franchisees, as well as the entire corporate office.

The Franchisee of the Year was awarded to John Brown, CSA, of Oasis Senior Advisors – Austin, Texas. He has been a franchisee since March 2016. Having placed 130 clients in senior living communities last year, he is also a member of the Oasis CEO Club, which awards memberships to the top revenue generating franchisees in the company.

Rookie of the Year honors went to Lauren O'Desky, CSA of Oasis Senior Advisors – North Milwaukee. Having become a franchisee just 10 months ago, she has seen tremendous success, placing dozens of clients in senior living communities. In addition to Rookie of the Year, she was also inducted into the Oasis Senior

Advisors Presidents Club for becoming one of the top producers in the company.

Len and Missy Kinor, RN, BSN, CCTM, CSA, of Oasis Senior Advisors – Northwest Ohio were given the Rising Star of the Year Award. The Kinors have been part of Oasis since September 2017. They bring decades of experience helping people in the senior living industry.

Jan Maze, RN, CSA, of Oasis Senior Advisors – Fort Myers received the company's Spotlight Award. She operated a successful Oasis franchise from November 2016 until recently when she moved to Missouri with her family. Although she has sold her franchise, Jan continues to work with Oasis and is now a part of the company's corporate operations department where she will be working to support the success and growth of new franchisees in the company.

Oasis CEO Tim Evankovich praised the work of these franchisees saying, "The hard work and dedication to their businesses, the people of their communities, and the entire Oasis family can not be understated. "We are thrilled with their success and the care they have given to their clients over the past year."

For more information about Oasis Senior Advisors, franchise opportunities, or to connect with an advisor, visit www.oasissenioradvisors.com.*

Goodson To Leave Housing Authority

Marcus D. Goodson, executive director of the Housing Authority of the City of Fort Myers for the past 16 years, recently announced he is stepping down to pursue a new career in private consulting. His last day on the job will be June 29.

Since joining HACFM in 2002, Goodson has been noted for turning what was a low performing housing authority into a high performer designation by the U.S. Department of Housing and Urban Development. He also spearheaded the largest affordable housing development project in the history of Southwest Florida, the Renaissance Preserve community. He served a two-year term as president of the Florida Association of Housing

and Redevelopment Officials (FAHRO) in 2011 and, in 2015, the Housing Authority of the City of Fort Myers was awarded Outstanding Agency of the Year by FAHRO.

Goodson was born and raised in Raleigh, North Carolina. He received a bachelor's degree in urban and regional planning from East Carolina University and a master's degree in administration with a concentration in public administration from Central Michigan University.

"It's been a tremendous experience for me these past 16 years to have worked with the amazing staff at the Housing Authority, local, state and national housing representatives and government officials, as well as funding and construction teams on improving the status of affordable housing across Southwest Florida," Goodson said. "I want to embark on this new journey while I still have the time and energy to do so."

For more information, call 344-3220 or visit www.hacfm.org.*

Graduation Ceremonies To Be Streamed

For the fifth straight year, the School District of Lee County will stream the graduation ceremony of its 13 high schools, Lee Virtual School and adult education. The links are available through the district website at www.leeschools.net/graduation.

About 5,000 seniors are expected to earn their diploma this year. Local high schools are using Suncoast Arena at FSW, Alico Arena at FGCU and Germain Arena in Estero for their graduation ceremonies this weekend. The schedule is as follows:

Saturday, May 19

Suncoast Arena at FSW, located at 8099 College Parkway in Fort Myers
Cape Coral High School – 10 a.m.
Island Coast High School – 2:30 p.m.
Mariner High School – 7 p.m.
Alico Arena, located at 10501 FGCU

Boulevard in Fort Myers
Dunbar High School – 10 a.m.
Estero High School – 2:30 p.m.
Cypress Lake High School – 7 p.m.
Germain Arena, located at 11000 Everblades Parkway in Estero
Lehigh Senior High School – 10 a.m.
South Fort Myers High School – 2:30 p.m.
Riverdale High School – 7 p.m.
Sunday, May 20
Suncoast Arena
Adult Education – 2:30 p.m.
Lee Virtual School – 7 p.m.
Alico Arena
Ida S. Baker High School – 2:30 p.m.
North Fort Myers High School – 7 p.m.
Germain Arena
Fort Myers High School – 2:30 p.m.
East Lee County High School – 7 p.m.
Graduation rates have recently been on the rise in Lee County Schools. The 78.7 percent graduation rate for the Class of 2017 was the highest level attained by the district since 2010-11 when the Federal Rate calculation was implemented.*

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Opposition Sought For New Development

by Jeff Lysiak

A major off-island residential development that has been in the works for the past six years is about to come before a Lee County hearing examiner next week, and environmental activists are rallying other concerned citizens to share their objections for the proposed development.

An application for Eden Oak Preserve seeks to rezone 36 acres of jurisdictional, coastal mangrove wetlands and open water, from Agricultural (AG-2) to Residential Planned Development (RPD) to enable the development of 55 single family homes and 56 boat slips. The proposed development site is located on both sides of Shell Point Boulevard, which is surrounded by the Shell Point Retirement Community to the north, San Carlos Bay to the west and the Estero Bay State Buffer Preserve to the south.

Currently, the property is owned by Ontario, Canada-based Eden Oak LLC, a commercial developer responsible for the construction of more than 30 significant developments in the greater Toronto area.

According to officials from the Sanibel-Captiva Conservation Foundation (SCCF), development on this property has been proposed and appropriately rejected repeatedly over the past 40 years beginning with The Estuaries development in the 1970s. It was dismissed due to the critical location, services and functions of these wetlands, which include mangrove habitat that provides public protection from storm surges, flooding and designated critical habitat used by several endangered and listed species.

"These critical functions are even more important today as over half of Lee County's wetlands have been eliminated for development and sea level rise presents a progressive erosion of wetlands that will significantly increase the storm surge hazard in the next 20 years," an April 13 letter from SCCF to Lee County Community Development representative Anthony Rodriguez reads, in part. "This project is contrary to the public interest and does not meet the goals, policies and objectives of the Lee County Comprehensive Plan or the Land Development Code that have been adopted to assure public safety and carefully plan for growth and its effects."

Rae Ann Wessel, SCCF natural resource policy director, said last week that plans to build Eden Oak Preserve in a critical wetland area have been downscaled by its developers over the years, however, it remains an undesirable project.

"We've been fighting it since 2012," said Wessel. "The original plan called for 171 boat slips. The marina, clubhouse, multi-family and all but four



Aerial image showing the proposed Eden Oak Preserve development

image courtesy SCCF

single family units have been eliminated from the east side of Shell Point Boulevard. But this is all critical wetland habitat. Why in this day and age, with concerns about sea level rise, would we want to put people in a wetland zone like this?"

In a 13-page letter to Rodriguez, SCCF pointed out that the elimination of 36 acres of environmentally sensitive wetlands would have negative impacts on a number of animal species including the smalltooth sawfish, diamondback terrapin, manatee, mangrove cuckoo and American bald eagle.

"At least three species of endangered sea turtles, both juvenile and adult, are known to use and forage in this area," the letter stated. "Any time there is increased boat traffic in an area with sea turtles, there is a heightened concern for collisions. The heightened traffic activity resulting from the addition of 56 boats will push turtles out of the more protected areas into areas of higher boat traffic, increasing collision risks."

Wessel also noted that mangroves bordering the wetland zone would be affected. Mangroves represent some of the most important wetland habitat for coastal fish and wildlife resources,

which are critical to the health of local aquatic systems and the specifically designated, publicly owned aquatic preserves and national wildlife refuges that surround this site that have been protected for their high resource values.

In Southwest Florida, 80 percent of commercial and recreational marine species depend upon mangrove estuaries for a portion, if not all, of their lifecycle.

There is also question about the density proposed for Eden Oak Preserve. The applicant's calculation of 55 dwelling units is based on the assertion that there are eight acres of uplands on the 306 acres, and that a small portion of the northern property boundary is within the Suburban Land Use category. However, the property is currently identified on the Future Land Use Map as Environmentally Critical Wetlands.

"We challenge the applicant's characterization and assertion that isolated, spoil piles created by the excavation of mosquito ditches through healthy mangroves meets the definition of uplands," said Wessel. "The Future Land Use Map shows the entirety of the property as Environmentally Critical Wetlands. Three sides of the applicant's property is adjacent to wetlands zoned

AG-2, thus the maximum calculation of units would not approach 55 units."

According to Wessel, a maximum of 15 dwelling units would meet current county requirements for that property.

"The county would create a cancerous precedent by allowing increased density over current zoning by allowing the applicant to use the subdivision zoning along the north boundary to calculate their unit count when that property was established before the comprehensive plan. Far more of the applicant's property is wetlands on three sides of the property, which should be a stronger consideration for future zoning," added Wessel.

Another concern shared by SCCF is for public safety. Should Eden Oak Preserve be permitted to construct a major residential development off Shell Point Boulevard, traffic congestion for the lone evacuation route – affecting the residents of the retirement community along with people who live on Sanibel, Captiva and in South Fort Myers – could prove to be catastrophic.

"This area is in the evacuation zone for the most minimal of storms so permitting additional development in wetlands in this flood prone region is in conflict with public safety," Wessel said. "Evacuation and flooding risks are substantial before the addition of the proposed additional units."

Late last week, the Lee County Department of Community Development submitted their staff report recommending denial of the rezoning application.

"Regardless of the density proposed by the request, the request is inconsistent with Lee Plan goals, objectives and policies intended to limit density within the Coastal High Hazard Area," the report reads, in part. "Moreover, the request, if approved, will adversely impact environmentally critical and sensitive areas and natural resources."

On Friday, May 18 at 9 a.m., the Lee County hearing examiner will be accepting public comment on the proposed Eden Oak Preserve development at their offices, located in Room 218 of 1800 Monroe Street in Fort Myers. Only the people who appear during the examiner's public hearing will be permitted to speak during the Lee County Board of County Commissioners' meeting on the topic, during which they will formally vote on the plan.

"The hearing examiner will either recommend approval, denial or approval of the project with certain conditions," said Wessel. "But only the people who speak before the hearing examiner will be able to speak during the commissioners' meeting. That's why it's important for people to get involved."

For additional information or to submit comments on the Eden Oak Preserve development, send an email to arodriguez4@leegov.com or rsweigert@leegov.com, call 533-8100 or write to Lee County Community Development & Zoning, 1500 Monroe Street, Fort Myers, FL 33901.*

Residency Program Director Named

Alfred Gitu, MD, has been named the next program director of The Florida State University College of Medicine Family Medicine Residency Program at Lee Health. Dr. Gitu has been a faculty member since the program launched in 2012 and has served as associate program director for the past year.

"Through a national search we were able to attract a number of outstanding candidates – a strong indication of the reputation our family medicine residency program has established in a relatively short time," said Joan Meek, MD, associate dean for graduate medical education at The Florida State University College of Medicine. "Ultimately, the top candidate was our own Dr. Gitu. He has earned the high respect of administration, faculty, staff and residents, and we look forward to his leadership and efforts in building on the firm foundation of the program that Dr. [Gary] Goforth established."

Dr. Gitu is board certified in family medicine. He earned his medical degree from the University of Nairobi in Nairobi, Kenya, and completed a family medicine residency at the Self Regional Healthcare Family Medicine Residency Program in Greenwood, South Carolina.



Dr. Alfred Gitu

photo provided

"Dr. Gitu is an experienced faculty member, a strong leader, and a kind and capable family medicine physician who is dedicated to caring for the underserved," Dr. Goforth said. "He has been integral to the success of our program, and I am proud that FSU and Lee Health chose to promote from within the program. I am pleased that Dr. Gitu accepted the position, and I have all the confidence that he will prosper in this leadership role."

Dr. Goforth, who will retire in July, helped establish the residency program and was its first director. Under his leadership and two years after its

inception, the program was approved for expansion to 24 residents and received continued accreditation with commendation from the Accreditation Council for Graduate Medical Education (ACGME) for the following 10 years without a single citation for improvement.

Based at Lee Memorial Hospital with The Florida State University College of Medicine as its institutional sponsor, the residency program was created to abate the shortage of primary care physicians anticipated nationally, an issue that is compounded locally by rapid population growth in Southwest Florida.✱

Planned Giving Council Meeting

The Planned Giving Council of Lee County, Inc. will present Family Foundations & Corporate Philanthropy Donor Panel at its Thursday, May 24 meeting at Blue Coyote Business & Social Club. Networking begins at 11:30 a.m., lunch and program begin at noon.

The panel will include Mary Beth Geier, Florida director of The Richard M. Schulze Family Foundation (RMSFF), Frank Haskell of Barbara's Friends and Amy Sedlacek-Frith of Chico's FAS. Attendees will hear the personal stories of three philanthropists who dedicate their lives to raising awareness and millions of dollars for positive change.

The meeting is sponsored by Valerie's

House. Cost for non-members is \$30 and includes lunch. Reservation deadline is Monday, May 21 at noon. To RSVP go to www.plannedgivinglee.org.

Blue Coyote Business & Social Club is located at 9854 Caloosa Yacht and Racquet Club Drive in Fort Myers. For more information, visit www.plannedgivinglee.org or call 850-0040.✱

FPRA Luncheon

Samantha Scott, APR, president of Pushing the Envelope, will be the keynote speaker for the Florida Public Relations Association Southwest Florida Chapter luncheon program at the Holiday Inn Fort Myers Airport at Town Center on May 22 from 11:30 a.m. to 1 p.m.

Scott will present Social Media For Business Growth and will educate attendees on how to create motivating content, strategically choose the most effective channels to optimize peak performance, as well as, how to attribute leads, sales and revenue accurately. Social media use by businesses today is no longer optional or uncommon, however, using it as a definitive business driver is.

Cost for the luncheon program is \$25 for members, \$30 for non-members and \$20 for students. Space is limited, so registering early is encouraged.

Holiday Inn Fort Myers Airport at Town Center is located at 9931 Interstate Commerce Drive in Fort Myers. For more information or to RSVP, visit www.fpraswfl.org.✱

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Financial Focus

Take Steps To Control Your Investment Taxes



by Jennifer Basey

Tax season is finally over. Of course, how much you pay in taxes depends on a variety of factors, many of which you can't control. But you might give some thought to how you can manage your

investment-related taxes.

Here are some suggestions to consider:

Contribute to your employer's retirement plan. If your employer offers a 401(k) or similar plan, such as a 403(b) or 457(b), contribute as much as you can afford. The more pre-tax dollars you put into your retirement plan, the lower your taxable income. Your employer also may offer a Roth 401(k) option, under which you invest after-tax dollars, so your annual income won't be lowered and your withdrawals will be tax-free.

Contribute to an IRA. Even if you have a 401(k) or similar plan, you may still be eligible to contribute to an IRA. With a traditional IRA, your contributions may be fully or partially deductible, depending on your income level; with a Roth IRA, contributions are not deductible, but your earnings can grow tax-free, provided you've had your account at least five years and you don't start taking withdrawals until you're age 59½.

Follow a "buy-and-hold" strategy. You can't control the price movements of your investments, but if you do achieve gains, you can decide when to take them – and this timing can make a substantial

difference in your tax situation. If you sell investments that you've owned for one year or less and their value has increased, you may need to pay capital gains taxes at your personal income tax rate, which, in 2018, could be as high as 37 percent. But if you hold investments for more than one year before selling them, you'd be assessed the long-term capital gains rate, which is 0, 15 or 20 percent, or a combination of those rates.

Consider municipal bonds. If you're in one of the higher tax brackets, you may benefit from investing in municipal bonds. The interest on these bonds is typically free of federal taxes, and possibly even state and local taxes. Interest from some types of municipal bonds may be subject to the alternative minimum tax (AMT). However, because of the new tax laws, the AMT exemption amounts were increased significantly.

You might be wondering what these new laws mean to investors. In terms of your regular investment activities, the effect might not be that significant. The tax brackets for qualified dividends and capital gains – such as those realized when you sell stocks – will remain about the same. This means that most investors will continue to pay 15 to 20 percent on long-term capital gains and dividends. Consequently, the new tax laws shouldn't really affect you much in terms of your decisions on buying and selling stocks or investing in companies that may pay dividends. Of course, it's still a good idea to consult with your tax advisor on how the totality of the new laws will affect you.

Ultimately, your investment decisions shouldn't be driven only by tax implications – nonetheless, it doesn't hurt to take steps to become a tax-smart investor.

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.✱

Loan Secured For Construction

Love Funding, one of the nation's leading providers of FHA multifamily, affordable and healthcare financing, recently announced the closing of a \$40.6 million loan to the developer, Tampa-based Aileron Investment Management, for the construction and permanent financing of Grand Central Apartments, an upscale market-rate multifamily community in Fort Myers.

Grand Central Apartments will consist of two four-story elevator buildings and two three-story walk-up buildings, comprised of 280 one- and two-bedroom luxury-appointed units and high-end community amenities. The property is located within the Cleveland Avenue Redevelopment Area, which the city has targeted for commercial and mixed-use development.

The development will also benefit from tax-increment financing (TIF), which was approved by the Fort Myers Community Redevelopment Agency, as well as storm water nutrient bank credits, which is a new economic development tool being used by the city to incentivize private investment and redevelopment. Municipalities use tax increment financing to promote

economic development projects or public improvement projects by utilizing the incremental increase in property taxes to subsidize development costs.

The financing was secured by Love Funding Senior Director Tammy Tate through the U.S. Department of Housing and Urban Development's 221(d)(4) loan insurance program. The mortgage insurance allows Love Funding to provide low-rate, non-recourse financing for the construction and for a subsequent 40-year term.

The project design received a Statement of Energy Design Intent (SEDI) score of 97 out of 100, and the development team will work to satisfy NGBS requirements, in part by employing ENERGY STAR appliances and energy-efficient HVAC equipment, lighting and water fixtures.

The modern design is the work of MHK Architecture and Planning, a well-known architectural firm in Southwest Florida. Brooks & Freund, an industry leader in Southwest Florida, is the general contractor leading the development. ZRS Management, LLC, a property management firm specializing in upscale communities, will manage the finished site.

For more information, contact Tammy Tate at 865-386-4039 or ttate@lovetesting.com.✱

Superior Interiors

How Can An Interior Decorator Help?



by Barb Cacchione

One of the most frequent phone calls that I get is from people who first outline a decorating challenge or need that they're experiencing and follow up with a

question, "Is that something you can do?" It seems that people are often unsure of just what an interior decorator can do for them and are intimidated about requesting their services.

It's not uncommon for people to express anxiety that a decorator will be too pushy, too "artsy," or just too expensive. The reality is that a good decorator can save you money, time and headaches by making wise recommendations, avoid expensive mistakes and take care of all the details that are necessary to achieve a beautiful result.

When beginning your search for an interior decorator, ask friends or contractors who have worked with them for referrals. When you meet with the decorator ask about their work style, how they charge for products and services, and if they specialize in any

decorating style.

In preparation for working with a decorator, you will need to do a bit of work so that the result will be tailored to your needs. Make a list of what you see as your needs, likes and dislikes. If possible, create a file containing pictures of items that appeal to you. In addition, couples should talk with each other about how their expectations are alike or different.

Prior to beginning the actual work on your decorating project, it is critically important to decide on a budget range that you are comfortable with. Defining the budget early on will make the time you spend with your decorator more productive and result in the best design within the price range that is within your comfort zone.

Once you have established your relationship with the designer and the budget, the design process should take place in your home. It is critically important that the design decisions be made in your home's lighting alongside the things that are already in place that will not be changed.

You need to expect that your decorator will gather the pertinent information, develop a design plan, present it, hone it and help you through the decision-making process. Once decided upon, she will do the necessary legwork, measurements, place orders and see the project through to completion, leaving you to relax and enjoy the beautiful results.

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

Applications Sought For Industry Awards

The Horizon Council and Lee County Economic Development Office are seeking applications for the 2018 Industry Appreciation Awards, which celebrate the Lee County business community and recognize outstanding local businesses that have positively influenced Southwest Florida. The honorees and finalists will be recognized during the Industry Appreciation luncheon on Thursday, October 4, at the Hyatt Regency Coconut Point in Estero. Applications must be received no later than June 29.

Businesses will be honored in five categories:

Business Citizenship – Awarded to a company whose financial, volunteer and active involvement in community organizations and programs create a better quality of business and civic life in Lee County. Awards will be given in two categories: Large (51-plus employees), Small (1 to 50 employees).

Nonprofit of the Year – Awarded to a Section 501(c)(3) nonprofit organization that has recognized a business or civic need within the community and through community responsibility, innovation, growth, sound business practices and community partnerships serves our

community with vision and integrity. Awards will be given in two categories: Large (Operating budget \$1 million or more), Small (Operating budget under \$1 million).

Diversity in Business – Awarded to a business that has implemented programs in the workplace to create and promote diversity by employing initiatives within the organization and the community. Diversity is generally defined as acknowledging, understanding, accepting, valuing and celebrating differences among people with respect to age, class, ethnicity, gender, physical and mental ability, race, sexual orientation, spiritual practice and public assistance status.

Startup of the Year – Awarded to a company founded in Lee County in the last three to five years with demonstrated continued growth, both financially and in staffing, since startup, while leading and overcoming challenges.

Business of the Year – Awarded to a company in business six or more years in Lee County, under the same corporate name and ownership, which offers high-quality products and services, provides superior customer service, demonstrates strong ethical standards, is community-minded, supports employee development, exhibits exemplary leadership within its industry and among its clients and contributes to the economic growth and free enterprise of Lee County.

For applications or for more information, visit www.leecountybusiness.com/iaw or call 533-6800.✱

Book Review

The Selfish Path To Romance



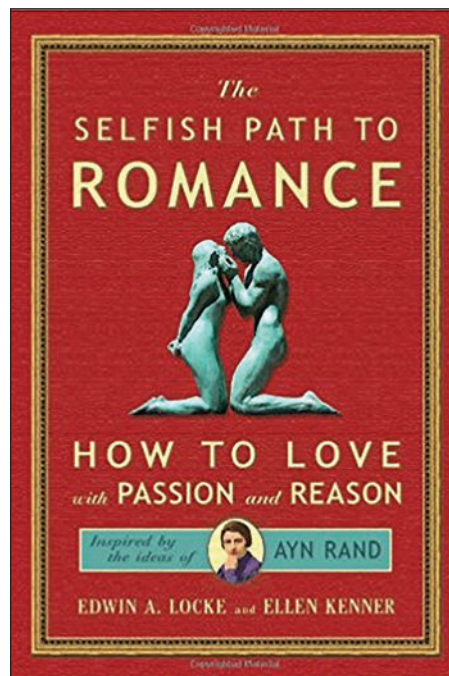
by Di Saggau

The *Selfish Path to Romance, How to Love with Passion and Reason* by Psychologists Edwin A. Locke and Ellen Kenner is inspired by the ideas of novelist and

philosopher Ayn Rand. Rand wrote, "It is one's own personal, selfish happiness that one seeks, earns, and derives from love." Locke and Kenner were inspired to build on Rand's understanding that love depends on reason, egoism, introspection and moral character. Their book offers a mindful, rational alternative for anyone serious about finding and sustaining a lifetime romance.

Kenner, who lives on Sanibel told me, "As a clinical psychologist, the most common complaint I've heard, over the years, from couples is along the lines of: I've lost myself in this relationship. It's all about his (or her) friends, work, family, kids, golf, other sports. I feel left out, invisible. And I typically cater to his (or her) choices. I feel guilty when I try to stand up for myself. And when I get the courage to speak up, I am so frustrated or angry, that it doesn't go well."

She said, "Passive-aggressive tactics backfire and typically, although not always, I hear: It's all about sex, his way. I've lost me. The theme of our book is you never want to betray yourself in a romantic partnership. That applies for both partners. Being true to yourself and lovingly honest with your partner is not easy. There are many internal pressures to say, 'Whatever you want, dear. It really doesn't matter to me,' with the cost of festering resentment."



Kenner further said, "The book addresses how to remain true to yourself, communicate lovingly and learn to compromise well so that you don't end up seeing your partner as "the enemy." Even before that: How do you make yourself lovable? She said the word "Selfish" in the title doesn't mean the my-way-or-the-highway, narcissistic, manipulative way to romance. Rather, by "Selfish" we mean the self-respecting, self-nurturing, self-valuing, self-esteem way to romance for both partners. Then there is no festering resentment, resentment which leads to unhappy long-term marriages or to painful acrimonious divorces. My co-author and I deliberately chose that word to underscore the need to value yourself in any partnership, or more broadly, in any relationship. Never self-betray. It is such an achievement to be your own best friend with your partner as your highest social value."

The Selfish Path To Romance; How to Love with Passion and Reason is a thought-provoking and objective guide to finding and nurturing romantic relationships.✱

Filing Deadline Nears For Disaster Loans

The U.S. Small Business Administration is reminding small businesses, small agricultural cooperatives, small businesses engaged in aquaculture and most private nonprofit organizations that June 13 is the filing deadline for federal economic injury disaster loans in Florida as a result of Hurricane Irma. This disaster declaration includes Lee County.

Under this declaration, the SBA's Economic Injury Disaster Loan program is available to eligible farm-related and nonfarm-related entities that suffered financial losses as a direct result of this disaster. With the exception of aquaculture enterprises, SBA cannot provide disaster

loans to agricultural producers, farmers, or ranchers.

The loans are for working capital and can be up to \$2 million with interest rates of 3.305 percent for eligible small businesses and 2.5 percent for nonprofit organizations, and terms up to 30 years.

Applicants may apply online using the Electronic Loan Application (ELA) via SBA's secure website at <https://disasterloan.sba.gov>.

Disaster loan information and application forms may also be obtained by calling the SBA's Customer Service Center at 800-659-2955 (800-877-8339 for the deaf and hard-of-hearing) or by sending an email to disastercustomerservice@sba.gov. Loan applications can be downloaded from the SBA's website at www.sba.gov. Completed applications should be mailed to: U.S. Small Business Administration, Processing and Disbursement Center, 14925 Kingsport Road, Fort Worth, TX 76155.✱

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, My 6-year-old son is having trouble following directions both at home and at school. His teacher and I are very frustrated.

Please give me some ways to help him follow directions better, and I will share them with his teacher. If we both do the same thing it might help.

Caitlin B, Fort Myers

Caitlin,

There are many, many reasons why kids don't follow directions: they didn't hear you; they don't remember what you have asked; they don't understand what you have asked; they are being; they may have learning and attention issues; and the list goes on. However, you owe it to your kids to give directions as clearly as possible and give them an opportunity to understand both your expectations and requests. Learning to follow directions is a critical life skill and, as a parent, this is a skill you will need to work on with your child often so they understand how important it is. Here are some suggestions to help you give directions successfully:

Ask for his attention before giving a direction

Minimize background distractions (ie television, computer)

Ask if he understands the direction by asking them to repeat what you have requested

Speak quietly using a soft firm voice – don't try to shout over the noise

Wait 5 to 8 seconds before repeating the direction – give your child time to process

Rephrase the question at least one time to help your child comprehend before letting emotions take over

Itemize and number complex instructions to a maximum of three steps. It's easier to remember multi-step directions when they are given in a sequential order

Be specific with your language and what you are requesting. State your expectation precisely

If possible use a visual cue especially with children that have language, attention and auditory processing difficulties. Picture schedules, cards and prompts are very helpful for children who struggle with language and attention.

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

Available at
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WWW.EDITORIALRXPRESS.COM

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

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

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

Florida Baseball Teams Near Bottom In Attendance Year After Year



by Ed Frank

You’ve just got to wonder if Major League Baseball is suited for the State of Florida. Sure, spring training draws big, often record crowds, by the 15 teams that train in this state. But when it comes to the regular season, the Miami Marlins and the Tampa Bay Rays rank at the very bottom in Major League attendance year after year. Through the first 29 home games this season, Tampa Bay averaged just 14,710 fans per game, ranking 29th. Miami was 30th, at the very bottom, with 10,877 fans per game through the first 30 games. The issue came to light last week when former Rays All-Star third-baseman Evan Longoria, now with the San Francisco Giants, said the time may have arrived to consider relocating Tampa Bay. The Rays have searched and worked tirelessly to move the team from St. Petersburg and building a new stadium in Tampa without success. But Longoria told the Tampa Bay Times, this may not be the best option.

“Honestly, and this is maybe not something I should say, but my gut tells me that the best decision might be to move the team. I look at the example of the Miami Marlins and a new stadium didn’t really solve their attendance issues.”

Miracle To Play At Former Sox Park

On Wednesday, May 23, the Fort Myers Miracle will play against the Bradenton Marauders at City of Palms Park, the former spring training home of the Boston Red Sox. Tickets are \$5 for the noon Throwback Day game. Gates open at 11 a.m. “Spring training games at City of Palms Park offered downtown workers and families a great setting for an extended lunch break, company outing or an afternoon of relaxation,” said Chris Peters, president and general manager of the Miracle. “We’re having a noon weekday game to recapture some of that magic.” City of Palms Park opened in 1993 as the Red Sox’ spring training stadium. It has been the home of Florida SouthWestern State College’s baseball and softball teams since 2014. The stadium’s seating capacity is 8,000. The Red Sox now play at JetBlue Park in south Fort Myers. The Miracle’s regular home, Hammond Stadium at CenturyLink Sports Complex in south Fort Myers, opened in 1991 and hosts the Minnesota Twins spring training each year. City of Palms Park is located at 2201

Edison Avenue in Fort Myers. For more information, call 768-4210 or visit MiracleBaseball.com.

Fishing Photos Scavenger Hunt

A new educational concept in Southwest Florida, Learn To Think Like an Entrepreneur, was recently announced by Lee County resident Jim Griffiths. A curriculum is being developed for adults, high school classes as well as a separate program for correctional facilities. The self-funded, local start-up is being kicked off with The Fish36, a seven-day fishing scavenger hunt, where people trade photos of their catch for raffle tickets in the largest prize raffle in the area. The Fish36 was created in 2015 as an annual non-competitive fishing event where families, children and anglers (professional and non-professional) fish on an even playing field for points. Participants are attracted to the event’s simplicity; teams target 36 species in a seven-day period and take pictures of their catch. Each photo has a point value, and points get raffle tickets. Past events had prize raffle values exceeding \$30,000. The Fish36 begins on Saturday, June 2. The week-long event has strong support from local residents and businesses, and this year’s event will be hosted by young people Griffiths has been

He pointed out that the Tampa area has not supported the team even when it was playing winning baseball. “It’s a selfish thing to say probably as a player, but I don’t know, does anyone really want to play in front of 10,000 fans a night?” Just compare Tampa’s average attendance of 14,710 fans per game to the Los Angeles Dodgers at 46,633, the Boston Red Sox at 33,271 and Minnesota at 20,395. And, many of the Red Sox and Twins early season games have been played in cold, bitter, even snowy weather. Professional football, basketball and hockey in Florida, however, are a different story. Miami ranks 16th in the NFL in attendance averaging 67,627 fans last season, and Jacksonville ranked 21st with 64,308 average attendance. The Miami Heat averages 19,631 fans per game, sixth best in the NBA, and Tampa Bay also is sixth best in the National Hockey League with 19,092 fans per game. Even locally, the Florida Everblades hockey team averages more than 6,500 fans each game in 7,200-seat Germain Arena, one of the top teams in the ECHL. So, do you get the point? Maybe the Rays’ ownership and Major League Baseball should consider Longoria’s advice. It pains me to write that perhaps the time has come to find a new home in another state for the Tampa Bay Rays.

Everblades Split First Two Games In Conference Finals

The Florida Everblades split the first two games with the Adirondack Thunder last weekend at Germain Arena in the best-of-seven conference finals of the ECHL. Florida skated to a 4-2 victory in Game One, but lost an overtime tussle in Game Two, 3-2. The series moved to Adirondack’s home ice in the Cool Insuring Arena in Glen Falls, New York for Games Three, Four and Five that started Wednesday and will continue tonight, Friday and Saturday nights. If Games Six and Seven are necessary, they will be held here in Germain Arena next Monday and Wednesday nights at 7:30 p.m.

working with on presentation skills. The main event will be held at the German American Social Club of Cape Coral on Saturday, June 9. Major contributors for 2018 include Barnacles Island Restaurant, Capt. Rob’s Bait and Tackle, Diversified Yacht Services, the Lee County Sheriff’s Office, Fort Myers Marine, TowBoatUS of Lee County and Roger Dean Chevrolet, along with over 100 other contributors and volunteers. Griffiths, a runaway and high school dropout, who was able to quit “working”

at a young age, recently developed a vision that will help bridge the gap between school and life by encouraging younger people to adopt the concept of entrepreneurial thinking. His recent book, *Don’t Tell Me I Can’t Do It*, focuses on how entrepreneurship has multiple layers. Griffiths has put the concept into a curriculum that is being introduced this year as a class accessible to anyone. The Fish36 fishing scavenger hunt is helping fund the foundation for this project. More information can be found online at www.Fish36.org.

SPORTS QUIZ

1. Who were the only major-league shortstops to hit 20 homers twice through their age-21 season?
2. Name the last starting pitcher before St. Louis’ Carlos Martinez in 2017 to strike out at least 11 hitters and walk at least eight in the same game.
3. In 2016, New Orleans’ Drew Brees became one of three players with 30 touchdown passes in nine different seasons. Who else did it?
4. How many times has Xavier’s men’s basketball team reached the Elite Eight in the NCAA Tournament?
5. In 2018, Carolina’s Justin Faulk became the 10th defenseman in NHL history to reach a natural hat trick. Who was the ninth to do it?
6. How many Canadian teams currently play in Major League Soccer, and how many of them were original members of the league?
7. Boxer Joe Louis holds the record for most consecutive successful world heavyweight title defenses. How many?

ANSWERS

1. Houston’s Carlos Correa (2015-16) and Seattle’s Alex Rodriguez (1996-97). 2. Seattle’s Randy Johnson, in 1993. 3. Brett Favre and Peyton Manning. 4. Three times – 2004, 2008 and 2017. 5. Chicago’s Dustin Byrdie, in 2007. 6. Three – Montreal, Toronto and Vancouver, none of which were an original member of the MLS. 7. Twenty-five.

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Amy English and Dr. Jeff Stewart
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FSW Employees Recognized With Awards

Four Florida SouthWestern State College (FSW) faculty and staff members have been named winners of the National Institute for Staff and Organizational Development (NISOD) Award for 2018.

NISOD's Excellence Awards recognize college faculty, staff and administrators each year who have demonstrated an



Don Ransford

outstanding commitment and contribution to their students and colleagues. FSW students and employees submit nominations for their professors and colleagues for this award based on teaching and learning practices that encourage student achievement.

Dr. Katie Paschall, professor of speech at the FSW Collier Campus, received the NISOD Excellence Award for Professional Development and Scholarship; Don Ransford, professor of mathematics at the FSW Thomas Edison Campus, received the NISOD Excellence Award for Service to the College and Community; and Sandra Seifert, professor of mathematics at the FSW Hendry/Glades Curtis Center,



Dr. Katie Paschall

received the NISOD Excellence Award for Teaching and Instruction. This year's recipient of the NISOD Staff Excellence Award is Amy English, academic support center specialist at the FSW Hendry/Glades Curtis Center.

"The NISOD Excellence Awards gives our students, faculty and staff the opportunity to recognize those college employees that go above and beyond their everyday duties in guiding our students to the ultimate goal of graduation," said Dr. Jeff Stewart, FSW provost and vice president of academic affairs. "We are proud of the dedication and commitment these staff and faculty



Sandra Seifert

members have provided to ensure our students reach their greatest potential."

In 1989, in connection with a University of Texas at Austin national study of teaching excellence, NISOD hosted its first ceremony honoring NISOD Excellence Award recipients. It has since become the largest and most inspiring gathering that recognizes the contributions and achievements of community and technical college faculty, administrators and staff. This year's recipients will be recognized during NISOD's International Conference on Teaching and Leadership Excellence in May.✱

Applications Now Accepted For Crisis Programs

The United Way of Lee, Hendry and Glades is now accepting applications for funds to supplement emergency food and shelter programs in Lee, Hendry and Glades counties through June 3 at 5 p.m.

The counties of Lee, Hendry and Glades have been awarded federal funds in the amount of \$306,272 made available through the Department of Homeland Security (DHS)/Federal Emergency Management Agency under the Emergency Food and Shelter National Board Program.

Applications are being accepted by the local board charged with distributing the funds appropriated by Congress to help expand the capacity of food and shelter programs in high-need areas. The local board will determine how the funds awarded to this area are to be distributed among the emergency food and shelter programs run by local human service agencies in the area.

The United Way of Lee, Hendry and Glades provides the coordination and administrative support for this program in the community. Last year, more than \$305,000 was distributed to 12 agencies.

Under the terms of the grant from the National Board, local agencies chosen to receive funds must be the following: private

voluntary non-profits or units of government; have an accounting system; practice nondiscrimination; have demonstrated the capability to deliver emergency food and/or shelter programs; and if they are private voluntary organizations, they must have a voluntary board. Qualifying agencies and organizations are urged to apply.

Public or private voluntary agencies interested in applying for these Emergency Food and Shelter Program funds should contact the United Way of Lee, Hendry and Glades, 7273 Concourse Drive, Fort Myers, FL 33908 or call Hannah Pelle at 433-7215 for more information.✱

New Website For Primary Care

Physicians' Primary Care of Southwest Florida has launched a newly redesigned website that is more user-friendly for patients and the public.

The website at www.ppcswfl.com has a cleaner format and more contemporary design with patient testimonial videos, educational videos and information about the practice's physicians and offices.

Designers also incorporated faster site load time and responsiveness, easier site navigation and improved mobile access.

The site has a secure patient portal that allows patients to access their medical records, schedule appointments or request prescription refills.

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

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Blessings In A Backpack Brings Champions To The Breakfast Table

More than a dozen world-class champion athletes took to the Barbara B. Mann stage on April 20 to talk to hundreds of Southwest Florida children and raise money for Blessings in a Backpack.

All the children in attendance benefit from Blessings in a Backpack, which provides food for students every weekend during the school year to supplement the free and reduced-price meals they receive at school during the week. Every \$100 raised feeds a student during the weekends for an entire school year.

Blessings in a Backpack partnered with Champions 4 Children to deliver messages of hope, determination and inspiration to the children, who received a free breakfast and also got to meet Tony the Tiger of Frosted Flakes fame.*



Tony the Tiger and Scott Fischer photos provided



From left, Julie Andrews, Terry-Jo Myers and Jim Andrews



From left, Scott Kehoe, Keith Conlin, Chris Conlin, Adam Platt and Kenny Bontz



Lee County school children enjoying breakfast from Blessings in a Backpack



From left, Nate Carr, Austin Shanfelter and Patrick Milkovich



Tony the Tiger with cheerleaders from Cypress Lake High School



Best Buddies Southwest Florida has a new office at Premier Executive Center in Fort Myers thanks to a \$300,000 grant from the Golisano Foundation photo provided

Foundation Grants \$300K To Disabilities Group

Best Buddies International, a nonprofit founded in 1989 by Anthony K. Shriver to establish a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment and leadership development for people with intellectual and developmental disabilities (IDD), recently received a generous \$300,000 grant from the Golisano Foundation to expand its work in Southwest Florida to serve more individuals with IDD.

"With the grant provided by the Golisano Foundation, Best Buddies will focus on developing one-to-one friendship opportunities in schools (elementary to collegiate levels) located in Collier, Lee and Charlotte counties, with hopes to expand into Glades and Hendry counties as well," said Melanie Musick, area director.

Three members of the local area have committed to serve on the advisory board: Samantha Clark of Caring Transitions in Bonita Springs and Naples; Suzanne Tocci of Tortuga Preserve Elementary in Lehigh Acres; and Jodi Suskind of Thrivent Financial in Fort Myers.

With the Golisano Foundation's support, Best Buddies was launched in Southwest Florida in October 2017. Funding has supported organizing the local office, providing for space and operations. The Southwest Florida office is now open and located at 5237 Summerlin Commons Boulevard in Fort Myers. It is staffed with two full-time employees Program Manager Katie

Vazquez, who is the school liaison, and Musick. Currently, Southwest Florida has Best Buddies chapters at Florida Gulf Coast University, Fort Myers High, Ida Baker High, Lehigh Senior High, Manatee Middle, Gateway Charter Intermediate, Varsity Lakes Middle, Tortuga Preserve Elementary and Babcock Neighborhood School. Each chapter is supported by a faculty advisor and/or special education advisor plus a chapter president, in addition to the program manager.

"We are so pleased to support the launch and expansion of Best Buddies in Southwest Florida," said Ann Costello, executive director of the Golisano Foundation. "The success we achieved opening Best Buddies in Western New York, has enabled us to replicate that in Southwest Florida. We had some delays launching due to Hurricane Irma, but the team in Southwest Florida made up for that and picked up a lot of steam in a short period of time. Best Buddies has an exceptional track record. It is focused on the next generation, it changes attitudes, fosters inclusion and friendships that transcend differences. We are excited that we are able to expand this work building inclusive communities in Southwest Florida."

In conjunction with presenting sponsor FGCU Best Buddies, the local Best Buddies office will coordinate its inaugural Southwest Florida Friendship Ball, a prom-like event, open to high school and college members on November 3 at the Cohen Center Ballroom on FGCU's campus. Sponsorship opportunities are available.

For more information about Best Buddies Southwest Florida, contact Musick at melaniemusick@bestbuddies.org or 275-2510.✱

Doctor Joins Physician's Primary Care

Dr. Manolis Kyriacou has joined Physicians' Primary Care of Southwest Florida as a family medicine physician.

Dr. Kyriacou has more than 10 years experience as a primary care physician in Michigan, where he also served as an assistant professor of family medicine at Oakland University William Beaumont School of Medicine and as medical director of the Wilmar Convalescent Center in Utica, Mich.

Dr. Kyriacou earned his doctor of medicine degree from the Spartan Health Science University in the West Indies. His residency was completed at Bon Secours Cottage Health Services in Grosse Pointe, Michigan.

Dr. Kyriacou will see patients at the Cape Coral Family Medicine office at



Dr. Manolis Kyriacou photo provided

1255 Viscaya Parkway.

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

Retirement Village Lauded For Therapy Program

Keiser University has recognized Gulf Coast Village as the top local site for its occupational therapy students during the 2017-18 academic year.

Gulf Coast Village earned the university's "Best Fieldwork Site" award after developing a mutually beneficial program in which Keiser students complete their clinical internships at the premier continuing care retirement community. The annual award recognizes a community partner that graciously accepts Level I and Level II fieldwork placements and is willing to share knowledge and expertise with future occupational therapy professionals.

"Keiser University has long been known as a leader in healthcare education, and the quality of Keiser's interns has been second to none," said Kevin Ahmadi, executive director of Gulf Coast Village. "Our team of clinicians has happily accepted as many Keiser interns as we can accommodate, and that ultimately raises the level of service we're able to offer our residents."

Dr. Vanessa Khan, Keiser University's fieldwork coordinator in Fort Myers, praised Gulf Coast Village as "a wonderful



Dr. Tina Gelpi, director of Keiser University's occupational therapy assistant program, presents John Nicolette, director of allied health services at Gulf Coast Village, with the "Best Fieldwork Site" award for the 2017-18 academic year. photo provided

resource and asset to Keiser University occupational therapy assistant students and the future of the occupational therapy profession. We value their collaboration and the knowledge that they bring to our students."✱

Foundation To Hold Drawing For \$800 In Gift Cards

The Bonita Chamber Foundation has limited tickets still available for its Spring Raffle. The raffle prize is an \$800 restaurant package with gift certificates to eight participating restaurants: Angelina's Ristorante, Divieto Ristorante, Fleming's Steakhouse, Palladio Trattoria, Roy's, Ruth's Chris, Seasons 52 and brunch for two at Tarpon Bay.

All proceeds will support the Bonita Chamber Foundation, a 501(c)3

organization dedicated to community development through leadership programs, including Leadership Bonita and student scholarships.

"We're excited to put on this fantastic fundraiser," said Tiffany Esposito, president and CEO of the Bonita Chamber Foundation. "It's a great way to give participants a chance to win a fun and valuable prize, while also supporting the foundation's scholarships and programs."

Only 200 tickets will be sold for the drawing, with all sales ending on Friday, May 25. The live virtual drawing will be held on May 30. Chance-to-win tickets are available for \$50 each at www.bonitaspringschamber.com or by calling 992-2943.✱

dearRPharmacist

Three Tests To Check For Adrenal Fatigue



by Suzy Cohen, RPh

Dear Readers: Do you feel tired and drained of energy all the time? Maybe you've been trying to correct your thyroid hormone without luck. If you're adrenals are weak, you'll have thyroid disease, as in

hypothyroidism.

Think about the past year or two. Have you been under pressure or a lot of stress. If work, school or relationships are causing you to suffer with constant deadlines, pressure or anguish (even mental anguish) then it's possible that your exhaustion is from adrenal fatigue.

Adrenal fatigue is the type of fatigue that occurs when your "fight or flight glands" produce too much cortisol and aldosterone (think of the alarming stage), and then after a while, too little cortisol because they're completely worn out. The antidote to adrenal fatigue is easier said than done, although a mental or physical vacation from the stress might help. One overlooked reason for low libido is the pregnenolone steal.

How do you know for sure if this is what you're dealing with? There are three home tests you can do to see if you have adrenal fatigue. I know of a fourth as well, in my extended version of this column. If you want to read that, please sign up for my newsletter at www.suzycohen.com, and I'll email it to you next week.

The Pupil Test – Go into a dark room and shine a little flashlight towards your

eyes. Your pupils respond to light and dark, and upon the light shining into your eyes, they should constrict (get smaller) immediately. The constriction happens within seconds if you're healthy, but if your pupils stay dilated for 10 to 20 seconds before constricting, or they never constrict, then you probably have adrenal fatigue.

Thermoregulation – Adrenal fatigue will absolutely compromise the feedback loop that controls your body's temperature. You might feel cold, then feel suddenly hot. Your temperature may vary by two degrees from day to day. If you take your temperature three times in one day, and three more times the next day, then take the average for each day, it should not differ by more than a couple of degrees from day to day. If it does, your adrenals are taxed, and temperature stability is more difficult to achieve. This might explain the hot/cold problem you have.

Dehydration – Do you crave salty foods like potato chips? It's possible that this is due to adrenal fatigue and the resulting fluctuations in aldosterone hormone. Your body can't utilize fluid effectively, or properly regulate sodium and potassium levels which causes mild dehydration, even though you could be drinking plenty of water. This is very common for people who have chronic fatigue, or who have been seriously ill for a long time.

Blood Pressure Response – You'll be taking your blood pressure twice for this test. Make sure you've drunk enough water the day you test. Lie down in bed and rest for five minutes then take your blood pressure. Then get up and take your blood pressure immediately (while standing up). The top number (systolic) should go up by about 8 to 10 points. If it doesn't, it's a clue that your adrenals are overworked.

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

Doctor and Dietician

Reduce Breast Cancer Risk



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

Did you know one of the risk factors for breast cancer is being a woman over age 50? Two out of three invasive breast cancers are found in women age 55 and older, and 97 percent of cancer deaths occur in women over age 40. Breast cancer is the second most common cancer in women, making it a significant health problem.

Is there anything you can do to reduce your risk? Obtain regular screening, as breast cancer screening has increased early detection and treatment. Advances in medicine and earlier stage tumor detection have made radical mastectomies rare. The most common sign of breast cancer is a painless, hard lump with irregular edges. A high percentage of new cases are discovered by women who find lumps in their breasts, so self-examinations should be practiced.

Lifestyle can be modified to help decrease the risk. Hormone replacement therapy used to be commonplace, but due to the health risks involved,

including heart disease, stroke, blood clots and breast cancer, doctors have prescribed it less. Since prolonged use of synthetic hormone therapy increases the risk of breast cancer, alternative solutions, such as diet and exercise, are great options to consider. Postmenopausal women who are overweight have a higher risk of breast cancer. Maintaining an ideal weight and following a diet higher in fresh foods, vegetables and fiber, such as the Mediterranean diet, decreases the risk. Some studies have shown a connection between alcohol consumption and breast cancer risk. Women should limit consumption to no more than one drink a day. Physical activity, such as exercising moderately for 30 minutes, 5 days a week, lowers risk and improves prognosis by decreasing endogenous sex hormone concentrations, insulin resistance and bad inflammation. Incorporating exercise and cancer-preventive lifestyle changes can reduce your breast cancer risk.

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.✽✽

From page 1

Hibiscus Show

Avenue in Fort Myers, on the second Sunday of each month at 1:30 p.m. The next meeting will be held on October 14.

Parking and admission to the annual hibiscus show and plant sale are free. Araba Shriners is located at 2010 Hanson Street in Fort Myers. For more information, visit www.hendrychapterahs.com.

Beautifulife:

True Colors



by Kay Casperson

It always amazes me to see how people react when faced with the pressure of a crisis, confrontation, emergency, disaster, crossroads or just a major decision. Why is it that some people tend to change so much

when the going gets tough instead of staying true to who they have always portrayed to have been to the world?

Why is it that so many shy away from the person they truly are down deep inside, and instead try to be someone that they never really fit well into the mold of anyway? I feel strongly about the fact that we should dig deep inside to pull out the personalities, gifts and traits that we were blessed with and to not be afraid to let the world know who we really are.

Wouldn't it make life better if we knew exactly who someone was at the start of a relationship or friendship rather

then finding out later that this person is completely different than what we thought? My suggestion would be to get to know someone long enough to see them work through the good times and the tough times to see how they react and who they become or don't become in the midst of it all.

Maybe it would be a good idea to test the waters when thinking about a long-term relationship with someone and make sure that you witness their character during both the calm and chaotic times of this thing called life. My aunt used to tell me when I was young that if you go through all four seasons with someone in a relationship you will really get to know them, but I also think that the seasons should be more than just certain times of the year.

I believe that you should go through the various seasons of life both positive and negative which would include commitment, achievements, discoveries and blessings as well as seasons of sickness, sadness, loss and disagreements. You see we all tend to change over time, good or bad. We are always learning and growing, so it would be hard for anyone to stay of the exact same mentality forever.

Some of the best advice that I can give is that even if you feel you know someone

well enough to make a commitment to them in any kind of partnership, whether it be your work or personal life, make sure you look deep enough to see their true colors. Take a look at their past, their present and also what their plans are for the future.

I would also encourage you to make sure that YOU are wearing your true colors at all times so that anyone you meet knows exactly who they are engaging with. Don't be afraid to show the world who you really are because you were designed to be unique and special and have much to contribute to all those who are lucky enough to know you. I am confident that grasping this notion will help push you in the direction of living your most balanced and beautifulife forever.

My affirmation for you this week is: "I am wearing my true colors at all times so the world can see all that I am meant to be."

Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.✽✽

Respiratory Care Program Earns Recognition

The Commission on Accreditation for Respiratory Care (CoARC) awarded Florida SouthWestern State College (FSW) Respiratory Care program the Distinguished RRT Credentialing Success award for the fourth consecutive year.

To receive the award, programs were required to have three or more years of outcomes data; hold accreditation without a progress report; document Registered Respiratory Therapist (RRT) credentialing success of 90 percent or above; and meet or exceed established CoARC thresholds for Certified Respiratory Therapist (CRT) credentialing success, attrition and positive job placement.

The program will be recognized in July during the annual CoARC conference in San Antonio, Texas.

The Associate of Science in Respiratory Care is one of 17 career options offered in the FSW School of Health Professions.✽✽

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Bear And Allison

Hello, my name is Bear. I am a 4-year-old male labrador retriever mix who is a loveable lug. I think I am a lap dog and, so far, no one has told me otherwise. Don't let my salt and pepper face fool you - I am a young four years old but very well-mannered and trained. I would be a great addition to any family. I already know quite a few of the Canine Good Citizens requirements. My new family can continue the training and have me tested and certified CGC if they wish. My adoption fee is \$75.



Bear ID# A584931

Hi, I'm Allison. I am a 7-year-old female domestic shorthair who is very loveable and affectionate. I am an absolute sweetheart that would prefer to be the queen bee around the house. I am a 'Super Senior' and my adoption fee includes spay, up-to-date vaccinations, rabies, county license and a 10-day health guarantee. That's a \$500 package.

My adoption fee is \$25.

*The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.**



Allison ID# A737552

Haven on Earth Animal League

Triscuit And Blueberry



Triscuit

Hello, my name is Triscuit. I am a beautiful 1-year-old Calico kitty, and I recently had a litter of kittens. I am currently living with a foster family. I will be spayed and brought



Blueberry

up to date on all vaccines.

My adoption fee is \$100.

Hi, I'm Blueberry. I am a beautiful 1-year-old Russian Blue kitty with bright green eyes. I am a very shy little girl and really need to be in a quiet home with someone that will give me time to adjust. I am currently staying with a foster mom. I am spayed and up-to-date on all vaccines.

My adoption fee is \$35.

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

Bake Sale And Pet Adoption Fundraiser

The Haven on Earth Animal League (HEAL) cat rescue will hold several fundraising and adoption events this month.

On Saturday, May 19, a bake sale will take place in the Publix shopping center parking lot at the Shops at Village Walk on Dani Drive from 10 a.m. to 3 p.m. There also will be an adoption event at the PetSmart on Six Mile Cypress Parkway on the same day from 10 a.m. to 3 p.m., and raffle tickets for several great prizes

will be sold. Then, on Sunday, May 20, a second bake sale will be held at Petco in Gulf Coast Town Center from 10 a.m. to 3 p.m. Several cats and kittens will be available for adoption at each event.

Proceeds from the bake sale and raffle will benefit HEAL and go toward veterinary and food costs for the numerous cats and kittens that are being cared for by the organization's volunteers. Since its inception, HEAL has rescued more than 1,200 cats and kittens and placed them into forever homes.

To make a donation, or inquire about available cats and kittens, contact Marcie Fernandez, HEAL's founder at 410-9983 or email haveneearthanimalleague@yahoo.com.*

THE RIVER WEEKLY NEWS

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

ARTS

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

CLUBS & ORGANIZATIONS

| | |
|---|----------------------|
| American Legion Post #38 | 239-332-1853 |
| Angel Flight | 1-877-4AN-ANGEL |
| Animal Refuge Center | 731-3535 |
| American Business Women Association | 357-6755 |
| Audubon of SWFL | 339-8046 |
| Audubon Society | 472-3156 |
| Caloosahatchee Chapter DAR | 482-1366 |
| Caloosahatchee Folk Society | 321-4620 |
| Cape Coral Barbershop Chorus | 1-855-425-3631 |
| Cape Coral Stamp Club | 542-9153 |
| duPont Company Retirees | 454-1083 |
| Edison Porcelain Artists | 415-2484 |
| Embroiderers Guild of America - Sea Grape Chapter | 239-267-1990 |
| FM UDC Chapter 2614 - United Daughters of the Confederacy | 728-3743 |
| Friendship Force Of SW FL | 561-9164 |
| Garden Club of Cape Coral | 239-257-2654 |
| Horticulture and Tea Society | 472-8334 |
| Horticultural Society | 472-6940 |
| Lee County Genealogical Society | 549-9625 |
| Lee Trust for Historic Preservation | 939-7278 |
| NARFE (National Active & Retired Federal Employees | 482-6713 |
| Navy Seabees Veterans of America | 731-1901 |
| Paradise Iowa Club of SWFL | 667-1354 |
| Sons of Confederate Veterans | 332-2408 |
| Southwest Florida Fencing Academy | 939-1338 |
| Southwest Florida Music Association | 561-2118 |
| Kiwanis Fort Myers Beach | 765-4254 or 454-8090 |
| Kiwanis Fort Myers Edison | 694-1056 |
| Kiwanis Fort Myers South | 691-1405 |
| Iona-McGregor | 482-0869 |
| Lions Club Fort Myers Beach | 463-9738 |
| Lions Club Fort Myers High Noon | 466-4228 |
| Lions Club Estero/South Fort Myers | 898-1921 |
| Notre Dame Club of Lee County | 768-0417 |
| Organ Transplant Recipients of SW Florida | 247-3073 |
| POLO Club of Lee County | 477-4906 |
| Rotary Club of Fort Myers | 332-8158 |
| Sanibel-Captiva Orchid Society | 472-6940 |
| United Way of Lee County | 433-2000 |
| United Way 211 Helpline (24 hour) | 211 or 433-3900 |

AREA ATTRACTIONS

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

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

PUZZLES

Answers on page 29

Super Crossword

FLEET GROUP

- ACROSS
- 1 Ones doing stand-up

7 Dancer's bodysuit

14 Roosevelt's predecessor

20 Wide road

21 Work history summaries

22 Unabridged

23 What many a thin person has

25 Be there for

26 "What — is new?"

27 Actor Benicio — Toro

28 Here, to Yves

29 — carte (not prix fixe)

30 Prefix with fascist

31 Beams

33 Specialty of many emergency teams

37 Is sore

40 Ballet move

42 Dawn deity

43 Nutrition Facts group

44 Alternative to jogging

48 Recurrent theme
- 51 Often-stubbed digit

52 Used a saber

54 Color-mixing board

58 Smoke waste

59 — port (PC connection)

61 Ladderlike in organization

63 Charlton Heston film

64 Harry at Hogwarts

67 Cornmeal mush

69 Starting on

71 Jim-dandy

73 "Mean Girls" actress

74 Stretches of history

75 Vigilante retribution, perhaps

81 Informant Snowden

84 Hindu belief

85 Moment

87 See 56-Down

88 China's Sun — -sen

91 Keeping up contact

93 Bait

95 Without risk

97 Some lap dogs, briefly
- 99 It doesn't stop at a lot of stations

101 Big hauler

104 Dernier — (latest thing)

106 Bad guy in "Othello"

107 Spine-chilling

108 Improv comic's skill

113 Sail support

115 Clickable address

116 State of rage

117 Mattel man

118 "Emmy" has two

119 Had to repay

123 Element in antiseptics

125 Wish for getting better

129 Shells out

130 Australian sheepdogs

131 Skittish

132 Badger

133 Moment

134 Sculptures without limbs
- DOWN
- 1 Small eatery

2 Egg shape

3 See 124-Down

4 It accrues

5 Summa — laude

6 Dilapidated

7 Kazakh river

8 State north of Kan.

9 The same, at the start?

10 May bloom

11 Friends, in Florence

12 Have a home

13 Brit. military honor

14 Cures

15 Scheduled

16 Mel of the diamond

17 Austrian port

18 Borgnine with an Oscar

19 Totally alters

24 Coil deviser Nikola

29 Fable author

32 Invite to a movie, e.g.

33 Lawn tools

34 Not much, as of salt

35 DVD- — drive

36 Wrongdoer

37 "Mamma Mia" group

38 NFL receiver

39 Zenith

41 Santa helper

45 Part of SSW

46 Bowl game gp.

47 Hair care products

49 — by Dana (perfume)

50 Old TV's "— Three Lives"

53 Info to input

55 Like college juniors

56 With 87-Across, fishy hero

57 Little bits of work

60 Lover boy

62 Cubs great Sandberg

65 Straying from the subject

66 Diva Diana

68 Increases fraudulently

69 Sparkling wine city

70 Duck relative

72 TV-advertised music label

76 Veritable

77 It beats a 10

78 Slush Puppie company

79 Wheedle

80 Leg on which a cello rests

82 Wimpy type

83 Tapers off

86 Hip-hop headwear

89 Others, in Latin

90 Daly of "Cagney & Lacey"

92 Anne of "Wag the Dog"

94 Less than zero: Abbr.

96 Worry about

98 — Lanka

100 Amiens' river

101 Slogging-in-mud sound

102 A moon of Jupiter

103 Less harsh

105 Bic buy

109 Sorts

110 Piece of hair

111 Boat spines

112 Like klutzes

114 Natty tie

118 In the past, in the past

120 Takes as a spouse

121 "And so ..."

122 Hides gray, in a way

124 With 3-Down, really disorderly

125 Schuss, say

126 Julio's "day"

127 Strong wish

128 Lennon loved her

King Crossword

- ACROSS
- 1 Swelled head

4 Marble chunk

8 Taj Mahal city

12 "You've got mail" co.

13 Carry on

14 Hairstyle

15 Hollywood trickery, for short

16 Basin accessory

17 Greek vowel

18 Firetruck gear

21 "— Impossible"

22 Officeholders

23 Bocce equipment

26 Coquettish

27 Coll. transcript no.

30 Fairy tale preposition

31 Unc's kid

32 Witticism

33 Kitten's comment

34 Wield oars

35 Choral composition

36 Jewel

37 Dine

38 Free from responsibility

45 PC picture

46 Tramcars' contents

47 Grand —, N.S.
- 5 "Vanilla Sky" actress Penelope

49 Verifiable

50 Slithery swimmer

51 Continental coin

52 Actress out there

53 Filch

1 Apiece

2 Disco style

3 Hodgepodge

4 Casual wear

5 Homes for gnomes?

6 On in years

7 "Symphonie Fantastique" composer

8 Low-pH chemicals

9 Suitable

10 Ceremony

11 Somewhere

19 Potter's need

20 Whatever number

23 Vagrant

24 Mimic

25 Depressed

26 Intimidate

27 Eviscerate

28 Chart format

29 Likely

31 Ease

32 Hebrew letter

34 Ump

35 Oats-nuts-fruit concoction

36 Hook-nosed Muppet

37 Rid of fleece

38 Grown-up nits

39 Beige

40 Go sightseeing

41 Genealogy chart

42 Oil cartel

43 Sandwich treat

44 Iodine source

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|-----|-----|-----|----|----|----|-----|-----|----|-----|-----|-----|-----|-----|----|-----|-----|-----|----|-----|-----|-----|-----|
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| 26 | | | | | | 27 | | | | 28 | | | | 29 | | | | | 30 | | | |
| | | | | 31 | 32 | | | | 33 | 34 | | | | 35 | | | | 36 | | | | |
| 37 | 38 | 39 | | | | | 40 | 41 | | | | | 42 | | | | | 43 | | | | |
| 44 | | | | | | 45 | | | | 46 | 47 | | 48 | | 49 | 50 | | | | | | |
| 51 | | | | | | | 52 | | | | | 53 | | 54 | | | | 55 | 56 | 57 | | |
| 58 | | | | | 59 | | 60 | | 61 | | | | 62 | | 63 | | | | | | | |
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| 69 | 70 | | | | | | 71 | | 72 | | | | 73 | | | | | 74 | | | | |
| 75 | | | | | 76 | 77 | | | | 78 | 79 | 80 | | 81 | | 82 | 83 | | | | | |
| 84 | | | | | | | | 85 | | | | | 86 | | 87 | | | | 88 | 89 | 90 | |
| 91 | | | | | | | 92 | | 93 | | | | | 94 | | 95 | | 96 | | | | |
| | | | | | | 97 | | | | 98 | | 99 | | | 100 | | | | | | | |
| 101 | 102 | 103 | | | | | 104 | | 105 | | | 106 | | | | | 107 | | | | | |
| 108 | | | | | | 109 | 110 | | | | 111 | 112 | | | | 113 | 114 | | | | | |
| 115 | | | | | | 116 | | | | 117 | | | | | 118 | | | | 119 | 120 | 121 | 122 |
| 123 | | | | | | 124 | | | | | | 126 | 127 | | | | 128 | | | | | |
| 129 | | | | | | | | | 130 | | | | | | | | 131 | | | | | |
| 132 | | | | | | | | | 133 | | | | | | | | 134 | | | | | |

DROP THE FIRST
MAGIC MAZE LETTER TO MAKE
A NEW WORD

C

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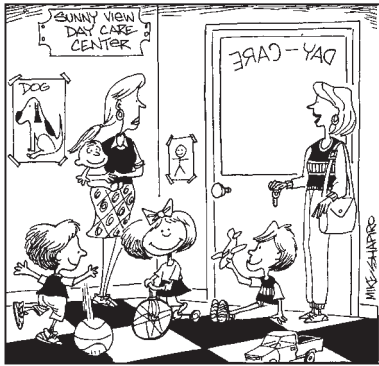
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Avenues
Beagle
Brainy
Coverage

Crickets
Dread
Emotion
Fetch

Fever
Foxtail
Frock
Goats

Hallowed
Lawful
Mangle



"I'll be back to pick up my kids when they're ready for _____."

answer on page 29

SCRAMBLERS

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

Deduce
ANGEL

Huge
GATER

Issue
CIPTO

Ignite
LIKEND

TODAY'S WORD

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

SUDOKU

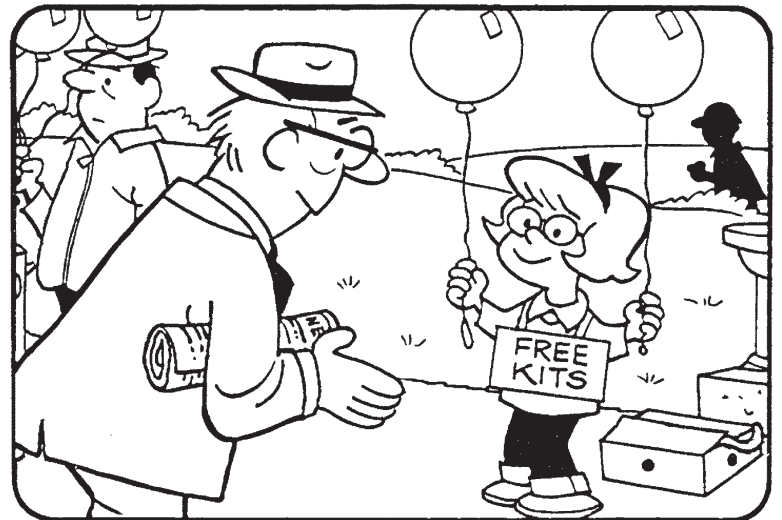
To play Sudoku:

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

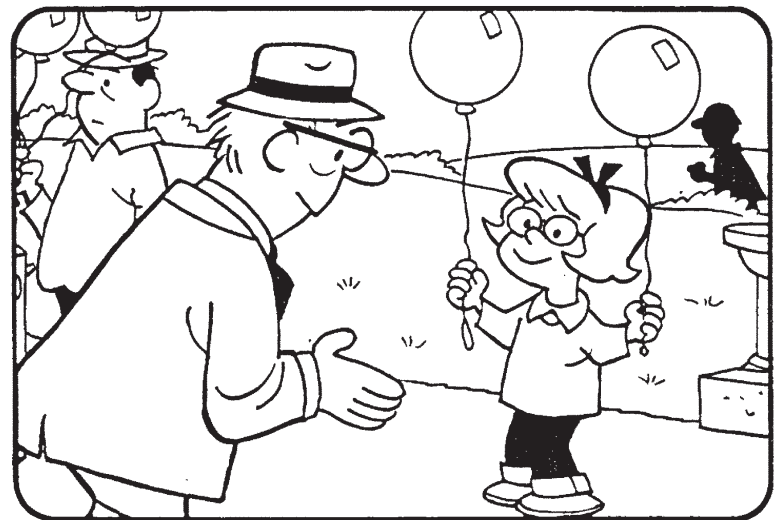
answer on page 29

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Zipper is missing. 2. Hat is different. 3. Paper is missing. 4. Sign is missing. 5. Balloon is missing. 6. Box is missing.



Fruit Wine Sabayon Pound Cake

- ¼ cup, packed light brown sugar
- ¼ cup water
- 4 large egg yolks
- 2 tablespoons sweet fruit wine
- ½ cup whipping cream, chilled
- 24 ounces your favorite berries, rinsed and patted dry
- 2 tablespoons natural sugar
- 1 bunch fresh mint
- 1 (16-ounce) pound cake loaf, preferably homemade

Combine brown sugar, water, egg yolks and 1 tablespoon of fruit wine in medium stainless steel bowl. Place bowl over medium sized pot of simmering water (bowl should not be in contact with water.) Whisk until mixture triples in volume and kitchen thermometer registers 160 degrees F (about 4 minutes.) Place bowl inside a larger bowl that has been filled with ice and water; whisk sabayon lightly until completely cool.

Whip cream in another medium steel bowl until soft peaks start to form. Slowly add sabayon to the whipped cream and fold together. Cover and refrigerate.

Purée ¾ cup berries with 2 tablespoons sugar and remaining 1 tablespoon fruit wine in food processor. Pour purée into large bowl and stir in remaining whole berries until well-coated. Cut and arrange 3 thin triangle-shaped cake slices on a plate. Spoon berry mixture over cake. Top with sabayon and fresh mint leaf.*



Fruit Wine Sabayon Pound Cake

photo courtesy Fresh From Florida



FRIDAY
Partly Cloudy
High: 84 Low: 75



SATURDAY
Cloudy
High: 87 Low: 77



SUNDAY
Cloudy
High: 83 Low: 74



MONDAY
Cloudy
High: 80 Low: 71



TUESDAY
Sunny
High: 85 Low: 76



WEDNESDAY
Mostly Sunny
High: 83 Low: 74



THURSDAY
Few Showers
High: 78 Low: 69

| Redfish Pass Tides | | | | | Point Ybel Tides | | | | | Punta Rassa Tides | | | | | Cape Coral Bridge Tides | | | | |
|--------------------|----------|----------|----------|----------|------------------|----------|----------|----------|----------|-------------------|----------|----------|----------|----------|-------------------------|----------|---------|----------|----------|
| Day | High | Low | High | Low | Day | High | Low | High | Low | Day | High | Low | High | Low | Day | High | Low | High | Low |
| Fri | 5:43 am | 7:59 am | 2:58 pm | 10:57 pm | Fri | 4:48 am | 8:01 am | 2:03 pm | 10:59 pm | Fri | 4:45 am | 9:27 am | 2:39 pm | 11:02 pm | Fri | 7:53 am | 1:16 am | 5:08 pm | 11:15 am |
| Sat | 3:48 pm | 11:59 pm | None | None | Sat | 2:53 pm | None | None | None | Sat | 5:47 am | 10:18 am | 3:47 pm | 11:57 pm | Sat | 5:58 pm | 2:13 am | None | None |
| Sun | 4:48 pm | None | None | None | Sun | 3:53 pm | 12:01 am | None | None | Sun | 6:47 am | 11:15 am | 5:32 pm | None | Sun | 6:58 pm | 3:15 am | None | None |
| Mon | 9:41 am | 1:03 am | 6:06 pm | 11:34 am | Mon | 8:46 am | 1:05 am | 5:11 pm | 11:36 am | Mon | 7:46 am | 1:03 am | 7:01 pm | 12:44 pm | Mon | 11:51 am | 4:19 am | 8:16 pm | 2:50 pm |
| Tue | 10:06 am | 2:05 am | 7:48 pm | 1:56 pm | Tue | 9:11 am | 2:07 am | 6:53 pm | 1:58 pm | Tue | 8:37 am | 2:10 am | 8:16 pm | 2:24 pm | Tue | 12:16 pm | 5:21 am | 9:58 pm | 5:12 pm |
| Wed | 10:31 am | 3:01 am | 9:33 pm | 3:38 pm | Wed | 9:36 am | 3:03 am | 8:38 pm | 3:40 pm | Wed | 9:24 am | 3:05 am | 9:23 pm | 3:30 pm | Wed | 12:41 pm | 6:17 am | 11:43 pm | 6:54 pm |
| Thu | 10:57 am | 3:49 am | 11:00 pm | 4:50 pm | Thu | 10:02 am | 3:51 am | 10:05 pm | 4:52 pm | Thu | 10:09 am | 3:53 am | 10:31 pm | 4:28 pm | Thu | 1:07 pm | 7:05 am | None | 8:06 pm |

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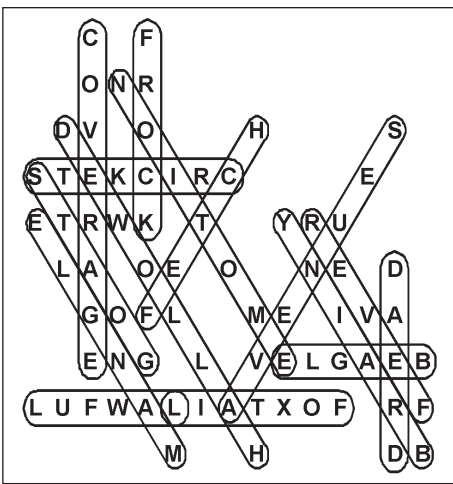
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

My Stars ★★★★★
FOR WEEK OF MAY 21, 2018

Aries (March 21 to April 19) Although you might prefer moving forward at a steady pace, it might be a good idea to stop and reassess your plans. You could find a good reason to make a change at this time.

Taurus (April 20 to May 20) Just when you thought you had everything planned to the smallest detail, you get some news that could unsettle things. But a timely explanation helps put it all back on track.

Gemini (May 21 to June 20) Home and work continue to compete for your attention. But you handle it well by giving each its proper due. Someone you trust offers valuable advice. Listen to it.

Cancer (June 21 to July 22) Unsettling news creates a difficult but not impossible situation. Continue to follow your planned routine, but keep your mind open to a possible change down the line.

Leo (July 23 to August 22) Lick your wounded pride if you like, but it's a better idea to find out why your suggestions were rejected. What you learn could help you deal with an upcoming situation.

Virgo (August 23 to September 22) Feeling a bit listless? No wonder. You might be pushing too hard to finish everything on your to-do list. Cutting it down could help get your energy levels up.

Libra (September 23 to October 22) Taking time out of your busy schedule might be the best way to handle that sensitive private matter. It will help reassure everyone involved about your priorities.

Scorpio (October 23 to November 21) Insist on full disclosure by all parties before agreeing to be part of a "great deal." What you learn should help you decide whether to go with it or not.

Sagittarius (November 22 to December 21) Your decision to protect the secret that was entrusted to you might irk some people. But it also wins you the admiration of those who value trust and loyalty.

Capricorn (December 22 to January 19) Creative activities take on a practical approach as you realize you might be able to market your work. Ask for advice from someone experienced in this area.

Aquarius (January 20 to February 18)

If you're suddenly a bit unsure about your decision, ask trusted colleagues and/or friends or family members for suggestions that could help resolve your doubts.

Pisces (February 19 to March 20) A workplace situation could get stormy. But stay on course until there's a solution that meets with everyone's approval, and things can finally calm down.

Born This Week: You keep an open mind on most matters, making you the confidante of choice for people who need your honest counsel.

THIS WEEK IN HISTORY

- On May 26, 1897, the first copies of the classic vampire novel "Dracula," by Irish writer Bram Stoker, appear in London bookshops. In 1890, Stoker published his first novel, "The Snake's Pass." He would go on to publish 17 novels in all, but it was "Dracula" that eventually earned him literary fame.

- On May 21, 1927, American pilot Charles A. Lindbergh lands at Le Bourget Field in Paris, successfully completing the first solo, nonstop trans-Atlantic flight. The flight of the Spirit of St. Louis between New York and Paris took 33-1/2 hours. Six men had died attempting the same flight.

- On May 23, 1934, famed fugitives Clyde Barrow and Bonnie Parker are killed when police ambush their car near Sailes, Louisiana. They died in a two-minute fusillade of 167 bullets.

- On May 25, 1935, at Forbes Field in Pittsburgh, Babe Ruth hits his 714th home run, a record for career home runs that would stand for almost 40 years.

- On May 22, 1958, American singer Jerry Lee Lewis arrives in England as a newly married man, with his pretty young wife in tow. Within days, it was revealed that his new wife, Myra Gail Lewis, was actually only 13 years old and was his first cousin once-removed.

- On May 27, 1972, Soviet President Leonid Brezhnev and U.S. President Richard Nixon, meeting in Moscow, sign the Strategic Arms Limitation Talks (SALT) agreements. At the time, these agreements were the most far-reaching attempts ever to control nuclear weapons.

- On May 24, 1991, the critically

acclaimed road movie "Thelma and Louise" debuts in theaters, stunning audiences with a climactic scene in which its two heroines drive off a cliff into the Grand Canyon in a vintage 1966 Ford Thunderbird convertible.

STRANGE BUT TRUE

- It was noted Spanish filmmaker Luis Bunuel who made the following sage observation: "Age is something that doesn't matter, unless you are a cheese."

- You might be surprised to learn that we call coffee beans aren't actually beans -- they're the pits of the coffee beans.

- Would you believe me if I told you that there were parachutists (better known now as skydivers) before there were airplanes? Yep, it's true! In Paris in the year 1900, a man leaped from the Eiffel Tower and made a safe descent using a parachute. It wasn't until December 17, 1903, that the Wright Brothers made the first controlled, sustained powered flight in Kitty Hawk, North Carolina.

- According to statisticians, about 200 people a year die while watching -- not playing -- football.

- Of all the stamps that have been used by the U.S. Postal Service, more have featured George Washington than any other person; so far there have been 305 with the likeness of the nation's first president.

- If you ever make a trip to Alaska, you might want to keep in mind the fact that it is illegal there to wake a sleeping bear for the purpose of taking its picture.

- We don't often associate museums with beverages, but it seems that they're fairly popular throughout the world. For instance, museums dedicated to coffee and/or tea can be found in London, Moscow, Paris, Sao Paulo, Zurich and Kyoto, as well as in China, South Korea, Colombia and Angola. Germany has three of them. Coffee and tea must be quite popular in the Netherlands; museums dedicated to the beverages can be found there in five different cities.

THOUGHT FOR THE DAY

"Testing can show the presence of errors, but not their absence." -- Edsger Wybe Dijkstra

SCRAMBLERS

- Glean; 2. Great;
- Topic; 4. Kindle

Today's Word
COLLEGE

TRIVIA TEST

- Ad Slogans:** Which company's ads advised consumers to "put a tiger in your tank"?
- U.S. States:** Which state designated the American seagull as its official state bird?
- History:** When was the potato introduced to Europe?
- Olympics:** How long is the balance beam used in women's gymnastics?
- Geography:** What is the capital of Australia?
- Proverbs:** What is the end to this common proverb: "The early bird ..."?
- Measurements:** What does a Feiger counter measure?
- Famous Quotes:** Which 18th-century statesman and military leader observed, "Glory is fleeting, but obscurity is forever"?
- Astronomy:** Which planet is the closest to Earth?
- General Knowledge:** What was the name of the first manufactured breakfast cereal?

TRIVIA ANSWERS

1. Esso 2. Utah 3. 16th century 4. 16 Bonaparte 9. Venus 10. Granula (1863) the worm" 7. Radiation 8. Napoleon feet, 5 inches 5. Canberra 6. ...gets

★ ★ ★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★ ★ ★

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5/11 ★ 6/1

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4/29 ★ TFN

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1/26 ★ TFN

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RENTAL WANTED

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4/27 ★ 5/18

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5/18 ★ 5/25

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5/11 ★ 5/25

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5/18 ★ 5/18

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5/18 ★ 5/25



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05/11 ★ TFN

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11/17 ★ TFN

PSA

Narconon reminds families that the opiate problem is continuing to get worse and is now considered a "syndemic." More than ever before, communities need to come together and educate parents and their children about the dangers of opiates. To learn more about the Nation's opiate crisis, go to: <http://www.narconon-suncoast.org/blog/opioid-crisis-now-considered-a-syndemic.html>
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12/22 ★ TFN

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4/13 ★ TFN

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5/18 ★ 5/25

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5/11 ★ 5/25

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5/18 ★ 5/18

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5/18 ★ 5/18

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5/18 ★ 5/18

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8-12 at 960 Victoria Way, Sanibel

5/18 ★ 5/18

Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB

Conservancy Offers Special Programs

The Conservancy of Southwest Florida is recognizing national Endangered Species Day with a weekend of special events and educational activities. On Saturday, May 19, visitors to the Conservancy can complete special arts and crafts projects featuring endangered and threatened species.

Four special sessions highlight the day:
Gopher Tortoise Walk at 10:30 a.m.: Take a guided walk through the Conservancy's tortoise preserve and learn about the reptile.

Reptile Rendezvous at 11:15 a.m.: Learn about Southwest Florida's threatened and endangered animals, including the Eastern indigo snake, and meet an alligator ambassador to learn about the amazing recovery of the American alligator species.

Hospital Happenings at 12:15 p.m.: Examine the work being carried out by the Conservancy's von Arx Wildlife Hospital, which treats injured, sick and orphaned animals. Staff will highlight the incredible recovery of bald eagles.

Ocean Discoveries at 1:15 p.m.: Learn about the underwater habitats of Southwest Florida and the endangered species that call

our waterways home.
Additionally, the Conservancy is offering a unique weekend partnership with the Naples Zoo at Caribbean Gardens. Guests to the Naples Zoo, including daily ticket holders and annual members, can receive free admission to the Conservancy on Friday, May 18 and Saturday, May 19. Likewise, Conservancy guests and members will receive free entrance to the Naples Zoo on Friday, May 18, Saturday, May 19 and Sunday, May 20. Volunteers and staff members also can receive the reciprocal offer.

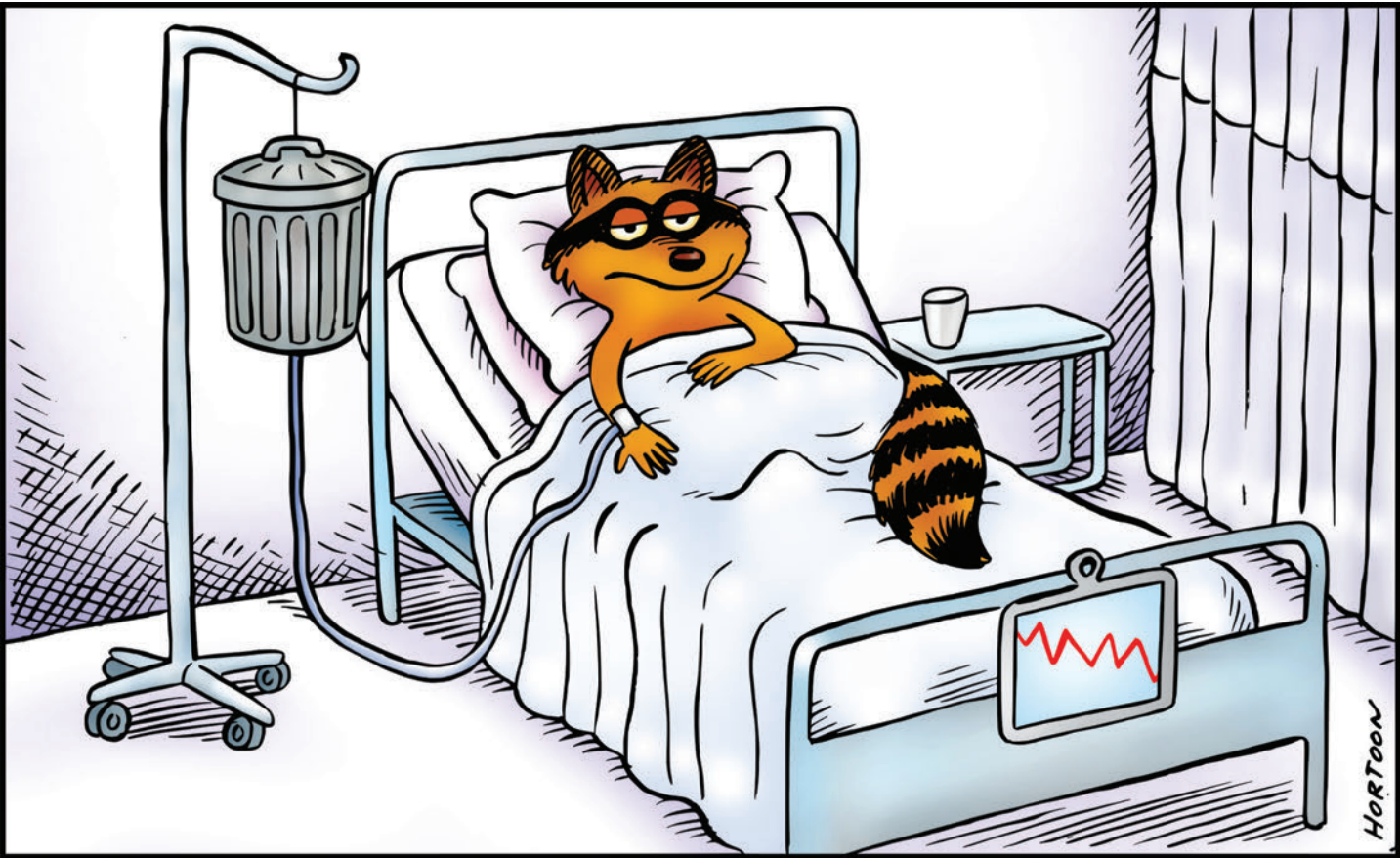
The U.S. Congress developed national Endangered Species Day in 2006 to create opportunities to learn about the importance of protecting endangered species, wildlife and habitat.

The Conservancy Nature Center is open from 9:30 a.m. to 4:30 p.m. Monday through Saturday. Admission is \$14.95 for adults and \$9.95 for youth ages 3 to 11; children 2 and under are free. Basic family memberships start at \$65.*



Conservancy of Southwest Florida will share about the region's threatened and endangered animals during Endangered Species Day on May 19 photo provided

HORTOONS



Energy Tool Kit

Lee County Electric Cooperative (LCEC) can help you essentially take control of your energy usage. Three interactive tools help you understand and manage your energy usage while conserving energy and reducing your electric bill.

kiloWATCH: Keep a close watch on your household energy usage and approximate cost with this online energy tool. Not only can you view your daily energy usage using this tool, you can set up kiloWATCH Usage Alerts to notify you when your usage exceeds the threshold you set.

Interactive Home: This interactive tool is a fun and easy way to learn proven ways to save energy dollars for little to no cost. Simply click through the "virtual home" to become an instant energy expert.

Calc-U-Savers: Answer your energy questions by analyzing your energy usage while learning tips along the way. Calc-U-Savers include: energy advisor, appliance, lighting, pool/spa, and television.

Check out these energy tools and more online at www.lcec.net.*

Top 10 Real Estate Sales

| Subdivision | City | Year Built | Square Footage | Listing Price | Selling Price | Days On Market |
|-------------------------|------------------|------------|----------------|---------------|---------------|----------------|
| Venetian Gardens | Fort Myers Beach | 2016 | 4,016 | \$1,775,000 | \$1,775,000 | 0 |
| Oak Knoll at Bonita Bay | Bonita Springs | 1997 | 3,562 | \$1,600,000 | \$1,500,000 | 100 |
| Orchid Ridge | Estero | 2006 | 3,652 | \$1,329,900 | \$1,249,000 | 19 |
| Sunset Captiva | Captiva | 1980 | 2,272 | \$1,229,000 | \$1,140,000 | 3 |
| Banyan Cove | Estero | 2002 | 4,486 | \$1,175,000 | \$1,000,000 | 97 |
| Cape Coral | Cape Coral | 2012 | 3,328 | \$985,000 | \$970,000 | 59 |
| Vittoria | Fort Myers | 2007 | 3,274 | \$980,000 | \$970,000 | 75 |
| Kenwood | Estero | 2003 | 3,019 | \$979,000 | \$950,000 | 36 |
| Cedar Glen | Estero | 1999 | 3,028 | \$949,000 | \$900,000 | 71 |
| Edgewater | Fort Myers | 2005 | 3,449 | \$899,900 | \$850,000 | 179 |



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