



Wild Bloom by Julia Da Rocha

Union Artist Studios Exhibit Opens In August

During the month of August, DAAS CO-OP Art Gallery & Gifts will host the art of members of the Union Artist Studios. Founded in 2012, the group is celebrating six years as the only organized artists' studio in Southwest Florida. The exhibition showcases two pieces from each member and



Dragonfly by Alex Wilkinson

the opening reception is scheduled for Saturday, August 11 from 6 to 9:30 p.m.

Located on the second floor of the Edwards Building at the Alliance for the Arts campus, the Union Artist Studios houses the creative spaces of 10 local artists. One of these artists is Julia Da

Rocha, who has been with the group since 2016.

"We are always here, especially on weekends, and we enjoy the inspiration this place brings us. We bounce ideas off each other and collaborate in many events together. We are family here,"

images provided

said Da Rocha, whose expressionistic and vibrant designs are licensed by www.denydesigns.com and featured by Joss & Main, One Kings Lane, Fab, Rue La La, Amazon, Houzz, Hautelook and HGTV.

Alex Wilkinson and Lesley Morrow

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An assortment of craft beers are available at Hammond Stadium

photo provided

Miracle Baseball And Craft Brew Sampling July 20

The Fort Myers Miracle, host of the popular Ballpark Festival of Beers each January, have been bringing a beer fest to every home game at Hammond Stadium in 2018.

This season, the Miracle expanded

its beer offerings to showcase more locally produced craft beers, highlighted by Scotty's Miracle Blonde Ale brewed by Scotty's Bierwerks in Cape Coral. Others include Gateway Gold from Fort Myers Brewing and From My Cold Dead Hands by Bury Me Brewery in Fort Myers. Rounding out the list is the Key West Sunset Ale from Florida Beer Co. in Port Canaveral, Pineapple Beach from Funky Buddha Brewery in Oakland

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Celebrate Henry Ford's 155th Birthday



The Henry Ford winter estate home was nicknamed The Mangoes for the many mango trees on the property

photo provided

To honor Henry Ford, the automobile icon, the Edison & Ford Winter Estates will celebrate his 155th birthday on Monday, July 30. The day will start off with free birthday cake served at 10 a.m. Behind-the-scenes tours of Ford's

winter estate home will be offered from 11 a.m. to noon, and history characters Henry and Clara Ford will be available for photo opportunities.

Henry Ford worked for Thomas

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Historic Downtown Fort Myers, Then And Now:

Presbyterian Apartments Were Among The First High-Rises



by Gerri Reaves, PhD

In April 1976, snowbirds Mark and Lina sent a postcard picturing the Presbyterian Apartments to friends or relatives in Hanover, Pennsylvania.

They were currently staying at the apartments, the couple wrote, but would be in Hanover the third week in May for a “card game.”

When that riverfront high-rise pictured on the postcard had been dedicated in September 1970, it was the city’s tallest building.

Text on the reverse of the postcard highlights its appeal. The modern 16-story, 180-unit high-rise on Virginia Avenue was sponsored by the Presbytery of West Florida.

Located in the City of Palms on the banks of the Caloosahatchee, it provided “ideal comfort, social planning and amenities for senior citizens.”

Presbyterian Apartments was part of the wave of high-rises along West First Street in the 1960s and 1970s. This development was made possible in part by riverfront fill, it should be noted.

The opening of the 12-acre Boulevard Plaza (later Edison-Ford Square) in 1960 kick-started it all by bringing the age of the mall – or more accurately, the shopping center – to downtown.

The plaza bound by West First and McGregor on the north and south, and by Virginia Avenue and Clifford Street on the west and east, made life on the west side of downtown very appealing.



In 1976, this postcard spread the word about the latest in comfortable senior living by the Caloosahatchee in the City of Palms

photo courtesy SWFL Florida Historical Society, Sara Nell Gran Collection

Shops, medical offices, groceries, barbershops, restaurants and more were all within walking distance of new high-rises.

Sound familiar?

Construction on Riverside Club, the first condo on West First, had started in 1963.

In this bird’s-eye image, seven-story Riverside is the white cube of structure (right center) at the foot of Clifford Street, with the Edison Bridge stretching behind it in the distance.

Riverside looks a bit dwarfed in this image, but when it opened, it was one of the two tallest buildings in town.

The word “club” in the name hints at the 1960s marketing focus on leisure and convenience. The turnkey condos left the owners free to enjoy the South Florida lifestyle, which included the condo’s kidney-shaped heated pool and the sundeck.

The taller Harbor Towers near the foot of Virginia (not pictured) continued the condo craze, going up a year after Riverside.

Visible in front of Riverside in the photo is the relatively new Holiday Inn Riverwalk, which energized the neighborhood with fine dining, a tiki-bar and outdoor restaurant, exotic “umbrella drinks,” boat dockage and year-round air conditioning – imagine!

The nationwide motel chain’s arrival foretold the end of the traditional “tourist home” or mom-and-pop establishments that had long housed downtown tourists.

While the Presbyterian Apartments and the mid-century condos on West First are still in-demand real estate, some of the commercial buildings haven’t survived.

Both the Edison-Ford Square and the Holiday Inn Riverwalk were destroyed in the middle of the last decade in readiness for new developments.

However, only a portion of First Street Village, with a Publix and other businesses that opened in 2007, has been built.

And since the days when the Presbyterian Apartments were the newest and tallest thing around, other towers have etched their profiles on West First’s skyline: Sunset Royale, Sunset Vista, Pointe Royale and, most recently, the aptly named five-tower High Pointe Place just east of Clifford.

Another change in the intervening decades? Expectations regarding amenities.

The Presbyterian Apartments could boast of shuffleboard courts, certainly standard fare decades ago, not to mention a superb riverfront location.

However, today’s marketing to seniors is awash the promise of “resort style living,” which includes a fitness center, computer lab, infinity pool, movie theater, dog park, salon and spa at the very least. Anything to make being older seem younger.

Stroll down West First Street to see the Presbyterian Apartments, once the tallest building in town.

Then, visit the following two research centers to learn more about the new

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The recently re-painted 16-story Presbyterian Apartments was the tallest building in the city when it was built in 1969-70

photo by Gerri Reaves

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From left, resident Sally Ennis, activities coordinator Taylor Nelson, and residents Carole Biggs and Cele Barcaro lead campers through the community's native plant garden

photo provided

Cypress Cove Educates During Camp For Kids

Cypress Cove at HealthPark Florida hosted a unique one-day summer camp for children of employees and grandchildren of its Life Plan Community residents on July 7.

Camp participants were treated outside to an educational nature walk through Cypress Cove's Native Plant Garden and raised gardens, a mini-scavenger hunt and a first-hand lesson on the fine points of radio-controlled sail boating.

Indoor camp activities included such things as an exercise class, wind-chime craft-making, and Sub-Zero ice cream making. Other camp activities included

games and lunch.

"Camp Cypress Cove was an impactful one-day experience for both residents and campers. It gave residents and staff an opportunity to share with the children the wonderful and varied lifestyle available on our 48-acre campus," said Resident Services Director Mary Franklin.

The free one-day camp event was created by Cypress Cove's independent living activities' office team with an emphasis on intergenerational participation among campus residents and participating children.

"Cypress Cove participates in numerous intergenerational activities annually reaching out to youth programs throughout the surrounding Southwest Florida community," said Franklin. "Camp Cypress Cove is a unique and valuable addition to our resident outreach program." ❄️

Local Motorcycle Run To Raise Funds For ACT

Abuse Counseling and Treatment, Inc. (ACT) will hold a benefit motorcycle run and brunch, which will start at HeadPinz Entertainment Center and conclude at Keylime Bistro on Sunday, August 26. The annual David Barbur Biker Brunch kicks off at 8:30 a.m. with registration. Kickstands go up at 9:30 a.m., with the brunch at Keylime Bistro starting around 10:30 a.m. and continuing until around noon.

All proceeds from this rain-or-shine event will go towards ACT's safe, free and confidential programs for victims

of domestic violence and their children, survivors of sexual assault, and human trafficking in Lee, Hendry and Glades counties.

Cost is \$20 per person, including riders. Attendees will receive a buffet-style brunch catered by Keylime Bistro, opportunity to win raffle prizes and more. Sponsors of the event include Stilwell Enterprises & Restaurant Group/Keylime Bistro, HeadPinz Entertainment Group.

HeadPinz Entertainment Center is located at 14513 Global Parkway in Fort Myers. Keylime Bistro is located at 11509 Andy Rosse Lane on Captiva Island. For more information or to register for the event, contact Jennifer L. Benton at 939-2553 or visit www.actabuse.com/event/motorcycle-run-the-annual-david-barbur-bikers-brunch. ❄️

Cosmopolitan Fundraiser In New Location

Community Cooperative recently announced that the 13th annual Becoming Cosmopolitan fundraiser has been scheduled for Thursday, October 4 at 6 p.m. This year's event will feature the theme, Fire & Ice, and will be held in the historic Barbara B. Mann Performing Arts Hall for the first time ever.

"We are thrilled to be bringing Becoming Cosmopolitan to the Barbara B. Mann Performing Arts Hall, truly one of the most creative and inspired locations in Fort Myers with its decades of theater and music history," said Tracey Galloway, CEO of Community Cooperative. "With savory cuisine, icy cool cocktails, boutique shopping and fiery entertainment, all in support of a great cause, and you've got what Becoming Cosmopolitan is all about."

The evening features shopping with local boutique vendors, gourmet cuisine and cocktails, desserts, a silent and live auction, raffles, great music and an after-party all in celebration of the cosmopolitan lifestyle in Southwest Florida. Over 300 guests attended last



image provided

Becoming Cosmopolitan event and all the proceeds support women and children's programming at Community Cooperative.

Sponsorships are available and range from \$1,500 to \$10,000. Donations for the event's silent and live auctions, and Key To The Closet raffle are also being accepted. Tickets will go on sale in mid-August.

Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers. For more information, contact Stefanie Edwards at 461-2802 or stefanie@communitycooperative.com. ❄️

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Four generations of Conidaris

photos provided

Blood And Bone Marrow Drive At Lani Kai July 28

The 16th annual Kenny Conidaris Blood and Bone Marrow Drive will be held at the Lani Kai Island Resort on Saturday, July 28 from 9 a.m. to 5 p.m. All are welcome to come down to donate blood or become a potential bone marrow donor with a simple swab

of the mouth.

This year's theme is Going Wild. Guests can expect lots of fun with local nature conservationist Trapper Ray, as well as officials from the Calusa Nature Center, who will have a de-skunked skunk, python and some baby alligators that event-goers can safely pet and take photos with that day.

All donors can enjoy a cookout lunch and light snacks and treats that afternoon, a commemorative event T-shirt, beach towel and much more. Even if you've contributed as a bone



Mary and Kenny Conidaris with young Leo

marrow donor in the past, come by and have fun during this special benefit and help raise the blood donor count in Lee County.

Since he was a youngster, Kenny has battled severe aplastic anemia, a disease in which the bone marrow does not make enough blood cells for the body, and PNH, an acquired disease stemmed from cancer that destroys the red blood cells. Since first finding out these conditions, Kenny's family from near and far, friends and now thousands of locals and visitors, have been tested to see if they were a match for a bone marrow transplant, but still, no luck.

Since 2006, these annual benefits have collected more than 1,500 pints of blood. With one pint saving up to three

lives, that means 4,500 possible lives have been saved from these blood and bone marrow drives – and that's not including lives saved from guests joining the national bone marrow registry, which is much harder to track.

Along with hoping to find a match for Kenny, your blood or bone marrow donation has the chance to help so many other people around Southwest Florida – and beyond.

"Our event started as a way of trying to find a bone-marrow match for Kenny, but since then, with such an amazing turnout of donors year after year, we want to continue hosting this event to not only help Kenny find a match, but help the thousands of others who need one, as well as help supply local blood banks to help save the lives of so many," said Kathy Conidaris, Kenny's mom and lead coordinator of the annual event.

The Lani Kai's blood and bone marrow drive is always set up to not only help gather donations for the community, but to make a fun family day of it.

"We'll have all kinds of games, toys and prizes for the children, a dunk tank, live entertainment, cookout lunch and donuts for donors, along with snacks and others treats, and One Blood, who will be gathering the blood donations and taking swabs for the bone marrow registry," Kathy said.

For those who can't make it out to the benefit but would still like to join the bone marrow registry, visit www.oneblood.org and a free mouth-swab kit will be mailed to you at no cost.

"We love hosting this event every

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From page 2

Historic Downtown

options that high-rise apartments and condos brought to the downtown riverfront.

The Southwest Florida Historical Society is an all-volunteer nonprofit organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday from 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.

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 nonprofit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only.

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

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



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Fort Myers Art:

Earlier Curtain Time For Theatre’s 25th Season



by Tom Hall

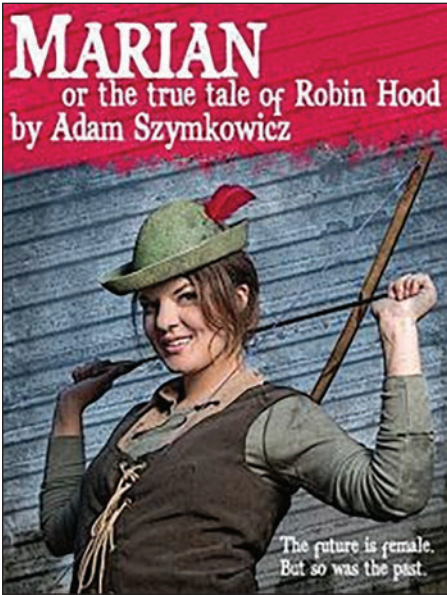
Theatre Conspiracy at the Alliance will celebrate its 25th consecutive season with beloved classics, comedic favorites and award-winning new plays from fresh voices.

“We’re celebrating the past, present and future of Theatre Conspiracy at the Alliance for the Arts this season,” said founder and producing artistic director Bill Taylor. “Our productions will reflect on the incredible work that has shaped the Southwest Florida theater community, as well as welcome the journey of our next 25 years.”

New this year will be an earlier curtain time for evening performances, audio described shows and even more talk-backs.

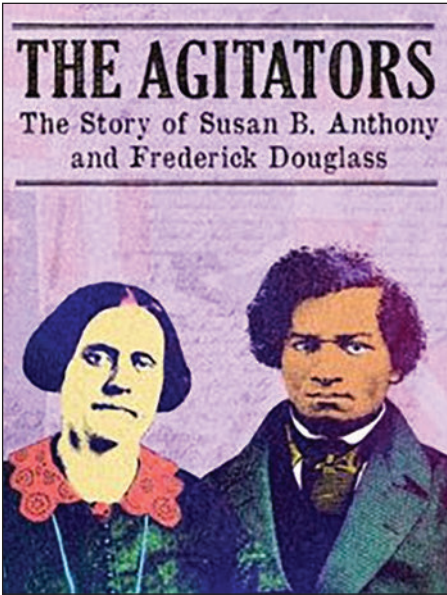
Performances are Thursday, Friday and Saturdays with a new 7:30 p.m. start time. Sunday matinees will remain at 2 p.m.

For theatergoers who are blind or have moderate to severe vision loss, the Alliance will provide a specially-trained



describer who verbalizes what’s happening on stage during pauses in dialogue. The “audio describer” uses a headset microphone, while individuals using the service listen through a receiver with a single earpiece. Reservation of headsets is required prior to the show by calling 939-2787.

To widen the post-show conversation and discuss what the art onstage means to us as individuals and as a society, the Alliance will facilitate a community conversation through talkbacks on selected dates. Talkbacks allow the audience to ask questions and express their thoughts and ideas on issues



images courtesy www.artswfl.com

revealed in the play through the form of meaningful discussion with the cast or panel guests. The opportunity is included with ticket purchase.

Theater lovers can save up to \$42 with a season subscription. Season subscriptions range from \$115 per person for five shows to \$140 per person for all seven shows. Individual tickets to each show are \$26, \$11 for students or \$22 for Alliance members. To purchase tickets or for more information, call the box office at 939-2787, visit 10091 McGregor Boulevard in Fort Myers or visit www.artinlee.org/ theatre.

Here’s a look at Theatre Conspiracy’s 2018-19 season:

Repossessed (A World Premiere Play) by Greg Lam; directed by Steve Hooper

What would happen to our world

if anyone could choose to remix and rewrite their memories and personalities? Rich and Gretchen seem to have the ideal marriage, until they learn that it was manufactured by a mysterious biotech company which installed it into their brains. Because they can no longer afford this service, the company must repossess their improvements. *Repossessed* explores questions of identity, morality and authenticity amidst a world of rapidly changing technology and the ethics that come with it. The play won the annual Janet and Bruce Bunch New Play Contest Award, presented by Theatre Conspiracy. Performances are August 16 to 18 and 23 to 25 at 7:30 p.m., with 2 p.m. matinees on August 19 and 26. The August 26 date is an audio descriptor performance. There will be a talk-back with playwright Greg Lam following the August 18 show.

Murderers – A Killer Comedy by Jeffrey Hatcher; directed by June Koc

Gerald, Lucy and Minka look like everyday people, and each relates to us as they would to a trusted friend. But they have one dark secret in common: they’re murderers! Homicide has never been so hilarious as in this quirky whodunnit show. Except you know whodunit; the fun is finding out how they dunit and why. Set in Riddle Key Retirement Center in Riddle, Florida, these three unlikely killers justify their crimes in the most outrageous ways. Performances are September 27 to 29 and October 4 to 6 at 7:30 p.m., with 2 p.m. matinees on September 30 and October 7. The October 7 date is an audio descriptor performance.

The Elephant Man by Bernard Pomerance; directed by Rick Sebastian

The Elephant Man is based on

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County Parks To Offer Free Parking And Swimming

In recognition of National Park & Recreation Month, Lee County Parks & Recreation will offer free pool admission and free parking on Saturday, July 28 and Sunday, July 29.

On June 19, Lee County Commissioners signed a resolution designating July as National Parks & Recreation Month in Lee County. The Lee Board of County Commissioners recognized Lee County Parks & Recreation as an agency which touches the lives of individuals, families, groups and the entire community and positively impacts the social, economic and environmental quality of the county.

This year’s national theme is A Lifetime of Discovery (#DiscoverJuly). The City of Cape Coral also is participating by waiving fees at its five boat ramps, including the Cape Coral Yacht Club boat ramp, Horton Park, Rosen Park, Burnt Store and BMX boat ramp.

Lee County Parks & Recreation sites offering free swimming or free parking: Regional parks – Lakes Park, Manatee

Park, Hickey Creek Mitigation Park, Caloosahatchee Regional Park, Six Mile Cypress Slough Preserve, Caloosahatchee Creeks Preserve;

Beach sites – Bonita Beach Accesses No. 1 and No. 10, Bonita Beach Park, Bowditch Point and Lynn Hall Memorial Park, Bunche Beach, Bowman’s Beach and Turner Beach (north side only of Blind Pass);

Boat ramps – Punta Rassa, Matlacha, Alva, Davis, Pine Island Commercial Marina and Imperial River;

Pools – Lehigh Community Pool, North Fort Myers High School Pool, Pine Island Community Pool and San Carlos Community Pool.

Other recreational sites with Lee County which are owned or maintained by other government entities are not included in the free swim/free parking weekend. These include: Barefoot Beach, beach access points managed by the Town of Fort Myers Beach, and City of Sanibel sites, including the south side of Blind Pass.

For more information about Lee County Parks & Recreation locations, amenities and other special events, visit www.leeparks.org, call 533-7275 or email leeparks@leegov.com. Download the Come Discover Map online or pick one up at any Lee County site and enjoy “A Lifetime of Discovery in July.”✴

Mound House To Hold Events

Mound House officials are offering weekly events for the week of July 22 to 28.

There will be a Family Adventures Tour on Wednesday, July 25 at 10 a.m. Interpretive staff leads families through this entertaining and educational experience. Make a mask, try out an atlatl, or "spear thrower," or swing a Calusa conch hammer. Perfect for families with children age 5 and older. Cost is \$5.

On Thursday, July 26 at 8 a.m., explore the winding mangrove creeks and hidden backwaters of Estero Bay as only a kayaker can during the Mangroves By Kayak Tour. This unique tour is guided by Dexter Norris, biologist, naturalist and Mound House environmental educator. Search for birds, fish, manatees and dolphins as you paddle through the Estero and Hell Peckney bays in a tandem kayak. Mound House kayak tours are conducted in accordance with Florida Society for Ethical Ecotourism guidelines. All paddling equipment provided. Ages 12 and older. Weather permitting. \$45 per person. Museum admission included. Private group tours available. Reservations required.

Maximum of 12 paddlers per tour.

On Friday, July 27 at 7:30 p.m., catch a beautiful sunset during the Full Moon Kayak Tour. Participants will explore tidal creeks and winding mangrove tunnels extending into the hidden backwaters of Estero Bay as only a kayaker can. This unique tour offers rare opportunity to experience the abundant life within our estuary in the quiet of twilight by the light of the full moon. Reservations required. Cost is \$50 per person. All paddling equipment provided. Weather permitting. Maximum of 12 paddlers.

On Saturday, July 28 at 9 a.m., enjoy fun with the whole family at the Mound House with the Family Fun Kayak Tour that is designed especially for parents and their children ages 6 and older. Look for wildlife including birds, dolphins, and manatees as you cruise through the mangroves in the Estero Bay. This trip is great for children and first-time kayakers with instruction on land before heading out on the water at an easy, relaxed pace. Cost is \$15 (ages 6 to 12) or \$25 (ages 13 and older). All paddling equipment provided. Weather permitting. There is a maximum of 12 paddlers per tour.

Mound House is located at 451 Connecticut Street on Fort Myers Beach. Visit www.moundhouse.org or call 765-0865 for more information.✱

Hip-Hop Artist To Perform At Sounds Of Summer Concert

The Sounds of Summer Concert Series at the Sidney & Berne Davis Art Center continues with Chris Daniels & Friends on Friday, July 27 from 8 to 10:30 p.m. The Southwest Florida hip-hop artist's *Sweet Release: When Doves Cry Too* concert is a release event, with a live performance and interview.

Daniels, born and raised in Jacksonville, attended Florida Gulf Coast University in 2011 and decided to stay in the area.

Chris Daniels & Friends is presented by Gulf Coast Leisure and LavoelLife.

It is in conjunction with Phase2, The Love Frequency, Counter Culture, Saiyan Season, DY, BackHouse, Jammz, The Indie Corner, Danny Joseph, Underviews and Curate SWFL, Etc.

Tickets are \$10 per person. Doors open at 7:30 p.m.

The Sounds of Summer Concert Series features Florida's best emerging artists across genres. Local, original music is highlighted in this bi-weekly series. August 10 showcases one of the area's best reggae bands, Roots Almighty. Plus, enjoy opening act The Regulars, who were last year's Singer-Songwriter Competition winners. The 2nd annual Singer-Songwriter Competition closes out the series on August 24, where original artists compete for a performance spot at the Island Hopper Music Festival and recording time at SBDAC's Six Fingers Studios.

The series is sponsored by The Beaches of Fort Myers and Sanibel, Island Hopper Songwriter Fest, Volvo of Fort Myers and Carbon Press.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District. For more information and tickets, visit www.sbdac.com.✱



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Along The River

The downtown **Fort Myers River District** will again be the scene for **Music Walk** this Friday, July 20. 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 **Bonsai Society** will meet at the **Berne Davis Botanical Garden** on Saturday, July 21 at 9 a.m.

Members will create slabs in a workshop conducted by John Bartolozzi. There is a recommendation to wear old clothes. The public is invited; admission and parking are free. Advice will be available on selecting and cultivating bonsai trees.

The Berne Davis Botanical Garden is located at 2166 Virginia Avenue in Fort Myers. For more information, visit www.bonsaiswfl.org

The **Alliance for the Arts** will present **The Comediannettes** (formerly Diva Comedy Night) this Saturday, July 21 at 8 p.m. in the theater. This one night of side-splitting standup comedy features funny and fierce female comedians all from Florida. General seating tickets are \$15 for Alliance members and \$20 for non-members.

The line-up features Pam Bruno,



Artists and musicians will unite for networking at Gulf Coast Leisure's next Art & Poetry Networking Event on Thursday, July 26

Dani Thralow, Nancy Francis and Mariannette LaPuppet.

Bruno, from Hollywood, Florida, is the winner of 2015 Ultimate Miami Comedian. She has worked with many nationally known comedians, including Wendy Liebman, Emmy-winner Louie Anderson, Tommy Davidson, Bobby Lee, and the legendary singer Roberta Flack. She recently appeared with Kevin Hart in his new TV series, Hart of the City, on Comedy Central.

Thralow was recently named Acme Comedy Club's Second Funniest Person in Minneapolis and St. Paul. She has been selected to perform at comedy

festivals throughout the United States. She enjoys spending time with her daughters, running, and speaking about entrepreneurship.

Francis is a life-long family woman and a 30-year veteran of the real estate title business. This librarian look-alike decided to take to comedy. Francis' take it or leave it mom attitude transcends generations. Watching the audience watch this grandmom "tell it like it is" must be seen. LaPuppet is a professional actress and writer of over 25 years turned comedian. She was a finalist in Nick at Nite's America's Funniest Mom, winner of the 2nd Annual Comedians Ball in Florida and finalist in Comic Cure's Florida's Funniest Female. She has featured for top comedians like Craig Shoemaker, Michael Winslow, Judy Tenuta and Pauly Shore.

For more information or tickets, visit www.artinlee.org/comediannettes or call 939-2787. Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers.

The Academy of Lifelong Learning

at **Shell Point Retirement Community** invites the Southwest Florida community to attend its July Academy class, which will feature informative discussion on **history and archaeological discoveries**, this Monday, July 23 from 4:30 to 6 p.m.

Florida SouthWestern State College Professor Adrian Kerr will present *The Lost World of Atlantis – Did it Exist?* During this 90-minute presentation, Kerr will investigate recent archaeological discoveries, review historical events and decide whether Plato's account of the "land of Atlas" holds any validity.

Cost is \$10. Tickets can be purchased by calling 489-8472.

Shell Point Retirement Community is located at 15101 Shell Point Boulevard in Fort Myers. To learn more, visit www.shellpoint.org.

Gulf Coast Leisure's next **Art & Poetry Networking Event** at **Sidney & Berne Davis Art Center** will draw creative professionals to cultivate their craft and have a positive environment for self expression this Thursday, July 26 at 8 p.m.

Attendees are invited to kick back, have a cocktail and take part or watch local art and poetry with live entertainment, vendors, networking and more. Each month, Gulf Coast Leisure offers artists, musicians, poets the opportunity to connect with each other and showcase their talents. Cost is \$10.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District. For more information, tickets and artist registration, visit www.gclmovement.com.

Beginning Thursday, July 19, international phonograph expert, author and lecturer **John Kurdyla** will provide weekly phonograph presentations at the **Edison & Ford Winter Estates**. Presentations will be held every Thursday at 11:30 a.m. in the Music & Movies gallery in the Edison Ford Museum. Reservations

continued on page 18

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From page 1

Miracle Baseball

Park and Conch Key from Conch Republic Brewing in Key West.

"The craft beer scene continues to surge in popularity, and Miracle fans have been asking for more Florida beers at the ballpark," said Chris Peters, Miracle president and general manager. "The Miracle have long been a supporter of local businesses and we're happy to serve locally brewed beers at Hammond Stadium."

The Miracle also established a partnership with Wicked Dolphin Rum Distillery in Cape Coral, which sponsors a pregame happy hour and drink specials every Friday.

Other craft beers available at Hammond Stadium are manufactured by Blue Moon Brewing Company, Founders Brewing Co., Terrapin Beer Company, Fulton Beer, Goose Island Beer Co., Kona Brewing Co., Leinenkugel's, Narragansett Brewing

Company and Southern Tier Brewing Company.

Hammond Stadium serves many of the national brands on tap or in bottles and cans, including Budweiser, Bud Light, Coors Light, Corona, Michelob Ultra, Miller Lite, O'Doul's, Pabst Blue Ribbon, Stella Artois and Yuengling. Budweiser sponsors Thirsty Thursdays each week. Coors Light sponsors Two-for-One Tuesdays. Corona joined with Budweiser for Cinco de Mayo drink specials earlier this season.

The Miracle also have announced the return of Beer, Baseball & Boom, offering beer aficionados and baseball fans an opportunity to sample dozens of craft beers without missing a pitch. The event will be held on Friday, July 20 at Hammond Stadium.

On Friday, August 17, the Miracle's Augtoberfest offers fans yet another opportunity to enjoy a Bavarian-themed beer fest at the ballpark.

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



Lesley Morrow at work on a portrait

From page 1

Union Artist Studios

are also members of the Union. This mother and daughter duo share a space, but their styles are unique and very recognizable. Wilkinson's work is figurative but full of whimsy. Morrow's is focused on portraits, created in a very loose and intriguing technique. Both artists joined the group in 2016.

Other members participating on the show are David Acevedo, Xavier Brignoni, Erik Schlake, John Scoppa, Frank Rodriguez and Dawn Scandale.

DAAS CO-OP Art Gallery is located at 1400 Colonial Boulevard, Suite 84, in Royal Palm Square in Fort Myers. Current off-season business hours are Wednesday to Saturday from 11 a.m. to 5 p.m. For more information, visit www.daascoop.com or call 590-8645.✱

Summer Thursday Concert Series Continues At Bell Tower Shops

Bell Tower Shops' popular Thursday Night Live Concert Series is continuing through the summer with monthly performances that feature some of Southwest Florida's top musicians. Performances run from 6 to 8 p.m.

On Thursday, July 26, Ayla Lynn, teen singer, songwriter and guitarist, will perform. The remaining summer schedule includes Brian Roberts of Toucan Do (with '60s, '70s, '80s and '90s acoustic rock on Thursday, August 23; and Hipnauticals with hip originals and swing music on Thursday, September 20.

Thursday Night Live is a free, open-air concert series spotlighting a vast range of musical genres, including funk, soul, lite rock, '80s, '90s, R&B, jazz, pop and today's top hits. The artists' energizing musical performances, combined with a festive atmosphere for patrons, has made Thursday Night Live a favorite destination for Southwest Florida shoppers, diners and music lovers.

The concert stage is near Society and TGI Fridays, central to Bell Tower Shops' many shopping and dining destinations. Restaurants at Bell Tower Shops will co-host Thursday Night Live, offering food and beverage sales during the concert. Guests are encouraged to bring their own lawn chairs for seating.

Bell Tower Shops is located at 13499 South Cleveland Avenue in Fort Myers. For more information, visit www.thebelltowershops.com.✱



Ayla Lynn

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Foundation Mourns Passing Of Nathaniel Pryor Reed

The Everglades Foundation is mourning the passing of Everglades legend Nathaniel Pryor Reed.

He dedicated his life to public service and the protection of natural resources, helping to found The Everglades Foundation and serving on the board of directors for 25 years.

He was a guiding force in securing bipartisan support for the Comprehensive Everglades Restoration Plan (CERP) approved by the State of Florida and U.S. Congress in 2000. His leadership transformed the environmental culture, values, and public policies of the state and nation.

He served six Florida governors and two U.S. presidents. As assistant secretary of the interior for Fish, Wildlife and National Parks, his legacy includes the Endangered Species and Clean Water Acts, pressing for land protection in Alaska, and defending redwoods in California.

He served Florida proudly for 14 years as a member of the governing board of the South Florida Water Management District, helping solidify the agency's legacy as a leader in Everglades restoration.

"He was an avid fisherman and



Nathaniel Pryor Reed photo provided

golfer with an unparalleled passion for restoring the Everglades," said Everglades Foundation CEO Eric Eikenberg. "Personally, I've been privileged to know and work with Nathaniel over the last 16 years, and I am proud to have called him my friend. He was a master of words, bastion of principle, and a constant provider of sound counsel. He had irreverent wit that was matched equally by kindness. His encouragement to do what is right and never give up has inspired generations

of conservationists, including myself. What he gave to America's Everglades is beyond measure. I am a better person for knowing Nathaniel Reed."

"On behalf of the entire staff and board of directors of The Everglades Foundation, I extend our deepest condolences and fondest affection to the entire Reed family and salute our beloved Nathaniel Pryor Reed and his travels on the green highway," said Eikenberg.✧

Trailways Camp Family Fun Day This Saturday

A Trailways Camp Family Fun Day will be held this Saturday, July 21 from 10 a.m. to 3 p.m. at Miromar Lakes. The day is an opportunity for family members to join with their campers, residents of Miromar Lakes and camp volunteers for a day of fun on the water.

Twenty five Trailways campers have been invited along with special guests from Miromar for this "once in a lifetime" opportunity to go waterskiing. The waterskiing will be provided by Ann's Angels Adaptive Waterski Foundation, Inc. an organization that has extensive experience and specialized qualifications for providing water skiing for adults with special needs.

The Family Fun Day will be funded by the Robert V. & Benjamin G. Miller

Fund (Trailways Camp) and organized by Goodwill Industries SW Florida, Inc. in partnership with Sharon and Jerry Miller, founders of Trailways Camp. The Miller's son Benjamin, a resident of Sanibel, lives with multiple challenges including blindness, hearing loss, mobility and developmental delays. He will be among those participating. His description: "I love it."

Trailways Camp Coordinator Mike Clay will oversee a variety of activities that will include the waterskiing clinic, fishing, games, lunch, refreshments and lots of fun.

Miromar Lakes is located at 10160 Miromar Lakes Boulevard.✧

Robotics Competition Program August 2

Parents, students, school representatives, volunteers and others interested in robotics technology are invited to the IMAG History & Science Center for a free event about the FIRST (For Inspiration and Recognition of Science and Technology) robotics competition program on Thursday, August 2 from 6 to 8:30 p.m.

Attendees will learn how to start their own team or join an existing team and how to become a mentor, coach or sponsor of a FIRST team. Registration is open at www.swfrtp.org. The program

continued on page 16

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.

BAT YAM-TEMPLE OF THE ISLANDS

Friday Shabbat at 7 p.m. 2050 Periwinkle Way. www.batyam.org 579-0296.

BETH SHILOH MESSIANIC SYNAGOGUE

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

BIBLESHARE

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

BREAD OF LIFE MINISTRIES

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

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

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

CHURCH OF THE CROSS

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

CONGREGATIONAL

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

COVENANT PRESBYTERIAN

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

CYPRESS LAKE BAPTIST

Sunday 9:45 and 11 a.m., 7 p.m.;

Wednesday 6:30 p.m. 8400 Cypress Lake Drive, 481-5442.

CYPRESS LAKE PRESBYTERIAN

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

CYPRESS LAKE UNITED METHODIST

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

FAITH FELLOWSHIP WORLD OUTREACH

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

FAITH UNITED METHODIST

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

FIRST CHURCH OF CHRIST, SCIENTIST

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, 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.✧

Striped Skunk



by Bob Petcher

The striped skunk (*Mephitis mephitis*) is so named due to its white linear marking on its back. The stripe runs from its head to its tail, beginning with a triangle shape and

breaking into two lines to form a V shape.

The striped skunk is one of four species of skunks in North America. The most common of its species, it is the size of a house cat (on average) with short legs, webbed toes and sharp claws for digging and hunting. When it does look for food, the omnivorous mammal tends to seek out insects, fish, fruits, nuts and other small mammals... when it isn't concentrating on leaves, grasses and carrion.

Due to their short legs, striped skunks are not fast runners and cannot escape predators. Fortunately for them, a good part of their defense mechanisms involve their powerfully strong-smelling spray. This fluid is not only pungent and foul, it can sting a predator's eyes and thus allow it time to run away. These sprays can be effective from more than 10 feet away, yet the odor can be detected more than a mile away.

While many people are turned off by these creatures, this nocturnal animal is an important source of insect control, and their musk quality is used as a perfume

foundation. They are also immune to snake venom and are known to eat poisonous snakes.

On average, a typical striped skunk litter will have five to six babies. Interestingly, these newborns are blind and deaf when they are born. They reportedly only open their eyes at three weeks old and nurse until six or seven weeks. It is around this time that their mother teaches them how to forage and hunt. They venture out in this search by forming a single file behind their mother.

On June 24, two juvenile striped skunks were admitted to the clinic from North Fort Myers. The individual who found the skunks attempted to care for them for three days by providing cat food and medication before seeking the help of a wildlife rehabilitator. When they were admitted to the clinic, one of the two skunks had severe neurologic signs and did not survive. The other skunk was quiet but alert while being handled during the exam. Its eyes were slightly sunken, but no discharge was noted, and it was dehydrated. It was provided with fluids and monitored closely over the following days for neurologic and gastrointestinal signs.

"There were several potential reasons for neurologic signs in the young skunk that did not survive, most likely related to malnourishment (hypoglycemia or low blood sugar) or systemic infection (bacterial or viral)," said Dr. Robin Bast, CROW's staff veterinarian. "The skunk that did survive was quiet but otherwise neurologically normal. The GI clinical signs noted initially were likely due to being fed an inappropriate diet prior to being brought to the hospital. If the



Patient #18-2495 will remain at CROW until she is old enough to fend for herself

photo by Brian Bohlman

babies had received the appropriate medical attention sooner, the outcome may have been different. Feeding an inappropriate diet to a neonate can result in significant abnormalities and can even be life-threatening."

After three weeks at the clinic, there has been noted improvement in the surviving patient.

"The surviving baby has done great throughout her stay at the hospital – no diarrhea, normal mentation. She is eating on her own and is now in an outside enclosure as she continues to grow up," added Dr. Bast. "The skunk is estimated to be about eight weeks old at this point. She will be released at approximately 16 weeks of age, when she is old enough and ready

to fend for herself."

CROW officials warn that if you find a baby animal and you think it may need help, you should contact a wildlife rehabilitator before acting or taking the animal out of its natural environment. The care for an orphaned wild baby should be left to a professional; one should never try to raise a wild animal in one's home.

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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Small Bait For Big Action



by Capt.
Matt Mitchell

With the sweltering summer heat turned all the way up, some of the best action this week came while fishing small shiners. Open water flats fishing with these baits

caught a wide variety of fish including trout, silver trout, mackerel, jacks, small sharks and ladyfish. If your looking for high-activity fishing, this has been hard to beat. Popping corks with a live shiner made this a easy kid-friendly fishery with fish coming on almost every cast at times.

Small shiners or what we call fry or maggot baits have appeared all over the sound and beaches this past week. They can often be spotted right up on the shore or out on shallow grass flats. With a couple of throws of a small mesh cast net, it's possible to catch a live well full of bait that just about everything that swims will eat this time of year. We had plenty of bait to be able to live chum. It's amazing how places just come to life with a few scoops of this bait.

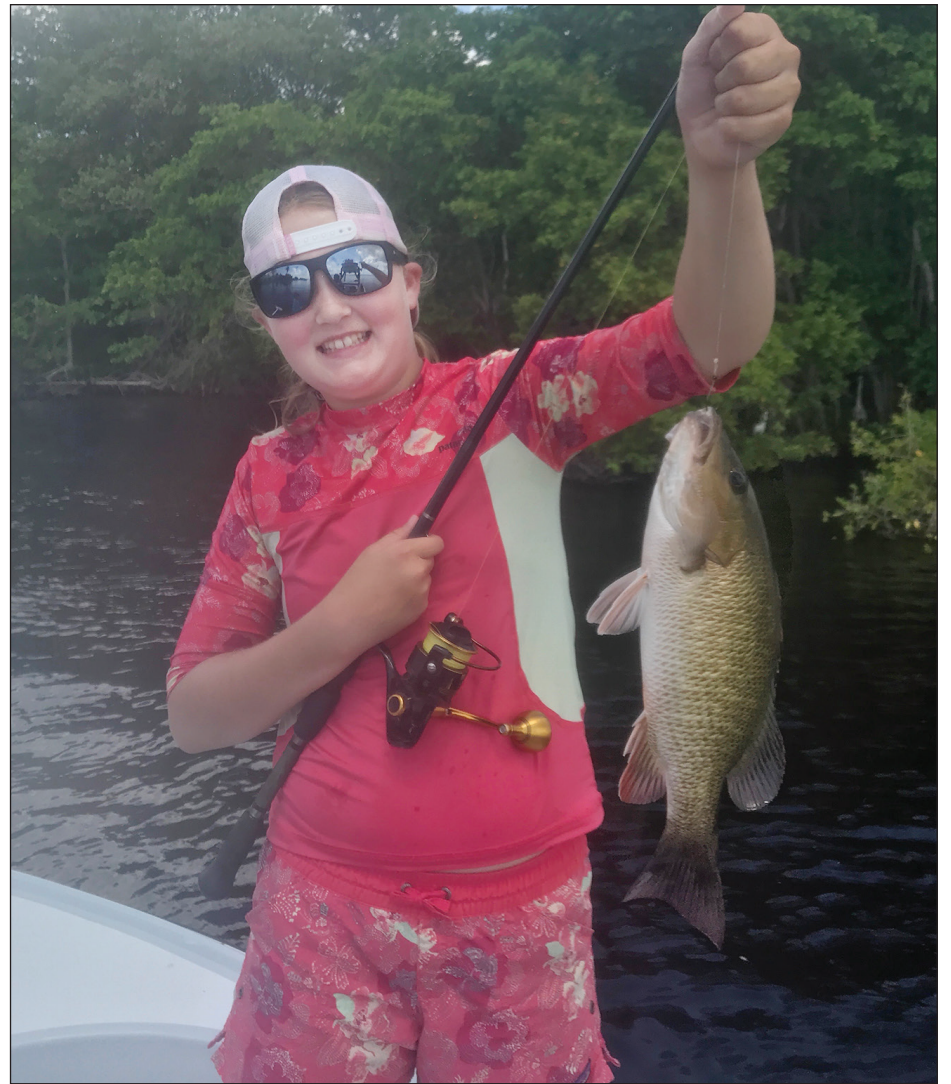
The area of a few miles on the eastern side of the sound from Chino Island to Flamingo Bay Channel has been a great place to get started on this open water flats fishing. Simply start fishing in three to five feet and move until you locate the

best action. This is a really popular area as you can tell by the 20-plus boats in here doing this fun fishing almost daily. It's just a great way to start the day as you can quickly get all your clients a few fish and get the skunk out. Most days, we have managed a few keeper trout and mackerel in here before moving on to bigger and better things.

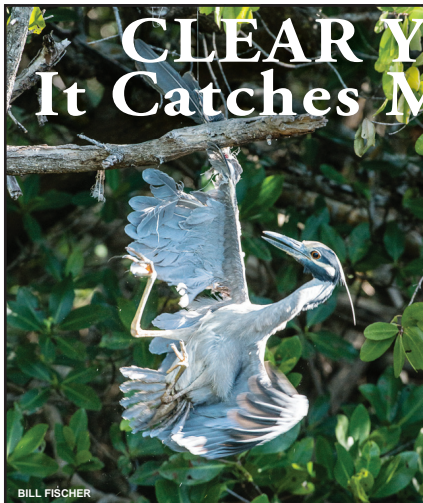
Despite the funky little green blobs of floating algae in the south end of Matlacha Pass, the fishing in this area during the incoming tide has been outstanding. Chumming the small fry bait has had keeper mangrove snapper exploding on the surface as they chase them down. Add to that a few snook, jacks and mackerel, and this has been hard to beat. During the incoming tide, there are many oyster bars in this area that the tide rolls over and creates feeding stations for a variety of fish along with limits of mangrove snapper

This week, I experienced some of the cleaner, clearer water I have ever seen in the northern sound. While targeting channel markers south of Cabbage Key for gag grouper in certain areas, you could see the bottom in 12 feet of water. Although this super clear water is pretty, I prefer to fish and do better in dirty or stained water. Clear water in the passes has slowed the snook bite even though you can see this fish stacked in there by the hundreds.

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.



Grace Gast from Charleston, South Carolina with a mangrove snapper caught while fishing with Capt. Matt Mitchell this week
photo provided



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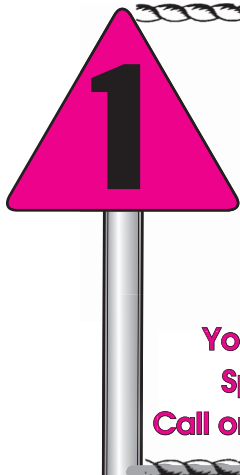
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Dave Doane

Plant Smart

Keys Blackbead

by Gerri Reaves

Key blackbead (*Pithecellobium keyense*) is a native wide-spreading shrub or small tree that is listed as threatened by the state of Florida.

It typically grows in sandy soil in hammocks, pinelands, shell mounds and coastal dunes in Florida's lower coastal counties and the Florida Keys, reaching a height of eight to 15 feet.

This member of the pea family is notable for both its ornamental and wildlife-friendly attributes, and is an excellent choice for a bird and butterfly garden.

Two pairs of leaflets make up the leaves. Each leaflet is oval, obovate or elliptical and an inch or two long, often with a notched tip.

New growth has a reddish tinge.

Stalks of yellow-white or pinkish flowers appear in late winter into spring.

Each fragrant flower is about an inch across. The numerous thin stamens extending from a spherical center create a delicate star-like effect.

The distinctive pod is flat, slender,

curving or coiled, a shape that inspires another common name, ram's horn.

The pod measures up to eight inches long and matures in summer.

The round black seeds – thus the term blackbead – within the pod have red arils or fleshy coverings.

Birds eat the aril and seeds and find cover in the tree's dense foliage. This species is the host for the giant orange sulphur and the cassius blue butterflies, and a nectar plant for many other butterflies.

This small tree will grow in partial shade or full sun and sometimes self-sows near the parent plant.

Highly drought- and salt-tolerant, adaptable, and long-lived, it grows even in poor soil, but needs organic content to do well.

It is very similar to the cat's-claw (*Pithecellobium unguis-cati*), also a native, but cat's-claw has smaller leaves and always has thorns.

Sources: *Florida Plants for Wildlife* by Craig N. Huegel, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *The Shrubs and Woody Vines of Florida* by Gil Nelson, www.fairchildgarden.org, www.fnps.org, www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida. ✨



Keys blackbead, a threatened species in Florida, attracts birds and butterflies

photo by Gerri Reaves

Peace Day In The Park Coming This Fall

The 11th annual Peace Day in the Park celebration will return on Sunday, September 23 from 10 a.m. to 6 p.m. The annual grassroots community event is entering its second decade of bringing the message of peace right here in Southwest Florida.

Last year, the theme was Peace Through Adversity, and the community experience was no exception. After Hurricane Irma blew through the region, and everyone began to clean up and rebuild, the ability to create peace in the midst of adversity was put to the test. Even the usual Peace Day venue suffered major damage, yet thanks to the gracious invitation to host the event at Alliance for the Arts in Fort

Myers, the celebration moved forward, collected major donations of food and blood to be distributed locally, and thousands gathered throughout the day to experience a day of peace.

This year, the name of the celebration is being changed to SWFL Peace Day, and this year's theme is Expansion of Peace. Since International Peace Day was set in motion in 2001 by the United Nations, a Peace Spiral has been created around the world.

Thanks go out to SWFL Peace Day sponsors Faeco Solar, Feng Shui by Nan, ZAK'S Jewelry, Yoga Bird, Grand Illusion, The Mystical Moon Fort Myers, *Natural Awakenings* magazine, Sierra Club Calusa Group, Iona Cannabis Clinic, Studio 44, All Smiles Entertainment, Debonair Concierge Travel Services LLC, CREW Solar, Bath Fitter, What's Up SWFL, Alliance for the Arts, EPEC Environmental & Peace Educations Center, CasaShanti and Planet Protein, Inc.

This year's celebration will once again be held at the Alliance for the Arts property at the corner of McGregor and Colonial boulevards. There will be three stages this year: a Peace Stage, with emcee/music provided by All Smiles Entertainment; a Love Stage, with live music provided by ACMA; and a Fresh Squeezed Productions stage, with ambient music provided by a variety of local DJs. Longtime Peace Day favorites like the Calendar Girls and Family Time Music will be back to share their talent and spirit. Trending topic workshops on recycling, peace education and

sustainability will be ongoing throughout the day.

FGCU students will host an Expansion of Peace community live art project, and Union Artists Studio will host sidewalk art and a community mural. There will be a designated area for local teen artists to showcase their talent. Other activities will include Yoga for Peace, starting at 8 a.m. with 108 sun salutations, a Zumba dance experience, group hypnosis and meditations throughout the day, kids art projects and singalong music, as well as the rock climbing wall, bounce house

continued on page 17

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Outreach Project Introduces Youth To Coastal Ecology



The Quality Life Center group aboard the boat submitted by Richard Finkel

The latest No Child Left On Shore (NCLoS) environmental education outreach project introduced Fort Myers youth with the Quality Life Center (QLC) Summer Camp program to the coastal ecology of Southwest Florida on a multi-faceted water borne field trip. The NCLoS initiative is a collaborative endeavor of the Sanibel-Captiva

Conservation Foundation (SCCF) and Captiva Cruises, which strives to provide the opportunity for the younger generation of Southwest Florida a means to gain a firsthand learning experience, and exposure to our coastal environment. The Quality Life Center, located in the Dunbar neighborhood of Fort Myers, strives to strengthen family and community through programs, services and the provision of housing

photos provided



Summer campers observing a blue crab pulled up in a trawling net by Richard Finkel of Captiva Cruises, right

and property management to ultimately cultivate self development, teach self discipline, build confidence and promote nutritional and cultural awareness.

Describing the cruise experience, Todd Thomas of the Quality Life Center said, "The kids really enjoyed it, some of them had never had the experience and a few of them emerged as potential scientists with their curiosity. The setting for learning could not have been better. The kids (and camp instructors) learned a lot about the Sanibel/Captiva, Pine Island Sound and Cayo Costa State Park area."

SCCF and Captiva Cruises have been partners in many environmental education programs over the past 25 five years.

For more information about the No Child Left On Shore environmental education outreach project, including sponsorship opportunities, contact SCCF at 472-2329 or Captiva Cruises at 472-5300.*



The kids got a chance to focus in on the environment



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The Quality Life Center group on Cayo Costa State Park Beach with their camp instructors and Richard Finkel of Captiva Cruises

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FPRA Member Earns Professional Accreditation

Heather Doane of the Southwest Florida Chapter of the Florida Public Relations Association (FPRA) recently earned professional public relations accreditation, and received the designation of Accredited in Public Relations (APR).

Doane joins the more than 4,300 active public relations professionals worldwide who represent an elite group of skilled professionals committed to practicing with high ethical standards, including 35 currently in southwest Florida.

Doane is the voter education coordinator for the Collier County Supervisor of Elections office, where she has served for three years. She previously was a reporter for seven years at newspapers including *The News-Press* in Fort Myers. She is a Master Florida Certified Election Professional through the Florida State Association of Supervisors of Election and a 2018 graduate of the Growing Associates in Naples program through the Greater Naples Chamber of Commerce.

Doane earned a bachelor of arts degree in communication from Suffolk University in Boston. She is currently the board secretary for the Southwest Florida Chapter of FPRA and the



Heather Doane photo provided co-chair for the Humane Society Naples Young Executive Professionals.

To earn public relations accreditation, candidates must pass an oral presentation and rigorous written examination administered by the Universal Accreditation Board (UAB), which is an alliance of eight national and statewide professional associations dedicated to furthering the field of public relations and the development of public relations professionals. FPRA is a member of the UAB.✪

Attorney Elected To Executive Committee

Attorney Edward Canterbury has been elected to serve on the Henderson, Franklin, Starnes & Holt, PA Executive Committee for a three-year term.

Canterbury joined Henderson Franklin in September 2005 and was elected a stockholder in 2011. He is Florida Bar Board Certified in Real Estate Law and handles all aspects of real estate with a focus on commercial and residential development, acquisitions, finance, survey matters, title insurance and commercial leases.

Canterbury is past president and current board member of the Southwest Florida Real Estate Council, is a member of the Real Estate Investment Society and is a graduate of the Greater Fort Myers Chamber of Commerce Leadership program. He also has been recognized by *Florida Super Lawyers* magazine as a Rising Star in the field of real estate.

Canterbury received his law



Edward Canterbury photo provided degree in 2005 from Ohio Northern University, summa cum laude (valedictorian) and his undergraduate degree from Ohio Wesleyan University (bachelor of arts 2002).✪

Marketing Firm Appoints Media Manager

Dave Breitenstein has joined the Priority Marketing as media relations manager. In this role, he is responsible for supporting strategic media relations services and coordinating publicity strategies, campaigns and events for the firm's diverse range of clients.

Breitenstein has 20 years of experience in the media industry, having served as a journalist at two prominent local media outlets, *The News-Press* and *Naples Daily News*. Prior to joining Priority Marketing, he served as the public relations manager for Miromar Development Corporation. Before moving to Southwest Florida, he was a journalist for the *Anderson Independent-Mail*, a local newspaper in Upstate South Carolina.

Breitenstein earned a number of accolades during his time in journalism, including more than 40 writing awards from prestigious organizations like the Society of Professional Journalists, Education Writers Association, Florida Press Club and William Randolph Hearst Foundation. He also was recognized through *Gulfshore Business'*



Dave Breitenstein photo provided annual 40-Under-40 program for his professional achievements and commitment to the community. He received his bachelor's degree in journalism from University of Kansas and his master's degree in educational leadership from Florida Gulf Coast University.✪

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From page 10

Robotics

is open to the public.

The Southwest Florida Regional Technology Partnership (RTP) has supported local FIRST teams for three years and has a shared goal with IMAG to excite kids about science, technology,

engineering, arts and mathematics (STEAM) education in Southwest Florida. Through FIRST, kids have the opportunity to explore technology from engineering to videography, from programming to business applications.

IMAG is located at 2000 Cranford Avenue in Fort Myers. For more information, visit www.facebook.com/events/176425589855665.✪

Principal To Testify Before House Committee

In a first for the School District of Lee County, Dunbar High School Principal Carl Burnside will testify before the House Committee on Education and the Workforce. Never before has a Southwest Florida school official spoken before Congress about their programs.

"I feel truly honored to share the kinds of career and technical education opportunities that Dunbar has developed to prepare students for both college and careers," Burnside said. "I have seen students rise up from humble circumstances into amazing career and college level opportunities."

Congressman Francis Rooney extended the invitation last week to Burnside to attend the committee's Innovation Forum and Showcase on July 25 in Washington, DC. "This is a great opportunity to showcase Dunbar High School's state of the art technology, engineering and biomedical academy which provides students with opportunities to excel in these in demand fields," said Rooney.

The Innovation Forum and Showcase is broken down into two parts. Part one will be an oral testimony before committee members followed by a question and answer period. Part two consists of a Congressional Showcase, where Dunbar High School will display information about their program, and will



Carl Burnside

photo provided

have the opportunity to answer questions from members of Congress, staff and the public.

"Our technical program tracks, that include obtaining industry certification in areas like network administration, desktop support, game design and programming, TV production, and web design alongside the engineering and biomedical programs, have helped to accelerate our students into those related college programs or career pathways," Burnside added. "I truly believe that introducing these advanced career programs have truly changed the future paths of many of our students."

College Graduates

Adel Kajtazovic of Cape Coral received a bachelor of science degree in civil engineering from Clarkson University in May.

At East Carolina University, the following local students earned degrees on May 4: Naomi Weathers of Fort Myers graduated with a bachelor of science in university studies. Amanda Larson of Fort Myers graduated with a CERT in student affairs higher education.

Fort Myers native Jessica Frances Blaze graduated from the University of Rhode Island at the school's 132nd commencement recently. She received a bachelor of science degree in biological sciences.✱

Dean's List

Alexa Prejna, a resident of Fort Myers, was among the students named to Augustana College's 2018 spring term Dean's List.✱

Honor Roll

Larry Luettich, a resident of Fort Myers, was named to the spring 2018 honor roll at Spokane Community College. To receive honor roll status, students must be full time (12 credits or more) and earn a 3.0 grade point average or higher.✱

From page 13

Peace Day

and many other kid-friendly activities. Well behaved four-legged friends are welcome to attend, and there will be water available for them at many spots throughout the venue.

Also this year, there will be a native plant swap, so attendees can bring their clippings, a potted plant or two for trade and join in on making Southwest Florida more beautiful and having some fun while doing so. Vendors who express their unique way of expanding peace will be showcasing unique products and services, and a variety of food and drink options – including vegan, vegetarian and non-vegetarian – will be on hand.

SWFL Peace Day encourages visitors to bring their refillable cups and sustainable straws in keeping with reducing collective use of plastics.

Throughout the day, a bloodmobile will be parked on site collecting Peace Blood donations, as well as food and supply donations, this year going to the Cape Coral Caring Center, ACT Abuse Counseling Treatment Center shelter, and pet food and supplies to the Gulf Coast Humane Society. Several animal rescue centers will attend with pets to discuss pet adoptions.

For more information or to get involved, contact swfl4peace@email.com or visit www.facebook.com/events/1636834519746965 or www.peaceday-in-the-park.com.✱



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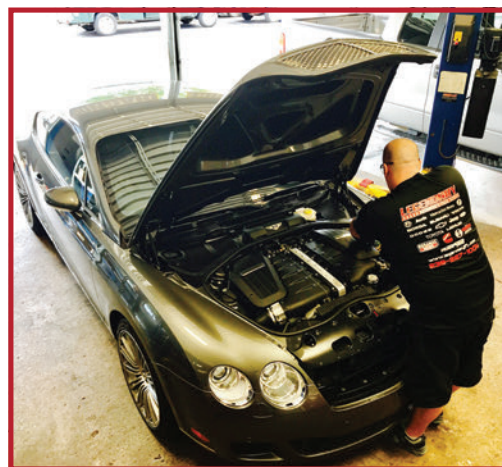
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Financial Focus

Questions To Ask Your Financial Advisor



by Jennifer Basey

You should always be able to ask as many questions as you'd like when working with your financial advisor. So, before you have your annual review, think carefully about

what you'd like to ask. Here are a few suggestions:

Are my goals still realistic? When you first began working with your financial advisor, you may well have articulated a number of financial goals. For example, you might have said that you wanted to pay for most of your children's college educations, or that you wanted to retire at a certain age, or that you wanted to travel for two months each year during your retirement. In fact, you could have many different goals for which you're saving and investing. When you meet with your financial advisor, you'll certainly want to ask if you're still on track toward meeting these goals. If you are, you can continue with the financial strategies you've been following; but if you aren't, you may need to adjust them.

Am I taking on too much – or too little – risk? The financial markets always fluctuate, and these movements will affect the value of your investment portfolio. If you watch the markets closely every day and track their impact on your investments, you may find yourself fretting considerably over your investments' value and wondering if you are taking on too much investment risk for your comfort level.

Conversely, if you think that during an extended period of market gains your own portfolio appears to be lagging, you might feel that you should be investing more aggressively, which entails greater risk. In any case, it's important that you know your own risk tolerance and use it as a guideline for making investment choices – so it's definitely an issue to discuss with your financial advisor.

How will changes in my life affect my investment strategy? Your life is not static. Over time, you may experience any number of major events, such as marriage, children, new jobs and so on. When you meet with your financial advisor, you will want to discuss these types of changes, because they can affect your long-term goals and, consequently, your investment decisions.

How are external forces affecting my investment portfolio? Generally speaking, you will want to create an investment strategy that's based on your goals, risk tolerance and time horizon. And, as mentioned above, you may need to adjust your strategy based on changes in your life. But should you also make changes based on outside forces, such as interest rate movements, political events, new legislation or news affecting industries in which you have invested substantially? Try not to make long-term investment decisions based on short-term news. Yet, talk with your financial advisor to make sure your investment portfolio is not out of alignment with relevant external factors.

By making these and other inquiries, you can help yourself stay informed on your overall investment picture and what moves, if any, you should make to keep advancing toward your goals. A financial advisor is there to provide you with valuable expertise – so take full advantage of it.

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.

Tolls For Out-Of-County Trips Backlogged

LeeWay customers with out-of-county toll trips in June and July are now seeing those trips posted to their accounts as tolling entities clear the backlogged transactions caused by a SunPass outage. The entities are Lee County, the Central Florida Expressway Authority and Florida Turnpike Enterprises (part of Florida Department of Transportation). Transactions are listed on customers' bills by the toll road that was used.

Customers may see multiple transactions or a larger amount charged to their credit cards over the next 30 days. Customers who have out-of-county usage and replenish their LeeWay prepaid accounts by check or one-time credit card payments are encouraged to closely monitor their accounts.

Charges for toll trips for Lee County transponder-holders on Lee County bridges were not affected by the outage.

Customers should contact the LeeWay Service Center at 533-9297 with any questions.✱

From page 8

Along The River

are not required. This presentation is free for members or with admission. Presentations will also be held at the Edison Ford Shoppe at the Bell Tower Shops every Thursday at 4 p.m. Reservations are not required. This presentation is free for all.

A resident of Padua, Italy, Kurdyla has one of the largest private collections of phonographs and Edison memorabilia. He authored the book *When Music Was Magic*, which is available at Edison Ford Museum Stores.

The Edison & Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, visit www.edisonfordwinterestates.org.✱

Superior Interiors

Five Furnishings That Are Worth Investing In



by Trinetta Nelson

As you consider redecorating your home, you may find that there are many furniture pieces and accents you could do without. However, there are a few pieces every

homeowner should consider investing in to bring the unique combination of practicality and style into their house.

Console tables can serve multiple purposes and be displayed in a variety of rooms. Determining where your table would be most effective – whether it's the foyer, living room or dining room – can be challenging. If you have ample space in your entryway, a console table against an empty wall can add visual interest to the area and provide convenient storage room for belongings like keys, mail and purses. Placed along the back of a sofa or a stretch of wall in your bedroom or dining room, console tables are great for displaying decorative accessories, such as plants or photos.

Mirrors add depth and visual interest to any space. They can also play a role in making the room appear brighter and more open because they bounce the natural light throughout the area. Select one with a dramatic design and unusual shape or finish to make accent

pieces stand out. Mirrors may not be a large accessory, but the light, style and elegance they can add to the area makes them a surprisingly impactful addition.

Ottomans are very versatile and are available in many stylish colors and designs. Not only can they be used for extra seating, but they work as efficient storage spaces or coffee tables in the living room. Shapes range from square to round to hexagonal. Regardless of the size, there are many possible details and characteristics to choose from. Some ottomans are tufted, while others are tight, plain, buttoned, boxed or skirted. They can also have legs or casters.

End tables can have a major impact on your living room from a functional and aesthetic perspective. Like console and coffee tables, they come in many styles. While size is relatively the same for most end tables, rectangular and circle shapes are the most common way of adding variation. These practical accents provide necessary surface space for lamps and everyday items, like the TV remotes and beverages.

Love seats are effective alternatives to sofas in smaller spaces and can be moved to other rooms when you're in the mood for a change. A love seat may start out as an accent in the living room, but it might also be suited for a stylish and useful seating area at the foot of your bed. Due to the high number of options when it comes to color, style and patterns, a design professional can guide you as you look for one that suits all your preferences.

Trinetta Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coincdecen.com.

Recycle Smart And Save Taxpayer Dollars

Lee County ranks third in the state with a 74 percent recycling rate, according to data recently released by the Florida Department of Environmental Protection, putting the county on track to meet the statewide 75 percent recycling goal by 2020.

But achieving that goal will not be easy.

In order to reach the 74 percent rate, Lee County's recycling contractor had to pull 19.4 million pounds of trash out of the recycling carts. That's nearly 10,000 tons of trash that should not have been placed in recycling bins. Removing it cost taxpayers \$362,871.

It is more important than ever that everyone learns to "Recycle Smart." Only five materials belong in a recycling cart:

- 1) Metal cans are acceptable, including both aluminum and steel
- 2) Plastic containers labeled No. 1 through No. 7 on the bottom or side. "Container" is the key word; not straws, hangers or pool noodles
- 3) Glass bottles and jars
- 4) Cardboard boxes are acceptable unless it held a liquid or a frozen food

5) Papers are accepted unless shredded or soiled

Everything in the cart needs to be clean and dry. Recycled materials are resold and no one buys materials covered in coffee grounds or lasagna. If in doubt about something, throw it out. If it's still usable, donate or sell it.

Clean recycled materials are such an issue nationwide that China, the world's largest buyer of scrap materials, stopped buying U.S. materials on May 1. That means the market for recyclable materials dropped dramatically. Lee County must offer clean materials for sale or 83,000 tons will be sent for disposal rather than be recycled.

Haulers are getting more stringent about the recycling they will collect. Recycling carts that contain plastic bags, which are not recyclable in your curbside cart, might be tagged as contaminated and left at the curb. Any recycling container containing food waste or diapers will be left behind as well as those containing items that should more appropriately be donated, such as a bedspread or sheets.

Lee County has been a recycling leader in Florida since 2002, with a recent campaign to focus on proper recycling. You can find more information about how to Recycle Smart on the Solid Waste website at www.leecounty.com/solidwaste.✱

Book Review

Leopard At The Door



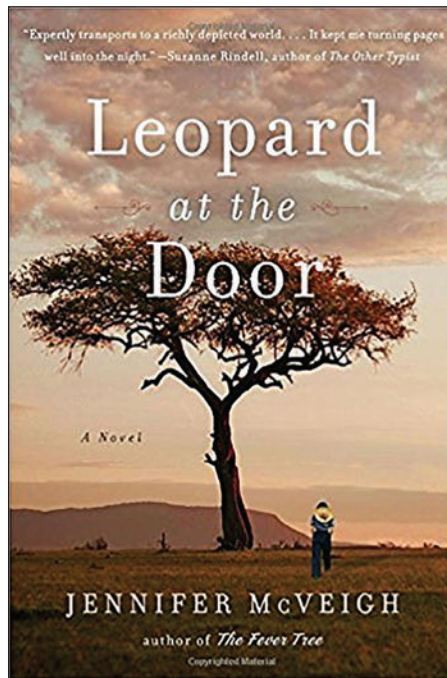
by Di Saggau

Leopard at the Door by Jennifer McVeigh is a classic page-turner not just due to the story but also due to the beautiful prose and lush descriptions within. The story is set in Africa, in

1952 Kenya against the backdrop of the Mau Mau uprising, which eventually led to Kenya departing from British rule. McVeigh knows the territory well having traveled in wilderness areas of East Africa and Southern Africa, often in off-road vehicles, driving and camping along the way. She also honeymooned there.

The main protagonist in the story is 18-year-old Rachel Fullsmith, who after attending boarding school in England for six years, returns to the family farm in Kenya. Her British parents went there to be farmers and Rachel had a rich childhood living there. Her father sent her back to England when her mother died. Against his wishes, she comes back to find that everything has changed. There is now political turmoil and violence. Her father has a new companion, a strange, intolerant woman, who has taken over the household. Rachel tries to get along with her but to no avail. Shel is left with a bewildering sense of isolation and foreboding that she will not be able to protect her father from a woman who seems to be dragging him into unhappiness.

Her former tutor, Michael, is the only person Rachel can identify with because they have both been victimized by patriarchal, colonial society. Both are outcasts and as their relationship grows stronger, the political situation



in Kenya grows more frightening and unsettling by the day. Looming over everyone is the threat of the Mau Mau, a secret society intent on uniting the native Kenyans and overthrowing the whites. As Rachel struggles to find her place in her home and country, she initiates a covert relationship, one that will demand from her a gross act of betrayal. One man knows her secret and he has made it clear how she can buy his silence. Rachel is haunted by an event she witnessed at the age of 12, the murder of a Kenyan striker at her uncle's bacon factory.

McVeigh has a gift for storytelling and a capacity for empathy as she describes Rachel caught somewhere between her loyalty to her family and to the natives. Some of the African protectors of her childhood have become killers. They warn, "Kenya is a black man's country... You should go back to where you belong." *Leopard at the Door* is an intense and thoroughly enjoyable read.✱

School Smart



by Shelley M. Gregg, NCS

Dear Shelley, My daughter will be going to kindergarten soon and I'm trying to help her build her independence. She's hesitant

about making choices and doesn't seem to be able to persevere with a task. Please give me some suggestions.

Sacha E., Fort Myers

Sacha,

Building independence is a process across time but you are wise to recognize this issue with your daughter and work on improving her confidence so she can be independent. Here are a couple of suggestions for you:

Offer your daughter guided choices and try not to ask her open-ended questions such as, "What do you want to do today?" Instead, help focus her attention by offering guided choices. Provide options that are acceptable to you and that also come with responsibilities. Examples include letting her choose between two household chores or letting her help plan a fun group activity by picking between two board games and setting it up. Offering your child guided choices will show your faith in her abilities and nurture her independence.

Offering guided choices makes children feel more in control. It can also help minimize whining and other irritating behavior. Ignoring these milder behaviors can be an effective way to get kids to stop seeking attention in these ways. Consistency and follow-through play a big role in developing positive patterns of behavior.

To help increase your daughter's focus on the task at hand, a good

strategy is to allow her to keep trying to succeed. Acknowledge your child's frustrations, but don't rush in to resolve the issue. Letting your child attempt to solve a problem independently is a valuable learning experience even though it might be painful for you to watch. Try not to step in until your child has exhausted reasonable options.

Here's an example of something you might want to say to her for encouragement: "You're doing a great job building with your construction blocks. I can see that you're getting frustrated because those pieces don't fit together very well. Why don't you look at the picture on the box to see if that will help you figure it out? Try again, and if you're still having trouble, I'll help you. Great job, you did it all by yourself!"

Letting your child try to fix problems independently may cause some frustration for both of you. But each success she experiences will lead to increased self-confidence and willingness to attempt more challenging tasks.

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.✱

Sanibel Bridge Inspection

The Lee County Department of Transportation will be performing a bridge inspection on Sanibel Causeway Span A next week. The job is scheduled to start on Tuesday, July 24 and finish on Thursday, July 26, weather permitting. Lane closures will be controlled by flagging operation. Affected times will be 9 a.m. until 3 p.m. daily.

The Sanibel Causeway toll facility and bridges are owned and operated by the Lee County Board of County Commissioners.

Call 533-9400 or email LeeTrafficTOC@leegov.com with project-related questions. For more information, visit www.leegov.com/dot.✱

Continental Women's Club

The Continental Women's Club will hold their next meeting on Thursday, August 2. The guest speaker will be Mark Tesoro, injury prevention educator/analyst with Lee Health Trauma Center. His program will focus on balance, fall and injury prevention.

Continental Women's Club meetings are held on the first Thursday of each month at 11:30 a.m. at The Hideaway Country Club, located at 5670 Trailwinds Drive in Fort Myers. The cost to attend the luncheon is \$22. Call 691-7561 for more information.✱

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

"Packed with facts and employing an engaging storytelling style, [Female Pioneers of Fort Myers] both teaches and entertains. Local history buffs and newcomers to history will value Tuthill and Hall's research and appreciate the accessible format, too."
Gerri Reaves, PhD, author of *Legendary Locals of Fort Myers* and *Fort Myers, Then & Now*

All-Star Break Report: Red Sox With Blazing Start, Twins Show Signs Of Resurgence



by Ed Frank

As the baseball season takes its mid-summer's break for the All-Star Game, it provides the opportunity to review the first four months of the season with emphasis on the Boston Red Sox and the Minnesota Twins, our two "local" teams that have called our area home for Spring Training for decades.

We will also report on the two Florida teams – the Miami Marlins and the Tampa Bay Rays.

First to the Red Sox:

Although Boston was a pre-season favorite for postseason play, no one predicted the blazing results to date. When the All-Star break began Monday of this week, Boston had a 68-30 record

(.694), the best in baseball, and a 3 ½ game lead over the arch-rival New York Yankees in the American League Eastern Division.

It was their best record since 1949.

You need only to examine some of the American League statistics to understand why.

Mookie Betts and J.D. Martinez are first and third in league batting at .359 and .328 respectively. Martinez, with 29 home runs, is tied for first and leads the league with 80 RBIs. Betts is second in runs scored with 79, and Martinez is in the top five in hits with 116.

Florida Gulf Coast university alum Chris Sale is tops in the American League with a 2.23 ERA and 188 strikeouts.

Get the picture why the 2018 Red Sox are so good?

Now to the Minnesota Twins:

It's been a hard-to-describe first half for the Twins. After a miserable 2-11 road trip, they returned home to Target Field to go 9-2 before the break, capped by a thrilling 10th inning grand slam last Sunday by Brian Dozier against Tampa Bay.

With that surge, suddenly the playoff picture brightens. At the break, Minnesota was second in the AL Central at 44-50, just 7 ½ games behind first-place Cleveland, who went 4-6 through last Sunday.

The question remains whether the Twins will be buyers or sellers before the July 31 trading deadline. Dozier has been and continues to be a hot trade rumor. And the only member of the Twins with a full no-trade clause is Joe Mauer, who is in his last year of an eight-year contract.

No question the biggest disappointments this season are former top prospects Byron Buxton and Miquel Sano. Sano was sent back here to the Fort Myers Miracle for several weeks to get in shape and regain his batting stroke.

And the often-injured Buxton left a game at Triple A Rochester last week with a sore wrist. But remember that Buxton, just 24, hit over .300 the second half of last season. Sano, 26, was an All-Star last year and competed in the home run derby.

Perhaps the Twins just have to be patient with Buxton and Sano.

The Marlins and Rays:

Major League Baseball attendance is down this year more than 6 percent, but nowhere is it more prevalent than here in Florida with the Marlins and Rays. Both are very last in home attendance, with the Rays averaging just 14,696 per game. That's ranks 29th of the 30 teams in the Major Leagues.

And the Marlins are even worse, dead last at 9,558 per game. A recent crowd of just 5,265 for a game against Milwaukee was the smallest in the history of Marlins Park, which opened in 2012. Many Minor League teams draw larger crowds.

The Rays last week unveiled an elaborate plan to build a new domed stadium across Tampa Bay at a cost of \$900 million. The 32,000-seat stadium would be the smallest in the Major Leagues. The Rays have been trying for years to gain support for a new stadium.

Stuart Sternberg, team owner, said it will probably be 2023 before the park would open.*

Registration Open For Law & Order Ball

Registration is now open for the fifth annual Law & Order Ball to be held at Germain Arena on September 15 at 6 p.m. Attendees can register online at www.lawandorderball.org.

Presented by Creighton Construction and Development and hosted annually by the Rotary Club of Fort Myers South, the esteemed event pays tribute to seven of Lee County's local law enforcement agencies for their commitment to public safety. The gala also honors an Officer of the Year and raises funds to provide grants to Lee County law enforcement agencies and local non-profit organizations.

The Law & Order Ball will recognize the everyday heroes of the following Lee County law enforcement agencies: Cape Coral Police Department, Florida Gulf Coast University Police Department, Florida Southwestern State College Police Department, Fort Myers Police Department, Lee County Port Authority Police, Lee County Sheriff's Office and

Sanibel Police Department.

The black-tie optional gala is open to the public and will feature cocktails, hors-d'oeuvres, a formal dinner, silent and live auctions, entertainment, raffles, and even more surprises. The evening will also include a presentation for the Officer of the Year award among all participating agencies.

Individual registration for the festive evening is \$175 each, and a table for 10 guests is \$1,750. Those unable to physically attend are asked to "Fund-A-Cop" to attend the event in their place.

The event, designed to thank local law enforcement agencies, raises funds for the Rotary Club of Fort Myers South Foundation which provides grants to Lee County law enforcement agencies and local non-profit organizations. A portion of funds raised at the event will be distributed among the honored agencies for their youth programs.

Along with Creighton Construction and Development, sponsors include The Eventful Company, RapidPrint, Edison National Bank, Fort Myers Police Department, Henderson, Franklin Attorneys at Law, Siesta Pebble, Southwest Florida Public Service Academy, Suncoast Credit Union, Aubuchon Team

of Companies, Bank of the Ozarks, Finemark Bank, Florida Power & Light, Markham Norton Mosteller & Wright, Millennium Physicians Group, Round Table Provisions and Pushing the Envelope.

Sponsors, silent auction items, and

other contributions are still needed for this year's program. For more information about the event, to become a sponsor, or to make a contribution, visit www.lawandorderball.org or contact info@lawandorderball.org.*

SPORTS QUIZ

1. Five pitchers have tossed a no-hitter in both the American League and the National League. Name three of them.
2. Dave McNally won 20-plus games for four consecutive years for Baltimore (1968-71). In how many of those years did at least one teammate also win 20 or more games?
3. When was the last time before 2016 that Penn State's football team won an outright Big Ten championship?
4. In 2017, Chris Paul became the third-fastest NBA player (806 games) to reach 15,000 points and 8,000 assists for a career. Who was faster?
5. When was the last time the Carolina Hurricanes made the NHL playoffs?
6. In 2017, Christian Pulisic became the youngest winner (19) of the U.S. Soccer Federation's Male Player of the Year award. Who had been the youngest?
7. When Manny Pacquiao became the first boxer to win world titles in eight weight divisions, how many of them were considered lineal titles?

ANSWERS

1. Jim Bunning, Randy Johnson, Hideo Nomo, Nolan Ryan and Cy Young. 2. Three – 1969 (Mike Cuellar), 1970 (Jim Palmer), 1971 (Pat Dobson, Palmer and Cuellar). 3. It was the 2008-09 season, when Carolina lost in the conference finals. 4. Landon Donovan was 21 when he won the award in 2003. 5. It was the 2008-09 season, when Carolina lost in the conference finals. 6. Landon Donovan was 21 when he won the award in 2003. 7. Five (flyweight, featherweight, super featherweight, light welterweight, welterweight).



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Life Insurance

Life Insurance For Long-Term Care Expenses



J. Brendan Ryan, CLU, ChFC, MSFS

I have been a constant promoter of a certain hybrid insurance policy ever since it became available about seven years ago, when Congress passed a new tax

law related to life insurance and annuities.

That law allowed tax breaks for the first time to certain long-term care (LTC) benefits when attached to certain life insurance and annuity policies written after the law was enacted.

As for the annuity tax break, I have found little use for it since, for one thing in my experience, it works well only if a person has a rather large lump sum to put into the policy. I recommend it when the person cannot get the life insurance because of health history and can afford the required lump sum.

The life insurance approach is more flexible and, I believe, more beneficial than the annuity approach, so the following discusses just that technique.

In general, the life insurance technique allows a person to obtain a policy that, like any other life insurance policy, pays a death benefit to the beneficiary at the death of the insured. But it also allows the owner to draw down the death benefit during the lifetime of the insured to reimburse the insured for eligible expenses incurred if the insured needs LTC either in a nursing home, assisted living facility, adult day care facility or a home health care setting.

Thus, in the policies that I have worked with, 100 percent of the benefit will be paid out, either to the beneficiary as a death benefit, to the insured as a LTC benefit, or part to each. And all benefits paid as a death benefit or a LTC benefit are tax-free

These policies guarantee an LTC benefit in various forms at the discretion of the insurance owner at the time the policy is obtained. The most common way to receive LTC benefits from a life insurance policy is at a rate of two percent of the death benefit per month maximum for as many as 50 months. If the insured does not incur that much in LTC expenses for that month, the unused portion must remain as unused but can be drawn out in the 51st month up to the equivalent of that two percent amount. If unused amounts still remain, they can be used in the 52nd month, then the 53rd month, and so on.

In other words, the full amount of the death benefit can be used to pay for insured eligible expenses but, in this case, can never exceed the two percent amount in any given month. It is important to remember that every dollar drawn out for LTC purposes reduces the death benefit dollar-for-dollar.

Available alternatives include the right to draw one percent per month for 100 months to pay for eligible expenses, two percent for 50 months described previously, or four percent per month for 25 months. In each case, if the full amount is drawn out for the full number of months, 100 percent of the death benefit will be consumed, and there will be nothing left for the beneficiary at the death of the insured.

One does not have to place a claim for benefits as eligible expenses are incurred, perhaps choosing to leave the death benefit intact as long as possible for the benefit of the heirs.

This benefit cannot be added to existing policies but is only available in policies that are designed to allow this benefit.

It took a change in tax law to enable this benefit because previously, the only way to access benefits from a policy during lifetime was through loans or withdrawals from the cash value. This had potential income tax consequences. Under the new law, the whole death benefit, not just the lower cash value, can be reached. And, again, no tax is levied on amounts withdrawn for LTC purposes.

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

From page 1

Henry Ford

Edison, and they became research partners and eventually good friends. The two inventors first met at a convention in New York in 1896. During that meeting, Ford described his first automobile, the quadricycle, and Edison encouraged him to continue with his experiments. That encouragement catapulted Ford's career and changed the direction of the automobile industry. He introduced the Model A Ford in 1903 and the Model T, one of the best-selling cars of all time, in 1908.

Ford first visited Edison at his Fort Myers winter home in 1914 and two years later, he and his wife, Clara, purchased the home next door for \$20,000. The Craftsman-style bungalow included about three acres of

riverfront gardens and was nicknamed The Mangoes for the many mango trees on the property.

Ford and Edison were among the first snowbirds and spent many winters together along the Caloosahatchee. Their adjacent retreats provided a place for the friends to relax, discuss business and innovation, entertain friends and, of course, square dance – one of Ford's favorite pastimes. Today, visitors can tour the botanic gardens, museum, laboratory and the winter homes of the two famous inventors.

On July 30, the behind-the-scenes tours are included with admission. The site is open from 9 a.m. to 5:30 p.m. seven days a week.

Edison & Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, call 334-7419 or visit www.edisonfordwinterestates.org.✴

Nonprofit Board Training Seminar In November

The Southwest Florida Community Foundation will host nationally renowned author and TED talk speaker Dan Pallotta at the new Collaboratory on Saturday, November 3 from 8 a.m. to 4 p.m. for a one-day board training seminar for nonprofit board members and their staff leaders. Designed specifically for nonprofit boards, The Bolder Board Training teaches how to work with CEOs to create possibilities for impact.

"This is not a traditional training on governance and finance," said Sarah Owen, president and CEO of the Southwest Florida Community Foundation. "This one-day event will be an immersion in possibility and aspiration that positively disrupts traditional ways of thinking. It is part lecture, part workshop."

Owen added that organizations are encouraged to bring as many of their board members as possible. The training can also serve as a powerful first day to a board retreat.

Pallotta is an American entrepreneur, author and humanitarian activist who invented the multi-day charitable event industry with the AIDSrides and Breast Cancer 3-Days, which raised over half a billion dollars in nine years and were the subject of one of the first Harvard Business School case studies on social enterprise. His 2013 TED talk on philanthropy is



Dan Pallotta

photo provided

one of the 100 most-viewed TED talks of all time. Pallotta's book *Uncharitable* is the best-selling title in the history of Tufts University Press. He is also a regular contributor to Harvard Business Review online and is widely credited with changing the national conversation about impact and overhead in charity in America.

Advance tickets are \$99 per person. Tables of eight are also available and allow for nonprofits to be seated with their fellow board members.

The Collaboratory is located at 2031 Jackson Street in downtown Fort Myers. Visit www.floridacommunity.com/bolder-board-training for tickets and more information.✴

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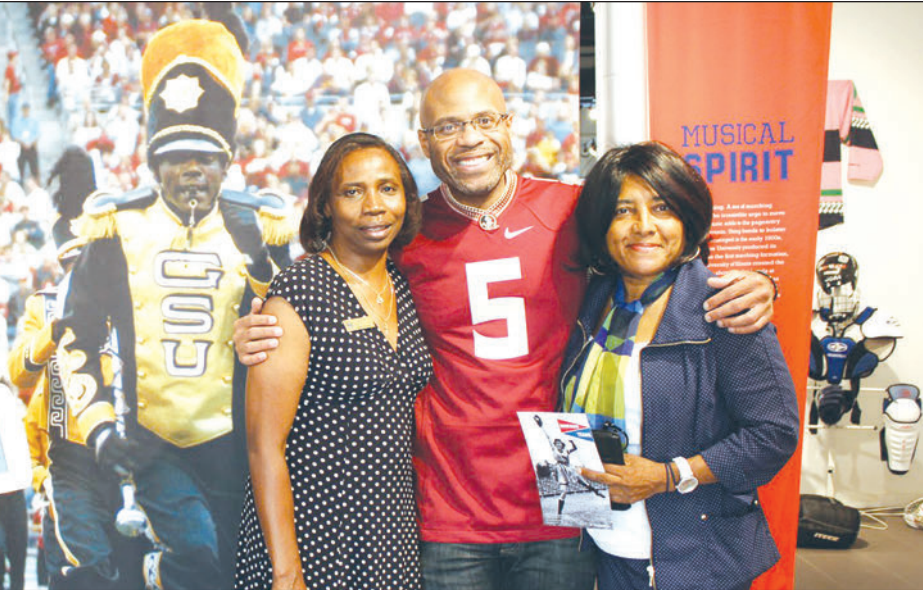
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From left, Betty Adams, Jarrett Eady and Yvonne Hill



Patrons using stereoscope viewers to see 10 great sports venues



From left, Larry Aguilar, Azul the Eagle and Yvonne Hill

Opening Ceremony Held For Sports Exhibit

The Alliance for the Arts hosted an opening ceremony for the Smithsonian's Museum on Main Street Hometown Teams: How Sports Shape America traveling exhibition. The event featured a free craft project, Florida Gulf Coast University's Azul the Eagle, stilt walker Way Too Tall Torrie, DJ Damien Randolph, free tastings from Millennial Brewing Company, and food from Southern SnoBalls and Nathan's Famous SWFL.

The exhibition demonstrates how hometown sports energize the community, instill pride and create a bond that is passed from one generation to the next. The show is on display through August 1.

This exhibit is made possible by a Florida Humanities Council Grant awarded to the Southwest Florida Historical Society. Project partners include the Smithsonian, the Alliance for the Arts and the Lee County Black History Society.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers.✴



From left, Dieter Olivera, Monica Olivera and Way Too Tall Torrie



Back from left, Curtis Jones, Azul the Eagle, Krista Johnson, Sonya McCarter and Bill Taylor. Front from left, Desiree DeMolina and Jessica Wisdom



From left, Yvonne Hill, Glenn Miller and Lydia Black



From left, John Zilboorg, Marilyn Mecca, Ava Roeder and Phil Gaylor

Tax Collector Supports Senior Paws Sanctuary

Old dogs may not be able to learn new tricks, but they can get a new lease on life. The Lee County Tax Collector's Lehigh Acres service center supports the Senior Paws Sanctuary, a Lehigh Acres-based nonprofit organization that provides urgent care and foster homes for older dogs and dogs with severe medical conditions.

The tax collector accepts donations of food, towels or other pet-friendly items at the service center, located at 3114 Lee Boulevard, where informational displays are set up. The service center also sells candy bars for \$1 to benefit the organization, raising more than \$1,500 since the initiative began in May 2017.

"We have a commitment to service, and our staff felt strongly that Senior Paws Sanctuary was deserving of our support," Lee County Tax Collector Larry Hart said. "Animals enrich our lives in so many ways. When our team goes this far to help local animals in need, it's just one more way to show the community that, 'We've got your back.'"

Senior Paws Sanctuary relies entirely on donations and volunteer help. The costs involved with its mission are staggering – the organization spent \$40,000 in veterinary medical bills alone last year, according to John



Senior Paws Sanctuary information is on display at the Lee County Tax Collector's service center in Lehigh Acres

photo provided

Goldsberry, who assists his wife, Debbie, in running the sanctuary. A single heartworm treatment could cost as much as \$2,000, he said. Add in food, cleaning supplies and a litany of other costs, and the need becomes profound.

Older dogs are generally more expensive to treat, and people who adopt dogs tend to prefer puppies or younger adult dogs, Goldsberry said. That means a lot of shelters end up having to put down senior dogs, a reality that inspired Debbie Goldsberry

to create the sanctuary, which takes in senior dogs from across Lee County. The sanctuary has no hard or fast rules on the age of the dogs. The aim is simply to treat older dogs who need care.

"There are all kinds of rescues out there that will rescue poodles, dachshunds, greyhounds and other particular breeds," John Goldsberry said. "We don't exclude any dog because of breed. We won't do that."

The fundraising initiative is ongoing at the tax collector's Lehigh Acres

service center, and everyone is invited to assist the organization through its website at www.seniorpawssanctuary.com or on the Senior Paws Sanctuary Facebook page.*

Chronic Pain Self-Management Workshops

Would you like to learn how to better manage chronic pain conditions such as arthritis, fibromyalgia, back pain, headaches and more? Lee Health is offering a free six-week workshop, entitled Chronic Pain Self-Management, a research-based program developed by Stanford University.

Information presented in the workshop can help you become empowered to improve your quality of life. Learn how to more easily manage your medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to healthy eating. Participants will also receive a copy of the book *Living a Healthy Life with Chronic Pain*.

The session will be held on Fridays beginning August 3 from 9 to 11:30 a.m. at The Sanctuary, located at 8960 Colonial Center Drive in Fort Myers.

Seating is limited and registration is required. Call 343-9264 for more information.*

From page 6

Fort Myers Art

the life of John Merrick who lived in London during the latter part of the 19th century. A horribly deformed young man – victim of rare skin and bone diseases – he becomes the star freak attraction in traveling sideshows. Found abandoned and helpless, he is admitted to London's prestigious Whitechapel Hospital. Under the care of celebrated young physician Frederick Treves, Merrick is introduced to London society and slowly evolves from an object of pity to an urbane and witty favorite of the aristocracy and literati, only to be denied his ultimate dream – to become a man like any other. Performances are November 8 to 10 and 15 to 17 at 7:30 p.m., with 2 p.m. matinees on November 11 and 18. The November 18 date is an audio descriptor show. There will be a talk-back following the November 18 performance. *The Elephant Man* is sponsored by Noreen Raney.

The Agitators by Mat Smart; directed by Bill Taylor

The Agitators is inspired by the enduring but tempestuous four-decade-long friendship between Susan B. Anthony and Frederick Douglass. As they grew to become the cultural icons we know today, their movements collided and their friendship was severely tested. This series of powerful vignettes tells their story, from their meeting in Rochester, through the



image courtesy www.artswfl.com

Civil War and to the highest halls of government. They agitated the nation, they agitated each other and, in doing so, they helped shape the Constitution and the course of American history. Performances are January 17 to 19 and 24 to 26 at 7:30 p.m., with 2 p.m. matinees on January 20 and 27. The January 27 date is an audio descriptor show, which will also be followed by a talk-back. This show is sponsored by Janet and Bruce Bunch.

Marian, or the True Tale of Robin Hood by Adam Szymkowicz; directed by Rachael Endrizzi

A gender-bending, patriarchy-smashing and hilarious new take on the classic tale. Robin Hood is and has

always been Maid Marian in disguise. Robin/Marian leads a motley group of Merry Men (many of whom are not men) against the greedy Prince John. As the poor get poorer and the rich get richer, who will stand for the vulnerable if not Robin? Modern concerns and romantic entanglements clash on the battlefield and on the ramparts of Nottingham Castle in this play about selfishness, selflessness, and the cost of revealing your true self in a time of trouble. Performances will be February 7 to 9 and 14 to 16 at 7:30 p.m., with 2 p.m. matinees on February 10 and 17. The February 17 date is an audio descriptor show, which will also be followed by a talk-back. This production is sponsored by Susan Ion Hogan, DDS.

Joe Turner's Come and Gone by August Wilson; directed by Sonya McCarter

Set in a Pittsburgh boarding house in 1911, owners Seth and Bertha Holly play host to a makeshift family of people who come to stay – some for days, some longer – seeking new jobs, new lives and new beginnings. This eccentric group of wanderers includes proprietors, an eccentric clairvoyant with a penchant for old country voodoo, a young homeboy from the South and a mysterious stranger searching for his wife. Each denizen of the boarding house has a different relationship to a past of slavery as well as to the urban present. Performances

are March 1 to 2, 7 to 9 and 14 to 16 at 7:30 p.m., with 2 matinees on March 10 and 17. The March 17 date is an audio descriptor show, which will also be followed by a talk-back. This production is also sponsored by Noreen Raney.

Rancho Mirage by Steven Dietz; directed by Anne Dodd

Acclaimed playwright Steven Dietz' comedy looks at affluent suburban couples whose truths finally catch up with them. At an ill-fated dinner party, these long-time friends are awakened to the secrets of their past with hilarious and farcical results. Written by one of America's most widely produced playwrights, this comedy asks what remains between us when youth and dreams have faded and the last bottle of wine is gone. Performances are May 9 to 11 and 16 to 18 at 7:30 p.m., with 2 p.m. matinees on May 12 and 19. The latter date is an audio descriptor show. *Rancho Mirage* is sponsored by Stephen Hooper and Ellen Poage.

To purchase tickets or for more information, call the box office at 939-2787, visit 10091 McGregor Boulevard in Fort Myers or go online at www.artinlee.org/theatre.

*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.**

dearRPharmacist

Amazing Facts About Nightmares And Dreaming



by Suzy Cohen, RPh

Dear Readers: Sleeping is one of the great pleasures in life, unless you have bad dreams or nightmares. Then it's pure misery. Most of us do dream while sleeping, we just don't remember it.

Luckily, a man named Larry Page remembered his dream. He was a computer scientist and he woke up from a dream when he was 23, wondering if there was a way to "download the web" and rank webpages by inbound links. He went on to become a co-founder of Google. Page's net worth, according to *Forbes*, is \$52 billion. Talk about making money when you sleep!

So why can't you remember your dreams? Our brains are trained to forget non-essential facts and the truth is, most of our dreams aren't that unique. But I bet you do wake up and recall the bizarre scary dreams, don't you? This is because your brain finds it more "essential" to remember these strange or scary images. They stand out.

Here are some other little known facts about dreaming that you may be interested in. By the way, if you'd like a longer version of this article, it's at my website.

If you lost sight later in life, you can still see images in your dreams and dream visually like when you had your eyesight. Those folks who were born with blindness may not see in pictures but can still dream and experience sounds, touch sensations and emotions during their dream state.

With Post Traumatic Stress Disorder

(PTSD), several brain regions are involved including the amygdala where dopamine, norepinephrine and serotonin play a role. PTSD nightmares may occur with or without REM sleep.

If you have asthma, for some reason, you are also more prone to nightmares. The bad dreams can intensify with many treatments, including montelukast.

Heartburn medications such as ranitidine and famotidine used to treat heartburn can sometimes induce vivid dreams and nightmares. So can allergy drugs like diphenhydramine.

Blood pressure pills interfere with sleep. This category has well-documented evidence to show how they trigger nightmares and this side effect alone often causes people to seek other treatments.

If you grew up with black and white TVs, most of your dreams occur in black and white.

Anxiety is the most common emotion during dreams. You might experience it as falling, flying or feeling unprepared or humiliated in your dream.

Dogs dream. You will often hear them whimper or see their paws twitching. More than likely they are running in their dreams.

Sleeping pills can and often do induce vivid dreaming and nightmares. Withdrawal from these medications can also induce higher dreaming and/or nightmares for a period of time.

Antidepressants such as fluoxetine and paroxetine increase serotonin and may trigger intense or disturbing dreams that seem to go on all night.

Some sleep supplements containing melatonin might trigger unpleasant or bizarre dreams. If that happens, take a break from the melatonin because the dose might be too high. Remember, you make this sleep hormone yourself so supplementing has an additive effect.

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.✱

Volunteers Needed For Health Classes

The Area Agency on Aging for Southwest Florida (AAASWFL) is seeking volunteers to lead health and wellness workshops across the region. AAASWFL offers workshops to assist adults age 60 and over, adults with disabilities, and their caregivers in seven counties: Lee, Charlotte, Collier, DeSoto, Glades, Hendry and Sarasota.

Volunteers have the opportunity to lead fitness workshops focused on the unique needs of older adults. Specifically, these workshops are designed to teach older adults preventive measures to avoid falls, improve their balance and manage chronic conditions.

Classes include Tai Chi for Arthritis for Falls Prevention, A Matter of Balance, Walk With Ease, the Arthritis

Foundation Exercise Program, and Tai Chi: Moving for Better Balance. Training is provided for these programs, and AAASWFL provides mileage reimbursement for volunteers.

Workshops are typically held on weekday mornings and afternoons, so volunteers with flexible schedules are appreciated. Volunteers should also be at least 18 years of age, have a valid driver's license, and must be able to pass a background screening. While not mandatory, experience with teaching, instruction, public speaking, health care, nutrition or community outreach is helpful.

In 2017, AAASWFL staff and volunteers led 30 health and wellness workshops across Southwest Florida, assisting nearly 500 individuals.

Potential volunteers may contact Sherry Young, AAASWFL health and wellness coordinator, at 652-6900 or sherry.young@aaaswfl.org. Volunteer applications can also be found online at www.aaaswfl.org.✱

Doctor and Dietician

Mood Boosters



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

Life can be stressful, and sometimes it is downright difficult. But there are many ways to stimulate your senses that can boost your mood or that of your loved one.

Spending time outdoors tends to be an excellent mood booster. Take a stroll through a nature preserve or botanical garden, or get your hands dirty in your own garden.

Physical exercise can also significantly improve mood by regulating the chemicals in the brain, like dopamine and serotonin. With diet, the secret to happiness is choosing healthy fats. People who consume higher amounts of essential fatty acids, like those in olive oil, salmon and walnuts, are less likely to be depressed. To

excite the artistic part of the brain, playing your favorite music or visiting an art gallery can do the trick.

Loneliness isn't just a bummer, it's actually not good for your health, and can be just as dangerous as smoking, obesity or a sedentary lifestyle. Whereas people with a network of friends stay more active and even live longer. Good friends can encourage you to make better choices and decrease depression. When you're feeling down, a phone call or meet up with a friend helps you to feel connected. Social interaction is good for your heart, digestion and immune system. It heals your mind and your body, combatting illness and stress.

Healing touch can also improve mood, and provide a sense of well-being. Therapies like massage or reflexology are rejuvenating options, but do not underestimate the power of something as simple as a hug from a loved one after a hard day.

When your mood takes a nosedive, go for a walk with a friend or give them a call and put a smile back on your face. Just that smile alone can give you some feel-good endorphins.

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.✱✱

Chronic Disease Self-Management Program

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

The workshops will be offered on Wednesdays at two locations: in the Egret

Room at Gulf Coast Village beginning August 1 from 1 to 3:30 p.m.; and at the American House Fort Myers beginning August 15 from 9 to 11:30 a.m. located at

The free workshop is 2½ hours long once a week for six weeks. It is designed for people age 18 or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions.

Gulf Coast Village is located at 1333 Santa Barbara Boulevard in Cape Coral. American House Fort Myers is located at 14001 Metro Parkway in Fort Myers. For more information or to register, call 343-9264.✱

From page 4

Blood Drive

year knowing it has the chance to help so many people and so many families. This is an event that's all about hope and the chance of helping one another," Kathy said.

For 16 years, Kenny has battled the two rare illnesses, but he does so courageously and in strides, receiving blood work and chemo infusions bi-weekly, and taking medications daily. Having to travel back and forth to Duke University since he was 11 years old for the treatments, his frequent medical requirements led him to become a licensed EMT, and he now lives in North Carolina right near Duke where he still receives his regular treatments. He is currently engaged, and now has a beautiful and healthy baby boy, Leonardo, who turns 1 on July 27.

All donors have the chance to

enter and win numerous raffles and gift baskets, resort stays. Sponsors of the event include Budweiser/Suncoast Beverages, JJ. Taylor, Publix, Broadway Palm Dinner Theater, Key West Express, Capt Tony's Fishing Charters, Dunkin Donuts, Twin Peaks, Breakout Room, Gator Lanes, Duck Donuts, Jungle Golf, Sanibel Harbor Resort, Headpinz, Zoomers, Gull Wing.

"This will be a nice, fun time while helping so many people," Kathy said. "Come out and show your support for the community – let's go wild and help find a match."

Lani Kai Island Resort is located at 1400 Estero Boulevard on Fort Myers Beach. To sign up for the national bone marrow registry, visit <http://join.BeTheMatch.org/LaniKai>. Any group or business who would like to make a donation in the form of a raffle prize or gift, contact Kathy Conidaris at 851-0701.✱

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Bella And Princess



Bella ID# A745013

Hello, my name is Bella. I am a 4-year-old female pit bull who is not only a pretty face but has the personality to match. I can be a bit reserved when I first meet you, but I will quickly fall in love. I come with the full package: spay, microchip, up-to-date vaccinations, rabies, county license and 10-day health guarantee.

My adoption fee is \$30.

Hi, I'm Princess. I'm an 11-year-old female domestic shorthair who is our Super Senior this week. My bright eyes and perky personality defy my age. I am definitely a young girl at heart. My \$25 adoption fee includes spay, microchip, up-to-date vaccinations, county license and 10-day health guarantee. And, as always, cats are adopted one get a feline friend at no additional charge.

My adoption fee is \$10.



Princess ID# A347030

Celebrate this Independence Day by allowing a new pet to enjoy the freedom of a forever home. Adoption fees will be reduced for the entire month of July. Adult dogs are just \$30 to adopt; cats are \$10; and kittens are \$20. In addition, cats and kittens are two-for-one; adopt one and you can take home a feline friend at no additional charge. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a \$500 package. The team of volunteers and staff are waiting to introduce your new family member to you.

*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.**

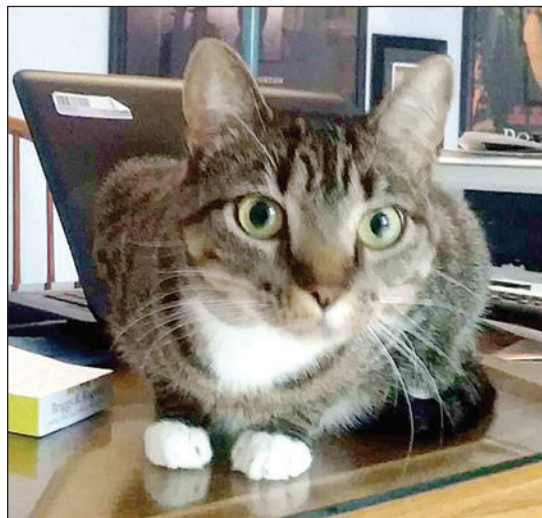
Haven on Earth Animal League

Irish And Lucy



Irish

Hi there! I'm Irish. I am a beautiful male 13-year-old, orange tabby, Maine Coon. I have a very fluffy tail and long white whiskers. I am neutered and up to date on all vaccines. I am also declawed and currently living



Lucy

with a foster family. I am still young at heart and very healthy. My adoption fee is \$100.

Hello, I'm Lucy. I am a beautiful female tabby with white feet and bright green eyes. I'm 2 years young and currently living with a foster family. I'm not real crazy about other cats, so I need to be the only one in your house. I have been fully vetted and brought up to date on all vaccines. My adoption fee is \$100.

*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.**

THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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

ARTS

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

CLUBS & ORGANIZATIONS

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 Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE (National Active & Retired Federal Employees	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
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

OUTLANDISH
CELEBRITY FIRSTS

- ACROSS

1

Another name for Jesus

9

Utterly failed

15

Abounds

20

Flattish Italian bread

21

Salt with element #53

22

Dot in the drink

23

French president who never wore color-coordinated clothes?

25

Being tried, in law

26

Ship wood

27

Not e'en a single time

28

Advanced

30

Whet

31

Director Van Sant

33

Caught a three-time Best Actor red-handed?

38

Purplish red

42

Aria, usually

43

Analyzes, as syntax

44

Frequent co-star of Humphrey Bogart who was fantastic?

47

Gospel group

49

Musk of Tesla Motors

50

Slippery

51

"Eureka!"

52

Phil of folk

56

Enumerates

58

Campaign creations

59

"Die Hard" star dicing vegetables?

63

Avenues: Abbr.

64

Exude slowly

66

Pure delight

67

Tie together

68

Issued an alert to a knighted composer of musicals?

73

Evening bash

75

Hankerings

76

Italian for "it"

77

Little devil

80

Reclusive "Bonanza" star?

83

Tolkien

84

Put on hold

86

Last name of Buffalo Bill

87

Consents to

88

Try to cure

90

Boy, in Baja

91

Weight unit

94

Legendary hockey player who's a native New Zealander?

100

Pal of Spot or Rover

101

Consulate

102

Promote the growth of the star of "The Last King of Scotland"?

107

Gp. that lobbies

108

Comic Buzzi

109

Dunaway of "Network"

110

Class book

112

That woman

115

Wading bird

117

1954 Literature Nobel after getting more uptight?

123

Stock unit

124

Salad plant

125

Revere

126

Talked up

127

Scraped

128

Fed eagerly

4

"Six-pack" on a bodybuilder

5

"Proly not"

6

Forks, e.g.

7

To be, to

8

Freight-filled

9

With 120-Down, Wrigley's gum brand

10

Mauna —

11

U. URL end

12

"I'm on it"

13

Ran in park

14

Pop singer — Marie

15

— Maria

16

She played the mom on "Good Times"

17

Arm joints

18

Nasty sort

19

Underscore

24

Bit of history

29

Bit of errata

31

Belgian city

32

N.A. nation

34

Author Dinesen

35

IM guffaw

36

Em preceder

37

Chou En- —

38

Coal and oil

39

Dark

40

Danger when landing a plane

41

Flaming

45

Gave succor

46

IV amounts

47

Comrade of Fidel

48

Laugh half

51

Not up yet

53

Elucidates

54

Sound from a souse

55

Seattle-to-Reno dir.

57

More achy

59

Carbon copy

60

180s on the road

61

Fly traps

62

On the outs (with)

65

Blood type, for short

66

Hidden valley

69

"Hello, hello?"

70

Caustic cleansers

71

"— to do it all over again ..."

72

Musical run with four sharps

73

Utah's capital, for short

74

Hugs, on cards

78

Café lists

79

Official substitute

81

Flier of myth

82

Scratch (out)

83

Former Bruin Bobby

85

Seminal '40s computer

88

Received

89

Enticing

92

French for "a"

93

Brand of spongy balls

94

Sch. in Cambridge

95

Org. on a toothpaste box

96

Dubya's deg.

97

From the top

98

Stumper (Var.)

99

High-heel feature

100

Nasty sorts

103

Desert rarity

104

Spotted scavenger

105

Afr. republic

106

Christopher of film

111

Comic book mutants

112

Pirates' loot

113

Not like a bit

114

Gazed at

116

Film director Demme

118

Drink slowly

119

Cain's mom

120

See 9-Down

121

Con opener?

122

Dog's threat

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

King Crossword

- ACROSS

1

Departed

5

"Gosh!"

8

Capri or Wight

12

Wheelbase terminus

13

Scepter

14

Mast

15

Punishing, in a way

17

Erstwhile acorns

18

Fares, at times

19

British P.M., 1945-51

21

"— the season ..."

22

Crucifix

23

Lived

26

AAA job

28

Grand tales

31

Rose fruit

33

Unruly bunch

35

Within (Pref.)

36

Give a speech

38

Kids' card game

40

Understand

41

Hear the alarm

43

Decay

45

Film festival city

47

Rock concert staffer

51

Low-pH

52

Sending unwanted

9

Big name in sporting goods

10

Victoria, for one

11

Gaelic

16

Make booties

20

Sock part

23

Personal question?

24

Atmosphere

25

Generating

27

"Holy mackerel!"

29

B-F link

30

Drunkard

32

Stunt double,

34

Rapid out-pouring

37

— out a living

39

Space

42

German city

44

Domesticates

45

Lot wares

46

Antioxidant berry

48

"Thank You" singer

49

Race place

50

Hollywood clashers

53

Opposite of "post-"

DOWN

1

Final

2

World's fair

3

Antiaircraft fire

4

Doctrine

5

Astronaut Gus

6

A billion years

7

— Allan Poe

8

U-235, e.g.

54

Hindu royal

55

Work unit

56

Taro root

57

Indication

58

Born

59

Tofu beans

MAGIC MAZE ● COLORADO CITIES OVER 7,000 FEET

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

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

- Alamosa

Avon

Dillon

Eagle-Vail
- Frisco

Gold Hill

Granby

Gunnison
- Keystone

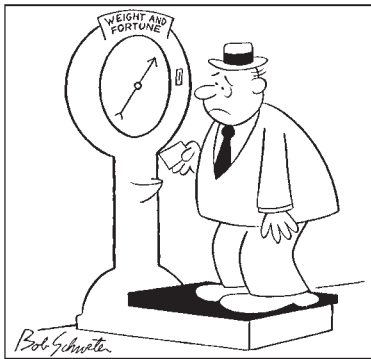
Leadville

Ouray

Salida
- Silverton

Telluride

Yampa



"Go to Sam's Sport Shop for all the latest in
_____ equipment."

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!

Flash
MEGAL

Limber
EAGIL

Avoid
ORIGEN

Border
JIDONA

TODAY'S WORD

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

SUDOKU

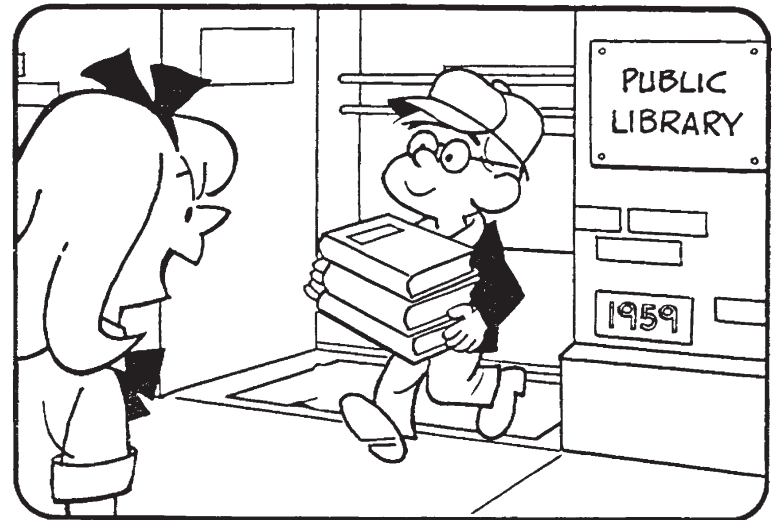
To play Sudoku:

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.

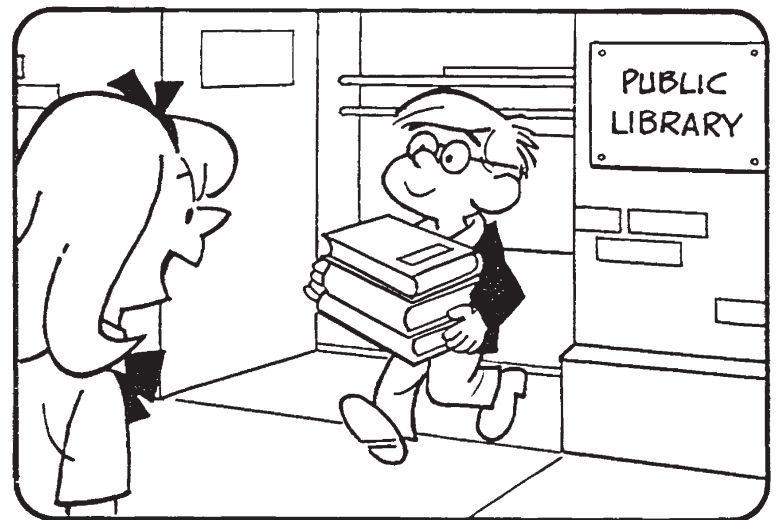
answer on page 29

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Bow is smaller. 2. Sleeve cuff is missing. 3. Cap is missing. 4. Book is reversed. 5. Mat is missing. 6. Cornerstone is missing.



Onion Crusted Grouper With Roasted Corn And Peppers

- 2 tablespoons olive oil
- 1 cup red bell pepper, chopped
- 1 cup green bell pepper, chopped
- 2 cups fresh corn kernels
- 1 cup onion, diced
- 1 teaspoon salt, divided
- 1 teaspoon fresh-ground black pepper, divided
- 1 teaspoon dried thyme, divided
- 4 6-ounce grouper fillets
- ½ cup french-fried onion rings, crushed

Heat oven to 450 degrees F. Combine 1 tablespoon of the olive oil with red and green bell peppers, corn, onion and ½ teaspoon each of the salt, pepper, and thyme in a large ovenproof pan. Roast mixture in the oven until the corn and peppers start to brown, about 12 minutes, stirring twice. Coat fillets with remaining 1 tablespoon of oil and remaining ½ teaspoon of salt, pepper and thyme. Top with crushed onion rings.

Remove roasting pan from oven; spread corn-and-pepper mixture to sides of the pan. Place fillets in middle of pan; return to oven and cook 10 minutes until fillets are opaque in the center. Serve fillets on a bed of roasted vegetables.

Yield 4 servings.✱



Onion Crusted Grouper With Roasted Corn And Peppers

photo courtesy Fresh From Florida

 FRIDAY Cloudy High: 88 Low: 78	 SATURDAY Cloudy High: 85 Low: 75	 SUNDAY Mostly Cloudy High: 90 Low: 80	 MONDAY Mostly Sunny High: 93 Low: 82	 TUESDAY Partly Cloudy High: 90 Low: 80	 WEDNESDAY Mostly Cloudy High: 89 Low: 79	 THURSDAY Few Showers High: 83 Low: 73
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Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	8:04 am	1:08 am	9:20 pm	2:51 pm	Fri	7:09 am	1:10 am	8:25 pm	2:53 pm	Fri	7:41 am	1:31 am	8:19 pm	2:24 pm	Fri	10:14 am	4:24 am	11:30 pm	6:07 pm
Sat	8:49 am	1:49 am	11:04 pm	4:07 pm	Sat	7:54 am	1:51 am	10:09 pm	4:09 pm	Sat	8:19 am	2:18 am	9:11 pm	3:19 pm	Sat	10:59 am	5:05 am	None	7:23 pm
Sun	9:36 am	2:33 am	None	5:09 pm	Sun	8:41 am	2:35 am	11:34 pm	5:11 pm	Sun	8:57 am	3:02 am	10:12 pm	4:13 pm	Sun	1:14 am	5:49 am	11:46 am	8:25 pm
Mon	12:29 am	3:21 am	10:21 am	6:00 pm	Mon	9:26 am	3:23 am	None	6:02 pm	Mon	9:39 am	3:45 am	11:36 pm	5:13 pm	Mon	2:39 am	6:37 am	12:31 pm	9:16 pm
Tue	1:32 am	4:09 am	11:05 am	6:43 pm	Tue	12:37 am	4:11 am	10:10 am	6:45 pm	Tue	10:38 am	4:33 am	None	6:15 pm	Tue	3:42 am	7:25 am	1:15 pm	9:59 pm
Wed	2:19 am	4:55 am	11:46 am	7:22 pm	Wed	1:24 am	4:57 am	10:51 am	7:24 pm	Wed	12:52 am	5:41 am	11:48 am	7:12 pm	Wed	4:29 am	8:11 am	1:56 pm	10:38 pm
Thu	2:54 am	5:37 am	12:24 pm	7:56 pm	Thu	1:59 am	5:39 am	11:29 am	7:58 pm	Thu	1:43 am	6:45 am	12:39 pm	8:03 pm	Thu	5:04 am	8:53 am	2:34 pm	11:12 pm

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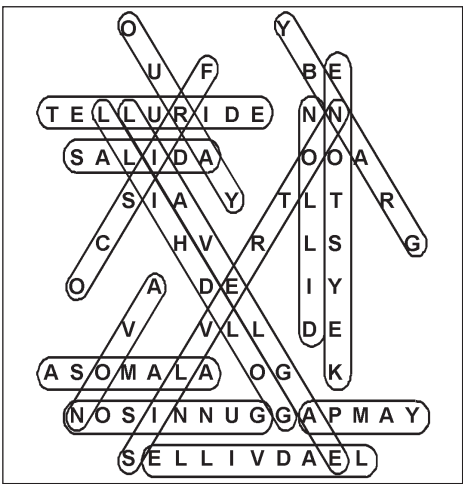
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

My Stars ★★★★★
FOR WEEK OF JULY 23, 2018

Aries (March 21 to April 19) Your zeal for challenges usually works well for you. But this week it's best to avoid jumping into new situations without more information. Vital news emerges by the weekend.

Taurus (April 20 to May 20) Once again, the Bovine's patience pays off as that pesky problem works itself out without taking too much of your valuable time. A new task opens interesting possibilities.

Gemini (May 21 to June 20) Those suggestions you want to share need to be set aside for a while so you can focus on the job at hand. There'll be time later to put your ideas into a workable format.

Cancer (June 21 to July 22) Be sure about your sources before you use the information in any decision you reach about your new project. Some of the data might be out of date or misinterpreted.

Leo (July 23 to August 22) A sudden challenge might rattle you at first. But pump up that strong Lion's heart with a full measure of courage, and face it with the continuing support of family and friends.

Virgo (August 23 to September 22) Watch your expenses this week so you can have a financial cushion to fall back on should things tighten up later this month. Money matters ease by the 1st.

Libra (September 23 to October 22) Uncertainty over workplace policy creates anxiety and confusion among your colleagues. Don't be surprised if you're asked, once again, to help work things out.

Scorpio (October 23 to November 21) The workweek keeps you busy tying up loose ends and checking data that needs to be verified. The weekend offers a chance to relax and restore your spent energies.

Sagittarius (November 22 to December 21) This is not the best time to go to extremes to prove a point. Better to set a sensible goal now and move forward. There'll be time later to take the bolder course.

Capricorn (December 22 to January 19) A step-by-step progression is the better way to move ahead. Taking shortcuts could be risky at this time. Important news arrives on the 1st.

Aquarius (January 20 to February 18) Avoid getting drawn into workplace

disputes that should be handled by those directly involved. Instead, spend your energy developing those new ideas.

Pisces (February 19 to March 20) You still need to be prudent about money matters. But things start to ease by the end of the week. A weekend encounter with an old friend brings welcome news.

Born This Week: You handle challenging situations with boldness when necessary and caution when called for.

THIS WEEK IN HISTORY

• On July 29, 1588, off the coast of France, Spain's *Invincible Armada* is defeated by an English naval force under the command of Lord Charles Howard and Sir Francis Drake. After eight hours of furious fighting, a change in wind direction prompted the Spanish to retreat toward the North Sea.

• On July 27, 1921, at the University of Toronto, Canadian scientists successfully isolate insulin – a hormone they believe could prevent diabetes – for the first time. The first test subject, a teenager, was treated with insulin injections and improved dramatically.

• On July 28, 1932, President Herbert Hoover orders the U.S. Army under Gen. Douglas MacArthur to evict by force 20,000 Bonus Marchers from the nation's capital. The World War I veterans were seeking early payment of money they were owed. When 2,000 refused to leave, MacArthur set their camps on fire.

• On July 26, 1956, the Suez Crisis begins when Egyptian President Gamal Abdel Nasser nationalizes the British and French-owned Suez Canal, hoping to charge tolls. The Suez Canal was completed by French engineers in 1869.

• On July 25, 1978, Louise Joy Brown, the world's first baby to be conceived via in vitro fertilization, is born in England to parents Lesley and Peter Brown. The Browns later had a second daughter, Natalie, also through IVF.

• On July 23, 1982, Vic Morrow and two child actors are killed in a crash involving a helicopter during filming on the California set of *Twilight Zone: The Movie*. The actor and children were shooting a Vietnam War battle scene.

• On July 24, 1998, Steven Spielberg's World War II epic, *Saving Private Ryan*, is

released in theaters. The film was praised for its authentic portrayal of war and won five Oscars, including Best Director and Best Cinematography.

STRANGE BUT TRUE

• It was American astronomer, astrophysicist and author Carl Sagan who made the following sage observation: "The fact that some geniuses were laughed at does not imply that all who are laughed at are geniuses. They laughed at Columbus, they laughed at Fulton, they laughed at the Wright brothers. But they also laughed at Bozo the Clown."

• It's not clear why lawmakers in the state of Alabama once thought it necessary to pass a law forbidding the operation of a vehicle while wearing a blindfold.

• Though coffee has been around for about 700 years, instant coffee wasn't invented until 1906. By George Washington. Of course not *that* George Washington. The man who made coffee more convenient – and less palatable – was from Belgium.

• There seems to be quite a rivalry between the towns of Rosehill, North Carolina, and Wilmington, Delaware. Both locales claim to be the home of the world's largest frying pan, with a diameter of 10 feet. This begs some questions, of course: How many eggs are being fried at once to require such a large piece of cookware? And what sort of stove is required to heat such a mammoth pan?

• If you're like the average American, you'll eat about 35,000 cookies in your lifetime.

• Those who study such things say that 70 percent of southern Nevada's water use goes through the sprinklers for golf courses and lawns in Las Vegas.

• It's not surprising that the word "fondue" comes from the French verb "fondre," which means "to melt."

• Do you know anyone who is xanthodontous? If so, you might want to refer them to someone specializing in cosmetic dentistry. "Xanthodontous" means "having yellow teeth."

THOUGHT FOR THE DAY

"Laughter is a form of internal jogging."
– Norman Cousins

SCRAMBLERS

solution

1. Gleam; 2. Agile;
3. Ignore; 4. Adjoin

Today's Word
JOGGING

TRIVIA TEST

1. **Television:** Who is the current host of the "Family Feud" game show?
2. **Art:** What is the only work of Michelangelo's that bears his signature?
3. **Inventions:** Who developed and patented the electric telegraph in the United States in 1837?
4. **Geography:** What is the capital of South Dakota?
5. **Language:** What letters end a gerund in the English language?
6. **General Knowledge:** What is the common term for bovine spongiform encephalopathy?
7. **U.S. Presidents:** How many vice presidents served with President Franklin D. Roosevelt during his four terms?
8. **U.S. States:** Which state was once an independent sovereign nation?
9. **Astronomy:** How old is the sun in our solar system?
10. **Games:** How many chance spaces are on a Monopoly board?

TRIVIA ANSWERS

1. Steve Harvey 2. "The Pieta" 3. Samuel Morse 4. Pierre 5. "ing" 6. Mad cow disease 7. Three: John Nance Garner, Henry Agard Wallace and Harry S. Truman 8. The Republic of Texas 9. About 4.6 billion years 10. Three.

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

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6/29 ★ 7/20

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7/13 ★ 7/27

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6/29 ★ 9/14

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6/29 ★ 7/13

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3/2 ★ TFN

After 9, it's turtle time!



Shore Fishing:

Don't Harm The Fish



by Capt. Matt Mitchell

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

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

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

If you want a picture with the fish, support it as

you lift it out of the water – and do it quickly.

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

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

Become A Generator Expert This Storm Season

This year’s storm season has been relatively calm but that shouldn’t deter you from being ready should a storm form. If you plan to use a generator this season, it is imperative to keep the following safety tips in mind:

Before buying a generator, determine how much electricity you need for your home. This will help you buy the right size generator.

Don’t connect your generator directly to your home’s wiring at the breaker panel or meter. Connecting a portable electric generator directly to your household wiring can be deadly to you and others. A generator that is directly connected to your home’s wiring can “back feed” onto the power lines connected to your home. Utility transformers can then “step-up” or increase this back feed to thousands of volts – enough to kill a utility lineman making outage repairs a long way from your house. You could also cause expensive damage to utility equipment and your generator.

The only safe way to connect a portable electric generator to your existing wiring is to have a licensed electrical contractor install a transfer switch. The transfer switch transfers power from the utility power lines to the power coming from your generator.

Never plug a portable electric generator into a regular household outlet. Plugging a generator into a regular household outlet can energize “dead” power lines and injure neighbors or utility workers. Connect individual appliances that have their outdoor-rated power cords directly to the receptacle outlet of the generator, or connect these cord-connected appliances to the generator with the appropriate outdoor-rated power cord having a sufficient wire gauge to handle the electrical load.

Don’t overload the generator. Do not operate more appliances and equipment than the output rating of the generator. Overloading your generator can seriously damage your valuable appliances and electronics. Prioritize your needs. A portable electric generator should be used

only when necessary, and only to power essential equipment.

Never use a generator indoors or in an attached garage. Just like your automobile, a portable generator uses an internal combustion engine that emits deadly carbon monoxide. Be sure to place the generator where exhaust fumes will not enter the house. Only operate it outdoors in a well-ventilated, dry area, away from air intakes to the home, and protected from direct exposure to rain and snow, preferably under a canopy, open shed or carport.

Use the proper power cords. Plug individual appliances into the generator using heavy-duty, outdoor-rated cords with a wire gauge adequate for the appliance load. Overloaded cords can cause fires or equipment damage. Don’t use extension cords with exposed wires or worn shielding. Make sure the cords from the

generator don’t present a tripping hazard. Don’t run cords under rugs where heat might build up or cord damage may go unnoticed.

Read and adhere to the manufacturer’s instructions for safe operation. Don’t cut corners when it comes to safety. Carefully read and observe all instructions in your portable electric generator’s owner manual.

To prevent electrical shock, make sure your generator is properly grounded. Consult your manufacturer’s manual for correct grounding procedures.

Do not store fuel indoors. Gasoline (and other flammable liquids) should be stored outside of living areas in properly labeled, non-glass safety containers. They should not be stored in a garage if a fuel-burning appliance is in the garage. The vapor from gasoline can travel invisibly along the ground and be ignited

by pilot lights or electric arcs caused by turning on the lights. Avoid spilling fuel on hot components. Put out all flames or cigarettes when handling gasoline. Always have a fully charged, approved fire extinguisher located near the generator. Never attempt to refuel a portable generator while it’s running.

Turn off all equipment powered by the generator before shutting down your generator.

Avoid getting burned. Many generator parts are hot enough to burn you during operation.

Keep children away from portable electric generators at all times.

For more storm preparedness information, download the *LCEC Hurricane Guide* from www.lcec.net. Rest assured that if a storm does come to Southwest Florida, LCEC is ready. Now is the time to ensure you are ready.✱



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
The Reserve	Estero	2004	5,076	\$1,950,000	\$1,800,000	127
Creekside	Bonita Springs	1996	3,830	\$1,475,000	\$1,425,000	6
Cape Coral	Cape Coral	1989	3,231	\$1,490,000	\$1,420,000	4
Waterside	Estero	1999	3,737	\$997,900	\$957,500	22
Gulfhaven	St. James City	2006	2,828	\$999,000	\$950,000	26
Grande Estates	Estero	2001	3,225	\$874,900	\$872,500	6
Idlewilde	Estero	2001	2,771	\$875,000	\$815,000	126
Edgewater	Fort Myers	2000	3,211	\$829,000	\$800,000	175
Briarcliff	Fort Myers	1985	6,423	\$875,000	\$750,000	281
Dunes At Sanibel Island	Sanibel	1991	2,570	\$768,900	\$745,000	432



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