

THE WEEKLY NEWS

FREE Take Me Home

Vol. 18, No. 18

From the Beaches to the River District downtown Fort Myers

MAY 3, 2019

Sea Turtle Nesting Season Begins

ay marks the beginning of sea turtle nesting season on many of Florida's beaches. The Florida Fish and Wildlife Conservation Commission (FWC) is asking beachfront property owners and beach visitors to help nesting turtles and hatchlings by turning off or shielding lights that are visible from the beach at night.

"Making an effort to keep our beaches dark at night is one of the most important things you can do to help sea turtles," said Robbin Trindell, head of the FWC sea turtle management program. "Even small artificial lights from a house, a flashlight or a cellphone camera can confuse female sea turtles and their hatchlings, and cause them to wander off course."

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

Florida is a critically important



Sea turtle hatchling on the sand

destination for nesting sea turtles. More loggerhead turtles nest here than anywhere else in the continental United States, with 91,451 loggerhead nests counted statewide during the 2018 nesting season. Leatherback and green sea turtles also nest in significant numbers in Florida.

photo provided

What are the basics of being sea turtle-friendly?

It's a sea turtle night, turn off the light – After sundown, turn off any lights not necessary for human safety. Use long wavelength amber LED lamps for lights that must stay lit and shield lights so they

are not visible from the beach. Remember to close shades or curtains.

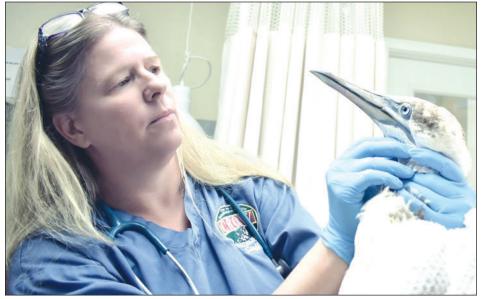
Sea turtles get lost in the light – On the beach at night, don't take flash photos or use bright cellphones or flashlights.

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

Clear the way at the end of the day – Beach furniture, canopies, boats and toys left behind on the sand can become obstacles that block nesting and hatchling turtles. Fill in any holes dug in the sand.

Keep your distance from nests and hatchlings – Do not handle hatchlings crawling toward the water. Any interference or disturbance by people, such as getting too close or taking flash photos, increases the chances the hatchlings will get confused, go in the wrong direction and not reach the ocean quickly. That makes them vulnerable to dehydration, exhaustion and predators. As with all wildlife, watching from a distance is best.

Buildings and other structures along the continued on page 16



CROW Medical and Research Director Dr. Heather Barron examining a northern gannet, a migratory seabird that spends most of its time at sea photo provided

Celebrate World Migratory Bird Day With CROW

In honor of World Migratory Bird Day (May 11), the Clinic for the Rehabilitation (CROW) will host a special presentation about plastic pollution on Thursday, May 9 at 1 p.m. in the AWC Visitor Education Center.

World Migratory Bird Day (WMBD) is an annual awareness-raising campaign

highlighting the need for the conservation of migratory birds and their habitats. It has a global outreach and is an effective tool to help raise global awareness of the threats faced by migratory birds, their ecological importance and the need for international cooperation to conserve them. The theme for this year's WMBD is Protect Birds: Be the Solution to Plastic Pollution and will put the spotlight on the impact of plastic pollution on migratory birds and their habitats.

"We live in the age of plastics, but this continued on page 8

Inaugural Food And Brew Festival



The Burroughs Home & Gardens property

Pood, beer and live music enthusiasts are invited to the inaugural River District Food and Brew Festival at the historic Burroughs Home & Gardens on Saturday, May 25 from noon to 8 p.m. All proceeds will benefit the Uncommon Friends Foundation.

The festival features unlimited tasting passes for \$30 and food from eight or more independent Southwest Florida restaurants. There will be live music from Steve Farst and other performers. All participants must be at least 21 years of

photo provided

age to attend.

This festival is the only area festival set on the waterfront and is expected to become a popular annual event. Bring a lawn chair or blanket to pitch on the shaded lawn. There will be onsite seating and tables for mixing and mingling. Free parking is available across the street behind the historic Langford-Kingston home.

The historic Burroughs Home & Gardens is located at 2505 First Street in Fort Myers. For more information, visit www.rdfoodandbrew.com.

Historic Downtown Fort Myers, Then And Now:

Press Office At First And Hendry



by Gerri Reaves, PhD

'n its early history, the Fort Myers Press moved fairly frequently, and two or three times was located at or near First and Jackson. Thus, it's easy to understand why this circa-1900 photo is sometimes labeled "First and Jackson."

However, other historic photographs and other archival materials confirm that the location is actually the southwest

corner of First and Hendry.
Note the sign reading "Fort Myers Press, Book and Job Office," indicating that the business also served as what today might be called a copy center, printing everything from advertisements and programs to formal invitations.

At that time, First and Hendry could have been considered the center of downtown, just as it is today. Nevertheless, in 1900, no other buildings had been built next to the two-story wood-frame one pictured here.

But that would change soon. The corner was sold in 1905, and the Stone Block Building was constructed. That building, today known as the Leon Building, was downtown's third non-wood-frame structure.

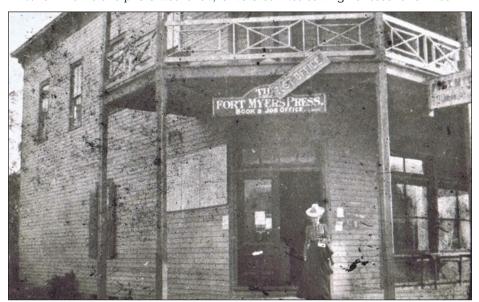
The Press, which has evolved into The News-Press, qualifies as Fort Myers' oldest business. It printed its first edition on November 22, 1884 from a small wood-frame building at First and Jackson, later moving to the former Marion Hendry store, standing diagonally across from the building pictured here.

And the newspaper has been going ever since - although the news business sure

has changed in the intervening 135 years.

It was founded by Stafford C. Cleveland, who died about a year later. Frank and Olive Stout bought it in 1886 and the family remained involved in the business for years. (Frank Stout died in 1911.)

When this historic photo was taken, Olive Stout was serving her second term as



At the turn of the 20th century, the Fort Myers Press was located on the southwest corner of First and Hendry. A note on the photo identifies the woman as Mrs. Ola McLeod (Nathan G.) Stout, daughter-in-law of Frank and Olive Stout, the owners of the newspaper. photo courtesy SWFL Historical Society

Publisher

Lorin Arundel

Accounting

Advertising

Bob Petcher

Mike Terry



The Leon Building at First and Hendry was constructed in 1905 on the former site of the Fort Myers Press office. The building was originally name the Stone Block. photo by Gerri Reaves

postmistress, 1897 to 1906, so that explains the "post office" sign over the office entrance. In pioneer days, the post office had no permanent home, so the postmaster or postmistress had some say-so over where it would be located.

A notation on the historic photo identifies the woman in the hat as Mrs. Ola McLeod (Nathan G.) Stout, daughter-in-law of Frank and Olive.

After this corner property was sold, the Press moved a half-block south on Hendry to a location just beyond the patio entrance where a nightclub is now. There would still be a couple more relocations in the newspaper's future, but after all the ping-ponging around town, in 1934, the newspaper finally entered a settling-down period.

By then it was renamed The News-Press due to a Depression-era merger with the Tropical News

In 1934, just after the paper celebrated its 50th anniversary, it moved into the newly named Collier Arcade (formerly the Post Office Arcade). Not until 1965 did it relocate and, for the latest time, to the newly constructed state-of-the art operations and offices at Anderson (now Martin Luther King, Jr. Boulevard) and Royal Palm Avenue. It is still located there, although the property was sold several years ago.

This summer, however, the Press will embark on yet another move, this time to a location far from the historic downtown it has covered for so long: Colonial Boulevard near Metro Parkway.

Walk down to busy First and Hendry to the site where the news went to press more than a century ago. Then, visit the following two research centers to learn more about the many business that have called that corner home.

The Southwest Florida Historical Society is an all-volunteer, non-profit organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m. It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 or visit www.swflhistoricalsociety.org for more

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 volunteer, non-profit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only. For more information, call 332-8778 or

visit www.leecountyblackhistorysociety.org.
Sources: Archives of the Southwest Florida Historical Society, The Fort Myers Press, The News-Press and The Story of Fort Myers by Karl H. Grismer.

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Graphic Arts/ Production

Ann Ziehl, Manager Amanda Hartman Justin Wilder

Reporters

Gerri Reaves, PhD Jeff Lysiak

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Contributing Writers

Jennifer Basey Ross Hauser, MD Barbara Cacchione Craig R. Hersch Kay Casperson Capt. Matt Mitchell Suzy Cohen Trinette Nelson Linda Coin Howard Prager Marcia Feeney J. Brendan Ryan, CLU, ChFC, MSFS Shelley Greggs

Tom Hall Di Saggau Marion Hauser, MS, RD Jeanie Tinch



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The Dixie Fish Co. & The Whale



Register now for the 5th annual Lipman 5K Run for Backpacks, scheduled for May 11 photo provided

Immokalee 5K Run For Backpacks

tudents, teachers, families and business partners will come together for the 5th annual Lipman 5K Run for Backpacks at Immokalee High School on Saturday, May 11 at 8 a.m. The event raises vital funds for children in need of school supplies.

Now in its fifth year, the Lipman 5K Run for Backpacks is creating a substantial community impact. Last year's event raised enough money to fill over 1,500 backpacks with school supplies and provide 200 bicycles, \$3,000 in clothing store gift cards and 100 children's haircuts at the Lipman Family Farms Backpack Giveaway.

ALL ABOUT

HOME

This year, the goal is to provide even more to the children in the Immokalee community.

"It's about more than just giving back," said Jaime Weisinger from Lipman Family Farms, America's largest openfield tomato grower. "It's about providing these kids with a brighter future. Every chance we get to help children learn, grow and develop their skills, we are all in. Preparing them for school is just one of the ways we are here for this community."

Weisinger challenged two brothers running in the 2018 Lipman 5K Run for Backpacks, knowing they were leaving for prep school in Boston. If they finished in the top five, he would fly them back to their hometown to run again in 2019. They finished first and third.

"Personally, the Lipman 5K gives me a sense of pride," said Ellerman Mateo, last year's race winner who'll be flying in from Boston to run. "For the past couple of years, I have been able to help with packing the book bags and contribute to the Lipman backpack giveaway which emphasizes a clear message to me: Immokalee needs all the financial assistance it can get. Every time I go back home, I am saddened by the level of poverty present, but it is reassuring that Lipman is generous to give back to the community."

Students, teachers and community members will be recognized during the family-friendly fundraisers. Two Golden Apple Award teachers from Collier County have been invited to the event to receive Lipman Golden Tomatoes in recognition of their hard work and dedication to education.

Businesses and community partners are encouraged to participate through event sponsorship. Numerous sponsorship opportunities are available by contacting jaime.weisinger@lipmanfamilyfarms.com.

For those who would like to donate rather than run, contributions can be made directly on the Lipman Pay Pal page at www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=X7B62S3FMF5R4&source=url. All proceeds from this event directly fund the Lipman Backpack Giveaway in August.

Registration for the 5K, 1-mile walk and 1K Fun Run is open now. Participants can take advantage of discounted early bird, group and student pricing. Visit www.active. com/immokalee-fl/running/distance-running-races/lipman-s-5k-run-for-backpacks-2019 to register.

Immokalee High School is located at 701 Immokalee Drive in Immokalee. For more information, visit www.facebook. com/lipmanfamilyfarms or call 657-4421 **

FPRA Annual Nonprofit Day

Plorida Public Relations Association, Southwest Florida Chapter is hosting FPRA's annual Nonprofit Day at Holiday Inn Fort Myers Airport at Town Center on Thursday, May 9 from 8:30 a.m. to noon. Cost, which includes breakfast, is \$30 for general admission and \$20 for students.

Nonprofit Day is an opportunity for Southwest Florida's philanthropic organizations – and those interested in learning more about the area's charity landscape – to gather and learn from local industry experts on topics to enhance community reach and impact.

enhance community reach and impact. This year's theme, Cheering for the Home Team, will focus on providing attendees with usable practical information on how to build effective strategic alliances for a common goal. Attendees will head back to the office with case studies, takeaways and practical tips on how collaboration and non-monetary resources can be used to improve non-profit PR functions for organizations, while positively impacting the Southwest Florida community we all call home.

Nonprofit Day will incorporate dynamic speakers, a panel featuring examples of some of Southwest Florida's most successful nonprofit collaborations, and a unique targeted networking opportunity to pair PR professionals with others who share similar goals for their organizations.

Speakers will include:

Richard Kelly, chief operating officer, Make-A-Wish Southern Florida

Amanda Beights, IOM, vice president, Leadership Collier Foundation

Kara Jeudy, director of development and Shannon Hoyt, director of program services, The Salvation Army Fort Myers Area Command

Chris Wittman, program director, Captains for Clean Water

Nicole Hendra, executive director, Dress for Success

Holiday Inn Fort Myers Airport at Town Center is located at 9931 Interstate Commerce Drive in Fort Myers. For more information and to register, visit www.fpraswfl.org/2019-fpra-annual-non-profit-day.

Hurricane Preparedness Seminars

ee County Emergency
Management (LCEM) has three
remaining Hurricane Preparedness
Seminars that are open to the public,
and additional seminars will be
scheduled and announced soon.

The free seminars, which happen annually, will include information on how to prepare families and homes for hurricane season, how to use new hurricane-related technology and how LCEM responds to hurricanes and other disasters.

The seminars currently scheduled include:

11 a.m. Friday, May 10 – The Community House, 2173 Periwinkle Way, Sanibel

10 a.m. Wednesday, May 22 – Fort Myers Regional Library, 2450 First Street, Fort Myers, in the large Conference Room A/B

2 p.m. Wednesday, June 19 – Cape Coral Public Library, 921 SW 39th Terrace, Cape Coral, in the large meeting room

Additional seminar dates and locations will be posted at www. leeeoc.com; check the website to see if registration is necessary for individual events.

In accordance with the Americans with Disabilities Act, Lee County will not discriminate against qualified individuals with disabilities in its services, programs, or activities. To request an auxiliary aid or service for effective communication or a reasonable modification to participate, contact Debbie Quimby, 533-0622, Florida Relay Service 711, or dquimby@leegov.com. Accommodation will be provided at no cost to the requestor. Requests should be made at least five business days in advance.



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Fort Myers Art:

Play About Self-Realization At New Phoenix



by Tom Hall

The Shadow Box by Michael Cristofer opened on May 2 at New Phoenix Theatre on McGregor Boulevard.

In this compelling dramatic triptych, three terminal

cancer patients dwell in separate cottages on a hospital's grounds, attended and visited by family and close friends. Although the characters are either living in or visiting a hospice for the terminally ill, *The Shadow Box* is not about death and dying as much as it is about self-realization. That's because to playwright Michael Cristofer's way of thinking, it is necessary to have an awareness of mortality in order to understand ourselves and how we live.

To explicate this theme, Cristofer focuses on the lives and families of three people who are living with the certainty that their diseases will kill them within a short time. They are forced to evaluate themselves and come to a conclusion about the manner of their existence. There's Agnes and her mother Felicity. They're not only estranged by Felicity's anger and bitterness over the reality of her impending demise, but by Felicity's dementia. There's garrulous Brian and Beverly, whose marital complications are exacerbated by Brian's new lover, Mark. And there's Joe and his anxious,

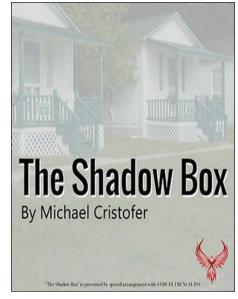


image courtesy www.artswfl.com

heartbroken wife, Maggie, who finally finds the support she needs from her husband and their teenage son, Steve.

What comes out from the interactions of these three groups of people is the unerring message that the more honest they are, the more openly they can express their love for one another and the more genuine and immediate their relationships can be. It's only in this way that it becomes easier for the dying to let go of life.

After the May 2 opener, performances will take place at 8 p.m. on May 3, 4, 9, 10, 11, 16, 17 and 18, with 2 p.m. Sunday matinees on May 5, 12 and 19.

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

Improv Returns To Lab Theater



From left, Kea McElfresh, Nick Hernandez, Bill Owens, Andrew Florance, Leigh Shein and Steve Cobb photo provided

cared Scriptless Comedy Lab will be performing at The Laboratory Theater of Florida on Saturday, May 4 at 7 p.m. Every facet of the uproariously improvised show is based on audience suggestions.

Formerly Bonita City Improv, this troupe of talented performers offer a unique mixture of both short and long form improv, creating an entertaining evening of family-friendly laughter that is fast-paced, musical and completely improvised. While no two shows are the same, they are always packed with hysterically funny songs, sketches and jokes created instantaneously based on your suggestions. For the more adventurous, there are occasional opportunities to join the cast on stage.

The cast includes Leigh Shein, a founding member of Bay Area Improv

Theater who currently directs and hosts Harry's Senior Moment; Nick Hernandez, who is currently in college studying to be a sound engineer for theatre or artist performances; Kea McElfresh, who currently teaches theatre at Estero High School and serves the community as District VI Jr. thespian chair; Bill Owens, who is a member of Harry's Senior Moment and Dueling as well as a business and real estate attorney; Andrew Florance, who has traveled the U.S. and Europe to perfect his comedic skills in the corporate world.

Tickets are are \$15 per person.
The Laboratory Theater of
Florida is located at 1634 Woodford
Avenue in downtown Fort Myers.
For more information, visit www.
laboratorytheaterflorida.com or call
218-0481.

FSW Spring Commencement

Florida SouthWestern State College (FSW) will hold its Spring 2019 commencement ceremonies in the Suncoast Credit Union Arena on Friday, May 3. A total of 3,278 students will earn their degrees. Nearly 1,000 graduates have registered to participate in this year's commencement ceremonies.

Student Lindsay Guzman will serve as the commencement speaker for the baccalaureate, associate in science degree and college credit certificate program commencement ceremony beginning at 10 a.m. Guzman is a first-generation college student and was the recipient of the FSW Foundation's Mina Edison Scholarship. She completed her bachelor's in elementary education in December 2018 and is currently a third grade teacher at Manatee Elementary School.

at Manatee Elementary School.

Student Samantha Fitzpatrick will serve as the commencement speaker during the associate in arts degree and audio technology certificate program commencement ceremony beginning at 2 p.m. Fitzpatrick studied at FSW's Collier Campus where she served as the president of the Collier Campus' chapter of the Phi Theta Kappa Honors Society. She was also a peer mentor and participated in

FSW's Leadership Academy. Fitzpatrick will attend FGCU in the fall.

The Suncoast Credit Union Arena has implemented new security measures for all arena events including walk-through metal detectors and bag restrictions. These security measures will be implemented during FSW's commencement ceremonies.

Balloons, air horns and noisemakers of any kind are prohibited inside the arena. Flowers are permitted. Guests are encouraged not to bring bags into the arena. This includes backpacks, purses, briefcases, duffle bags or coolers. Guests that choose to bring a bag will be able to bring in the following:

Bags that are clear plastic, vinyl or PVC and do not exceed 12"x 6"x 12"

One-gallon clear plastic freezer bag (Ziploc bag or similar)

Small clutch bags with or without handle or strap and does not exceed 4.5"x 6.5"

Diaper bags (with child) after inspection An exception will be made for medically necessary items that cannot fit into a clear plastic bag, after proper inspection.

Guests will be asked to return nonapproved bags or other prohibited items to their vehicle prior to arena entry. There is no check-in location for prohibited bags or items at the arena. For a full list of prohibited items, visit www.fswarena.com/ prohibited-items.

Dining Discount Coupon Book Now Available

The Fort Myers Metro-McGregor Kiwanis has recruited 56 local restaurants in Lee County to offer dining discounts in a "Delicious Dining Discount" coupon book for \$25. Most discounts are valid now through November 15. Now in its 11th year, the coupon book is the club's largest fundraiser with all profits going back to help local children and the local community.

To purchase a coupon book, visit one of the following locations:

Bennett Chiropractic, 7130 Estero Boulevard Suite, Unit 1, Fort Myers Beach

Cape Coral Chamber of Commerce, 2051 Cape Coral Parkway East, Cape Coral

Cozette Salon, 16731 McGregor Boulevard, Suite 113, Fort Myers

Fort Myers Beach Chamber of Commerce, 2450 Estero Boulevard, Fort Myers Beach

Gavin's Ace Hardware, 16025 San Carlos Boulevard, Fort Myers Hope United Presbyterian Church, 7470 Hickory Drive, Fort Myers Kiwanis Fort Myers Beach Thrift Store, 11050 Summerlin Square Drive, Fort Myers Beach

My Pack & Ship, 15271 McGregor Boulevard, Suite 160, Fort Myers Saint Michael Lutheran Church, 3595 Broadway, Fort Myers

Sanibel Captiva Community Bank, 15975 McGregor Boulevard, Fort Myers

Sanibel Captiva Community Bank, 7040 Winkler Road, Fort Myers Siesta Bay RV Resort, 19333

Summerlin Road, Fort Myers
The UPS Store, 16970 San Carlos
Boulevard, Suite 160, Fort Myers

VIP Realty Group, Inc., 13131 University Drive, Fort Myers

The book can be also purchased online at www.fortmyersbeach.org/product/bogo/ for \$28.

You can buy your Delicious Dining Discount book by mail by making \$25 checks payable to Fort Myers Metro-McGregor Kiwanis, P.O. Box 61104, Fort Myers, FL 33906-1104.

Metro-McGregor Kiwanis Club is seeking partner organizations in selling the books and restaurants that wish to be part of the next edition.

For more information, email discountdining@metro-mcgregor.com or visit www.metro-mcgregor.com.☆



Youth volunteers at Lovers Key State Park

Youth Service Day Beautifies State Park

Tearly 100 youth volunteers recently participated in Global Youth Service Day (GYSD) hosted by Keep Lee County Beautiful (KLCB) at Lovers Key State Park.

The youth volunteers worked in small groups on a variety of projects throughout the park. The groups stained a beach gazebo, assembled

recycling bins, removed exotic plants, painted a tram bridge walkway, trimmed plant overgrowth on trails and performed a beach cleanup.

The hard work of the youth volunteers was greatly appreciated. All volunteers enjoyed a free lunch to celebrate their accomplishments and many were able to spend the rest of the day enjoying the beautiful weather at the park.

The entire event was organized by the Keep Lee County Beautiful Youth Advisory Council, a leadership development program providing young people with a unique opportunity to

be drivers of their own ideas from conceptualization to implementation and reflection.

Established in 1988, GYSD celebrates and mobilizes the millions of young people who improve their communities through service. It is the largest service event in the world and the only one dedicated to the contributions that children and youth make 365 days of the year.

GYSD is celebrated each year in more than 100 countries, with young people working together - and with schools, youth organizations, nonprofits, community and faith-based organizations, national service

programs, government agencies and adult mentors – to address the world's most critical issues and change their communities. Speaking about Global Youth Service Day, humanitarian Dr. Jane Goodall commented, "I have often said that every individual counts, every individual has a role to play and every individual makes a difference. Global Youth Service Day proves it."

Keep Lee County Beautiful is now accepting applications for the 2019/2020 Council. For more information or to apply, visit www.klcb. org/youth-advisory-council.html.☆



photo provided

Unique Summer Camps Offered At Estates

dison and Ford Winter Estates is offering several summer camp
options for students age 6 to 8. The camps are fun, educational and unlike other local opportunities. Summer camp starts on June 3 and runs from 9 a.m. to 4 p.m. daily.

Fantastic Film Makers: June 3 to 14 Future directors and actors will develop their skills in this popular two-week camp. Students will learn that there is a lot more to producing a movie than just "Lights, Camera, Action!" Campers will take a deep dive into the art and science of movie making and learn all stages of production as they develop an original movie, complete with special effects and animations. Cost for Edison Ford members is \$440; non-members, \$495.

Video Game Developers: June 24 to continued on page 18

I Will Spring Into Action For You!

SW Florida, Fort Myers Beach, Sanibel & Captiva Islands is All About Home

970 Greenwood Court



Captiva Villas



REAL ESTATE SPECIALIST



SW Florida, Fort Myers Beach, Sanibel & Captiva Islands is All About Home Cathie Lewis, Realtor

Phone: 239-745-7367 Cathie@AllAboutHome.Life Pfeifer Realty Group



Fort Myers Beach



Pinewood Condominium



Along The River

The River District Alliance will host Art Walk in downtown Fort Myers this Friday, May 3 from 6 to 10 p.m. and Saturday, May 4 from 11 a.m. to 4 p.m.

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

For more information, visit www. fortmyersriverdistrictalliance.com.

Lee County students will show off their artistic abilities during the opening celebration of **Digital Lee** at the Sidney & Berne Davis Art Center this Friday, May 3 from 6 to 10 p.m.

Digital Lee is a year-end showcase that highlights the best designs of the school year from participating middle, high and post-secondary schools in Lee County. Selected works will be part of the opening night celebration, and awards will be given for excellence in each discipline on Friday, May 10.

There is a \$1 entry donation for the opening night celebration. The awards ceremony honoring this year's exhibition winners is free to attend. The show closes on May 29.

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

Sidney & Berne Davis Art Center will host an opening night celebration of Moving Toward **Abstract**, an exhibition by JoAnn LaPadula and Sue Pink, during Art Walk this Friday, May 3 from 6 to 10 p.m. Both artists interpret the world around them into moving, vivid pieces.

To view art by LaPadula, visit www. facebook.com/jlapwatercolorswfl. To learn more about the artist, visit www. suepink.com.

Cost is a \$1 entry donation. The exhibit closes May 30 at 5 p.m.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. Call the box office at 333-1933 or visit www.sbdac. com for more information.

Arts for ACT Gallery will hold an opening reception and meet-the-artists session during Art Walk this Friday, May 3 from 6 to 10 p.m. Artwork by underwater photographer artist Katy Danca Galli will be on display in the main gallery, while the gallery



Visual Pleasure by Sue Pink will be one of the abstract paintings at Sidney & Berne Davis Art Center for opening night on Friday

co-op artists will have art in the White Gallery. The exhibits continue until June 3.

Arts for ACT Gallery is located at 2265 First Street in downtown Fort Myers. For more information, visit www.artsforactgallery.com.

Sanibel-based artist Myra Roberts, much of whose educational work focuses on portraits and/or social commentary issues, is exhibiting a selection of paintings at the Alliance for the Arts from Friday, May 3 to Friday, May 31. Roberts' works are from her new series titled Spokeswoman and will be in the Theatre Gallery. The Member Gallery will display Julie Siler Olander's paintings and the main exhibition hall will host Juxtaposition: Mariapia Malerba and Mila Bridger. An opening reception for the four artists will be held on Friday, May 3 from 5 to 7 p.m. A Conversational Walk and Talk with the Artists is set for Saturday, May 4 at 10

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

The **Southwest Florida Symphony** welcomes the return of YouTube sensation, conductor/ composer/arranger Steve Hackman to lead its upcoming concert at the

Barbara B. Mann Performing Arts Hall as part of the orchestra's continuing effort to advance new musical concepts that incorporate classical composition this Saturday, May 4 at 7:30 p.m. The performance fuses Beethoven's Symphony No. 3 and the music of iconic British rock band Coldplay. Tickets range from \$25 to

Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers. For more information or tickets, visit www.swflso.org or www.bbmannpah.com, by calling the symphony box office at 418-1500 or the Barbara B. Mann Hall box office at 481-4849.

The Zonta Club Fort Myers will hold Run for the Roses at the Crowne Plaza Fort Myers at Bell Tower **Shops** this Saturday, May 4 from 5 to 8 p.m. The event will feature cash bar, southern fare, games, contests, silent auction and the greatest two minutes of sports with the 145th Kentucky Derby.

Proceeds from Run for the Roses will benefit the Zonta Foundation of Southwest Florida. Suggested attire includes bowties for gentlemen and derby hats for women.

Crowne Plaza Fort Myers at Bell Tower Shops is located at 13051 Bell Tower Drive in Fort Myers. For tickets, visit www.eventbrite.com/e/run-for-theroses-derby-party-with-zonta-club-of-fortmyers-tickets-57654171178. For silent auction donations, send an email to

Ghost Investigator To Hold Seminar At Lab Theater

he Laboratory Theater of Florida will host an evening with worldrenowned Ghost Pro Lee Ehrlich on Friday, May 3 from $10\ p.m.$ to $1\ a.m.$

Ehrlich is an adventurer/explorer who is most notably recognized as the world authority on Underwater Paranormal Phenomena. He is a paranormal investigator with over three decades of experience who heads a nation-wide investigative team specializing in hostile and dangerous environments. He has even spent time investigating The Lab's own nearly 100-year-old building.

Ehrlich's investigative exploits have earned him critical acclaim, which has resulted in numerous radio and television appearances, including a starring role in The Travel Channel's Legends Of. On the conference tour, he is a well-known lecturer who brings a unique perspective to the paranormal realm.

Ehrlich will be giving a talk on his experiences and then take questions from



Lee Elrich

photo provided

the audience. Tickets are \$25 per person. The Laboratory Theater of Florida is located at 1634 Woodford

Avenue in downtown Fort Myers. For more information, visit www. laboratorytheaterflorida.com or call

218-0481.

Help SCCF Bring Back the Barn Owls

Poisoned rats can kill the eagles, hawks, bobcats and owls that eat them

Tell your pest control professional to **NOT** use these rat poisons:

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SCCF

difenacoum

472-2329

difethialone

sccf.org

Or consider not using any rat poisons at all. Instead, seal all entry points to your home.



From page 1

Migratory Bird Day

convenience comes at a price that has tremendous impact on the health of our environment, wildlife and even ourselves," said Dr. Heather Barron, CROW's medical and research director, who will be giving a presentation on May 9 as part of WMBD. "Everyone needs to be aware of the pervasiveness of plastics in order to better protect Earth and all her children," said Barron.

Titled Lost at Sea: The Impacts of Plastics on a Growing Seabird

Conservation Crisis, Dr. Barron's presentation will focus on how plastic pollution affects seabirds. She will share recent research, as well as experiences from CROW's wildlife hospital, that reveals startling information about the growing plastic pollution epidemic. A question and answer session will follow.

The presentation is included with general admission to CROW's AWC Visitor Education Center. Cost is \$12 for adults, \$7 for ages 4 to 12 and no charge for ages 3 and under. CROW is located at 3883 Sanibel-Captiva Road on Sanibel.☆

OBITUARY



EDWARD H. FRANK

Ichigan City has lost a beloved son and community leader, who twice received the highest honor from the governor and truly epitomized the servant leader.

Edward H. Frank was born January 15, 1932 and passed away April 21, 2019 at the age of 87. Ed was the son of George and Sadie (Spiegel) Frank and grew up in Indianapolis. He graduated from Indiana University with a degree in journalism and was an active member of Sigma Alpha Mu fraternity

where he made and maintained lifelong friendships. He was also in ROTC and upon graduating entered the U.S. Air Force as a second lieutenant, serving for two years in Korea as a journalist. After being honorably discharged, Ed continued his journalism career with the *Indianapolis Star* where he served in many capacities and was known for his work as a statehouse reporter and political analyst.

Ed married Ann Wolfenstein in 1957 and moved to Michigan City in 1967 where Ed began a long and distinguished career in public relations for Bethlehem Steel, becoming its chief lobbyist in the state. Ann passed away suddenly in 1976 and Ed fortunately met his second love of his life and married Lorraine Kaplan in 1977.

Ed was a past president of Sinai Temple, the Lions Club, St. Anthony's Hospital Lay board and a member of the Michigan City Library Board and chamber of commerce. Ed was forever active in supporting the Michigan City community. He had the rare privilege of being bestowed the Sagamore of the Wabash honor twice, given by the governor to those who provide distinguished service to the state. Ed was an avid golfer and sports fan and was thrilled to see his beloved Chicago Cubs win a World Series. In retirement, Ed served as a weekly sportswriter to two Southwest Florida newspapers: Island Sun and The River Weekly News. He also worked for the Laporte County Tourism Bureau as an advocate and promoter.

Deeply devoted to his family, he leaves behind five children: Elizabeth Woosley, Laurie (Howard) Prager, Heidi (Charles) Morgan, Darren (Kristine) Kaplan, and Robin (Daniel) Bregman. Ed loved with all his heart his many grandchildren and three great grandchildren. He will be greatly missed by his large extended family and the many friends whose lives he touched.

Funeral services were held on April 23 at Sinai Temple in Michigan City with Rabbi Suzanne Griffel and Rabbi Reni Dickman officiating.

In lieu of flowers, memorial donations may be made to Sinai Temple, 2800 Franklin Street, Michigan City, IN 46360. To sign the guestbook or leave condolences, visit www. carlislefh.com.

Theatre Lineup For 2019-20 Season

ew Phoenix Theatre is excited to announce its lineup of exciting musicals, comedies and dramas for its 2019-20 season.

The season will begin in October with the cult classic *The Rocky Horror Show*. It will be followed in December with the holiday comedy *Inspecting Carol*. In January, the new year starts with the searing drama *Time Stands Still*, followed by the raucous musical *The Full Monty* in February and March. The season ends with two powerful pieces, Terrence McNally's *Lips Together, Teeth Apart* opening April 16, 2020 and comedian and movie star Steve Martin's new comedy, *Meteor Shower*, opening May 28, 2019.

Tickets for the 2019–20 season will be available in June. Performance are Thursday, Friday and Saturday nights at 8 p.m. and Sundays at 3 p.m.

New Phoenix Theatre, a

not-for-profit community theater that was established in 2018, is located at 13211 McGregor Boulevard, Unit 1 and 2, in Fort Myers. For more information, visit www.newphoenixtheatrefortmyers. org or call 284-5214.

The 2019 –20 season lineup at New Phoenix Theatre is as follows:

The Rocky Horror Show by Richard O'Brien October 10 through November 3, Inspecting Carol By Daniel Sullivan December 5 through December 22 Time Stands Still By Donald Margulies January 16 through February 2,

The Full Monty
Book by Terrence McNally
Music and Lyrics by David Yazbek
February 27 through March 20,

Lips together, Teeth Apart
By Terrence McNally
April 16 through May 3, 2020
Meteor Shower
By Steve Martin
May 28 through June 14, 2020

Supplies Needed For Big Backpack Event In July

The Multicultural Centre of Southwest Florida will continue its tradition of providing a hand up to Lee County children in need at its 20th annual Big Backpack Event at the Fort Myers Skatium on Sunday, July 28 from 10 a.m. to 2 p.m. Families with students between the age of 5 and 12 are invited to receive backpacks full of school supplies.

"Our mission is to promote and embrace diversity in the community and to help Lee County schoolchildren of all cultures start the new school year with confidence and pride," said Leonardo Garcia, executive director of the Multicultural Centre of Southwest Florida. "We're so grateful to the Skatium and everyone who's made it possible for us to perform a service that's vital for the future of so many area children."

The organization's goal is to collect enough supplies through its Adopt-A-Student program to hand out more than 2,000 backpacks. A \$10 Adopt-A-Student donation provides a child with a new backpack and school supplies that include notebook paper, folders, crayons, glue, pens and pencils. Information on how to give is available at www.multicultural-centre.org or by emailing info@multicultural-centre.org.

Demand usually exceeds supply, so parents and guardians are urged to get to



Help students begin the 2019-20 school year with the supplies they need

the Skatium early. The line usually begins to form as early as 7 a.m. but moves quickly once the doors open. Children must be present with parents or guardians to receive the free supplies.

In 2018, more than 10,000 people were in attendance, over 2,000 children received backpacks and school supplies, and about 50 vendors participated by providing free eye exams, haircuts, face painting, balloons and youth entertainment. The event has grown into one of Lee County's biggest back-to-school outreach programs.

"We've touched so many lives over 20



years. This is a magnificent reminder of the great heights we as a community can reach when we extend a giving hand," Garcia said. "Our committee, sponsors, vendors and volunteers are genuinely dedicated to empowering our children and helping them start the new school year the right way."

The Fort Myers Skatium is located at 2250 Broadway in Fort Myers. For more information on Adopt-A-Student, vendor, volunteer or business sponsorship opportunities, visit www.multicultural-centre.org or email info@multicultural-centre.org.

LeeTran Change In Schedule

Tive bus routes have returned to their off-season schedules, effective Thursday, May 2. This affects service for Fort Myers Beach, Estero, Bonita Springs, the Downtown River District and the LinC connection with Collier Area Transit (CAT). Two bus routes, the 150 and 600, transitioned to the off-season schedules on Sunday, April 28. Details are as follows:

Fort Myers Beach: Seasonal tram service ended Wednesday, May 1. Trolleys will be reduced from three to one, which will form the route 400. This route will travel from the Beach Park & Ride to Lovers Key State Park.

The Fort Myers River District trolleys (Gold 505 and Blue 500 lines) ended seasonal service on Wednesday, May 1

Routes 150 and 600 have transitioned to the off-season schedule. Details are available on www. ridelectran.com.

There are some additional, nonseason related changes occurring on routes 20 (Dunbar-Downtown Fort Myers), 40 (Cape Coral transfer center-Coralwood Mall), 70 (Cape Coral transfer Center-Rosa Parks), 590 (North Fort Myers) and 595 (North Fort Myers-Cape Coral).

For complete information and to view schedules, visit www.rideleetran. com or by calling customer service team at 239-LEE-TRAN.

OBITUARY



LARRY RAY KIKER

arry Ray Kiker, Lee County Board of County Commission chairman, passed away on April 23 at Hope Hospice. He was 67.

Kiker, a longtime public servant and champion for the local community, was first elected to the Lee Board of County Commissioners in 2012 and reelected in 2016. Prior to his election as county commissioner, he served on Fort Myers Beach Town Council for six years, five of those as mayor.

He served as chairman of the Lee Board of County Commissioners in 2014 and again beginning in November 2018. Under his leadership, he restructured the county's budget process and began holding twice-a-month workshops to discuss and develop policy on important issues facing the people of Lee County.

During his time on the commission, he was a strong advocate for the people and businesses of Lee County through his leadership and support of improving water quality; reducing regulations; reducing FEMA flood insurance rates; collaboration with mayors' group and other Southwest Florida counties; conservative budget management; and cutting taxes and fees.

Kiker also spearheaded the effort to reconstruct the entire length of Estero Boulevard on Fort Myers Beach.

Kiker received numerous awards and honors during his distinguished public service career. In 2009, he received the Outstanding Citizen Award from the Greater Fort Myers Beach Chamber of Commerce. In 2013, he was a finalist for The News-Press' People to Watch and in 2014 for the newspaper's Public Official of the Year Award. In 2014, the Florida Association of Counties presented him with the Presidential Advocacy Award.

Kiker lived in Fort Myers with his wife of 14 years, Paula Kiker, and their two dogs. Together, they own Lahaina Realty on Fort Myers Beach. Passionate about their community, the Kikers organized an annual charitable event that directly benefited the children of Fort Myers Beach.

Kiker earned his master of business administration degree from Northeastern University in Boston. Prior to public service, he worked for large companies across the country. After leaving corporate America, Kiker moved to Fort Myers Beach where he operated a charter service for 10 years as a licensed U.S. Coast Guard captain and dive master.

Kiker will be remembered for seeking innovative and meaningful solutions to the challenges his community faced, working to make the quality of life better for the people he served.

Regarding his passing, Lee County Commissioners released the following

"It's rare in the world of politics to find a friend like Larry Kiker. On top of his passionate service for Lee County, he had an amazing sense of humor and always delivered the right quip with the perfect timing. We will miss our chairman and will work to honor his legacy.

– Vice Chairman Brian Hamman "Larry was passionate about serving his community and devoted his heart and soul to the county commission. But above all he was a great friend, and I am honored to have had the opportunity to serve with him over the last seven years. He will truly be missed, but never forgotten.

– Commissioner Cecil Pendergrass "I never met a public official who seemed to enjoy the political arena more than Larry. And he played skillfully in that arena. He was a strong and effective advocate for whatever battle he was fighting. I will miss him on the

commission."

– Commissioner Frank Mann "What I will always remember about Larry was his compassion and caring about all of the issues we face on an almost daily basis. His constituents were well served by him and were well represented. I will miss his analytical style of looking for answers."

- Commissioner John Manning A memorial service was held on May 2 at Sanibel Harbour Marriott Resort & Spa. In lieu of flowers, donations can be made to Hope Hospice at HealthPark, 9470 HealthPark Circle, Fort Myers, FL 33908.⇔

Lunch And Learn Church Program

eace Lutheran Church will host a lunch and learn program on Thursday, May 16 at 11:30 a.m. The topic will be GSH Stem Cell

Dr. Len Molczan of Regenerative Health Centers of Florida will present How to Live Your Life Free of Pain and Discomfort. Learn how stem cells heal and reduce suffering by creating cells that grow cartilage and other tissues in your body. This therapy is a possible alternative to joint replacement.

A light lunch will be provided. Peace Lutheran Church is located at 15840 McGregor Boulevard in Fort Myers. Call the church office at 437-2599 to register.☆

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION Service 9, and 11 a.m. Children's RE, Adult Education Forum 10 a.m., www.allfaiths-uc. org, 2756 McGregor Boulevard, 226-0900. ALL SAINTS BYZANTINE RITE CATHOLIC Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023

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

BAT YAM-TEMPLE OF THE ISLANDS Friday Shabbat at 7 p.m. www.batyam.org, 2050 Periwinkle Way, 579-0296.

BETH YESHUA MESSIANIC SYNAGOGUE Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

BIBLESHARE

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

BREAD OF LIFE MINISTRIES Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.

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

CHAPEL OF CYPRESS COVE Sunday 10 a.m., www.revtedalthouse@aol. com 10200 Cypress Cove Circle, 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., www.taecc.com, 1619 Llewellyn Drive, 334-4978.

COVENANT PRESBYTERIAN

Sunday 10 a.m. 2439 McGregor Boulevard,

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. www.clpc.us, 8260 Cypress Lake Drive, 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., www.christianscience fortmyers.net, www.christianscience.com. 2390 West First Street, 334-6801

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. www. fumcftmyers.org, 2466 First Street, 332-1152. FORT MYERS CHRISTIAN

Sunday 10:30 a.m., 5916 Winkler Road,

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST: Sunday 10 a.m., 8210 College Parkway,

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

11 a.m. Sunday, www.fpcfortmyers.org, 2438 Second Street, 239-334-2261 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., www. lambofgod church net, 19691 Cypress View Drive,

NEW BEGINNINGS CENTER

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

NEW COVENANT EYES

Monthly 9 a.m., www.newcovenanteyes.com, 1900 Park Meadows Drive, 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., www.newhope fortmyers.org, 10051 Plantation Road,

PEACE COMMUNITY

Sunday 10:30 a.m. www.peacecommunity church.com, 17671 Pine Ridge Road, 267-7400.

PEACE LUTHERAN

Sunday 8 and 10 a.m., www.peaceftmyers. com, peace@peaceftmyers.com. 15840 McGregor Boulevard, 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. www.MeditationInFort Myers.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,

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., www.saintnicholasmonast erv.org, 111 Evergreen Road, 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., www.templebethel. com, 16225 Winkler Road, 433-0018.

TEMPLE JUDEA (CONSERVATIVE)
Friday 6:30 p.m. and Saturday 9 a.m., www. tjswfl.org, 14486 A&W Bulb Road, 433-0201.

THE NEW CHURCH

Sunday 11 a.m., www.newchurchflorida.com,

10811 Sunset Plaza Circle #401, 481-5535. UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 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., www.zionfm. org, 7401 Winkler Road, 481-4040.☼

CROW Case Of The Week:

North American River Otter



by Bob Petcher

he North American river otter (Lontra canadensis) is a member of the weasel family. It makes its home in a burrow, called a den or a holt, near the water's edge. These dwellings

feature numerous tunnels, one of which is connected to the water.

River otters are natural swimmers that learn to swim just two months after birth. Their powerful tails and the fluidity of flexing their long bodies act as a propulsion through the water. Their webbed feet and water repellent fur keep them dry and warm, while their nostrils and ears close in the water. They are proficient at diving as well with abilities to reach 60 feet below water.

On land, river otters can move quite efficiently and act like playful youngsters by bounding, running and sliding down hillsides and into water.

However, river otters are wild predators, should not be approached and are sensitive to environmental pollution. If an area is polluted, the river otter will move to a new place that isn't tainted.

Interestingly, river otters communicate

with sounds and smells either by scent markings within groups or by low frequency chuckling, a hissing bark, snarling growl, whistle, snort, chirp or grunt, depending on whether they are playing, distressed, in pain or irritated.

At CROW, an adult male North American river otter was admitted from Port Charlotte after it was suspected to have been struck by a vehicle. As a result, the otter suffered a fractured femur in its left hind leg. But the main concern at the time of admission was that the otter was hyperthermic (overheated).

When the otter arrived, the hyperthermia was the main concern as this was the most life threatening abnormality on presentation," said Dr. Kyle Abbott, CROW veterinary intern. "The otter was comatose when he was presented due to this hyperthermia."

Once the otter was stabilized, it was taken to Specialized Veterinary Services in Fort Myers, where Dr. Jason Eisele placed a plate and screws in the injured leg to stabilize the fractures. A second surgery was needed in which a pin was added after the otter reinjured the leg during recovery.

"The surgery was performed by a boarded veterinary surgeon who performs orthopedic repairs on mammals, cats and dogs, more regularly. We ultimately perform surgeries on all of our other patients, but this required a different kind of specialized surgical care to give this otter the best chance at recovery," said Dr. Abbott. "During the fracture recovery period for any mammal, which is usually seven to eight weeks long, strict cage rest



Patient #19-0320 relaxes during recovery

photo by Brian Bohlman

is important for healing. However, with a large, wild river otter, this is not possible to achieve like it would be with other animals. Like any otter, this patient was active and during his activity he re-injured the leg.

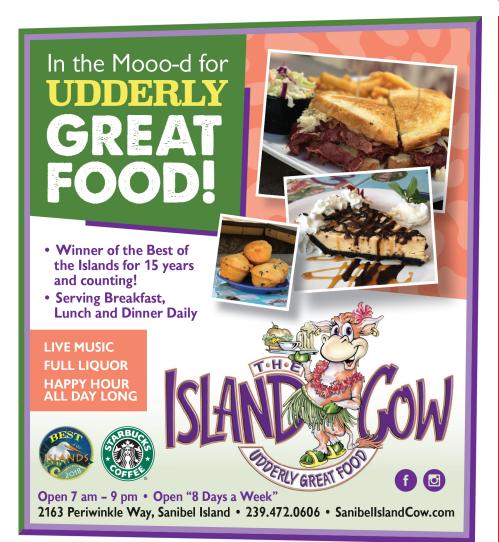
A radiograph check three weeks after the second surgery and seven and a half weeks after surgery have showed the plate, screws and pin remain in place and the bone has made progress in healing, but it still needs more time to fully heal.

'Initially the otter was on antibiotics and pain control for his healing leg and surgical site. The otter was steadily moved to larger cages while healing as his use of the injured leg increased," added

Dr. Abbott. "We will be rechecking his radiographs in four weeks from his most recent ones. The radiographic evidence of healing is moving well in certain areas, and slower in others. Another four weeks should give the bone further time to heal. We will reassess at that time and hopefully plan for his release.'

CRÓW (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.☆

www.iltesoro.net • 239-395-4022





Practice Extreme Tarpon Patience



by Capt. Matt Mitchell

Tith May tarpon fishing now in full swing, this week was a reminder of just how much the day's conditions can make or break a tarpon trip. Strong winds can bring any hopes of a successful day to a grinding halt. Even in the few days following a strong blow, the choppy seas and stirred up chalk-colored water sticks around. Then, as conditions gradually improve each day, we slowly start seeing more and more tarpon reappear.

For the past two weeks, really strong windy cold

fronts have blown through and completely made our tarpon disappear for a few days. Having tarpon trips scheduled during this time right after these cold fronts had many of us local guides running around with clients and never even locating a fish. This is so frustrating. For a whole week before these fronts, tarpon were in the same places day after day.

During windy days, I've learned that it's often better to just pick the last place you saw tarpon before the weather event and set up. After these past two blows, the eastern side of the sound was the only decent looking water around and also the only place to hide from an easterly wind. After setting up for a few hours post-front, we did manage to see a few rolling fish, which gives everyone much more confidence that you may have a chance of hooking one. The worse the weather is the smaller the playing field gets with only so many places to hide.

Tarpon are an amazing fish and, like any other big game hunt, you simply have to put in your time to get your shots. It does not make much sense to pick one random day if your chasing your bucket list fish. It's better if you can go a few times over a week spreading out the days to improve your odds. Catching a tarpon can require more patience than any other kind of fishing we do, but with patience can come great rewards. Windy days after a cold front can be the toughest days to be a guide as you know nothing will come easy.

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.☆



A tarpon comes boatside before being released unharmed

photo provided

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Civil Rights Leader To Speak At Awards Banquet

is silent gesture shook the sports world 50 years ago. On his visit Lto Southwest Florida, he'll seek to inspire others to do the same.

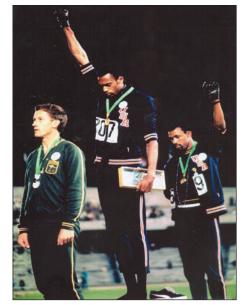
Civil rights pioneer and Olympic gold medalist Tommie Smith will be the keynote speaker for the 2019 Rotary of Fort Myers South Scholar-Athlete awards banquet at the Crowne Plaza Fort Myers on Wednesday, May 16. The ceremony and announcement of scholarship recipients will run from 7 to

Smith and fellow Olympian John Carlos raised their black-gloved fists on the medal stand after the 200-meter dash at the 1968 Games in Mexico City, as captured by photographer John Dominis in one of the most iconic images of the 20th century. Smith and Carlos were jeered, vilified, ejected from the stadium and banned from international competition, effectively ending their careers as track athletes.

But to many, they became heroes for their protest against inequality, poverty, lynchings and a lack of regard for human rights amid the tumult of 1968. They received honorary doctorates from San Jose State University, where they competed collegiately, and won the Arthur Ashe Courage Award from

"We are honored and privileged to have Dr. Smith speak at our program," said Tracie Bagans, president of the Rotary Club of Fort Myers South. "Our goal is to challenge the outstanding high school students who have been selected for this event to excel as scholars, as athletes and as citizens. Dr. Smith embodies those virtues and

The 33rd annual event recognizes top athletes from area high schools based on athletic and academic achievement, along with strength of character. Eighteen Lee County-area high schools each nominated one top male and one top female varsity letter winner who demonstrate leadership characteristics, have grade-point averages of 3.2 or higher, and are involved in school and community activities. A selection committee of Rotary South members interviews



From left, silver medalist Peter Norman of Australia, gold medalist Tommie Smith of USA and bronze medalist John Carlos of **USA at the 1968 Olympics** photo provided

nominees and selects the winners.

The 36 nominees are: Matthew Powell and Hannah VanDress of Bishop Verot High; Camilo Lilleslatten and Hannah Galbreath of Canterbury; Steven Rua and Kelsey Miskimins of Cape Coral High; Janmikell Bastardo and Jin YuHan Burgess of Cypress Lake HIgh; Seneca Milledge and Melanie Hardwick of Dunbar High; Hunter Hamilton and Josie Altamirano of East Lee County High; Landen Fiore and Kelli Kragh of Estero High; Logan Pearlman and Elizabeth Wetmore of Evangelical Christian; Milan Tucker and Maria Angelino of Fort Myers High; Will Thorp and Maylin Pino Romeu of Gateway Charter High; Sam Phillips and Addison Bone of Ida S. Baker High; Jordan Dovale and Khiarra Polit of Island Coast High; Nicholas Perdue and Ariel Wallace of Lehigh Senior High; Rashawn Hunter and Taylor Yount of Mariner High; Adolphus Taylor and Emma Johnson of North Fort Myers High; Nelson Smith and Lauren Brashear of Riverdale High; Nathan Soliman and Jaslyn Cintron of South Fort Myers High; and Noah Sheffield and Abigail Thomas of Southwest Florida Christian Academy.

Crowne Plaza Fort Myers is located at 13051 Bell Tower Drive in Fort Myers. For more information, contact Rob Scharlau at 810-2554 or rob. scharlau@busey.com.☆

Sanibel Causeway Bridge Inspections

ee County Department of Transportation (DOT) consultant TY Lin International will perform planned bridge inspections on the three Sanibel Causeway bridges as part of a routine monitoring program established in 2013. Work is anticipated to begin Monday, May 6 and be completed by summer, weather permitting.

No lane closures are anticipated.

Workers will be on the bridge shoulders from $9\ a.m.$ to $4:30\ p.m.$ on weekdays. Motorists will navigate slight lane shifts with minor traffic disruptions during the daily set up and breakdown of equipment. Lee DOT will place variable message signs to alert drivers.

The purpose of the inspection is to check the status of the repairs made to selected cracks, as well as to evaluate the performance of the different materials that were used in those repairs. Additionally, workers will monitor cracks identified in prior inspection reports.

For more information, visit www. leegov.com/dot, call 533-9400 or email leetraffictoc@leegov.com.☆









Walks depart at 9 a.m. every day, from the Island Inn. Advance reservations are required. Register online at:

SHELLMUSEUM.ORG/BEACH-WALK



Carolina wild petunia is a nectar source for butterflies and other pollinators

photos by Gerri Reaves

Plant Smart

Carolina Wild Petunia

by Gerri Reaves

arolina wild petunia (Ruellia caroliniensisis) a native perennial found throughout most of the state. In the wild, it grows in dry pine flatwoods, sandhills and deciduous hammocks.

The common name is based on a physical resemblance to the common garden petunia, but the two are not

A member of the Acanthus family, it is also known as Florida ruellia and Carolina

It provides nectar for butterflies,

honey bees, native bees, wasps and hummingbirds. In South Florida, it is a host plant for the common buckeye, white peacock and malachite butterflies.

This species has a moderate growth rate, producing slender upright or trailing unbranched stems reaching up to two feet

The opposite leaves are oval, hairy and about three inches long.

The showy flowers have five petal-like lobes and measure 1 ½ inches to two inches across.

Blue, lavender, or pink, and sometimes white, the flowers appear singly or in clusters of two or four.

They are stalkless, with a flaring mouth, four stamens and a long tube directly attached to the stem.

They last only a few morning hours,



This native wildflower can be used as a low-maintenance groundcover or container plant

except on cloudy days, but bloom for most of the year in South Florida.

The small brown seed capsule is about a half-inch long and is borne on hooked projections.

Upon ripening, it explodes, hurling about five seeds.

This adaptable wildflower prefers a sunny dry spot, but will grow in either sun or shade or in sandy or organic soil. It has low nutritional requirements.

Once established, it is drought tolerant but will also tolerate a moist site.

It is not very salt tolerant, however. Use it in a butterfly or wildflower garden or as a low-maintenance groundcover.

The plant readily reseeds but can easily be propagated with seeds or cuttings and can be grown in containers or hanging baskets too.

A cautionary note: Purchasing this flower from a reputable native-plant nursery will ensure that you don't unintentionally buy the highly invasive Mexican petunia (Ruellia simplex), which is listed as a category-I invasive pest plant in Florida.

Sources: Complete Guide to Florida Wildflowers and Everglades Wildflowers by Roger L. Hammer, Florida Gardener's Guide by Tom MacCubbin and Georgia B. Tasker, Florida Wild Flowers and Roadside Plants by C. Ritchie Bell and Bryan J. Taylor, Florida's Native Plants by Robert G. Haehle and Joan Brookwell, A Gardener's Guide to Florida's Native Plants by Rufino Osorio, The Guide to Florida Wildflowers by Walter Kingsley Taylor, National Audubon Society Field Guide to Florida by Peter Alden et al., The Right Plants for Dry Places by Sheryl Bowman et al., Wildflowers of Florida by Jaret C. Daniels and Stan Tekiela, www. fnps.org, www.regionalconservation.org, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.



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Guided Walk At **Buckingham Trails**

elebrate the Memorial Day holiday early with a free guided history walk from 8 to 10 a.m. on Friday, May 10 at Buckingham Trails Preserve, located at 8790 Buckingham Road in Fort Myers.

This Conservation 20/20 preserve includes remnant structures from the Buckingham Army Air Field Flexible Gunnery School, a training base operated by the U.S. military in Lee County during World War II. Remnant structures onsite include skeet trap ranges and a berm that once served as part of the Seaboard Air Line Railroad, which delivered military supplies and goods to the base.

The two-mile roundtrip walk will be guided by historians Jim Zbick and Ted Mikita from the Southwest Florida Military Museum & Library. The tour will take visitors through predominantly pine flatwoods and open scrub habitat. The trail is not ADA accessible and the hiking level is moderate.

Participants should bring a water bottle, hat, sunscreen and camera and wear closed-toed shoes. The tour will begin at the preserve parking entrance. Parking is free. Reservations are required in advance by contacting Jason Boeckman, Conservation 20/20 coordinator, at 204-1125.

For more information about Conservation 20/20, visit www. Conservation 2020.org. For more information about the Southwest Florida Military Museum & Library, visit www. swfmm.org.☆

Morning Meander At Lakes Park

ake a nature walk with a bird patrol guide at Lakes Regional Park on Saturday, May 4 at 8 a.m.

This easy walk along clear paths offers an opportunity to see birds in native vegetation with experienced bird patrol guides pointing out the many species in Lakes Park, a Lee County birding hot spot and crucial nesting area for many birds. Wear comfortable shoes and dress to be outside. Bring water, sunscreen and binoculars.

This tour, which is free with paid parking, is provided in cooperation with Lee County Parks and Recreation.

Meet at Shelter A7. After entering the Lakes Park gate from Gladiolus Drive, turn right and drive to the end of the road, continuing through the parking lot. Shelter A7 is located near the train

Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers. For more information, call 533-7580 or 533-7576. 公



Rising Star Volunteer honorees Jeff and Nancy Maddy

Community Cooperative Volunteer Awards

ommunity Cooperative honored hundreds of its volunteers at the annual Volunteer Appreciation Reception at The Crowne Plaza in Fort Myers and awarded a select group of standout volunteers with an annual award.

'We are extremely blessed to have some of the most dedicated volunteers



From left, Community Cooperative CEO Tracey Galloway, Meals on Wheels Volunteer of the Year honoree Brenda Allen and Rachel Mays, voluneer services coordinator at **Community Cooperative**

here at Community Cooperative. They contribute countless hours of their time without ever asking for anything in return," says Tracey Galloway, CEO of Community Cooperative.

The 2019 award recipients are: Volunteer of the Year: Juan Rodriguez Rising Star: Jeff and Nancy Maddy and

Roger Owsley Volunteer Groups of the Year: Suncoast Credit Union and Southwest Florida Church of Christ

Meals on Wheels Driver of the Year: Brenda Allen

Volunteer Spirit Award: Charlie Wallach

and Eric Marker

"In the 35 years we have been serving our neighbors in need, thousands and thousands of volunteer hours have assisted us in facilitating the programs we provide to our clients," added Galloway. "Our Meals on Wheels delivery volunteers drove over 183,000 miles last year delivering meals to our homebound elderly clients, and our Community Café volunteers prepared and served nearly 350,000 freshly prepared meals. We had more than 3,000 dedicated volunteers who donated over 41,000 hours of their time. It's an incredible amount of selfless giving.

To support Community Cooperative by volunteering, contact Rachell Mays at rachell@communitycooperative.com or call 332-7687, Ext. 100. Learn more about the organization's many programs at www. communitycooperative.com.

Commissioners Hire Consultant For Vehicle Plan

he Lee Board of County Commissioners recently approved a consultant contract to allow the Lee County Department of Transportation (DOT) to keep pace with technology used in connected and autonomous vehicles and to ensure an efficient transition toward

technology for future traffic management.

The consultant – Iteris Inc. – will
create a Connected and Autonomous Vehicle Technology Strategic Plan to assist county staff in understanding how tech companies, automotive manufacturers, infrastructure providers and others are advancing their products and how Lee County can work with those products.

The strategic plan also is expected to forecast technology trends for the next 15 years, evaluate the cybersecurity risks in the technology and identify grant opportunities.

The contract with Iteris Inc., based in Santa Ana, California, is for \$389,510. The plan is expected to be completed in about a year.

For more information, visit www. leegov.com/dot.☆



Will Power

Co-Signing Loans For Children And Grandchildren



by Craig R. Hersch, Florida Bar Board Certified Wills, Trusts & Estates Attorney; CPA

d" telephoned me the other day with a problem. "Craig" he said, "I have a bank coming after me for \$200,000. Does my revocable trust offer me any protection?"

I was surprised to hear that Ed was in financial trouble. As it turns out, it wasn't Ed who caused the bank problem. I learned that Ed's son, "Bruce" purchased a home five years ago, when Bruce was employed. In order to help Bruce qualify for the mortgage, Ed co-signed and personally guaranteed the mortgage note.

You can guess what happened. Bruce lost his job. Bruce then fell behind with his mortgage payments. Ed decided not to help Bruce with the mortgage payments, which turned out to be a mistake since Ed co-signed the loan. The home was foreclosed. Since the value of the home hasn't significantly increased, the foreclosure sale of the home brought an amount less than the outstanding balance of the mortgage. The bank therefore obtained a deficiency judgment against both Bruce and Ed.

Since Bruce doesn't have any assets, the bank is seeking recourse from Ed. The first I learn of this mess was Ed's call to me asking whether his revocable trust somehow protects him against the bank. I advised Ed that his revocable trust does not offer any asset protection because he can freely do with the trust assets as he pleases. A revocable trust is simply another form of ownership. Since Ed can freely spend and consume his trust assets, they are not protected against creditors.

Because of Bruce's inability to pay the mortgage, Ed's credit rating could also be

adversely affected by these problems.

Ed's dilemma highlights an issue that many parents of adult children should consider before co-signing notes, and that is to determine what the worst-case scenario looks like, and whether that scenario could be financially devastating.

In addition to the monetary losses Ed may have incurred, there could be gift tax repercussions to the guarantee Ed signed. While an old Tax Court case held that an agreement to guarantee the payments of another's debts does not constitute a completed gift for purposes of the gift tax rules, the IRS position has in the past been that when a person guarantees the payment of another's debts, the guarantor transfers a valuable property interest, and therefore a completed gift has occurred.

A controversial 1991 Private Letter Ruling, for example, held that a guarantee is a completed gift, although no guidance was provided suggesting what the value of such a guarantee might be. The IRS cited a Supreme Court decision, Dickman v. Comr., a 1984 case that held a parent's agreement to guarantee payment of loans conferred a valuable economic benefit to the child; as without the guarantee, the child may not have obtained the loan or would have had to pay a higher interest rate.

This controversial ruling has since been withdrawn without IRS comment. However, the IRS may maintain the position that if the child defaults on the loan and the parent repays amounts under the terms of the guarantee, additional gifts are made to the extent that the parent is not reimbursed by the child.

With today's \$11.4 million gift and estate tax exemptions, making a taxable gift might not result in any estate taxes. The current exemptions sunset in 2025 absent any further action by Congress, and it is entirely possible that following the 2020 general election the tax law changes anyway.

In Ed's case this could constitute additional heartache. Not only may he be required to step in to cure the deficiency on the mortgage foreclosure, he may also lose some of his lifetime gift tax exemption.

The bottom line is that one should tread cautiously when co-signing or guaranteeing family obligations.

©2019 Craig R. Hersch. Learn more at www.sbshlaw.com.

Award Winners For Workforce Innovation

With 49 percent of working-age Floridians currently holding a postsecondary degree or credential, there is still work to be done in order to ensure the state has the talent needed to meet the needs of its rapidly growing economy.

FCAN is honoring best practices in that area with its first-ever Workforce Education Innovator Awards, which recognize community leaders who strive to

The 2019 Workforce Education Innovators are:

Dr. Aysegul Timur, assistant vice president of strategic initiatives for strategy and program innovation at Florida Gulf Coast University.
Dr. Timur collaborated with higher education institutions to develop and launch the Professional Effectiveness Certificate (PEC), a competency-based certificate program designed to improve an individual's marketable skills and workforce competencies.

workforce competencies.
Chris Laney, director of education and community investment for CareerSource Suncoast. Laney launched the State of Jobs Conference in 2013, where students are guided along tracks associated with the careers they're most interested in and engaging with business leaders in those career fields.

Teri Jones, executive director at Macedonia Education Technology and Career Academy. Jones created a talent



Dr. Aysegul Timur

ul Timur photo provided

pipeline for healthcare workforce needs through the Elderly Compassionate Care program, which seeks to help low-income adults enter training to become certified nursing assistants (CNAs) and assist current CNAs in obtaining scholarships for Licensed Practical Nurse (LPN) training.

The Workforce Education Innovator Award winners were nominated by their peers and selected through a competitive process. They will be honored at a special awards luncheon on May 8 at Rosen Centre Hotel in Orlando, as part of the 2019 FCAN Summit.

"Strengthening workforce education is a priority across our state. This year's inaugural awardees exemplify the innovative practices needed to ensure Florida's economic vitality," said Laurie Meggesin, FCAN's executive director.

Lee Republican Women Guest Speaker Program

ee Republican Women Federated will hold a lunch meeting at Pinchers – The Marina at Edison Ford on Monday, May 13 at 11:15 a.m. It begins with a social with lunch and program to follow.

State Representative Spencer Roach will be the guest speaker. Cost is \$22.

Pinchers – The Marina at Edison Ford is located at 2360 West First Street in Fort Myers.

To RSVP, contact Wren Morefield at 270-210-1284 or wrenspet@hotmail. com or visit www.leerepublicanwomen. com before Thursday, May 9 at noon.



Spencer Roach

photo provided

From page 1

Nesting Season

beach that need lights for human safety can be lit with long wavelength amber LED bulbs in a downward-directed, well-shielded fixture that is not visible from the beach. The FWC tests lights submitted by manufacturers to see if they meet the "Keep it long (wavelength), Keep it low (lumens and mounting height) and Keep it shielded" requirement. Approved fixtures are less likely to impact nesting or hatchling sea turtles. The agency maintains a list of these certified wildlife-friendly fixtures so property owners along

Florida's coastlines can easily find options that work for human and sea turtle safety. The list is available at www.myfwc.com/conservation by clicking on "How You Can Conserve," "Wildlife Lighting" and then "Certified."

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

Learn more about Florida's sea turtles at www.myfwc.com/seaturtle.

Book Review

The Disappeared



by Di Saggau

his was the first book I read by CJ Box, and I told myself it wouldn't be the last and it wasn't. I just finished his latest Wolf Pack, which I will review soon. In Disappeared,

Box again writes about Joe Pickett, a conscientious game warden who gets involved in many a serious plot. A highprofile British ad-agency CEO named Kate Shelford-Longden has disappeared from a posh Wyoming dude ranch on the way to the airport, and the search is on to find her. She filled out a questionnaire before attending the ranch and when it came to allergies, she said: ex-husband and Donald Trump. That will be funny to some and not to others. The tabloids are going nuts with speculation as to her whereabouts.

Game Warden Pickett is asked by the new governor to join the search. He also becomes involved in another case concerning golden eagles. His close friend Nate Romanowski, who was an outlaw falconer with a Special Forces background and who had pledged to protect the Pickett family years before, is among a handful of falconers in the country who is licensed to possess and hunt with a golden eagle. Both cases are interesting.

Joe's 23-year-old daughter Sheridan works at the ranch as a horse wrangler, and she becomes involved in working with her father. His wife Marybeth and their young daughter Lucy remain at

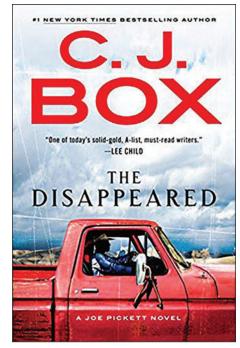


image provided

home in Saddlestring while their rural state-owned house on Bighorn Road is being rebuilt after a fire destroyed it. Joe's mother-in-law from hell, Missy Vankueren, plays an unexpected role in the goings-on.

Joe is suspicious of his special assignment. With a growing list of suspects and the governor's office pushing for answers, he finally discovers the truth about Cowgirl Kate, and that leads to another dangerous confrontation. There are twists and turns and a brilliant cast of characters that keeps you turning the pages. The plot is smart and compelling with nonstop suspense, and it's also nice the way Box captures touching moments between family members. The Disappeared is a rewarding read. And look for The Wolf Pack review soon.☆

school environment - Feeling safe is critical to students' learning and mental health. Promote positive behaviors such as respect, responsibility and kindness. Prevent negative behaviors such as bullying and harassment. Provide easily understood rules of conduct and fair discipline practices, and ensure an adult presence in common areas, such as hallways, cafeterias, locker rooms and playgrounds. Teach children to work together to stand up to a bully, encourage them to reach out to lonely or excluded peers, celebrate acts of kindness and reinforce the availability of adult support.

Teach and reinforce positive behaviors and decision-making -Provide consistent expectations and support. Teaching children social skills, problem solving and conflict resolution supports good mental health. "Catch" them being successful. Positive feedback validates and reinforces behaviors or accomplishments that are valued by others.

Encourage helping others - Children need to know that they can make a difference. Pro-social behaviors build self-esteem, foster connectedness, reinforce personal responsibility and present opportunities for positive recognition. Helping others and getting involved reinforces being part of the community.

Encourage good physical health – Good physical health supports good mental health. Healthy eating habits, regular exercise and adequate sleep protect kids against the stress of

tough situations. Regular exercise also decreases negative emotions such as anxiety, anger and depression.

Adapted from National Association School Psychologists Handout, Supporting Children's Mental Health: Tips For Parents And Educators

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

Gulf Coast Writers

he Gulf Coast Writers Association will hold a meeting at Zion Lutheran Church on Saturday, May 18 from 10 a.m. to noon.

The guest speaker will be James Zwerneman, author and illustrator of the children's book series The Adventures of Ta and Boddington. He'll help navigate through writing roadblocks, share some advice and prove that if you keep going, there is a light at the end of the tunnel.

Bring a friend and make some connections. First time guests are free.

Zion Lutheran Church is located at 7401 Winkler Road in Fort Myers. For more information, call 770-906-7885 or find us at www.gulfwriters.org.\$

School Smart



by Shelley M. Greggs, NCSP

ear Readers, May is National Mental Health Awareness Month. It's a time to reflect about what we do as parents that support our

children's mental health. Experts define good mental health as not only the absence of psychological or behavior problems, but also the presence of wellness or psychological health. For example, self-esteem, self-acceptance, resiliency and effective coping skills contribute to mental health and good behavior in students. While families provide the primary support for developing children's mental health, schools play an important role working with students and families.

I have posted some suggestions for you on how to support your child's mental health. These suggestions can

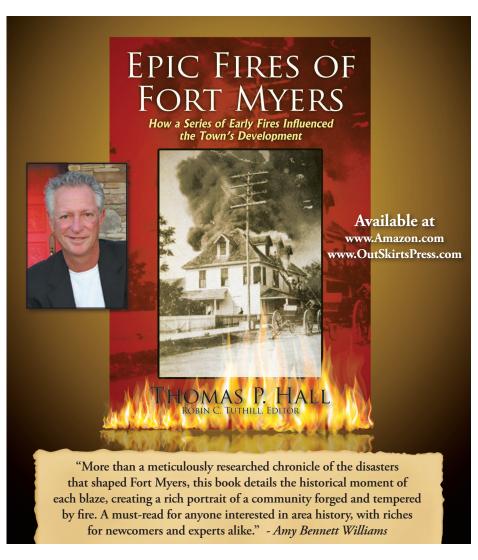
guide you to make good decisions with and for your child and his or her positive mental health.

Create a sense of belonging – Feeling connected and welcomed is essential to children's positive adjustment. self-identification and sense of trust in others and themselves. Building strong, positive relationships among students, school staff and parents is important to promoting mental wellness.

Promote resilience – Adversity is a natural part of life and being resilient is important to overcoming challenges and good mental health. Connectedness, competency, helping others and successfully facing difficult situations can foster resilience.

Develop competencies – Children need to know that they can overcome challenges and accomplish goals through their actions. Achieving academic success and developing individual talents and interests helps children feel competent and more able to deal with stress positively. Social competency is also important. Having friends and staying connected to friends and loved ones can enhance mental

Ensure a positive, safe home and



What Should You Do With An Inheritance?



by Jennifer Basey

If you were to receive a sizable inheritance, what should you do with it? This money could help you achieve some of your important financial goals – so you'll want to think carefully about your

choices

Of course, everyone's needs are different, so there's no one "right" way to handle a large lump sum. But here are a few suggestions that may be useful:

Pay off some debts – Depending on the size of your inheritance, you may want to consider paying off some, if not all, of your debts, such as car loans, personal loans and student loans. You might even consider paying off your mortgage, but you may not want to, as you might be able to get a better return on your money by investing it. Also, if all your money is tied up in a house, you'll typically have less liquidity than you would get from your investments.

Contribute more to your retirement accounts – You may now be able to afford to contribute more to your 401(k) or other employer-sponsored retirement plan, as well as to your IRA. These accounts offer tax benefits plus an array of investment choices, so they are excellent ways to build resources for retirement.

Save for college – If you have children, or grandchildren, whom you would like to someday send to college, you might want to put some of your inheritance into a college savings vehicle, such as a 529 plan, which provides tax benefits and gives you great flexibility in distributing the money.

Build an emergency fund – If you haven't already built an emergency fund containing six to 12 months' worth of living expenses, you may be able to do so now, using part of your inheritance. Keep the money in a liquid, low-risk account, so that it's readily available to pay for unexpected costs. Without such a fund, you might be forced to tap into your long-term investments.

Above all else, you may want to get some help. If you don't already have one, a financial professional can recommend ways of using the money to help you meet your goals. For one thing, you could further diversify your investments, which is important, because diversification can help reduce the effects of market volatility on your portfolio. (Keep in mind, though, that diversification can't prevent all losses or guarantee profits.)

And a financial professional can help you determine how much your plans could change due to the inheritance. To name just one possibility, you might be able to move up your retirement date. If so, you'd need to adjust many aspects of your financial strategy, such as when to take Social Security, how much to withdraw each year from your retirement accounts, and so on.

You'll also need to consult with your tax advisor, because some inherited assets, such as an IRA, could have tax implications.

Your loved ones worked hard, and probably invested for many years, to leave a legacy for you. So, to honor their memory, do whatever you can to handle your inheritance wisely.

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.*

Director To Speak On Airport Development

ee County Port Authority Executive Director Jeff Mulder will present an overview of airport growth and development, along with the airports' impact on Southwest Florida's economy at the Real Estate Investment Society (REIS) luncheon in the Osprey Room at Pelican Preserve's Clubhouse on Tuesday, May 14 at 11:45 a.m.

The program will include passenger and air carrier growth, project updates for Southwest Florida International Airport and Page Field, as well as commercial real estate development at Skyplex. Following the presentation, Mulder will respond to questions of specific interest to the real estate investment and development industry.

Mulder, AAE, has served in his capacity since January 2017. He previously served as director of airports and transportation for Tulsa, Oklahoma. Mulder currently serves as the co-chair of the International Association of Airport Executives. He was recently given the 2019 Distinguished Service Award by the American Association of Airport Executives (AAAE), one of the highest levels of recognition from AAAE that is awarded to an accredited member who exemplifies the best in airport management.

Cost is \$30 for members and \$40 for guests, which includes lunch. Reservations are required by Thursday, May 9. The meeting is sponsored by ECS Florida.

Pelican Preserve's Clubhouse is located at 9802 Pelican Preserve Boulevard in Fort Myers. For more information and reservations, visit www.reis-swfl.org.

Author To Speak At Library

The Friends of Lakes Regional Library welcome author DL Havlin to speak at their meeting at the library on Friday, May 10 at 1 p.m.

Havlin, who has written several books, including *The Hangin' Oak* and *September on Echo Creek*, studies early Florida history and will speak about events from 1865 to 1913 that still affect us today.

A book signing will follow the program, which is free and open to the public. No registration is required.

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

Superior Interiors

Incorporating A Sleeper Sofa Into Your Living Space



by Trinette Nelson

hoosing living room furniture is all about keeping space, style and functionality in mind. Since the sofa is the focal point of seating arrangements in this area of your home, you need to

make sure it flows with the character and doesn't take up too much space. Another important aspect to consider is how to better accommodate your visitors – an especially critical step for those who don't have a guest room in the house.

Without putting your home under construction and adding more square footage to your space, there's one valid answer for the problem: investing in a sleeper sofa.

There are plenty of reasons to think about replacing your traditional couch with a sofa bed. Convenience and style are two of the top considerations. Whether you have family visiting or your friends want to spend the night after a planned event, a sleeper sofa can be the convenient, multifunctional piece of furniture you need. Instead of relying on a cot or air

mattress, you can give your guests a sleeping arrangement to look forward to. Then, in the morning, enjoy the effortless adjustment to turn it back into a seating space for everyone.

What's best about today's pull-out sofas? They're not generic anymore – you don't have to worry about investing in an outdated piece of furniture that doesn't flow with the rest of the room. You can find a sleeper sofa in just about any shape, style, color or texture, making it simple to find one that you love. Choose the style of your pull-out couch based on the space you have in the living room. If you have a lot of space to work with, perhaps a full sectional is the best choice. If your room is smaller, a loveseat option sounds more efficient.

Do keep the layout and style of your room in mind when designing around a pull-out sofa. Since the sleeper sofa is a versatile piece of furniture, you need to keep your allotted space in mind no matter the sofa's form. The size of the room will have a major impact on how you decorate around the sofa.

Whether you plan on using the pull-out bed often or only on occasion, you may want to consider a minimalist approach when it comes to the accessories and other pieces of furniture in the room. Make life easy on yourself and limit excess furniture that you'll have to move around to make the bed work.

Why wait any longer to transform your living room into a space you – and your guests – will love?

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

Tax Collector Certificate Sale

Investors looking for Lee County real estate should go online and get registered now for the upcoming Lee County Tax Collector Tax Certificate Sale. Tax Collector Larry Hart has opened registration for the annual sale of properties with unpaid real property taxes. Registration closes for the auction-style sale on Saturday, May 13 at 11:59 p.m. and the sale takes place online at www.leefl. realtaxlien.com on Sunday, May 21 from 7 a.m. to 3 p.m.

Tax certificates represent liens for delinquent taxes, interest and charges associated with the properties involved in the sale. Tax certificate holders pay the delinquent taxes to the county in exchange for the chance to reap interest of as much as 18 percent per year.

"The auction takes care of tax delinquencies that would otherwise drain resources from the people of Lee County, and it's a chance to make a real estate investment that could really pay off," Hart said. "It's definitely worth checking out."

Buying a certificate isn't the same as buying the property, but beginning April 1, 2021, anyone holding a certificate issued in this year's sale that has not been paid or redeemed can apply for a tax deed to sell the land. That right expires along with the certificate on April 1, 2026.

Each certificate goes to the bidder willing to accept the lowest interest rate. The bidding starts at 18 percent and progresses downward in 0.25 percent

increments. Any certificate that isn't bid on will be issued to the county and available for purchase from www.leetc.com after the auction.

To learn about certificate redemptions, transfers and cancelations, visit www.leetc.com/taxes/tax-certificates. To become a registered bidder, go to http://leefl.realtaxlien.com/.

From page 7

Summer Camps

July 3 – What do loops, if/else statements and functions all have in common? They are all used to design video games. This eight-day camp will teach coding skills, and students will be able to create their own video game. Campers will receive a flash drive containing the arcade of games designed in the class. Cost for Edison Ford members is \$370; non-members, \$400.

River Ecology & Chemistry (Cosponsored by Captains for Clean Water): July 22 to 26 – Students will learn how biology and chemistry work together as they explore the Caloosahatchee River and local ecology in this hands-on, week-long camp. They will test water quality, conduct chemical experiments and design models of the environment. Cost for Edison Ford members is \$220; non-members, \$250

Additional camps are available for students age 9 to 12 from June 3 through August 9. Throughout the year, other camps and classes are offered when school is closed, including one-day camps and spring and winter break. For registration and more information, visit www. edisonford.org.

Law Firm Officer Elected To Board Of Directors

he law firm of Henderson, Franklin, Starnes & Holt, PA Chief Operating Officer Ken Crooks was elected to the Southwest Florida Chapter of the Association of Legal Administrators Board of Directors. He also joined the Fort Myers Beach Chamber of Commerce Board of Directors.

Crooks oversees all aspects of the business, administrative and financial aspects of the firm. He has more than 19 years of experience in AmLaw 200 law firms. Prior to joining Henderson Franklin in 2018, he served as chief operating officer for Shumaker Loop & Kendrick in Toledo, Ohio.

Crooks is currently a member of the Chamber of Southwest Florida Leadership Lee Class. He has served as a member of the National Advisory Council Board of Logicforce and National Board of Directors for Aderant Expert User Community. Crooks is also a former board member for the



Ken Crooks

photo provided

Association of Legal Administrators, Cincinnati Chapter.

Crooks received a bachelor of science in accounting and a master of science in organization leadership from the College of Mount St. Joseph in Cincinnati, Ohio. \\



Amber, a Habitat homebuyer, proudly holds up the keys to her new home photo provided

Jeweler Sponsors And Help's Build Habitat Home

ogether with Habitat for Humanity of Lee and Hendry Counties, Mark Loren Designs sponsored and helped build a safe and decent Habitat home for a family in need of affordable housing. The completion of the house was celebrated during a home dedication, where the Habitat homebuyer officially received the keys to her home. The three bedroom, two bath house will provide a stable foundation for a mother and her three

During the home dedication, Mark

Loren, president of Mark Loren Designs said to the homebuyer, "As jewelers, we come to work every day knowing we make a difference in people's lives by helping them say, 'I love you.' All the folks who helped build this home, all the hours that they've put in, in these

actions they're saying, 'I love you.'"
Habitat Lee and Hendry partners with qualified families to help them earn and purchase an affordable place to call home. Families volunteer 300 hours of sweat equity, attend over 20 hours homeownership preparedness classes, pay \$1,700 toward closing cost and pay monthly affordable mortgage payments. This house is one of 65 that Habitat Lee and Hendry will build or rehabilitate during the 2018-19 fiscal

Bank Places Fourth In Health Contest



Sanibel Captiva Community Bank employees at a recent Muddy Princess 5K

photo provided

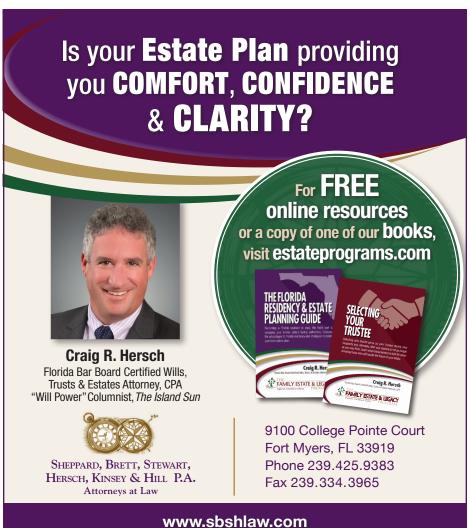
anibel Captiva Community Bank placed fourth out of 72 teams in Healthy Lee's 2019 Million Mile Movement, a community-wide challenge to Lee County residents to collectively log 1 million miles in less than three months.

SanCapStrong, the bank's team of 45, competed against teams double and triple their size and finished with a total of 3,062,945 "moves" and 15,418 miles. The bank also ranked third highest for movement average per participant with 343 average miles per team member.

The bank's wellness committee

joined the Million Mile Movement in fall 2018 to encourage healthy activities for employees. Participating employees logged movements for 90 days by running, paddleboarding, walking, weight training and other activities. Some employees also formed corporate teams to compete in local races, including an all-female team in the recent Muddy Princess 5K Obstacle Mud Run in Punta Gorda.

For more information, visit www. healthylee.com/news-events/million-milemovement.☆



Frankly Speaking



by Howard Prager

o the loyal readers of the long-running sports column in this space. I am saddened to say my father-in-law Ed Frank passed away at the age of 87 on April 21, 2019. He was beloved by

nearly everyone, and as a tribute to him and to you, the readers he cared so much about, I'd like to continue his column starting with, who was Ed Frank?

Ed was raised in Indianapolis and was a journalist's journalist. He earned his journalism degree from Indiana University and, as an ROTC student, went straight into the Air Force as, you guessed it, a journalist (second lieutenant) in Korea and Japan. Upon discharge, he started his career with the Indianapolis Star, became a statehouse reporter and political analyst, followed by many years as chief Indiana lobbyist and public relations spokesman for Bethlehem Steel in Burns Harbor, Indiana. He made his home in Michigan City where he raised five children, and was president of a number of community organizations including the Michigan City Lions Club, the Lay Board of St. Anthony's Hospital



Ed Frank

and Sinai Temple. He served on the library board and the LaPorte County Visitor's Bureau.

I am married to Laurie, his second

Ed was an avid sports fan and golfer. In retirement, he'd golf at least twice a week for as long as he could up north, and he and his wife spent many winters in the Sanibel-Fort Myers area, which allowed him to golf year-round and where he learned about this paper. His sports loves were the Chicago Cubs,

the Chicago Bears, Indiana University Hoosiers and many of the golf greats.

Through this column, he developed a keen interest in the Minnesota Twins and the Boston Red Sox, teams that he watched eagle-eyed during spring training. He marveled recently on Tiger's comeback at the Masters, and I'm sure he would have devoted at least one column to the minutiae and details of his remarkable performance.

Ed met many sports greats and, going through his home, I found a ceremonial piece of the floor of Assembly Hall from the period when Indiana won several NCAA basketball championships, as well as a letter from Bobby Knight and framed photo of the 1976 championship team.

Ed didn't just watch sports, he lived them. The only time I heard him raise his voice was when the Cubs (or Hoosiers) were doing something dumb (or the other team was doing something well). He knew the finer points of sports, and kept a boatload of statistics at the top of his

I'm going to have to work hard to keep up with Ed. I love sports and am a big fan of college and professional sports too (sorry you have another Big Ten fan writing for you, but instead of Indiana you'll hear about my beloved Northwestern Wildcats and Michigan Wolverines). And just so you know, I worked for Notre Dame and have respect for them as well.

I didn't play sports in school, I played

tuba (and still do). My first baseball game was in Yankee Stadium (I was born in Brooklyn in 1956 – my mom was at Ebbets Field the day I was born, where the Dodgers lost to Cincinnati 10-6) and grew up in the Chicago area with a love for the Cubs and Bears. You can add the Bulls to that list, especially having lived with them from the start in 1966-67 as a new franchise through the Michael Jordan era and, sadly, back to square one again today. I'll work to keep up on the teams you're interested in also – the Twins, the Red Sox and the Florida teams (professional and college). I've titled this column Frankly Speaking as both a tribute to Ed and to raise the flag on some of the issues facing sports today – bloated multi-year contracts, more bloated TV contracts, expansion, college conferences that are no longer regional, discrimination, the DH, injuries and so much more.

So Ed, here's to you. We miss you already. I'm not sure I have the same skills and knowledge, but I'll do my best to make this column interesting, relevant and full of interesting facts and ideas. Readers, let me know what you'd like more or less of, and I commit to doing my best for you.

Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to press@islandsunnews.com.☆

Life Jacket **Loaner Stations** Now Open

hrough a grant provided by the West Coast Inland Navigation District (WCIND) and with the help of boating safety nonprofit, the Sea Tow Foundation – Sea Tow Fort Myers has announced the opening of three new Life Jacket Loaner Stations around the greater Fort Myers area, with another two opening later this

The grant – which is provided under WCIND's Waterway Development Program through the Lee County Board of County Commissioners - will pave the way for an initial three Life Jacket Loaner Stations to be unveiled at Sweetwater Landing Marina in Fort Myers, Paradise Boat Rentals in Cape Coral and Jasper's Bait at The Refuge in Punta Rassa by Sanibel. Two more stations will be unveiled at yet-to-bedetermined locations around the Fort Myers area by late spring.

These new stations will provide life jackets that local boaters may borrow and use, free of charge. Life jackets are available in sizes ranging from infant to adult XL, helping to ensure each of a boat's passengers have access to necessary safety equipment.

"I'm excited and grateful for the opportunity to open new Life Jacket Loaner Stations," said Heather O'Brien, co-owner of Sea Tow Fort Myers. "This

grant is funding a good cause: keeping boaters safe while they enjoy the beautiful waters here in Fort Myers. Our main goal is always to ensure boating is fun and safe for everyone, and these stations do exactly that."

This isn't O'Brien's first time opening Life Jacket Loaner Stations. She already helps operate and maintain seven loaner stations in the area, so these additions continue the initiative O'Brien has taken to keep local boaters

"Being involved with the Sea Tow Foundation's mission is so rewarding, said O'Brien. "We're always looking for new ways to give back to the community that has given us so much over the years, so bringing more loaner stations to local boaters is something we're thoroughly looking forward to.

These Life Jacket Loaner Stations are just five of the more-than-550 scattered throughout across the United States. Since 2008, the Sea Tow Foundation's Life Jacket Loaner Program has provided nearly 50,000 life jackets through partnerships with local businesses and organizations across the country.

The stations are placed in locations where boaters will have easy access to the life jackets. Boaters may borrow the life iackets at no cost and are asked to return them at the end of the day so that they are available for others to use.

For more information on the Sea Tow Foundation and to locate a Life Jacket Loaner Station near you, visit www.boatingsafety.com.☆

Season Closure For Snook Begins

nook is closed to all harvest in Gulf state, federal and inland waters, including Everglades National Park, effective May 1.

Seasonal harvest closures conserve Florida's valuable snook populations and help sustain and improve the fishery for

Snook also remain catch and release only in waters from the Pasco-Hernando county line south to Gordon Pass in Collier County due to impacts from the previous

Snook are one of the many reasons Florida is the Fishing Capital of the

World. While snook may be caught and released during the closed season, the FWC encourages anglers to handle their catch carefully to help the fish survive upon release. Proper handling methods can help ensure the species' abundance for anglers today and generations to come. visit MyFWC.com/Fishing and click on "Saltwater Fishing," "Recreational Regulations" and "Fish Handling."

Anglers can report their catch on the Snook & Gamefish Foundation's website at SnookFoundation.org by clicking on the "Angler Action Program" link in the bar at the top of the page.

To learn more about recreational fishing and about fish handling, visit www.myfwc.com/fishing by clicking on "Saltwater Fishing" and "Recreational Regulations."

SPORTS QUIZ

- 1. In 2017, Houston's George Springer became the third person to hit five home runs in a World Series. Name either of the first two to do it.
- 2. Which of the following four players hit the most home runs while in a Cincinnati Reds uniform: Adam Dunn, George Foster, Ken Griffey Jr. or Tony Perez?
- 3. Who was the last rookie running back before Jordan Howard in 2017 to represent the Chicago Bears in a Pro Bowl?
- 4. Which men's basketball team was the last before Villanova in 2018 to win all six of its NCAA Tournament games by double digits?
- 5. In 2019, Washington's Braden Holtby became the second-fastest goaltender to reach 250 victories (409 games). Who was faster? 6. Through 2019, how many consecutive years has a Hendrick Motorsports driver
- won the pole for the Daytona 500?
- 7. How many times have Novak Djokovic, Roger Federer and Rafael Nadal combined to finish in the top three in the year-end ATP tennis rankings?

ANSWERS

Dryden did it in 381 games. 6. Five consecutive years. 7. Seven times. 1. Reggie Jackson (1977) and Chase Utley (2009). 2. Perez, with 287 homers, tops Dunn (270), Foster (244) and Griffey Jr. (210). 3. Gale Sayers, in 1965. 4. North Carolina, in 2009. 5. Ken



From left, Christen Pittman, Debra Smith and Tara Ford

photos provided

Love That Dress! Collection Series Campaign Begins

ACE Center for Girls, Lee County recently launched its Love That Dress! collection series with a celebration of fashion and giving at Fort Myers Infiniti on April 11. The kickoff event at Fort Myers Infiniti featured appetizers and a special performance from the girls and young women of PACE.

The celebration collected 96 dresses

and kicked off the 11th season of PACE Center for Girls, Lee County's Love That Dress!, an annual campaign that solicits donations of new and gently loved dresses, handbags, shoes and accessories, and culminates with the ultimate feel-good shopping spree. Sponsors of the event included Fort Myers Infiniti, Naples Flatbread, New Beginnings Events and Goodwill Industries of Southwest Florida and Boost Creative.

Each year, thousands of items are resold at discounted prices, with all proceeds benefiting PACE Center for Girls programs

The 2019 Love That Dress! is set for









From left, Kevin and Cynthia Kernik with Paul and Cheryl Wurst



From left, PACE Girls Bredney, Destiny, Helen, Abby and Lizandra



Jennifer Pfenninger and Bryan Avery



Kelly Lawrence and Jeanne Mikkelsen



Karen Ramos and Sally Jackson



Sam Lewis and Noelle Casagrande



From left, Wendy S. Aguilera, Dina Holland and Nina Azwoir



From left, Luke Jensen, Bob Bryan, Tom Gullikson, Mike Bryan and Sam Querrey

photos provided pros and legends of the game took part in the exhibition that helped raise a

Record Amount Raised To Benefit Cancer Programs

Tearly 2,000 people were recently involved in a record-setting fundraiser at Suncoast Credit Union Arena for the Golisano Children's Hospital Pro Tennis Classic, a Madisen's Match premier event. Current tennis



Rob Carvell and Deb Naumann

record \$317,000 for cancer treatment programs in Southwest Florida. Since its inception 11 years ago, Madisen's Match has raised over \$1 million for charities like the Brain Tumor Navigator Program at the Regional Cancer Center, Barbara's Friends - The Golisano Children's Hospital Cancer Center Fund, the Pediatric Brain Tumor

Foundation, and the Tim and Tom



Cathy Pollin and Lance Johnson



Luke Jensen, center, with tennis camp participants



From left, Carey and Joe Olson with Duane Chaney



Kerry Feirman with Casey Crowther and family



VIP hospitality terrace attendees

LARC clients say thank you for supporting LARC

photo provided

Giving Challenge Benefits Those With Disabilities

ee Association for Remarkable Citizens (LARC) celebrated their 65th anniversary in Southwest Florida in March with a campaign to support an innovative educational program for individuals with intellectual and developmental disabilities. Two anonymous \$10,000 donors issued a giving challenge to support LARC's newest program – LAB: Learn, Achieve, Become. LAB will offer an experiential learning environment that transforms traditional program areas into spaces for innovation, vocation, demonstration and learning. Five Labs will focus on skills for work, residency and leisure. The organization met the match and raised a total of \$45,466, an 82 percent increase over the previous year's March fundraising campaign.

"The generous support of our community will help LAB become a reality," said Angela Katz, LARC development director. "With more than 3,700 children in Lee County schools with cognitive disabilities, LAB is creating opportunities for the people we serve now

Celebration At

Trauma Center

ince opening in 1994, Lee Health's

On Saturday

and the generations to come."

"LARC provides programs and services for approximately 300 local men and women who rely on Medicaid Waiver funding as well as support from the Lee County Board of County Commissioners and the United Way," said Kevin Lewis, LARC executive director. "Our fundraising bridges the financial gap and allows us to empower and support people with disabilities and their families to achieve their full potential."

LARC's programs include Adult Day Training designed to enhance abilities and help individuals live a happier, more productive and independent life, LARC's campus employment that creates new jobs, generates taxes and increases consumer spending through paid wages and LARC's community and employment support services. More than 250 individuals are employed through LARC programs.

LARC's main campus is located at 2570 Hanson Street in Fort Myers, and has a satellite campus in Bonita Springs. LARC also operates two residential group homes located in Cape Coral and North Fort Myers.

To donate, visit www.larcinc. networkforgood.com. To learn more about LARC, visit www.larcleecounty.org or contact Katz at 334-6285 ext. 229 or email angelakatz@larcleecounty.org.☆

emergency room. They are staffed by highly-trained medical professionals who are experienced in handling the importance of the "golden hour," which is the first hour immediately following a

Trauma Center, located within Lee "The goal of the trauma center is to Memorial Hospital, has provided life-saving treatment to tens of thousands of patients who suffered injuries from motor vehicle crashes, slips and falls, greatly improves our chances on both playing sports, acts of violence or other fronts," said Dr. Jose Diaz, Trauma traumatic incidents. Center medical director. "Before our In honor of its 25th anniversary, the center opened 25 years ago, patients Lee Health Trauma Center is hosting a had to be airlifted out of the area or community celebration at Lee Memorial kept stabilized until a surgeon could Hospital on Saturday, May 4 from 10

a.m. to 2 p.m. The center serves the five-county trauma district of Lee, Collier, Charlotte, Glades and Hendry counties and is the only trauma center located between Miami and Sarasota.

Trauma centers offer more specialized care for patients than an ordinary

complex medical processes involved with trauma cases. Trauma surgeons stress the traumatic incident.

save lives and help patients recover as fully as possible to their previous lifestyle, and seeing them within the golden hour arrive; having a local trauma center has drastically improved outcomes and helped patients recover quicker.'

Almost all traumas are preventable, which is why Lee Health will be holding multiple demonstrations during the center's 25th anniversary celebration. Demonstrations include: fall prevention, continued on page 24

FMPD Raises Funds For Child Hunger



Participants at the recent FMPD COACH fundraiser at Millennial Brewery

he Fort Myers Police Department (FMPD) COACH (Community Outreach Against Child Hunger) fundraiser at Millennial Brewery recently raised a total of \$11,543.00 and hundreds of non-perishable food items.

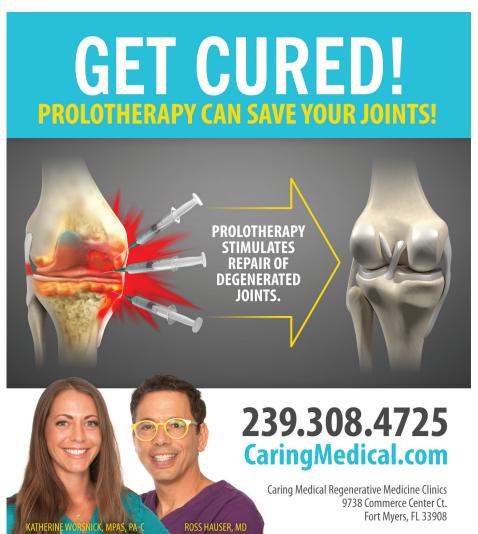
Coordinated by Sergeant Jackie Garrett, COACH is an outreach campaign by the FMPD to supply food for underprivileged students of Franklin Park Elementary and their families. The program which started in the Summer of 2018 has grown to include surrounding residents to help alleviate some of the hunger issues children face daily, especially with school closing for the summer recess.

Without school in session, kids will

not receive a free hot breakfast or lunch. Sgt. Garrett and her volunteers seek to distribute nutritious snacks to children in low income areas over the summer to make up for meals they will not get when school is closed.

COACH is always seeking volunteers and donations of non-perishable food and money to replenish their supplies and increase their distribution. Sgt. Garrett plans to continue fundraising events, ideally every six months. Businesses are encouraged to donate gift certificates or products for the next silent

Anyone interested in donating or giving their time can contact Sgt. Garrett by email at jgarrett@fmpolice.com.\\



Nine Ways You Ruin Your Teeth



by Suzy Cohen, RPh

ear Readers:
You may
unknowingly
be hurting your
teeth with everyday
things, for example,
by drinking
kombucha. Enamel
is the protective hard
coating on the outside
of your teeth, and

when it comes off, tooth erosion occurs and cavities form.

Several health articles have come out recently, warning about kombucha and its potentially detrimental effects on teeth. The same enamel damage can be done by eating citrus fruits, drinking fruit juice, drinking coffee, carbonated water or soda. Protect your teeth if you love these drinks: Drink water afterwards to rinse and neutralize all the acid. Find unsweetened brands and don't sip it all day. Drink your kombucha (or other acidic drink) very quickly. Wait 30 minutes to brush your teeth because your enamel is most vulnerable when it has just been exposed to acidic beverages and brushing it may aggravate the enamel at its weakest moment. So rinse with water immediately after drinking, and then brush your teeth 30 minutes later.

These nine factors can also ruin your teeth:

- 1. Antihistamines They have anticholinergic side effects which cause dry mouth through the reduction of saliva production. But it's the saliva that helps control bacterial growth in your mouth and saliva contains compounds that allow for re-mineralization (strengthening) of your teeth
- 2. Biting Fingernails This can crack or splinter enamel, especially if it's been

primed by acidic drinks and therefore weak to begin with.

3. Brushing Your Teeth Immediately – Scrubbing your dental enamel right after drinking anything acidic can hurt the enamel.

4. Drinking Coffee or Wine – It stains your teeth and makes you look older. The trouble is that routinely whitening them with peroxide strips isn't so great either.

5. Osteoporosis Medications – Some of these drugs have been shown to have a detrimental impact on jaw bone, especially in patients who have had their teeth pulled.

6. Fruit drinks and juice boxes – The kids love these things, but again, the fruit juices are very acidic and full of sugar so it's a twofold blow upon their developing teeth.

7. Xerostomia – This is the term for dry mouth and low salivary flow, which can be caused by medications as well as some disorders. This can be caused by a multitude of conditions among them: prediabetes, diabetes, stroke, thrush, Candida, Alzheimer's disease, Sjogren's syndrome or hypothyroidism (low thyroid hormone).

8. Snoring or Sleep Apnea – It causes you to sleep with your mouth open and this leads to dry mouth, and this can cause your enamel to suffer from the lack of saliva.

9. Reflux – Your stomach acid is way more corrosive than soda, kombucha, fruit juice and sparkling water. When you have reflux, the stomach acid that has a pH of 2 flows up your esophagus and may get into your mouth and hurt your teeth.

It probably goes without saying, but see your dentist routinely and eat a healthy balanced diet. Consider foods that are high in minerals like calcium, magnesium, phosphorus and selenium. Vitamin D and CoQ10 are also useful for general dental health.

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

Doctor and Dietician

A Smart Gut





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

id you know your brain is directly connected to your gut? Your mouth waters when you think about food, right? There are emotional connections too. Those "butterflies" you feel in your stomach start in your brain. That's because the gastrointestinal tract is sensitive to emotion. Fear, anger and anxiety are all felt in the gut because the brain has a direct effect on the gut. This connection is a two-way street. An agitated intestine can send signals to the brain, just as a problematic brain can send signals to the gut. Distress in a person's stomach or intestines can be the cause, or it can be the product of anxiety, stress, or depression. The brain and the gastrointestinal system are intimately connected.

There are more than 100 million nerve cells in our gut. The gut is pretty smart. It talks to the brain and releases hormones and neurotransmitters into the bloodstream. Sure, the gut tells us when we're hungry and when we're full, but a recent study showed that the gut has an even stronger and faster connection to the brain. The gut can transmit messages faster than the blink of an eye. Scientists found a new pathway in cells called enteroendocrine cells located in the lining of the gut. These cells work to produce hormones that encourage digestion and

suppress hunger. The scientists discovered that they also talk to the brain. In a petri dish, the enteroendocrine cells reached out to brain neurons within 100 milliseconds.

The lining of your gut has been called "the second brain," and now there is more reason for the title. Given how strongly connected the brain is to the gut, it's important to regularly eat wholesome foods to keep that connection strong and healthy.

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.

Chronic Disease Workshops

ee Health's Lee Health Solutions is offering a six-week, research-based chronic disease self-management program called It's All About You at the Healthy Life Center Coconut Point beginning Tuesday, May 7 from 1 to 3:30 p.m.

The program, originally developed at Stanford University Patient Education Research Center, is in partnership with many local community agencies and supported in part initially by a grant from the Southwest Florida Community Foundation. It is designed for people age 18 years or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions.

The free workshop is 2.5 hours once a week on Tuesdays.

The Healthy Life Center Coconut Point is located at 23450 Via Coconut Point in Estero. For more information or to register, call 343-9264.

Beautifulife:

Replenish



by Kay Casperson

hat is the best thing you can do for yourself today? How can you fill up with inspiration, enthusiasm and enough energy to get through the week with a smile on your face and a

spring in your step?

Replenish is a word that means refill, recharge or restore. If you don't take the time to replenish emotionally, spiritually, physically, environmentally and socially, you will dry up and have nothing left to give. This is not a good place to be when you have so many things to accomplish.

I make all of my products multipurpose, and one of my best selling and most essential skincare products is called Replenish Day and Night Moisture Therapy. It is appropriately called Replenish because just as our lives need daily replenishing so does our skin. But, as with all of my products, there is a daily affirmation on the bottle that reminds you to take care of your life at the same time. This affirmation is: "I will take time to care for myself."

Since I believe that taking time to replenish is a vital daily and weekly goal, I would like to offer some suggestions as to how you could make that happen more regularly:

Take some time out of your day, whether it is just a few minutes or even a few hours, to find a quiet space. Turn off your phone and step away from all communication to focus on clearing your mind.

Learn the importance of breathing and make it a point to focus on your breaths. Breathe in slowly, and when you exhale, let the things go that cause you too much stress.

Book a spa day for yourself and get a relaxing massage or facial. Add some essential oils or reflexology to your treatments and feel the benefits of total blice

Plan a getaway, for just a day or a few days, to a place that makes you happy. We all have those happy places and no matter what responsibilities you have, it is essential to take the time to visit them once in a while.

Go to a concert, a speaking engagement or a group event that will inspire you, bring you good feelings or motivate you to be the best you can be.

There are so many ways to replenish your soul, and it needs to be done regularly to stay strong, focused and healthy enough to manage the day-to-day tasks and keep up with your active, busy lifestyle. Remember, taking the time to care for yourself is essential to being the best you can be for others, and is also necessary for having your most balanced and beautiful life.

My affirmation for you this week is: "I will make the time to care for myself more often so that I can continue to care for others and to enjoy the best and most beautiful life available to me."

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

From page 23

Trauma Center

drowning prevention, bicycle/pedestrian safety and distracted driving prevention, among others. Children attending the event will also receive free bicycle helmets, while supplies last.

The center has two trauma surgeons on-call 24/7 who can arrive within 30 minutes of being called, and almost all patients arrive within 15 minutes of EMS being alerted of their injury. Lee Health stresses the importance of community awareness when it comes to treating trauma, as many times it is a friend or family member who serves as the first responder until professional help arrives. The health system participates in the national "Stop the Bleed" campaign to bringing important training sessions to community organizations to teach people how to stop bleeding and stabilize a patient until an ambulance appears on the scene.

Lee Memorial Hospital is located at 2776 Cleveland Avenue in Fort Myers. For more information on the 25th anniversary celebration, contact Syndi Bultman at 343-3797.

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services
Sir Reginald And Sailor



Sir Reginald ID# A776288

ello, my name is Sir Reginald. I am a 1-year-old male bluetick hound who is a regal sort of fellow... at least when I am sitting patiently waiting for a treat. The rest of the time, I am a nose-to-the-ground kind of guy. I absolutely love people and being outside. I am the definition of a social butterfly. I recently went to the Fort Myers Miracle Bark in the Park game and decided I am a baseball fan.

My adoption fee is \$25.

Hi, I'm Sailor. I am a 1-year-old female domestic shorthair who is one of those cats that can entertain you just by watching me. I can keep myself busy checking out my surroundings and everything in them. I always cross my paws like a lady when I sit. I am quite the lap cat and like to hang out.

My adoption fee is \$30. Adopt me and get a feline friend at no addition charge.

For May, Lee County Domestic Animal Service is lowering its adoption fees for dogs 6 months and older. Fees will be only



older. Fees Sailor ID# A775959

\$25 with an approved application and owners of the newly adopted pets will receive two free box-seat tickets to any 2019 Miracle home game.

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. Volunteers and staff are waiting to introduce families to their new, furry friends.

For more information call 533-7387 (LEE-PETS) or visit www.LeeLostPets.com. Find Lee County Domestic Animal Services' social media sites on Facebook or Instagram @ leeanimalservices.

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

Chester And Dallas



Chester

I, I'm Chester and I'm a sweet, quiet guy. I'm very good with other cats and only about 3 years old. I'm looking for a home to call my own. Come see me at Petco in Gulf Coast Town Center. I'm up-to-date on vaccines, neutered and have a microchip. My adoption fee is \$100. To find out more about me, call Diane at 860-833-4472 or email Haven on Earth Animal League at havenonearthanimalleague@yahoo.com.

Hello, I'm Dallas. I'm only 3 months old and I'm looking for someone to love me forever. I'm



Dallas

a cute little black-and-white boy and I look like I'm wearing a hat. I'm neutered and up-to-date on vaccinations. I'm currently staying at Petsmart on Six Mile Cypress. Come see me and take me home. My adoption fee is \$125. To find out more about me, call Diane at 860-833-4472 or email Haven on Earth Animal League at havenonearthanimalleague@yahoo.com.

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

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FROM THE REACHES TO DOWNTOWN FORT MYERS	
Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	
Florida Highway Patrol	278-7100
Poison Control	
Ft. Myers Chamber of Commerce	
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	
Visitor & Convention Bureau	338-3500
ARTS Alliance for the Arts	020 2707
Arts For ACT Gallery & Studio	939-2787
Art League Of Fort Myers	275-3070
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	
Fort Myers Harmonica Band	-653-7940
Fort Myers Symphonic Mastersingers	490 4900
Gulf Coast Symphony	409-1000 481 ₋ 8050
Naples Philharmonic	-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	-332-1853
Angel Flight	N-ANGEL
Animal Refuge Center	257 6755
Audubon of SWFL	
Audubon Society.	
Caloosahatchee Chapter DAR	
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus1-855	-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	445 0404
Embroiderers Guild of America - Sea Grane Chapter 230	415-2484
Embroiderers Guild of America - Sea Grape Chapter	-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	-267-1990 .728-3743
FM UDC Chapter 2614 - United Daughters of the Confederacy Friendship Force Of SW FL	-267-1990 .728-3743 .561-9164 -257-2654
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40 Roster

dog

44 Asian elec-

45 Omega pre-

46 On in years

Actress

Myrna

ceder

tronics giant

PUZZLES

QUITE A Super Crossword **CH-ALLENGE ACROSS** 52 Implied but 104 Grayish 6 Geller of 44 From — Z 82 Bird bills 1 Pal of Owl not stated brown earth mentalism (every bit) 83 Fixes up text 5 Gunnysack 57 Screwball tone? 7 See 46 Arab leaders 84 Play a role 91-Down material 58 Mad feeling 107 Branch of 47 Western 87 ATM output 11 Deserve 59 Periods of Islam 8 Balcony box spread 88 Med. scan 15 A-F linkup time between 109 Similar 9 Author 49 Hide-hair 89 How young 19 Gillette razor **61** Like — in guys behave 110 "How cool!" Sholem connector 50 Renoir works 90 Wholly name headlights 111 "Don't Be 10 Phrase of 51 "Meh" grade 91 With 7-Down, 20 Melodious 64 Chief foe Cruel" singer self-pity 115 Place for a 11 Vt. hours 53 Actress 21 Veer sharply who doesn't bit of foot 22 Shahs' home 12 Initial jewelry show up on mani-pedi Gravnor 23 Competition time? 118 Primo Hebrew letter 54 Spotted cat 93 Contents of a spray can to determine 66 Ready to go 119 Spectator 13 Rene of 55 JPEG or GIF the best 67 Tortilla snack covered in "Thor" 56 Letter-96 Hayes and glitter? 14 Web user shaped garment 70 "This --Newton stiffener? (phone 122 Ball of thread 15 Two-legged opening for a 97 Tesla of the phrase) 26 "- in Boots" **123** — buco animals bolt Tesla coil 27 "See! I was 98 Dresses with 71 Psyche part 124 Wireless 16 Defoe hero 60 Definite provider right!" 72 Method used Robinson article flares 61 Mgrs.' aides 99 Realm of 17 Aquafina 28 Architect by learned acquired by Frank people? Verizon in or Fiii 62 Speak out MSNBC. 29 Omega 78 Four pairs 2008 alternative against 125 Vocal range 63 Coen of film 101 Arduous trip 18 Ship banner lead-in 80 "Hill Street 64 Myrna of film 102 Reprimand 30 Morales of Blues" actor 126 Give lip 24 Blue hue 'The Brink' Daniel J. -127 Fast -25 Long-65 Archery need loudly 103 Biting fly 31 Web sales 81 That lady Connecticut distance 67 Ecru 82 "How cool!" 128 Prickly-68 Pianist 105 "- daisv!" 33 Virile swimmer Communist leaved plant Rubinstein or 106 Deep gap 85 Church Diana leader? assembly **129** Actor 32 Type of eye Schnabel 108 Longtime 36 Mason-86 Warfare that 69 2004 CBS Goslina Arizona surgery Line has not been 34 Pope's spinoff politician Mo DOWN 38 Tree-lined enchanted? religion: 73 Lacto-112 Wicked boulevard 92 Amu -1 In history Abbr. vegetarian 113 "To Live and (Asian river) 74 Young chap Die —" 42 Enter slowly 2 Bart and 35 Spring 94 Planet's path 75 "Pipe down!" 114 USAF NCOs 43 Coup d'-Lisa's bus holiday 44 Carne -95 Sport on driver 36 German for **76** Caddy drink 116 "Fur Is Dead" (steak dish) horseback 3 Paperless 77 Actor Flynn 60-Down org. 45 Arctic birds 96 Even, as the 37 Figure skater with a sword 117 Elvis -48 Heartscore 4 Barely Midori 78 Western Presley 100 Coif creator 39 Full of frills shaped prebearable 120 Lobster tribe euro Greek 103 Singer 5 Iranian 40 Say further 79 Exec's perk eggs with wheels 121 Very small coin? Crystal religion 41 "Ave — 11 16 20 21 22 23 26 25 27 30 28 31 33 34 35 38 39 42 36 **I**37 40 43 45 44 46 47 48 49 50 51 53 54 55 156 60 58 62 63 64 65 66 68 69 70 71 76 72 74 80 82 | 83 | 84 81 85 86 87 88 90 91 94 95 99 100 101 102 97 98 104 105 | 106 107 108 109 110 111 112 113 114 116 117 118 119 120 121 123 122 125 124 127 129 126 128

King Crossword ACROSS 1 Fellow 12 "- Blue?" 8 Barbershop 15 item 12 Mentor 13 CD- -14 Sheltered, at sea 28 15 Office machine 17 Tarzan's 33 transport 18 Scrooge's outcry 19 Hateful 21 Future mare 43 46 24 Met melody 25 Sandwich 48 49 cookie 26 Site of many sites 30 Swindle 49 Old hand 8 Ritzy spread 31 Neighborhood 34 Subject of a Paguin and 50 Norway's 9 Hodgepodge Quindlen capital 10 Server's \A/ill 35 Buccaneer's 32 Id counterpart 51 Initial chip handout 33 Gap 52 Author 11 Honey bunch? bird 35 Bartlett, for Umberto 16 Shaft of light 37 Payable one 53 Spruce (up) 38 Prima donna 20 Conks out 36 Line of stitch-Central points 39 Verve

22 Press

24 Region of

Vietnam

26 Tending to

spread

28 "Zounds!"

29 British con-

servative

27 Requirement

1 Film high-tech 23 Fasting period 41 Sqt. Snorkel's

DOWN

3 Skill

tricks (Abbr.)

2 Attila, for one

4 Colorado city

attraction

6 Cattle call?

5 St. Louis

7 Undying

ina

ters

38 Triangular let-

"- Town"

42 Pelvic bones

43 Lyon-based

group

48 Expansive

Baby

Eensy

Little

Diminutive

crimefighting

37 Papa



directions forward, backward, up, down and diagonally

Pint-size

Pygmy

Small

Teenv

Tom Thumb

Toy

Wee

Microscopic

Miniature

Minuscule

Minute

O Bot.	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! Swain ROUSTI Blaze RAFLE Bestow OWNED Leech ADDIAN
"Good news — you got a from your ski instructor."	TODAY'S WORD

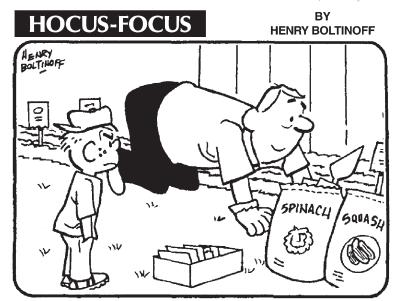
		2		7	5	1		
	6		4				3	
3					2			9
	5		8				6	
		4		3				2
6					9	8	1	
		1		8		6		
7			5					8
9	3				6		5	

SUDOKU

To play Sudoku:

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

answer on page 29





switched, 3. Man's shoe is different. 4. Fence is longer. 5. Box is closer to boy, 6. Extra marker is in garden. Differences: 1. Boy's cap is backward. 2. Bags have been



Flatbread with Tomatoes and **Sweet Peppers**

- 1 large bell pepper (red, yellow, green or ? of all 3 colors), seeded and sliced thin
- 2 medium tomatoes, sliced thin
- 2 medium or 1 large baked flatbread or pizza crust
- 2 cups mozzarella cheese, shredded (or your favorite)
 - 1/4 cup fresh basil, hand torn 1/2 cup Parmesan cheese, grated

 - 5 cloves fresh garlic, minced
 - 1 tablespoon olive oil
- Sea salt and fresh ground pepper, to

Preheat oven to 375 degrees. Spread olive oil and garlic evenly over the flatbread. Evenly distribute three-fourths of the two kinds of cheese over the flatbread. Evenly distribute the bell pepper and tomato over the cheese. Add remaining cheese to the top of the flatbread. Season the flatbread lightly with salt and pepper. Bake flatbread on a cookie sheet for 7 to 10 minutes until



Flatbread with Tomatoes and Sweet Peppers

cheese is melted and bubbly. Remove flatbread from oven and garnish with the hand-torn basil. Cut flatbread into several

photo courtesy Fresh From Florida

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HOME SERVICES



My Stars $\star\star\star\star$

FOR WEEK OF MAY 6, 2019

Aries (March 21 to April 19) You might be tempted to be more assertive when dealing with a job-related matter. But a carefully measured approach works best at getting the cooperation you're looking for.

Taurus (April 20 to May 20) While others urge you to act now, you instinctively recognize that a move at this time is not in your best interests. You should know when to do so by week's end.

Gemini (May 21 to June 20) A busy schedule keeps you on the move for much of the week. But things ease up by the time the weekend arrives, allowing you to reconnect with family and friends.

Cancer (June 21 to July 22) Travel dominates the week, and despite some delays in getting to where you want to go, the overall experience should prove to be a positive one in many ways.

Leo (July 23 to August 22) Your Leonine selfconfidence comes roaring back after a brief period of doubt and helps you get through a week of demanding challenges and ultimately emerge triumphant.

Virgo (August 23 to September 22) Virgos who have made a major commitment - personal or professional - should be able to tap into a renewed reservoir of self-confidence to help them follow through.

Libra (September 23 to October 22) You soon could receive news from a surprising source that could cause you to change your mind about how you had planned to deal with an ongoing job-related problem.

Scorpio (October 23 to November 21) A surprise move of support from a colleague who has never been part of your circle of admirers helps influence others to take a new look at what you've put on the table.

Sagittarius (November 22 to December 21) While a bold decision to take an "I know what I'm doing" approach impresses some colleagues, it also raises the risk of causing resentment among others.

Capricorn (December 22 to January 19) A misunderstanding 'twixt you and a friend might not be your fault at all, despite what he or she suggests. Talk it out to see at what point the confusion might have

Aquarius (January 20 to February 18) Getting



FRIDAY Mostly Cloudy High: 82 Low: 75



SATURDAY Partly Cloudy High: 81 Low: 74



SUNDAY Partly Cloudy High: 83 Low: 72



MONDAY Sunny High: 82 Low: 75



TUESDAY Few Showers High: 81 Low: 74





THURSDAY Sunny High: 84 Low: 77

Redfish Pass Tides

<u>Day</u>	<u>High</u>	Low	<u>High</u>	Low
Fri	1:21 am	6:25 am	12:46 pm	7:24 pm
Sat	2:05 am	6:47 am	1:04 pm	7:59 pm
Sun	2:50 am	7:07 am	1:26 pm	8:37 pm
Mon	3:38 am	7:27 am	1:54 pm	9:20 pm
Tue	4:34 am	7:47 am	2:28 pm	10:10 pm
Wed	5:45 am	8:05 am	3:07 pm	11:06 pm
Thu	3:54 pm	None	None	None

Point Ybel Tides

<u>Day</u>	<u>High</u>	Low	<u>High</u>	Low
Fri	12:26 am	6:27 am	11:51 am	7:26 pm
Sat	1:10 am	6:49 am	12:09 pm	8:01 pm
Sun	1:55 am	7:09 am	12:31 pm	8:39 pm
Mon	2:43 am	7:29 am	12:59 pm	9:22 pm
Tue	3:39 am	7:49 am	1:33 pm	10:12 pm
Wed	4:50 am	8:07 am	2:12 pm	11:08 pm
Thu	2:59 pm	None	None	None

Punta Rassa Tides

<u>Day</u>	<u>High</u>	Low	<u>High</u>	Low
Fri	12:49 am	6:51 am	12:56 pm	7:34 pm
Sat	1:26 am	7:19 am	1:13 pm	8:12 pm
Sun	2:05 am	7:46 am	1:23 pm	8:53 pm
Mon	2:51 am	8:13 am	1:38 pm	9:36 pm
Tue	3:50 am	8:44 am	2:05 pm	10:22 pm
Wed	4:55 am	9:18 am	2:43 pm	11:11 pm
Thu	5:59 am	9:55 am	3:35 pm	None

Cape Coral Bridge Tides

Day	<u>High</u>	Low	<u>High</u>	Low
Fri	3:31 am	9:41 am	2:56 pm	10:40 pm
Sat	4:15 am	10:03 am	3:14 pm	11:15 pm
Sun	5:00 am	10:23 am	3:36 pm	11:53 pm
Mon	5:48 am	10:43 am	4:04 pm	None
Tue	6:44 am	12:36 am	4:38 pm	11:03 am
Wed	7:55 am	1:26 am	5:17 pm	11:21 am
Thu	6:04 pm	2:22 am	None	None

PUZZLE ANSWERS

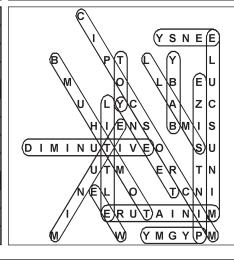
SUPER CROSSWORD



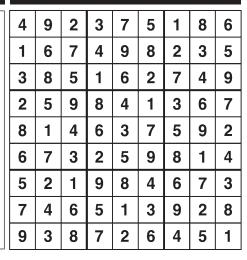
KING CROSSWORD



MAGIC MAZE



SUDOKU



into a community operation fulfills the Aguarian's need to help people. It also can lead to new contacts that might one day help you with a project.

Pisces (February 19 to March 20) A minor problem could delay the start of a long-anticipated trip for two. Use the time to recheck your travel plans. You might find a better way to get where you're going.

Born This Week: You are a dedicated romantic who seeks both excitement and stability in your relationships.

MOMENTS IN TIME

- On May 10, 1877, President Rutherford B. Hayes has the White House's first telephone installed, although he rarely received phone calls. In fact, the Treasury Department possessed the only other direct phone line to the White House at that time. The White House phone number was "1."
- On May 9, 1926, according to their claims, American polar explorer Richard E. Byrd and pilot Floyd Bennett fly over the North Pole in a triple-engine Fokker monoplane. However, the discovery in 1996 of Byrd's diary suggests they may have turned back short of the pole because of an oil leak.
- On May 12, 1949, an early crisis of the Cold War comes to an end when the Soviet Union lifts its 11-month blockade of West Berlin. The blockade had been broken by a massive U.S.-British airlift of supplies to West Berlin's 2 million citizens.
 - On May 6, 1954, in Oxford,

- England, 25-year-old medical student Roger Bannister cracks track and field's most notorious barrier: the four-minute mile. Bannister won the mile race with a time of 3:59.4.
- On May 8, 1973, in South Dakota, armed members of the American Indian Movement surrender to federal authorities, ending their 71-day siege of Wounded Knee, site of the infamous massacre of 300 Sioux by the U.S. 7th Cavalry in
- On May 11, 1988, Kim Philby, a former British intelligence officer and double agent for the Soviet Union, dies in Moscow. Philby was perhaps the most famous of a group of British government officials who spied for Russia from the 1930s to the 1950s.
- On May 7, 1994, Norway's most famous painting, The Scream by Edvard Munch, is recovered almost three months after it was stolen from a museum in Oslo. It was recovered undamaged from a hotel about 40 miles away.

STRANGE BUT TRUE

- It was American actress, screenwriter and notorious sex symbol Mae West who made the following sage observation: "You only live once. But if you do it right, once is enough."
- The world's highest tides are found in the Bay of Fundy, located in Nova Scotia. Canada. There, the difference between high and low tides can be as much as 50
 - If you're a blood donor, you're

part of a significant minority. In the United States, less than 5 percent of the population donates blood every year.

- The first sound recording ever made was created in 1877 by Thomas Edison. It was a musical selection: Mary Had a Little Lamb.
- · Cars weren't allowed on the island of Bermuda until 1948.
- What's in a name? Well, a great deal, it would seem - at least according to those trying to make it big in Hollywood. Joan Crawford was born Lucille La Sueur, Roy Rogers was Leonard Slve and Dean Martin was Dino Crocetti. Issur Danielovitch (wisely) changed his name to Kirk Douglas, and Archibald Leach decided he preferred to become famous as Cary Grant.
- Are you a cacographer? You may not be, but if you spend any time at all online you've certainly run across a few. A cacographer is someone who can't quite grasp the rules of spelling.
- Nobel Prize-winning Russian author Boris Pasternak wrote the novel Doctor Zhivago (later famously adapted to film). When the book was first published in 1957, in Italy, it earned great acclaim. However, it was decades before Pasternak's countrymen could legally read it - the book wasn't allowed to be published in the Soviet Union until 1988.

THOUGHT FOR THE DAY

"The only way to get rid of a temptation is to yield to it." Oscar Wilde

TRIVIA TEST

- 1. **U.S. Presidents**: Which U.S. president was a former union leader?
- 2. **Music**: In what year was the Beatles' song Yesterday released?
- **Literature**: Who wrote the novel Doctor Zhivago?
- **History**: Who was Britain's first prime minister?
- 5. **Games**: In the game of Monopoly, what happens if you roll doubles three times in a row?
- General Knowledge: What is the Dewey Decimal System used for?
- **Movies**: What is the name of the teapot character in Beauty and the Beast?
- **U.S. States**: Which state is the only one that has a Spanish motto?
- **Geography**: What is the capital of Nicaragua?
- 10. **Psychology**: What fear is represented by the condition called chromophobia?

TRIVIA ANSWERS

to jail. 6. To classify library books 7. Mrs. Potts 8. Montana ("Oro y plata" or "gold and silver") 9. Managua 10. Fear of colors. Pasternak 4. Sir Robert Walpole 5. You go 1. Ronald Reagan, who was president of the Screen Actors Guild 2. 1965 3. Boris

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Lawn Service, Shrubs and Tree Trimming Weeding, Installation of Plants, Trees and Mulch (one month free service available) Joe Scarnato (239) 849-6163 scarnatolawn@aol.com 1/25 **☆** TFN

ROGER NODRUFF ELECTRIC

Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc. Call or text Roger 239-707-7203 State License #13002788 4/20 **☆** TFN

HELP WANTED

HELP WANTED

Sanibel Home Furnishings is looking for a happy, friendly receptionist/assistant to help greet customers, answer phones and perform general back office duties. Must be a positive, professional, adaptable and personable team member. Some computer skills required including Quickbooks, or be willing to learn. Looking for a dependable, flexible all around person who is willing to help in all aspects of the store. P/T Please call 516-672-1012 or email

mysanibelresume@gmail.com

5/3 - 5/10

SEEKING AN ASSISTANT STORE MANAGER

We are seeking a dynamic Assistant Store Manager at our Sanibel Island location. The successful candidate must maintain a high degree of personal integrity and high values. If you would like to be a part of our outstanding team of "Live Outside" sunglass experts, please send your resume and qualifications our way! SANIBEL SUNGLASS COMPANY

admin@sanibelsunglasscompany.com

JERRY'S FOODS SERVERS & BARISTAS

Part Time Evening And Weekend Front End Associates Needed. Looking for energetic, personable, and fun individuals, with open availability Monday through Sunday. If interested call and ask for John, Norm Sarah 472-9300. 1700 Periwinkle Way

OFFICE ASSISTANT NEEDED

We are seeking a Part-Time Office Assistant at our Sanibel Island Corporate Office. The successful candidate must maintain a high degree of personal integrity and high values. If you would like to be a part of our outstanding team, please send your resume and qualifications our way! SANIBEL SUNGLASS COMPANY admin@sanibelsunglasscompany.com

To advertise in the Island Sun and The River Weekly News Call 395-1213

BOAT LIFT RENTAL WANTED

BOAT LIFT RENTAL WANTED

We are looking for a boat lift on a Sanibel or Captiva direct access canal for long term rental. We are willing to do some maintenance to keep lift functioning while we are renting. Call Jim at 603-930-4549

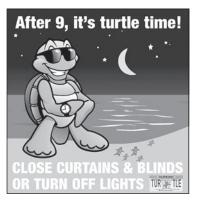
SCRAMBLERS

1. Suitor; 2. Flare;

3. Endow; 4. Drain

Today's Word

REFUND



Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

anding 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

Florida residents as well as out of state visitors need a fishing license to fish from shore.

Free Legal Advice At Edison Mall

ree legal consultations are available from Lee County Bar Association member attorneys at the Edison Mall on Saturday, May 27 from 10 a.m. to 2

The Law in the Mall event is marking its 25th year of public service as part of the bar's Law Week, an annual series of events designed to celebrate the role of law in American society.

Anyone can come and meet face-toface with the attorneys, who'll provide answers and direction on situations that fall within their legal practice areas, including divorce, probate, criminal law, bankruptcy, real estate, foreclosure and more. No pre-qualification or pre-registration is necessary, though attendees should bring any paperwork related to their case.

Edison Mall is located at 4125 Cleveland Avenue in Fort Myers. The event will be held between entrances F and G in front of Dillard's.\\

Water-Quality Report Available

ee County Utilities' customers received water that met or exceeded all federal and state requirements last year, according to a recent report that has been placed online.

The report, which also includes information such as source water assessments and service areas, is required annually by the Environmental Protection

To save ratepayers money, the annual water-quality report can be placed online instead of direct-mailing customers, according to federal regulations.

SCRAMBLERS

1. Suitor; 2. Flare; 3. Endow; 4. Drain

Today's Word

REFUND

"The ability to provide the report online eliminates the need to print and mail more than 80,000 copies. This method reduces the use of environmental resources and reduces the cost of producing the report," Public Utilities Director Pam Keyes said.

Lee County Utilities' 2018 Water Quality Report can be found at www. leewaterquality.com. A printed copy can be obtained by contacting customer service at

Utilities Notice

ee County Utilities is currently converting its disinfectant process from chloramines to free chlorine residual. The temporary, routine measure, which is taking place from May 1 through May 21, is common among water utilities that use chloramines as a primary disinfectant.

Anyone who uses a kidney dialysis machine at home should contact his or her equipment supplier so the proper filtering equipment can be installed in advance.

Tropical fish or aquatic animal owners should contact a local tropical fish store for appropriate pretreatment of water before adding water to tanks.

Customers may notice a temporary change in the taste, odor and color of the water, which is not harmful. This is a routine measure to ensure Lee County Utilities customers of clean, safe potable

Customers with questions can call 533-8845 during normal business hours, 8 a.m. to 5 p.m. Monday through Friday.

Lee County Utilities is one of about a dozen public and private utility organizations that serve residents and businesses in Lee County. For service area locations, visit www.leegov.com/utilities/

new-development/service-franchise-areamaps.☆

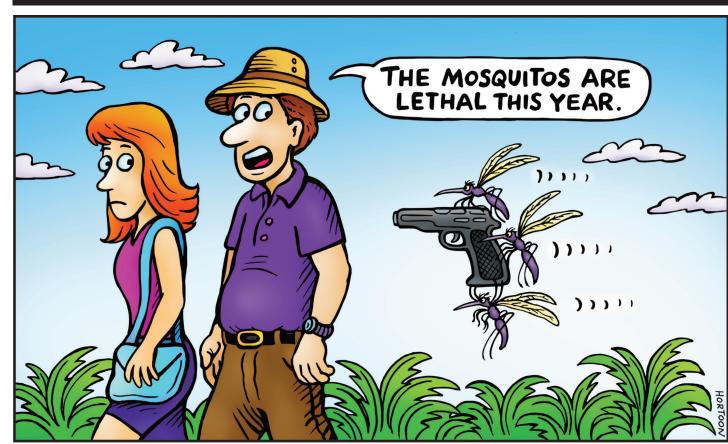
Drug Addiction Hotline

arconon reminds families that the opiate problem is continuing to get worse and is now considered a "syndemic." More than ever before, communities need to come together and educate parents and their children about the dangers of drug use.

To learn more about the nation's drug crisis, go to www.narconon-suncoast. org/blog/opioid-crisis-now-considered-asyndemic.html

Narconon can help you take steps to overcome addiction in your family. Call today for free screenings or referrals. 877-841-5509.

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2017	6,400	\$11,995,000	\$11,675,000	1
Barefoot Beach	Bonita Springs	1998	4,754	\$3,800,000	\$3,800,000	0
Tuscany Isle	Bonita Springs	2002	7,080	\$2,650,000	\$2,600,000	139
Harbour Preserve	Cape Coral	2015	4,030	\$2,099,000	\$1,925,000	71
Navona	Miromar Lakes	2016	2,912	\$1,675,000	\$1,550,000	28
Riverwalk	Bonita Springs	1989	4,252	\$1,625,000	\$1,600,000	12
Gulf Ridge Sub	Sanibel	1988	3,400	\$1,365,000	\$1,285,000	102
Sanctuary At Wulfert	Sanibel	1996	5,348	\$1,195,000	\$1,100,000	100
Kenwood	Estero	2003	3,019	\$989,000	\$965,000	0
Gulf Pines	Sanibel	1974	2,472	\$975,000	\$900,000	265

TERRA NOSTRA

ITALIAN RISTORANTE

EST. 2008

Steaks • Seafood • Pastas • Italian Classics • International Wine List!





Sunday to Wednesday Early Dining from 4-6pm

Pasta for Two \$39 1 Appetizer to Share, 2 Pasta Selections 1 Dessert to Share (limited selection)



Every Thursdays Wine Bottles from Italy

(limited selection) Purchase of Two Entrées Required

PROUDLY OWNED AND MANAGED BY THE CACCIATORE FAMILY!

HAPPY HOUR & SMALL PLATES

MONDAY - FRIDAY 4PM - 6:30PM



SMALL PLATES START AT \$9



\$5 HOUSE WINE & \$4 DOMESTIC BEER



DINING AL FRESCO

15880 San Carlos Blvd (In Target Center) • (239) 590-8147 • www.TerraNostraDining.com