

A Razzle Dazzle Show At Lab Theater

by Di Saggau

Laboratory Theater of Florida has another hit on its hands with *The Legend of Georgia McBride* by Matthew Lopez. A young Elvis impersonator, Casey (Steven Michael Kennedy), is barely making a living when he is fired from his gig at Cleo's nightclub in the Florida Panhandle. When two drag queens, Tracy (Clayton W. Brown) and Rexy (TJ Albertson), come on the scene, he gets a second chance. Rexy gets drunk and is fired, so Tracy convinces Casey to take her place. She pulls out her bag of tricks and teaches Casey to lip-sync for an Edith Piaf-on-roller-skates number. It is a riotous scene. She also comes up with his new name, Georgia McBride.

Casey soon becomes comfortable in a



Clayton Brown wows the crowd as Tracy
photo by Paula Sisk

number of roles. Both Tracy and Casey entertain us like crazy with wonderful songs and dance moves, and outrageous costumes. In one number, Tracy is in an absolutely stunning long light green fluffy coat with matching wig. As she begins her act, she discards the coat revealing another outfit underneath, and then there is a third. And the way she moves around the stage is amazing. The costumes are fabulous and truly outrageous.

Back home, Casey's wife Jo (Imani Lee Williams) tells him that she's pregnant. Casey says, "We are going to be the best parents since Joseph and Mary." Jo responds, "Yeah, but then their kid died." As Casey continues his hidden job, Jo becomes suspicious and visits Cleo's, where all is revealed. She does not take kindly to the fact that he has lied to her. But, naturally, it all works out in the end.

Kennedy plays Casey with boyish (and girlish) charm and a great skill in lip-syncing. Brown not only shares the lip-syncing talent but has legs that

are the envy of most every gal in the place. Albertson plays Rexy and Jason, Casey's landlord. He gets a chance to shine in the second act and provides lots of laughs. Then there's Eddie (Keith Gahagan), owner of Cleo's, who is shy at first and gradually warms up to the spotlight.

The show is directed by Brett Marston, and I don't see how it could be any better than it is now. The costumes, the actors, the music and, oh yes, those wonderful stage hands provide a show that is richly done with lots of funny lines. *The Sound of Music* joke absolutely broke me up. The play is full of sass and good spirits, and some wisdom too. Don't miss the Florida premiere of *The Legend of Georgia McBride*. It's riotous fun from start to finish, and it plays through June 30 at The Laboratory Theater of Florida, located at 1634 Woodford Avenue in downtown Fort Myers. Tickets are available online at www.brownpapertickets.com or by calling 218-0481.*



Outdoor activity during a previous Summerfest at Fort Myers Brewing photo provided

Food Trucks, Live Music And Brews At Summerfest

Fort Myers Brewing Company is kicking off the first weekend of summer with its 7th annual Summerfest, a four-day summer beer bash featuring live bands, food trucks and over 50 specialty beers from Thursday, June 20 through Sunday, June 23.

The party will feature family- and pet-friendly festivities, including food truck rallies, a luau party with a pig roast, daily live music and a hangover party with the competitive, yet friendly tournament to name Summerfest's 2019 cornhole champion.

"Summerfest is our favorite way to kick off the summer season here in Southwest

Florida, and we're pumped to bring together another great lineup of beer, food and bands for our seventh annual event," said Jen Gratz-Whyte, who co-founded Fort Myers Brewing with her husband, Rob Whyte. "We're ready to put on an epic summer celebration for our friends and neighbors, so bring a lawn chair and an empty stomach – we'll bring the rest."

A wide selection of ales, stouts and lagers will be on tap throughout the weekend, in addition to 14 of Southwest Florida's popular food trucks, and live music from Souliexer, Artikal Sound System, Bobby James, Wilder Sons, Ben Allen Band and North Island Duo.

Festivities will be held at Fort Myers Brewing Company, located at 12811 Commerce Lakes Drive in Fort Myers. For more information and a complete schedule, follow Fort Myers Brewing Company on Facebook or call 313-6576.*

Festival Of Dance At Broadway Palm



Carla Amancio

photo provided

The students and faculty of Dance Bochette and Gulfcoast Dance Inc. invite audiences to dream with them on Sunday, June 16 at 1 p.m. at the annual Festival of Dance held at Broadway Palm Dinner Theatre. The performance features *Dream Catchers*, an original suite based on students' interpretations of dreams – from childhood fantasies and daytime musings to the more serious business of establishing one's dream on the way to adulthood.

In keeping with that theme, the studio and its long-time collaborator, Dance Alive National Ballet, will present excerpts of *A Midsummer Night's Dream* based on

Shakespeare's tale and set to the music of Mendelssohn. Dance Alive principal dancers Carla Amancio and Roberto Vega will perform the signature roles of Tatiana, the Fairy Queen and Oberon, the Fairy King, leading advanced ballet students from Dance Bochette. Amancio and Vega will also treat audiences to selections from *L'Amour*, a ballet about love in its many forms, choreographed by Dance Alive Artistic Director Kim Tuttle and featuring the soulful sounds of legendary French vocalist Edith Piaf.

Rounding out the performance are tap, modern, lyrical, hip-hop and acrobatic

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Historic Downtown Fort Myers, Then And Now:

Southern Utilities



by Gerri Reaves, PhD

Pictured in this circa-1923 photo is Southern Utilities, which supplied electricity to Fort Myers. It was located on the east side of Lee Street south of Second and the First Presbyterian Church property.

Today, there’s no trace of the utility history that occurred on that site – part of the originally extensive Gardner property – but that history was one of innovation and consequence.

It all started in 1898 when Albertus A. “Bertie” Gardner created Seminole Power in the modest wooden building that housed the Seminole Canning Company. The canning company had been established a decade before by William P. Gardner, son

Bertie and daughter Miranda M.

The pioneer family owned the town’s first plant nursery, imported and sold tropical fruits, plants and ornamentals. In addition to orchards, they also ran a jelly factory and processed and shipped jams and marmalades worldwide.

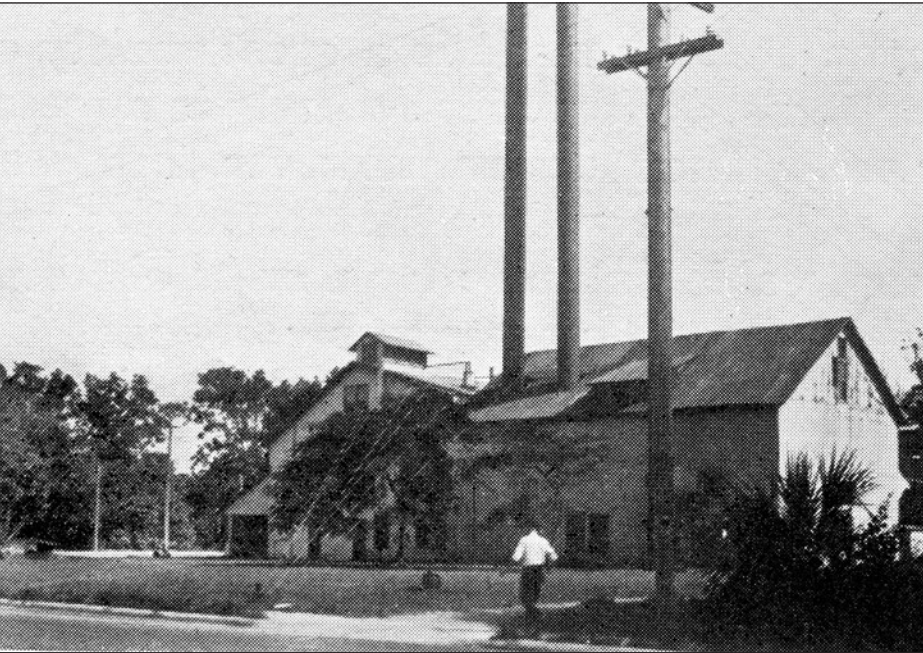
At dusk on New Year’s Day 1898, Seminole Power lit Fort Myers for the first time with electricity, with 10 incandescent streetlights along First Street and 103 lights for businesses and homes.

It was not technically the very first use of electric lights in Fort Myers, though. Unsurprisingly, Thomas A. Edison had installed electricity in his winter home, Seminole Lodge, in 1887.

However, that was a private project.

Gardner’s contract with the town was the first to provide electricity to the general public as a profitable business.

The catalyst for purchasing the machinery and starting the electric company had been Gardner’s five-year franchise to supply 98 lights to the new elegant Royal Palm



Circa-1923, Southern Utilities on Lee Street supplied power to Fort Myers
photo from The Fort Myers Plan



Today there’s no sign of the site’s important utility history. In the left distance is the First Presbyterian Church at Second Street and Royal Palm Avenue.
photo by Gerri Reaves

Hotel, which had its grand opening four days after the first street lights debuted.

The business prospered, and on May 22, 1901, the company started to sell ice and changed the name to the Seminole Power & Ice Company. A couple of other name changes occurred before 1913, when the business was sold.

In 1917, it became Southern Utilities Company.

In 1925, the plant was sold again, this time to American Power & Light, which created the now oh-so-familiar Florida Power & Light (FPL) by purchasing and consolidating an astonishing range of Florida properties: small electric and ice plants; water, gas, fish, telephone, sawmill and street car companies; a steam laundry; a limestone quarry; a sponge-fishing boat; and 35 mules and wagons.

Southern Utilities was FPL’s first acquisition. The plant was expanded and the ice plant leased.

The last traces of the site’s utility history disappeared in 1991, when the remnants of the City Ice and Power plant were demolished.

However, the southern half of the block is still one of FPL’s many facilities, a legacy of the block’s long role in powering the town.

Walk down to the former site of Southern Utilities and ponder the technological know-how that helped to bring Fort Myers into the 20th century.

Then, visit the following two research centers to learn more about how electricity modernized Fort Myers.

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

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Hours for the volunteer nonprofit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only. For information, call 332-8778 or visit www.leecountyblackhistorysociety.org.

Sources: 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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Sarah Hadeka, far left, and Sheena Brook, middle, will be part of the Sounds of Summer series this year photo provided

Sounds Of Summer Series Begins Friday

Sounds of Summer is back with another great lineup of performances and talented musicians set for three Fridays at the Sidney & Berne Davis Art Center (SBDAC). Doors will open at 7:30 p.m. with performances at 8 p.m. Tickets are \$5 at the door.

The Sounds of Summer series kicks off on June 14 with Dueling Pianos, an interactive music experience that features two grand pianos placed back to back in the center of SBDAC's Grand Atrium with audience seating in the round. Featured pianists Sarah Hadeka and David Rode will take written audience suggestions for the next song in their setlist. Audience members will have a fun-filled evening. The evening will also feature the People's Choice winner announcement for SBDAC's June Juried Exhibition.

On July 26, the series will highlight an evening of singer songwriters performing live. This year's Songwriter's Round will feature The FEM Collective, with artists Sheena Brook, Lala Deaton and Lockwood Barr. Each performer will play original songs and talk about the inspiration and the process behind them. Brook will be the host for the evening and will give a special

performance.

The 3rd annual Summer Singer-Songwriter Competition closes out the series on August 23. Experience an evening of original music from local and national competitors. See performers play for a chance to win prizes and a spot at the Island Hopper Songwriter Fest. The competition focuses on original musicians in the singer-songwriter genre. Each year, SBDAC offers singer-songwriters the opportunity to perform an original song live and win prizes. Competitors can submit a video of themselves performing an original song. Selected artists will be invited to perform live in front of a judge's panel and a live audience. Judges will determine the Grand Prize winner, and the audience has a chance to vote for the People's Choice winner. The deadline to enter the competition is August 12.

College students get 2-for-1 tickets with a valid student ID. Present your student ID at the box office. Artists featured in the June Juried Art Exhibition will receive free admission to the June 14 concert.

The Sound of Summer series is sponsored by The Beaches of Fort Myers and Sanibel, Island Hopper Songwriter Fest, and Advance Solar and Energy.

The Sidney & Berne Davis Art Center (SBDAC) is located at 2301 First Street in downtown Fort Myers. For more information or tickets, visit www.sbdac.com or call 333-1933.*

From page 1

Broadway Palm

works choreographed by Dance Bochette faculty. Watch young tappers as they "talk to the animals" in older more complex rhythms of delicato. Hip-hop brings *Moana* and *The Lion King* into new light. Dads on guitar will accompany

the modern performers. The Gong Dance will offer a trip into meditation and stream of conscious thought.

Tickets are \$20 each for reserved and general admission seats. Call 826-0346 to purchase tickets or for more information.

Broadway Palm Dinner Theatre is located at 1380 Colonial Boulevard in Fort Myers.*

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Sarah Owen

photo provided

Long-Running Wine Promotion Aids Foundation

As part of their 40th anniversary in 2018, the Veranda restaurant in downtown Fort Myers sold commemorative stemless wine glasses and a Veranda bottle of wine with all proceeds going to the Southwest Florida Community Foundation.

The Veranda recently presented the foundation with a check for \$2,397.50 from the sales of the wine glasses and wine.

“When we were planning for our 40th anniversary, we knew we wanted to give back to the community in some way,” said Paul Peden, owner and founder of the Veranda. “We really respect the work that the Community Foundation does, and we are excited that their new Collaboratory is located just down the street from us. They are

a very good organization and they are very thoughtful about what they do.” In 2018, the Community Foundation moved into their new headquarters at the Collaboratory.

“We are so grateful for the Pedens and the entire Veranda family for their generous donation,” said Sarah Owen, president and CEO of the Southwest Florida Community Foundation. “I am always inspired when someone takes their passion and uses it for the greater good. The Veranda is passionate about creating a memorable and remarkable table and remarkable dining experience, and they shared that with us in a beautiful way”

For more information, call 239-274-5900 or visit www.floridacommunity.com.✱

Library Group Earns Highest Seal Of Transparency

Friends of the Fort Myers Library recently earned a 2019 Platinum Seal of Transparency, the highest level of recognition offered by GuideStar, the world’s largest source of nonprofit information. By sharing metrics that highlight progress the Friends are making toward their mission, the organization is helping donors move beyond simplistic ways of nonprofit evaluation such as overhead ratios.

“In accordance with our belief in being transparent, we are excited to convey our organization’s results in a user-friendly and highly visual manner,” said Friends president Nancy Petralia. “By updating our GuideStar nonprofit profile to earn a platinum seal, we can now easily share a wealth of up-to-date organizational metrics with our supporters as well as GuideStar’s immense online audience, which includes donors, grantmakers, our peers and the media.”

To reach the platinum level, Friends of the Fort Myers Library added extensive information to its GuideStar nonprofit profile: basic contact and organizational information; in-depth financial information; qualitative information about goals, strategies and capabilities; and quantitative information about results and progress toward its mission. By taking the time to provide this information, the Friends have demonstrated their commitment to transparency and to giving donors and funders meaningful data to evaluate nonprofit performance. Information is available at www.bit.ly/guidefml.

“Sharing information about the Friends organization allows the community to understand the impact our fundraising is making,” added Petralia. “Without our help, many of the programs at our library would not exist. I encourage the community to visit our nonprofit profile on GuideStar to see what we’re all about. We’re thrilled that our Platinum Seal of Transparency and the associated benefits help us better communicate our organization’s work.”✱

Science Center Taking Part In Access Program

The IMAG History & Science Center announces its participation in Museums for All, a signature access program of the Institute of Museum and Library Services, administered by the Association of Children’s Museums, to encourage people of all backgrounds to visit museums regularly and to build lifelong museum-going habits. The program supports families receiving food assistance (SNAP) with the benefit of visiting the IMAG for a minimal fee of \$3 per person, up to four people, with the presentation of a SNAP Electronic Benefits Transfer (EBT) card. The Museums for All program is part of an ongoing commitment of the IMAG to welcome all in the community to experience and explore the wonders of science and history for learning, discovering, and simply having fun.

Museums for All helps expand access to museums while raising public awareness for how museums in the United States are reaching communities. Over 250 institutions in more than 40 states participate in this worthy initiative including art museums, children’s museums, science centers, botanical gardens, history museums and zoos.

The Institute of Museum and Library Services is the primary source of federal support for the nation’s 123,000 libraries and 35,000 museums. Its mission is to inspire libraries and museums to advance innovation, lifelong learning, and cultural and civic engagement. The Association of Children’s Museums champions children’s museums worldwide through collective knowledge with more than 400 members in 48 states and 20 countries.

IMAG History & Science Center is located at 2000 Cranford Avenue in Fort Myers. For more information, call 243-0043 or visit www.theIMAG.org.✱

Local Named To Dean’s List

Matthew Celebrado, a resident of Fort Myers, was named to the dean’s list at Tufts University for the spring 2019 semester. Dean’s list honors at Tufts University, located in Medford, Massachusetts, require a semester grade point average of 3.4 or greater.✱

Student Named To Dean’s List

Max Garramone, a student in the Class of 2021 from Fort Myers, was named to the Dean’s List at Bucknell University during the spring semester of the 2018-19 academic year.✱



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Fort Myers Art:

One-Act Scripts Sought For Theater Contest



by Tom Hall

The Naples Players' (TNP) Readers Theatre is now accepting original one-act scripts for its 16th annual An Evening of New Plays contest for Southwest Florida

playwrights. Winners will have the opportunity for their plays to be cast, directed and staged at one of the most highly rated theaters in the country.

"It's a fantastic opportunity for talented playwrights to get their work in front of an audience," said Jessica Walck, associate artistic director.

In addition to having their play cast and performed at TNP's An Evening of New Plays on Sunday, January 19, finalists will each receive a performance royalty, memorial plaque and tickets to the Sunday play.

Readers Theatre is devoted to developing playwrights, directors and actors through staged readings of original works as well as fresh and inventive one-acts. The Readers Theatre program allows The Naples



Submit a one-act script for the 16th annual An Evening of New Plays contest

photo courtesy www.artswfl.com

Players to test new plays before producing them and provides critical feedback to playwrights, along with access to performance and directing opportunities through flexible and shortened rehearsal processes and augmented performance demands. Both veteran and novice actors, directors and playwrights can call Readers Theatre home, and this flexibility helps Readers Theatre remain as one of the foundational programs of The Naples

Players.

Only non-musical one-acts are accepted. Only one play per writer can be submitted.

Each play must:

Be the writer's own original work, not an adaptation;

Not commercially published or produced, though it may have been work-shopped or presented in staged readings;

Should not exceed 20 minutes in length;

May have been entered in an earlier contest, so long as it was not an earlier finalist.

Once the play is submitted, no script changes can be made for purposes of this competition.

To submit a play, playwrights must submit three copies of their script in standard stage play format to: An Evening of New Plays 2018, The Naples Players, 701 5th Avenue South, Naples, FL 34102. Plays may also be submitted electronically to tnpreaderstheatre@gmail.com.

A title page with the name of the play, synopsis and list of characters must be attached to each script. Include a separate page, unattached to the script, with the name of the play, playwright and contact information. This is to help assure anonymity during the judging process. For scripts to be returned, you must include a self-addressed stamped envelope.

The judging panel may recommend up to four finalists to the Readers Theatre Committee for review and final approval by TNP's Associate Artistic Director Jessica Walck. Authors retain all rights and give performance rights to The Naples Players for An Evening of New Plays and limited readings in other venues, including possible outreach and electronic media.

Deadline for submission is July 31, and winners will be notified by October 31.

Readers Theatre is The Naples Players' affiliate theatre group, led by Walck. Performances are held

throughout the year in the intimate 100-seat Tobye Studio Theatre at the Sugden Community Theatre in the center of 5th Avenue South in Naples. Readers Theatre performs a series of one-act plays and full-length works with scripts in hand and without props or costumes. Readers Theatre performances focus on the written word.

The Naples Players (TNP) Sugden Community Theatre is Naples' oldest and premier theatre group and a vital part of the exciting experience of downtown Naples. Celebrating its 66th season, and as one of the top theaters in the country, the players offer a variety of plays and musicals in three intimate spaces, Blackburn Hall, the Tobye Studio Theatre and outside BakerStage – all located in one building at 701 5th Avenue South in Naples.

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

Playwriting Course Offered At Lab Theater

Laura Lorusso, an award-winning local playwright, will be teaching Elements of Playwriting at The Laboratory Theater of Florida beginning Wednesday, June 19.

Do you have a story to tell, but you aren't sure how to tell it? Have you ever wanted to write a play but not sure how to start? Do you have a work in progress and you'd just like some feedback and a chance to possibly see it as a staged reading?

This eight-week course will touch on the basics of playwriting with a strong emphasis on how to create a dynamic story. Participants will explore the writer's toolbox involving character development, building arcs, dialogue and plot. This course is great for the beginner as well as the experienced playwright.

Lorusso has been an active in the local theater community for the past fifteen years. She has starred with the Naples Players in several shows and toured with a local comedy show, Joey and Maria's Comedy Italian Wedding. As The Naples Players' special effects makeup artist, Laura's the one who brings to life the macabre in shows like The Rocky Horror Show. She has also competed on Global Beauty Master, a national styling competition and television reality show. But what she really aspires to be is an accomplished playwright, and she's already taken several steps in that direction.

The Lab Theater is located at 1634 Woodford Avenue in downtown Fort Myers.

For more information, email info@laboratorytheaterflorida.com, call 218-0481 or visit www.laboratorytheaterflorida.com.*



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Reusable bags to be used at Winn-Dixie
photo provided

Bag Program Benefits Local Aging Agency

The Area Agency on Aging for Southwest Florida (AAASWFL) has been selected as the June beneficiary of the Winn-Dixie Community Bag Program. AAASWFL will receive a \$1 donation every time a \$2.50 reusable Community Bag is purchased this month at the North Fort Myers Winn-Dixie, unless otherwise directed by the customer. The North Fort Myers Winn-Dixie is located at 5660 Bayshore Road in the Foxmoor Plaza.

The Winn-Dixie Community Bag Program is a charitable giving program that facilitates community support with the goal to make a difference in the communities where shoppers live and work. The Community Bag Program launched in February 2019. AAASWFL

was selected as the June beneficiary of the program by store leadership.

"We were pleased to find out that our neighborhood Winn-Dixie selected us for this new program," said Kirsten O'Donnell, director of communications and outreach for AAASWFL. "Any donations we receive from the Community Bag Program will go towards our Agnes Laitinen Unmet Needs Fund."

Named after a benefactor, this fund provides a lifeline to seniors in crisis when government, grant, or community funds are not an option. Recent recipients include a Lee County senior who was unable to pay his water bill because of unexpected and very expensive automobile repairs. The man, who also has a disability, had attempted to obtain assistance from other programs, but did not qualify for various reasons. Funds from the AAASWFL Agnes Laitinen Unmet Needs Fund were used to pay the delinquent water bill and ensure that he was able to continue living safely and independently at home.

Currently celebrating its 40th anniversary, the Area Agency on Aging for Southwest Florida is a nonprofit organization serving Charlotte, Collier, DeSoto, Glades, Hendry, Lee and Sarasota counties. The organization is committed to connecting older adults (ages 60 and over) and people with disabilities to resources and assistance for living safely with independence and dignity.

More information is available by calling the AAASWFL Elder Helpline at 866-413-5337 (41-ELDER) or by visiting the Agency's website at www.aaaswfl.org.

To learn more about the Winn-Dixie Community Bag Program, visit www.seg.bags4mycause.com.✱

New Interactive Sandbox At Science Center

The IMAG History & Science Center has a new interactive exhibit called Shaping SWFL Watersheds: An Interactive, Augmented Reality Sandbox. Augmented reality (AR) is a computer-generated sensory input technology that superimposes images onto real-world environments creating composite views that encourage people to interact with the technology. The real world environment of Shaping SWFL Watersheds is actually an interactive AR sandbox.

The exhibit uses a computer projector and a motion-sensing device that, when people interact with the AR sandbox, the exhibit detects changes and responds accordingly generating live topographical maps in real time. The sandbox generates live images onto the surface of the sand in various colors and contour lines distinguishing elevations and watersheds as well as live images of surface changes when the sand is shaped and reshaped. As

such, the sandbox generates waterflow simulations with surface changes based on real models of fluid dynamics; water appears to flow down the slopes to lower surfaces. People can also cause it to rain; virtual rain appears on the surface of the sandbox shimmering while it flows into watershed areas.

Because water is a critical resource for all life, the exhibit is an important educational tool that can be used to explore the importance of water relative to the study of hydrology, earth science and environmental studies. For example, when water flows on the surface, it converges or diverges based on the shape of landforms. This distribution of water leads to watersheds which play an important role in our ecosystems around the world.

"As Florida continues to seek solutions to watershed issues, exhibits like Shaping SWFL Watersheds will help to educate the public and encourage further exploration," said Matthew Johnson, executive director of the IMAG History & Science Center.

IMAG History & Science Center is located at 2000 Cranford Avenue in Fort Myers. For more information, visit www.theimag.org.✱



A Kemp's ridley sea turtle being released

photos provided

Endangered Sea Turtle Released By CROW

A Kemp's ridley sea turtle, one of the smallest and most critically endangered of all sea turtles, was released from the Clinic for the Rehabilitation of Wildlife (CROW) after accidentally ingesting a fishing hook.

The turtle was accidentally hooked

by a fisherman on the Fort Myers Beach pier on June 4. Volunteers for Turtle Time, Inc. came to the aid of the turtle and transported it to CROW so that the hook could be removed. Veterinarians at the wildlife hospital anesthetized the turtle and were able to safely remove the hook by making a small incision in the neck. Using bolt cutters, they clipped the hook and removed the rest of the line through the mouth. The incision was closed and the

continued on page 19

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Along The River

Theatre Conspiracy at the **Alliance for the Arts** will show **Rancho Mirage** this Friday, June 14 and Saturday, June 15 at 7:30 p.m., and Sunday, June 16 at 2 p.m.

Acclaimed playwright Steven Dietz' comedy looks at affluent suburban couples whose truths finally catch up with them. At an ill-fated dinner party, long-time friends are awakened to the secrets of their past with hilarious and farcical results. Written by one of America's most widely produced playwrights, this comedy asks what remains between us when youth, dreams and the last bottle of wine is gone.

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

The Standard Restaurant will host a **Drag Queen Bingo Brunch** fundraiser this Saturday, June 15. Brunch starts at 9 a.m., and bingo kicks off at noon with Miss Alyssa Lemay hosting.

Proceeds will benefit Abuse Counseling and Treatment, Inc. (ACT) and their many services.

Cost is \$10 for eight rounds of bingo with a \$20 cash prize winner each round. During the final round, choose a bottle of wine, pick the right key out of the hat to open money box and win the cash inside. There will also be a 50/50 cash raffle and gift card raffles.



It's all about flowers at the annual Hibiscus Show and Plant Sale

photo courtesy www.hendrychapterhibiscus.com

The Standard Restaurant is located at 1520 Broadway in downtown Fort Myers. Call 219-6463 to make reservations.

The James E. Hendry Chapter of the American Hibiscus Society will hold its 68th annual **Hibiscus Show and Plant Sale** at **Araba Shriners** this Sunday, June 16 from 1 to 4 p.m.

More than 600 hybrid hibiscus plants

will be for sale and free raffle prizes will be given away every 30 minutes.

Members of the society who are experts in the care and growing of hibiscus will be available to provide advice. Several senior American Hibiscus Society judges will also be on hand to discuss judging criteria.

Anyone interested in learning more about how to grow, graft and hybridize this attractive tropical flowering plant can do so by joining the James E. Hendry Chapter, American Hibiscus Society at the show. The show is the last meeting of the society until October. There is no charge for parking or admission but early arrival is suggested for best selection as these

hybrids tend to sell out quickly.

Araba Shriners is located at 2010 Hanson Street in Fort Myers. For more information, visit www.hendrychapterhibiscus.com.

The **San Carlos Bay Sail & Power Squadron**, a unit of the United States Power Squadrons, will be offering a course on **Cruising and Cruise Planning** in the squadron office beginning this Monday, June 17 from 12:30 to 2:30 p.m.

Designed for boaters who plan to cruise for a day or a year in either sail or powerboat, this six-week course covers the following topics: Cruise Preparation and Planning, Boat and Equipment, Anchors and Anchoring, Chartering, Security, Cruising Outside the United States, Crew and Provisioning, Voyage Management, Communications, Navigation, Weather and Emergencies. The course will run six weeks and includes practice cruises and concludes with an optional multiple choice final exam.

Cost for United States Power Squadron members is \$50 and \$75 for non-members.

The San Carlos Bay Sail & Power Squadron is located at 16048 San Carlos Boulevard in Fort Myers. If interested, call 466-4040 and leave a message.

Edison and Ford Winter Estates will hold an Ask the Curator session titled **Where was Edison's laboratory located?** this Wednesday, June 19 from 11:30 a.m. to noon. Chief Curator Brent Newman provides insight into Edison's primary factory and laboratory complex where the great inventor did the majority of his work.

Cost is free to Edison members and included in admission for non-members.

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

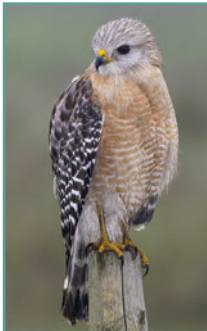
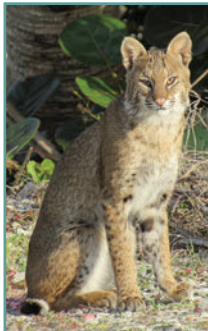
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Free Craft Beer With Support Of Drive For Hunger

Community Cooperative and Millennial Brewing Co. invite you to "give back while you kick back" on Friday, June 21 for a night of live music, tasty beer and the chance to make a difference in the Lee County community.

From 5 to 8 p.m., Millennial Brewing Co. will be offering a unique chance to try one of their many craft beers on tap while making an impact in the community. When you bring five canned or non-perishable food items with you to the event, or make a \$5 donation to Community Cooperative, Millennial will give you a free beer of your choice from their wide range of rotating brews.

Acoustical guitarist James Prather will provide live music. The Monkeilicious food truck will also be onsite as part of Millennial's monthly Food Truck Feature, bringing gourmet Chinese food with a modern twist to accompany your brew.

The summer months are especially

tough for many Lee County families, with nearly 70 percent of children in the area on free or reduced school lunches throughout the rest of the year. When school is out for the summer, families struggle more than usual to make ends meet. Community Cooperative strives to fill that gap by collecting extra food donations and financial contributions through their Summer Drive for Hunger initiative.

During the months of June, July and August, the organization has a goal of raising \$25,000 and 25,000 pounds of food for its Community Cafés, Community Market and mobile food pantries.

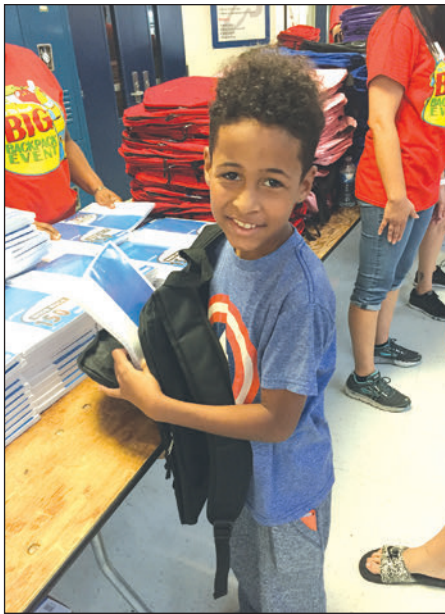
Millennial Brewing Co., a kid-friendly brewery with family-style seating, arcade and board games, is located at 1811 Royal Palm Avenue in Fort Myers. For more information on how to get involved with the Summer Drive for Hunger, contact Stefanie Edwards at stefanie@communitycooperative.com or call 332-7687 ext. 110. Monetary donations are always welcomed and can be made directly by visiting www.communitycooperative.com or mailing to Community Cooperative, P.O. Box 2143, Fort Myers, FL 33902.✧

Backpack Event Offers School Supplies, Haircuts

Parents and children in need don't have to spend summer worrying about how they can afford next year's school supplies. Families are invited to The Multicultural Centre of Southwest Florida's 20th annual Big Backpack Event at the Fort Myers Skatium on Sunday, July 28 from 10 a.m. to 2 p.m.

The Multicultural Centre will hand out 2,000 new backpacks full of items like notebook paper, folders, crayons, glue, pens and pencils, thanks to the generosity of community and business sponsors. The event will also include free haircuts, face painting and youth entertainment.

Neal Communities has once again stepped up to become the title sponsor for the fourth year in a row, providing volunteers and donations from its vendors and communities to help us serve the many students. Other key sponsors are WINK, *The News-Press*, the City of



A student picks up supplies at a previous Big Backpack Event photos provided

Fort Myers, Lee County Family News, CONRIC PR & Marketing, HABA, Todos Magazine, Mission BBQ, the Lee County Sheriff's Office and the Fort Myers Police



A volunteer poses with students and their new backpacks



Volunteers prepare for the Big Backpack event

Department.

"Every kid deserves a chance to start school with the basic tools they need for success," said Leonardo Garcia, executive director of the Multicultural Centre of Southwest Florida. "We're dedicated to making that a reality for as many children as possible."

Last year's Big Backpack Event drew more than 8,000 people, so the Multicultural Centre is urging parents and guardians to get to the Skatium early. Lines have begun to form as early as 7 a.m. in previous years, though they typically move quickly once the doors

open. The first 2,000 children ages 5 to 12 who are accompanied by parents or guardians will receive the backpacks and school supplies.

"After 20 years, our dedicated volunteers have this down to a science," Garcia said. "It's amazing to see so many people working together to make a difference."

The Fort Myers Skatium is located at 2250 Broadway in Fort Myers. For information about the event, sponsorships or volunteer opportunities, visit multicultural-centre.org or email info@multicultural-centre.org.

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Mingling during the Women Build 2019 Thank You Party

photos provided

Celebrating A Successful Women Build Season

Habitat for Humanity of Lee and Hendry Counties celebrated the successful completion of its ninth Women Build season with a Thank You Party hosted at the Hyatt Regency Coconut Point Resort and Spa in Bonita Springs.

During the 2019 Women Build

season, more than 332 volunteers contributed 1,872 hours to complete two new Habitat houses for two single moms, each with five children. Women Build fundraising teams, individual donors and local companies raised over \$243,000 to fund the construction costs of the homes.

Habitat for Humanity's Women Build is a national initiative to engage women in the effort to provide safe and decent homes for families in need of affordable housing. By recruiting, educating and inspiring women to build, they can



Trophy awarded to Women Build participants

transform lives in their communities. Since 2011, Women Build in Lee and Hendry counties has partnered with 20 families to build strength and stability for 51 children and their parents through local fundraising and volunteer efforts.

Women Build 2019 was generously sponsored by Chico's FAS, Inc., Al and Nancy Burnett Charitable Foundation, Edison National Bank, GL Homes, Hi-Tech Cooling & Controls, Homeownership for All, Pavese Law Firm, Habitat for Humanity ReStore,

Royal Palm Coast Realtor® Association Housing Foundation, Suncoast Credit Union, Zonta Club of Sanibel-Captiva, Mark Loren Designs, Matteo Graphics, Norman Love Confections and Hyatt Regency Coconut Point Resort and Spa.

In 2020, Habitat for Humanity of Lee and Hendry Counties will celebrate 10 years of empowering women through Women Build. To learn more about Habitat's 2020 events or to become a sponsor, email WomenBuild@Habitat4Humanity.org.✧

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.revtedalhouse@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, 334-8937.

CYPRESS LAKE BAPTIST
Sunday 9:45 and 11 a.m., 7 p.m.; Wednesday 6:30 p.m. 8400 Cypress Lake Drive,

481-5442.

CYPRESS LAKE PRESBYTERIAN
Sunday 8, 9, 10 and 11 a.m. 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.christiansciencefortmyers.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, 437-4330.

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

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.lambofgodchurch.net, 19691 Cypress View Drive, 267-3525.

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.newhopefortmyers.org, 10051 Plantation Road, 274-1230.

PEACE COMMUNITY
Sunday 10:30 a.m. www.peacecommunitychurch.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.MeditationInFortMyers.org, 567-9739.

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

ST. FRANCIS XAVIER CATHOLIC
Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 2157 Cleveland

Avenue, 334-2161.

SAINT JOHN THE APOSTLE METROPOLITAN
Sunday 10 a.m., 3049 McGregor Boulevard, 344-0012.

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

SAINT NICHOLAS MONASTERY
Sunday 9:30 a.m., www.saintnicholasmonastery.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:

Animal Ambassadors



by Bob Petcher

Animals that do not fully recover from injuries or illnesses and cannot be returned to the wild because of their non-releasable conditions can still live a productive life.

At CROW, these critters are given a second chance as wildlife ambassadors and are employed during presentations and programs. This new role allows children and adults to get up close and personal with animals from around the world.

CROW began its Animal Ambassador program in 2012 to provide an educational home for these creatures. The clinic's rehabilitation staff spends countless hours training and building trust with these animals so they can remain relaxed around crowds.

"The animal ambassadors CROW currently uses during programs in the Visitor Education Center or offsite at outreach events include Mina, a great horned owl; Talon, a red-tailed hawk; Lola, an American kestrel; and GiGi, a Virginia opossum," said Rachel Rainbolt, CROW's education and development manager. "Sheldon, a gopher tortoise, is now a 'former' ambassador. Last summer,



GiGi

photo by Brian Bohiman

to everyone's surprise, he began digging again, something he had not done in three years and was thought to not be able to do because of his injuries. After receiving approval from the state authorities, he was released to a starter burrow at a preserve in Manatee County."

While not fully capable of living in the wild, these "team members" transition from forager to educator.

"Animal ambassadors have received debilitating injuries resulting in their inability for release. These types of issues can be anywhere from broken wings like Lola and Talon, to missing appendages like Mina or GiGi. These wild animals will, therefore, spend the remainder of their



Lola

lives on CROW's campus and are under close supervision of its staff, students and volunteers at all times," said Rainbolt. "These members of our education team help CROW to foster positive interactions with wildlife and the public in a monitored environment. Education improves a person's awareness of these animals' intrinsic value and increases their appreciation for the connection between humans, animals, and the environment."

CROW officials believe education is an integral part of the nonprofit organization and essential to its mission. Many ambassadors are sent to exhibition facilities to teach audiences of all ages the importance of respecting wildlife.



Mina

"Sometimes it can take an upward of six months working with people before animal ambassadors are ready for exhibition, so 'human conditioning' training is crucial to their wellbeing," said Rainbolt. "Whether located in the Visitor Education Center or alone with their handlers, these animals spend a part of each day around people. These sessions conclude with positive reinforcement, such as a favorite food item. As ambassadors become more comfortable with smaller groups of people, they get evaluated for usage in expanded program settings."

There are also former patients who are utilized to analyze the differences and/or

continued on page 18

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Summer Heat Has Arrived



by Capt. Matt Mitchell
 Summer has really kicked into high gear this week with morning coastal showers brought on by westerly winds that has caused a disturbed atmosphere.

Fast-moving rain was easy to dodge most days if you kept your eyes to the sky and radar on your iPhone. With no lightening, these showers were a refreshing cooling-off from the oppressive heat.

We sat in non-stop rolling fish for hours and saw no hook ups several mornings while on a tarpon trip this week. Some days, we had to wait to get that perfect shot while moving around on the trolling motor to the slow-moving fish. Other days, it was just a matter of soaking cut baits and being patient. Sitting in rolling tarpon and watching them all around you is just part of tarpon fishing. When set up in these fish, you know you are in the right place and hopefully they decide to feed. All of a sudden for no rhyme or reason for a very short period of time, they will decide to eat. That's when three or four boats hook up.

Mangrove snapper fishing just keeps getting better with the deeper passes, including Captiva and Boca Grande

producing lots of limits. Small pinfish, shiners and shrimp dropped to the bottom have been giving anglers non-stop action. These fish have very good eyesight, so the smaller the hook and lighter the leader, the better. These fish have not been huge, but your average fish is still 12 inches-plus. These snapper stay in here all summer long and are a great option during periods of slow-to-no tides or when you just have to bend the rods and send clients home with dinner.

Mangrove fishing with shiners produced snook, more mangrove snapper and a few redfish most trips this week. With switching wind directions almost daily, this took a little more effort than usual this week. The south end of Matlacha Pass continues to be my go-to area with lots of action very close to home. Free-lined live shiners are the bait of choice for this.

With our water temperature hovering right around 90 degrees, it's been harder to keep our shiners alive due to this heat and low oxygen content. One solution is to start the day off with much less bait than I usually do. By putting only a couple of hundred baits onboard to start the day and not blacking it out, the shiners seem much happier and make it all day. Giving them more space in the live well gives them more oxygen. Once you do have a few shiners start to die off, it can go down hill quickly as it starts a chain reaction.

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.✪



Teresa, visiting from Ohio, caught a "Pine Island Slam" while out fishing with Capt. Matt Mitchell this week
 photo provided

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Shellflower

by Gerri Reaves

Shellflower (*Alpinia zerumbet*) is a nonnative clump-forming groundcover that spreads via rhizomes, root-like horizontal stems.

This fast-growing perennial is a member of the ginger family and native of tropical Asia.

Superficially, it resembles bamboo, with thick arching stems arising from a rosette. It is typically used as an accent, groundcover or container plant.

The waxy dark green leaves are blade-like, up to two feet long and five inches across. They emit a gingery odor when crushed, thus the alternative common names, shell ginger or shell ginger lily.

The showy clusters of flowers appear at the ends of stalks above the foliage.

Each drooping flower measures about an inch long.

The outer petals resemble pink-tipped closed shells, earning the species yet another name, pink porcelain lily.

They open a few at a time, expanding to an exotic flower with a protruding lip with vivid yellow and red markings.

They bloom mainly in spring and summer and are pretty for weeks.

The brown many-seed fruit is inconspicuous.

Shellflower prefers partial shade and



Porcelain-like outer petals and the lip's vivid color are the plant's notable ornamental features

photos by Gerri Reaves

plenty of moisture. It is moderately salt and drought tolerant, cold sensitive and pest resistant. In good conditions, it can grow to more than six feet tall.

In Asia, the plant is used in the production of fiber and paper.

It can be propagated by dividing the rhizomes and with seeds.



Shell-like clusters of flowers inspire several common names for non-native shellflower

A variegated cultivar with green and yellow leaves is also popular.

Sources: *500 Plants of South Florida* by Julia F. Morton, *Florida Gardener's Guide* by Tom MacCubbin and Georgia B. Tasker; *Florida, My Eden* by Frederic

B. Stresau; *Florida's Fabulous Flowers* by Winston Williams; *Waterwise: South Florida Landscapes*; www.floridata.com; and <http://hort.ufl.edu>.

Plant Smart explores the diverse flora of South Florida.✱

Lee County Department Summer Programs

Lee County government is offering summer programs and information to children and teens. Departmental offerings come from Lee County Parks & Recreation, Lee County Domestic Animal Services, the Lee County Library System and LeeTran.

Parks & Recreation – Summer camp has started at Lee County Parks & Recreation. Camps draw thousands of youngsters throughout the region to programs, outings and activities at traditional camps, teen camps and specialty camps.

Summer camp runs eight weeks from June 10 through August 2. All campers will receive a specially designed Lee County Parks & Recreation T-shirt. Camp sites will participate in countywide initiatives, such as service learning projects, fitness and wellness programs, and National Park and Recreation Month.

Parents interested in swimming lessons can also register now. Those lessons and other summer aquatics programs are available at the county's four year-round community pools located in Lehigh Acres, North Fort Myers, Pine Island and San Carlos Park. To register, visit your nearest community pool or online at www.leeparks.org.

For summer camp and aquatic registration, call 533-7275, or visit www.leeparks.org.

Lee County Domestic Animal Services – LCDAS offers Pet Safety Programs from 1 to 3 p.m. Saturday, June 22, and 9 to 11 a.m. Friday, July 12. LCDAS is located at 5600 Banner Drive in Fort Myers.

The programs are an opportunity for parents to learn along with their children how to safely interact with a dog and read its body language. The program will teach pet socialization, responsible pet ownership and avoiding risky situations. This program will be interactive for the entire family.

Animal Services also will be teaching pet safety at various summer programs throughout Lee County.

Lee County Library System – Children and teens can still sign up for the library summer program and select a free book while supplies last. Planned activities for children at the libraries include story time, magic and puppet shows, escape rooms and service-based projects for teens. The weekly programs help children and teens stay mentally active while having fun. Age-appropriate programs also are available for infants to adults. The summer reading program is designed to help foster literacy skills and develop a love of reading. Participants in our ReaderZone program are automatically entered to win prizes.

Event schedules are available in the libraries, or at www.leelibrary.net/calendar. All events are free, but tickets or advanced registration is required, depending on location. For more information, visit a library, go to www.leelibrary.net/summer or call 479-4636.

LeeTran – This summer, and all year-round, students are eligible to ride LeeTran for half price with a LeeTran student ID. Bring your school ID to Rosa Parks Transportation Center, 2250 Widman Way in Fort Myers, and for just \$1 receive your LeeTran Student ID card. This card allows you to ride all Fixed Route buses for just 75 cents and the Beach Trolley for just 35 cents.

Visit www.rideleetrans.com for schedules and maps or call 533-8726 for more information.✱



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Diana Nyad and Voyager I co-owner Dee Brady with a poster Nyad donated to the Wall of Fame at Jensen's Twin Palm Cottages & Marina

photos by Jeff Lysick

Nyad Returns To Captiva To Salute Historic Vessel

by Jeff Lysick

For more than 40 years, long-distance swimming legend, motivational speaker and best-selling author Diana Nyad has been an inspiration to people from all walks of life. Her incredible accomplishments – including her record-breaking 110-mile swim between Havana, Cuba and Key West, Florida – have made headlines around the world.

Nyad returned to Captiva on May 28 to witness the transfer of ownership of the *Voyager I*, the 34-foot motorized catamaran which accompanied her during the history-making swim, spanning August 31 through September 2, 2013.

"We became family," Nyad said of the *Voyager I*'s owners and crew, many of whom attended the May 28 ceremony held at Jensen's Twin Palm Cottages & Marina. "We didn't just work together over a couple of days... it took weeks and months and years. And you can never

take away what these people did and the sacrifices they made over and over again."

Almost six years ago, Nyad, the *Voyager I*'s crew – including co-owner Dee Brady – as well as a team of doctors, shark and jellyfish experts completed the 110.86-mile journey from Cuba to Florida in 52 hours, 54 minutes and 18 seconds. At age 64, Nyad became the first person to ever complete the course without the protection of a shark cage in the fifth attempt during her illustrious athletic career. Her first attempt came in 1978, with subsequent attempts occurring in 2011 (twice) and 2012.

Brady, who lives on Anna Maria Island, Florida, brought *Voyager I* to Captiva, where she and co-owners Kate and Jeff Davis were to transfer ownership of the vessel to John and Pauline Berry. During each of Nyad's last four attempts at completing the Cuba-to-Florida swim, Brady had stopped at Jensen's Marina to stay overnight and refuel.

"I remember getting a call from John Bartlett, who told me that some woman wanted to hire the boat to accompany her from Cuba to the United States," said Brady. "But when he told me the name Diana Nyad, I was like 'Are you kidding



Diana Nyad, center, poses for a picture with fans Kelle Covington and Joyce Matthys

me? That's not just some woman!"

According to the boat's owners, the *Voyager I* is a catamaran that has a water-level access on her stern side for kayaks and other smaller vessels. "It's perfect for swimmers... almost an ideal boat made just for her," they said.

"That boat's pure magic," added Nyad.

Among the small crowd of admirers attending the ownership transfer ceremony was Merni Libonate, a Captiva resident who first met Nyad more than 44 years earlier.

"I remember back in 1975 when she swam around Manhattan," Libonate recalled. "That was a really big thing back then because the women's movement was going on. We went down to meet her at the end of her swim at Battery Park. It was enormous... so empowering!"

On October 6, 1975, Nyad became the first woman to swim around the island of Manhattan, completing the 28-mile course in seven hours, 57 minutes.

"The mayor of New York, Abe Beame, gave me the key to the city," Nyad added.

Also on hand was Kelle Covington of Bonita Springs. Her son, Dr. Derek Covington, was one of the 35-member team that accompanied Nyad during her historic 2013 swim. She brought a photograph of Nyad and her son for the swimming icon to autograph.

While addressing the 25 or so onlookers gathered underneath the chickee hut at Jensen's, Nyad discussed that her Cuba-to-Florida journey represented a lifelong dream fulfilled. As a youngster in the early 1960s, she remembered standing on the beach in Fort Lauderdale with her mother.

"I was fascinated with Cuba, and my mother pointed out towards the ocean and told me that Cuba was just beyond the horizon," said Nyad. "I told her 'I can't see it,' and she said, 'You could almost swim there if you tried really hard.'"

In August 2011, Nyad swam for 29 hours in rough seas before the Cuba-to-Florida attempt was halted. Another try one month later ended after 41 hours due to strong currents and both jellyfish and Portuguese man-of-war stings. Storms and jellyfish stings thwarted her fourth attempt in August 2012.

But after her fifth attempt, which was hailed as one of the world's great athletic achievements, Nyad shared three poignant messages with the crowd that greeted her on the Key West shoreline: It looks like a solitary sport, but it's a team.

You're never too old to chase your dreams.

Never, ever give up!✱



Diana Nyad celebrated the occasion by playing *Reveille* on her bugle



Voyager I docked at Jensen's marina on Captiva



Trapper Alfredo Fermin with one of the iguanas he caught recently on Captiva
photos courtesy AAA Wildlife Trapping & Removal Services

Captiva Testing Iguana Removal Program

by Jeff Lysiak

A pilot program funded by the Captiva Community Panel (CCP) is addressing the iguana problem currently plaguing the island.

"The (iguana) issue came up at one of our panel meetings, and it's been a topic of conversation for a while," said Dave Jensen, CCP board member. "People have been seeing iguanas on their properties, and they can do some damage."

According to Jensen, he called the City of Sanibel to investigate how the neighboring community addresses their invasive species issue. The city's department of natural resources put him



Traps filled with six iguanas

in touch with Alfredo Fermin of AAA Wildlife Trapping & Removal Services, a professional trapper based in Cape Coral.

"Iguanas are very aggressive... they have a nasty bite and their tails can hurt you, too," said Fermin, who has more than 10 years of experience trapping wildlife. "They can tear up your garden, they burrow near seawalls which causes a lot of damage, and their poop is dangerous because they carry diseases

like salmonella. You wouldn't want your pet or your child walking in that and spreading their feces all around."

Iguanas, which can grow up to six feet long, have no natural predators. One female may lay between 40 and 70 eggs at a time, and the species is a direct threat to burrowing owls.

One month ago, the CCP agreed to hire AAA Wildlife Trapping & Removal
continued on page 17

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When Death Comes Knocking, Look Busy



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

Nearly 15 years ago, on a hot July afternoon, I was having a frustrating day at work (yes, even estate planning attorneys have bad days at the office!), so I took off a little early, deciding to ride my bike down to the Sanibel Causeway. At the time, construction of the new spans was in progress.

Having pedaled from my south Fort Myers home to the toll plaza at Punta Rassa, I paused, looking at the orange cones wondering whether I should continue across the causeway to the island before making the trek back home.

At that moment I heard a loud **CRACK**, causing me to turn around. I saw flashes of lightning with dark, ominous clouds heading towards me. As most of you know, our summer thunderstorms mostly build in the east then head towards the coast, and can be quite dangerous.

Realizing that I had 13 miles heading directly into the storm to get home, I amped it up. On the Summerlin bike path, I remember looking down at my Garmin bike computer mounted on my handlebars – that registered 23 mph – as I crossed in front of the Siesta Bay RV Resort.

That's when it happened.

I don't remember much, only waking up with paramedics hovering over me. I'd been hit by a car and was seriously injured. It was a hit and run, apparently, but someone must have noticed me lying unconscious just off the bike path and called 911. A medivac helicopter landed on Summerlin Road to transport me to Lee Memorial's trauma center downtown.

Luckily, I survived, despite having skull fractures (my helmet saved my life) and problems with my neck and spine that would require neurosurgery. To this day, titanium pin and screws hold my neck in place.

None of us knows when our time will come, or how it will come. I was only 40 years old at the time of my near-death experience.

I'm reminded of the quote: "when death comes knocking, look busy..." out of a scene from Woody Allen's movie *Love and Death*, where Boris, the lead character played by Allen, encourages us to "not think of death as an end, but think of it more as a very effective way of cutting down on your expenses."

As my friend Brian Kurtz of Titan Marketing writes about his recent brush with death, "while that might have been nice, I'll take life plus the expenses, thank you very much."

Since my accident, it's been my priority to ensure that I'm always working on something big in my life and encouraging others around me to strive similarly... even after we've achieved great things. "Big" is a relative term, yet we all need something to constantly strive for, or we risk no longer looking busy, inviting the grim reaper to our doorstep.

Dan Sullivan, the top coach for entrepreneurs worldwide, has many stories and examples about famous people who set a huge goal in their lives, but, once attained, left too much room to not be busy.

Sullivan points to the curious tale when Thomas Jefferson and John Adams died within five hours of one another on July 4, 1826, *50 years to the day* after the signing of The Declaration of Independence. Both had a goal of seeing the new republic survive its first 50 years. Having met the goal, they both quickly perished.

You can say that both men should have had some other milestone planned after that. We can cut Jefferson and Adams some slack since they lived in an era where life expectancies got the luckiest of average Americans to their 40s. Jefferson was 82 and Adams 90 when they died.

Yet this story illustrates how important it is to have something to live for, despite your age. Sullivan speaks of the dangers of "retirement" as letting oneself be "put out to pasture" waiting for the slaughterhouse. "Retire from the things you don't like doing, retire from the things you don't do well, and retire from people who drain you and don't make you bigger and stronger," he advises.

Sullivan goes on to say that once you remove the passion to achieve the next great thing in your life, you leave an opening to "cut down on your expenses."

I've represented several clients who have cashed out of their careers in a big way, but once they were on the "other side" with nothing to do, they wilted and died both figuratively, and then literally.

So always plan your next achievement. Keep death at bay.

And don't worry about those expenses.

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CONRIC staff, from left, Justin Ungar, April Bordeaux, Chuck Myron, Landen Drake, Joshua Savage, Connie Ramos-Williams, Rick Williams, Jaimie Miller, Katherine Viloria, Josh Milton, Linda Fiore and Javier Fuller photo provided

Marketing Firm Named Company To Watch Finalist

GrowFL has selected CONRIC Marketing & PR as a finalist for its 2019 Florida Companies to Watch list.

"To be recognized as a finalist in Florida's Companies to Watch is quite an honor for us," said Connie Ramos-Williams, CONRIC president and chief marketing officer. "Our team's hard work, determination and commitment to excellence has been key in our 35 percent growth year over year."

Ramos-Williams founded CONRIC

in 2007. The firm works with local and national organizations to create and amplify their branding and messaging amid constant evolution in the consumer environment.

GrowFL is a nonprofit management consulting organization that the state legislature created in 2009 to spur economic expansion. The Florida Companies to Watch program, now in its ninth year, evaluates businesses for past growth and projected success as well as their strengths and impact on their markets, communities and the state of Florida.

Finalists advance to a second round of evaluation. The 50 businesses that make the Florida Companies to Watch list will be announced in July.

"We applaud these first round finalists

who have shown how they stand out in their regions as innovative business leaders, going to the next level to grow their companies," said Dr. Tom O'Neal, GrowFL executive director. "They are true rock stars." ✱

Summit To Discuss Health Risks Of Algal Blooms

A serious threat to the health of all Southwest Floridians lurks in the water. Calusa Waterkeeper invites the public and healthcare professionals to a public water summit on Monday, June 24 about the health effects of harmful algal blooms. The event, called Public Health Alert – Florida Water, runs from 5:30 to 9 p.m. at the Broadway Palm Dinner Theatre, located at 1380 Colonial Boulevard in Fort Myers.

The summit will include a screening of the groundbreaking documentary *Toxic Puzzle*, narrated by Harrison Ford. An expert panel, including two scientists featured in the documentary, will discuss why harmful algal blooms have become a public health concern, where to find key information as the threat evolves, and what Southwest Florida residents can do to help safeguard themselves and their families while fighting for change. A question-and-answer session with the experts will follow the panel presentation.

"The health risks are becoming more apparent as new scientific research emerges," said Calusa Waterkeeper John Cassani. "We're doing everything

we can to get the word out and let everyone know what they can do to make a difference in this fight."

Panelists include Cassani and two University of Miami scientists: Dr. Walter Bradley, chair emeritus of the university's neurology department, and marine biology and ecology professor Dr. Larry Brand, both of whom appear in *Toxic Puzzle*.

"The public is just beginning to understand the scale of the problem we face," said Calusa Waterkeeper Executive Director KC Schulberg. "With each passing month, we learn more about the potentially horrendous impact, not just to our environment and marine life, but to the health of our fellow residents. There is urgency."

The Southwest Florida Community Foundation is funding the program through a grant awarded in response to an inquiry from Calusa Waterkeeper President-elect Ruth Watkins. A second public forum set for August 5 will feature the world premiere of an original documentary on the subject that Calusa Waterkeeper is producing, entitled *Troubled Waters*.

A buffet dinner is included in the \$20 ticket price for the June 24 event, with proceeds going toward the nonprofit Calusa Waterkeeper's scientific research and educational outreach efforts. Tickets are available online at <https://bit.ly/2wAkqim>.

Sponsorship opportunities are also available. Email Schulberg at kc@calusawaterkeeper.org to find out how to get involved. To keep tabs on Southwest Florida's water, visit www.calusawaterkeeper.org and facebook.com/calusawaterkeeper.✱

Book Review

Redemption



by Di Saggau

Redemption is David Baldacci's latest Memory Man thriller. If you are a fan, you will remember Detective Amos Decker, a man with perfect recall initiated

by a wicked blindside hit on an NFL playing field years ago, that triggered a traumatic brain injury. He awoke from a coma with the ability to remember everything and the inability to forget anything. It seems like a wonderful attribute, but there was a distinct downside to his condition. Painful memories could not be erased.

The book opens with Decker visiting the gravesite of his daughter Molly on what would have been her 14th birthday. Molly was brutally murdered four years ago in their home, along with his beloved wife, Cassie, and his brother-in-law. He is approached by a man he'll never forget: Meryl Hawkins, his first homicide arrest more than 12 years ago. Hawkins had been serving a life sentence, but was recently released due to a terminal illness. Hawkins tells Decker that he never committed the murders. Decker begins to question himself and looks into the old evidence.

When Hawkins is killed along with others connected with the case, Decker is determined to uncover the truth, regardless of the personal cost. It becomes clear that someone doesn't want the old case reopened, someone who is willing to kill to keep the truth buried and hide a decades-old secret that may have devastating repercussions.

As Decker and his former partner,

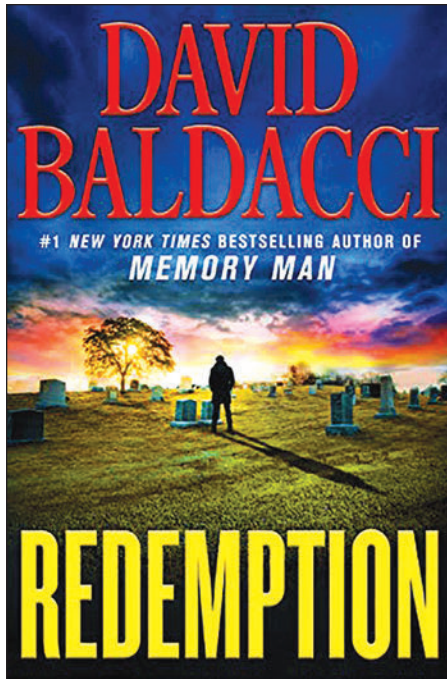


image provided

Mary Lancaster, dig deeper, it looks as though there's a lot more to what they thought was a closed case. At one point, they start to think the case involved money-laundering but soon they realize it goes way beyond that. Two characters who become a personal threat to Decker are Detective Blake Natty and Superintendent Peter Childress. Both are outrageous and slightly unbelievable characters.

I have always enjoyed Baldacci's books and while it was interesting watching Decker look for possible mistakes in his old case, in my opinion, *Redemption* does not quite live up to the earlier Memory Man novels. As much as I have liked Amos Decker, it might be time for a new hero or heroine. That being said, *Redemption* has been on the best seller list, so a great many people are reading it. I'm not sorry I did, but felt I should add that one caveat.*

the title, author and rating of the book. Then, tear off the perforated corner of each page to see the bookworm "eat" his way through the journal. Not only does the *Bookworm Journal* promote lifelong reading habits, but it helps parents and children maintain a reading routine whether it's before bed, playtime, naptime or whenever the bookworm works up an appetite. Children will crave reading time once they get a "taste" of this clever book log.

Grades 3-5: Give your child a bookstore gift card and a tote bag and allow them to fill the bag with books of their own choosing. You will enjoy seeing their choices.

Grades 6-8: Schedule a family movie night to watch a movie based on a book that your child reads first. *The Harry Potters Series*, *The Hunger Games*, *The Giver*, *A Wrinkle in Time* and *The Chronicles of Narnia* are all great books to read and then watch as a family. It will be interesting to find out if your kids preferred the book or movie. You should have some great discussions with this activity.

Grades 9-12: This one is about paying it forward. Throughout the summer, ask your high school student to pick out their favorite picture book from their childhood and arrange to take them to a local literacy center to read the book to a child in need or just to kids in the family or neighborhood. Ask the older kids to assess the younger kids' reactions to the book. You'll appreciate their observations.

Many years ago, the National Council on Reading put out a poster that said

Reading Is Fun! I think the message still holds true.

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.*

From page 15

Iguana Removal

Services to come to Captiva, trap and remove nuisance iguanas. The pilot program requests that island residents give permission to Fermin to access their property and remove iguanas.

On his first visit to Captiva on May 7, Fermin visited 20 properties and removed 21 iguanas. Since then, he has returned to more than 50 properties and had eliminated 56 iguanas.

"If you don't know what you're doing, it can be nearly impossible to catch them," said Fermin, who uses a noose bar to snare the iguanas. "It's still too early to give an estimate on the number of iguanas there are on Captiva, but I'll be out here every Tuesday until the funds run out."

Jensen added that if AAA Wildlife Trapping & Removal Services determines that there is an overpopulation of iguanas on Captiva, the CCP will request that Lee County assist with the funding of the removal program.*

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, Now that summer is here and the kids are out of school, I want to make sure that they read every day, but I don't want reading time to be boring.

What suggestions do you have that might make reading more of an adventure? Fortunately, my kids like to read but I still have to remind them as they can get absorbed in their screens and other things very easily.

Heather T., Fort Myers

Heather,

It's great to hear that you want to ensure that your kids are reading this summer. Reading every day is critical for maintaining reading skills and increasing vocabulary and comprehension. Below

you will find some suggestions from Darby Evans, an associate program director at Notre Dame's Center for Literacy Education. These suggestions are grouped by age.



For young children, she recommends creating a special space for reading by creating a reading nook with a beanbag chair or fluffy oversized pillows. Some kids might really enjoy a reading tent as well, which can be purchased online. A comfy, cozy place to read can create wonderfully positive associations with literacy for any age child.

Preschool: Build a blanket fort or a reading tent exclusively for reading. Tell your child no screens are allowed inside and dedicate an evening at least once a week to a reading adventure trip. Bring picture books, snacks and have fun reading together in this cozy space.

Grades K-2: Give your child the wildly fun *Bookworm Journal*, which allows kids to tear off a perforated corner of each page to see the bookworm "eat" his way through the journal. This is how it works; every time you and your child finish a story, fill out a journal entry with

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Financial Focus

Tools Are Great For Father's Day And For Investors



by Jennifer Basey

If you're a dad, you may well be pleased to unwrap some tools as Father's Day gifts. Of course, it might be a stereotype that all men are handy at repairs; women certainly can be every bit

as good when it comes to building and fixing things. In fact, the construction process is valuable for anyone to learn – and the same skills that go in to creating and mending physical objects also can be applied to financial projects – such as working toward a comfortable retirement.

Here are a few of those skills:

Diagnosing The Challenge

A good craftsperson knows that the first step toward accomplishing any outcome is to assess the challenge. So, for example, if you want to build some bookshelves right into the wall, you'll need to locate the wall studs, determine if you have adequate space for the shelving you want and allow room for future expansion. Similarly, if you want to retire at a certain age, you need to consider the key variables: your current and future income (How much can you count on from your retirement plans?), where you'll live (Will you downsize or relocate? Will you rent or own a house or condominium?) And what you'll do as a retiree (Will you travel extensively or stick close to home? Will you do some type of work for pay or pursue your hobbies and volunteer?).

Assembling The Right Tools And Materials

To put together your bookshelf, you will need the right tools – saw, hammer, drill, sander and so on – and the right building materials – plywood, nails, screws, glue, brackets, moldings and so on. And to work toward a comfortable retirement, you'll also need the right tool – in the form of a long-term financial strategy, based on your specific retirement goals, risk tolerance and time horizon – along with the appropriate materials – the mix of investments you use to carry out that strategy. These investments include those you've placed in your IRA, your 401(k) or other employer-sponsored retirement plan, and those held outside your formal retirement accounts. Ideally, you want a diversified mix of investments capable of providing growth potential over time, within the context of your individual risk tolerance.

Review Your Work

Once you've finished your bookshelf, you occasionally may need to make some minor adjustments or repairs in response to slippage, cracks or other issues that can develop over time. As an investor, you also may need to tweak your financial strategy periodically and adjust your investment mix – not necessarily because something is broken, but to accommodate changes in your life, such as a new job, new family situation and new goals. Furthermore, over time, your risk tolerance may change, and this needs to be reflected in your array of investments.

Consequently, conducting an annual portfolio review with your financial professional should be a priority.

Tools are a big deal on Father's Day. But the construction-related tasks they represent, physically and symbolically, go beyond any one holiday and can be used by anyone interested in working toward a solid financial future.

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.✱

Superior Interiors

Five Key Pieces Every Stylish Bedroom Needs



by Barb Cacchione

Your bedroom is your own personal haven. If you want to create a cozy escape that welcomes you with open arms at the end of a long day, consider making furniture selections

that include all the key pieces to make the space functional and comfortable.

Everyone knows that a bed and dresser are necessary for a functioning bedroom, but keep in mind that you'll need accents to complete the overall look and complement the theme that these bigger furniture pieces have established. However, with so many furniture options out there, from window benches to accent chairs, narrowing down your selection to just a few pieces can get overwhelming. Therefore, some people elect to work with a design professional who can not only help to narrow the options but coordinate these five key accents for your bedroom.

Nightstands provide essential surface and storage space for everything from your lamp and alarm clock to your reading glasses and books. However, don't underestimate the style that bedside tables can contribute to your room. Choose one that works with your bed's colors and designs for a coordinated look, or step out of your comfort zone and find a bold piece that serves as a stylish accent. If you have a large, shared bed, consider having a nightstand on either side for added convenience.

You don't need a lot of space in your bedroom to create a reading nook or cozy seating area. Set up an accent chair or two – or love seat if you have the space – in a

corner by the window to establish a cozy area where you can relax when you're not in bed. The plush chair, the more enticing your seating area will be. Choose a bold color that pops to add flair to the space. Distinguish this area from the rest of your room while adding a personal touch by hanging photos or artwork on surrounding walls. If you don't have dimmers in your bedroom that can set the mood for reading or conversation, a floor lamp will do the trick.

Decorate with furniture that has hidden storage benefits to use your space to its maximum potential. Upholstered benches and ottomans with storage room add texture and style to the area and eliminate the need for extra closet or floor space. You may be able to incorporate personalized shelving that works with your unique space and design theme. This is an excellent way to keep your bedroom clutter-free and organized, one of the keys to maintaining a relaxing personal escape.

Nothing creates a cozy, welcoming environment like a soft and stylish area rug. Treat your feet to a furry rug in the mornings or transform the ambiance of your space with a multicolored, patterned product. Don't forget that your rug should be two feet shorter than the smallest wall in the room. If you have a particularly large bedroom, the rug should fit the configuration of the space and its furniture.

Introducing a vanity to the area will automatically add elegance and style to your bedroom. Many of them give off a classic, antique vibe. In addition to their sophisticated appearance, vanities bring a lot of comfort and convenience to the space, as they provide a personal sit-down area and mirror for grooming and applying makeup. They also work as a storage area for belongings like hair accessories and jewelry.

Once you have these five essential bedroom pieces, get creative and top off your new look with accessories like bedding and table lamps that work with the design theme, colors and layout of your bedroom.

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

Public Service Grants For Nonprofits

Nonprofit organizations in Lee County are invited to apply for Public Service Grants, valued up to \$15,000, from the Lee County Injury Prevention Coalition. Grants are being offered through the auspices of Lee County Emergency Management.

The grants awarded will be directed toward a project that is directed at a clearly defined audience and a documented injury or safety issue within the county. Grant funds are not for the continuation of a current program, but for advancing or expanding a current effort. The receiving organization's history of successfully completed prevention efforts will be considered.

Applications for the grants must be received by August 1, 2019, and should include the issue and the prevalence of the problem, how the organization plans

to achieve its objectives, and how the funds will be used. A budget and timeline for distribution of the funds should be included as well as how the project will be sustainable. Applications are available through the Injury Prevention Coalition at ipcleecounty@gmail.com.

Organizations who would like assistance in preparing their applications are invited to send a representative to the coalition's July 17 meeting, where an experienced grant writer will be available to answer questions. The meeting will be held at 10 a.m. at the Lee County Emergency Operations Center, located at 2675 Ortiz Avenue in Fort Myers, rooms B, C and D.

The Lee County Injury Prevention Coalition serves as a collaborative effort or partnership whose function is to facilitate partners' work and act as a catalyst for injury prevention initiatives. Its mission is to prevent injury, disability, and death through advocacy, education, legislation and partnerships.

For more information, contact Brian Raimondo at ipcleecounty@gmail.com or 330-2240.✱

From page 11

CROW Case

similarities of particular species.

"CROW's Visitor Education Center houses live animal exhibits to compare and contrast invasive species found in Southwest Florida with native animals whose existence is threatened by their presence," said Rainbolt. "Our native exhibits currently include Sydney, an American alligator; Violet, an eastern indigo snake; Kernel, a corn snake; southern toads; and green anoles. Invasive, or potentially invasive, exhibits include LC, a ball python; Arturo, a Cuban knight anole; a cane toad; and tokay geckos. Billy, the nine-banded armadillo, used to be in the Visitor Education Center but outgrew his surroundings, so he is now housed down at the hospital for public viewing during the Wildlife Walk hospital tour."

CROW visitors must realize that, even though these animals are

ambassadors or in exhibits, they are still wild animals and must be treated as such.

"Although animal ambassadors have been conditioned to be more tolerant of human contact, it's crucial to understand that these animals are not domestic pets. They are wild and still maintain some fears and anxieties as if they were in their natural surroundings," said Rainbolt. "Proper safety must be exercised at all times, so it is important to give CROW's animal ambassadors space and be respectful of the viewing directions given by the CROW team."

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

Law Firm Adds New Member

Attorney Heath Gelman has joined the law firm of Henderson, Franklin, Starnes & Holt, PA as a stockholder in the tort and insurance litigation department. For 20 years, he has been representing individuals and companies in matters of automobile negligence, premises liability, professional liability, first party insurance and wrongful death.

Gelman brings a unique perspective in evaluating matters, having initially served as defense counsel for a well-known insurance defense firm for the first 13 years of his career, and then handling plaintiff personal injury matters and first party insurance claims for nearly seven years with one of the largest personal injury firms in the United States. He also lectures to diverse audiences on various topics, including the use of store-captured surveillance video in litigation and the best practices to handle multiple competing claims with minimal policy limits.



Heath Gelman

photo provided

Gelman received his undergraduate degree from Florida Atlantic University and his law degree from St. Thomas University School of Law.✱

New Teller At Community Bank

Darci Banks has joined Sanibel Captiva Community Bank as a teller at the McGregor Boulevard location. She will be responsible for assisting customers with personal and business banking transactions.

Banks has more than 25 years of customer service experience working in the banking industry. She has held positions as a teller and customer service representative at several financial institutions.

Prior to joining Sanibel Captiva Community Bank, she was a member service advisor at a local credit union.

To learn more, visit www.sancapbank.com.✱



Darci Banks

photo provided

From page 7

Turtle Release

turtle was tagged with flipper tags and a microchip.

After recovering from anesthesia and a brief period for observation, the turtle was cleared for release. It was taken to the back bay waters of Fort Myers Beach via a boat provided by Turtle Time, Inc. volunteers. The turtle

was released into the water near Mound Key.

If you accidentally hook a sea turtle, do not cut the line and release the turtle. Reel it in slowly and immediately contact the Florida Fish and Wildlife Conservation Commission at 888-404-FWCC (3922) or CROW at 472-3644 ext. 222.

To learn more about what to do if you accidentally hook a bird, visit www.mindyourline.org.✱



The group laying compost in the garden

photo provided

Local Firm Volunteers With Hope Clubhouse

Hope Clubhouse recently partnered with McGriff Insurance Services as part of a 2019 Lighthouse Project. Through Lighthouse Projects, teams of volunteers collaborate with nonprofit organizations to identify and fulfill projects that enhance the quality of life for residents in the community. Lighthouse Projects are humanitarian in nature, serve the local community, impact more than one single family, and ultimately make a difference.

Together, members of Hope Clubhouse

and McGriff Insurance Services spent the morning preparing the day's "garden to table" lunch and assembling a new six-foot picnic table and 13-foot umbrella donated by McGriff Insurance Services. In addition, the group worked together outside in the garden, laying nearly 25 tons of compost. After a long day of work, everyone shared a meal that was cooked on Hope Clubhouse's new grill, which was also donated by McGriff Insurance Services.

Hope Clubhouse is an organization that provides support to adults living with mental illness and provides opportunities for paid employment, as well as access to education, health, and wellness. For more information, call 267-1777 or visit www.hopeclubhouse.org.✱

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Frankly Speaking



by Howard Prager

I was recently traveling to Boston (no, I'm not the type of sportswriter that gets to cover the Stanley Cup) and read a couple of articles in *USA Today* about women and sports.

The major news and sports magazines have similar coverage because of the FIFA Women's World Cup, which began last weekend. The women's soccer contest was not even held until 1991, 61 years after the Men's World Cup began. Many of the articles highlighted the inequity between coverage of men versus women, surprisingly especially here where the U.S. women won the last championship and have the most championships (three) since the inception of the Women's World Cup.

The articles talked about both coverage and pay, and the inequity in both. Do you watch any women's sports? I'm not a big soccer fan, but I distinctly remember watching the U.S. women win their second championship in 1999 behind Brandi Chastain and Mia Hamm. I had the pleasure of interviewing Brandi a few months back, and she had a lot to say about the need to support women and girls in sports. "We should applaud people who have great accomplishments on even everyday things. Number one – celebrate the successes you have and own those. Be unapologetically excited for yourself. Girls seem to deflect this. They want everyone else to be happy. Or not get in anyone's way. We would all be better off if we recognize the positive things people do."

I worked at Notre Dame and had the pleasure of watching the women's basketball team dominate almost every other team. They were fun to watch, talented and skilled. I enjoyed watching them play more than the men. Yet, despite their frequent ranking as one of the top one to two teams in the country, few games were sold out, less than the men's team. Why is that? Why can't women's sports draw viewers? How many of us watch the Women's National Basketball Association (WNBA) or even know our local teams? Sure the women's game is different than the men's, but in a sense it's a more picturesque game than the slam bam jam knock 'em down of the NBA.

To this writer, watching the great dominance of players such as Serena Williams and Martina Navratilova in grand slam tennis was exciting, similar to watching Jeopardy recently and seeing who can beat James Holzhauer. (It was a women librarian!) Why haven't women achieved the same coverage, interest and success in other sports that they have in tennis? Women's tennis is on network television, often with good ratings, showing that there is interest and an audience.

Grand slam tennis is one of the

few sports where pay parity between men and women finally was achieved in 2006 (the U.S. paved the way by offering equity in pay to the winners of the U.S. Open as far back as 1973). Earlier this year, the Ladies Professional Golf Association (LPGA) announced a new partnership that will set up a new contest with the overall prize money this season equal to that of the PGA. This is a giant step for the LPGA putting its golfers on par with the men (pun intended). Yet the struggle goes on as U.S. Women's soccer filed suit against the U.S. Soccer Federation for discrimination. And some national teams around the world have done similarly with their national organizing bodies.

So we've had some advances in women's sports but more needs to be done. You can do your part by encouraging the girls in your life. Catch some women's sports this year. The competitiveness and talent may just surprise 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.

New Tools For Weather And Emergencies

Lee County Emergency Management has two new tools to help residents prepare for and be aware of hurricanes and other emergency situations – the LeePrepares app and the AlertLee system.

LeePrepares (Replaces LeeAlert app) The LeePrepares app – available in Google Play and the App Store – assists individuals and families with preparing for and recovering from all types of disasters that may affect the community.

Features include: GPS functionality for locating the user's evacuation zone; real time information from the Emergency Operations Center (EOC) on shelter openings, with mapping/directions and hurricane evacuations; current emergency (EOC) activation level; recovery information on re-entry, curfews, points of distribution, and coping with disasters; sign-up for AlertLee emergency notification system; frequently asked questions; links to special needs registration for those with special medical needs, and/or transportation needs during an evacuation; family disaster plan and emergency supply list; American Sign Language disaster preparedness videos; current local weather and hazardous weather outlooks.

AlertLee (Replaces CodeRed) – an emergency notification system that allows registered users to receive telephone, text and/or email alerts related to natural or man-made emergencies.

The AlertLee system will be used

when an emergency arises, such as severe weather situations, missing persons, evacuation notices, boil water notices, fire or floods and active shooter situations.

To sign up, residents should go to www.AlertLee.com, select their municipality or unincorporated Lee County and complete the registration steps.

The AlertLee system already includes published, listed landline telephones, but not cell phones or VOIP numbers. To be certain to receive alerts, it is important to register and update the information if it changes. The information will be used only for AlertLee notifications.

There is no charge to register or receive system alerts.

For more information regarding Lee County Emergency Management, log on to <http://www.leegov.com/publicsafety/emergencymanagement>.

Boating Safety Class On Saturday

U.S. Coast Guard Auxiliary District 7, Flotilla 91 will be offering a one-day About Boating Safely class at the Pine Ridge Community Center on Saturday, June 15 from 9 a.m. to 4 p.m.

This beginner boating class will give the novice recreational boater the knowledge needed to obtain the Florida Fish and Wildlife Conservation Commission (FWC) safety certification. Anyone born on or after January 1, 1988 who operates a vessel powered by 10 horsepower or more must pass an approved boater safety course and be issued with a boating safety education identification card. This ID card must be in his/her possession along with photographic identification.

Recreational boating is fun and enjoyable, but local waterways can become crowded at times and be a place of chaos and confusion. While being a marvelous source of recreation, boating, to the unprepared, can be a risky sport. Not knowing or obeying the navigation rules or the nautical "rules of the road," or drinking alcohol or taking drugs while operating a boat, or choosing not to wear your life jacket, are all examples of human error or a lack of proper judgement.

The presenters are trained professionals

of the US Coast Guard Auxiliary who facilitate the sharing of experiences and relate courseware to the local area. Flotilla 91 Commander Nick Kaveski stated, "People are very busy today, and this one class can fit easily into most everyone's calendar. Unlike online classes, this program offers student interaction, shared perspectives, collaboration and local area knowledge."

Cost is \$45 per person and includes study material. Advance registration is required either by calling 690-6780 option 1 or visiting www.aux91fmb.org/safeboating.

The US Coast Guard Auxiliary is the lead agency protecting America's seaward frontier in recreational boating safety. Vessels and aircraft are deployed across the nation and aid or save countless boaters every year. The auxiliary is the uniformed civilian component of the U.S. Coast Guard and supports the Coast Guard in nearly all mission areas. The auxiliary was created by Congress in 1939.

The Pine Ridge Community Center is located at 15660 Pine Ridge Road in Fort Myers. For more information, visit www.cgaux.org.

Grampy's Charities Sporting Clays Tournament

Grampy's Charities has partnered with Kids & Clays for the Inaugural Grampy's Sporting Clays Tournament, benefiting Ronald McDonald House Charities of Southwest Florida. The tournament will take place on Friday, December 6 at Sarasota Trap, Skeet & Clays in Nokomis, Florida.

Registration and breakfast begin at 8 a.m., followed by a brief safety meeting at 9:30 a.m. The shotgun start is at 10 a.m. and lunch, raffle and awards will follow.

Each participant will receive Grampy's Famous Ditty Bag, Kids & Clays shooter gifts, eye and ear protection, ammunition and a loaner gun if needed.

Grampy's Charities has offered to sponsor the entire event so 100 percent of the event proceeds will benefit Ronald McDonald House Charities of Southwest Florida.

Sponsorship opportunities and reservations can be made online at www.rmhcswfl.org/events.

SPORTS QUIZ

1. Name the last Cy Young Award winner to also be on a World Series-winning team in the same year.
2. Who was the first Texas Ranger to win the A.L. MVP Award?
3. When was the last time before 2017 that the University of Georgia's football team won an SEC championship?
4. Who was the last player before New Orleans' Anthony Davis in 2016 to start a season with back-to-back games of 40 or more points?
5. Name the center in the Buffalo Sabres' famed "French Connection" line of the 1970s.
6. Chevrolet drivers have won seven consecutive poles at NASCAR's Daytona 500. Who was the first of the seven to do it?
7. How many pro bouts did Hall of Fame boxer Sugar Ray Leonard win before suffering his first defeat?

ANSWERS

1. Randy Johnson, with Arizona in 2001.
2. Outfielder Jeff Burroughs, in 1974.
3. It was 2005.
4. Michael Jordan did it in 1986.
5. Gilbert Perreault.
6. Danica Patrick, in 2013.
7. He had 27 pro victories.



Peter Knize photos provided

Chairs Named For 2020 Voices Of Hope Gala

Guardian ad Litem Foundation, 20th Judicial Circuit, recently announced it will hold its inaugural fundraising gala, Voices of Hope, at The Club at Grandezza on Saturday, March 28 at 6 p.m.

The Voices of Hope Gala will include a dinner, entertainment and live auction. Its goal is to build awareness and support for programs that help local youth in the child welfare system.

Co-chairing the Voices of Hope Gala in 2020 will be Peter Knize, senior vice president of estate administration for The Naples Trust Company/The Sanibel-Captiva Trust Company, and Jennifer Siegal-Miller, an associate in the Naples law office of Henderson, Franklin, Starnes & Holt, PA. Knize is vice president of Guardian ad Litem Foundation's executive committee, while Siegal-Miller is a member of its board of directors.

Guardian ad Litem provides trained, court-certified volunteer advocates who serve as the "voice" for abused, neglected and abandoned youth in Southwest Florida as they navigate the judicial, education and child welfare systems. The foundation raises money to recruit, train and support volunteer child advocates, as well as provide financial assistance to help meet a child's basic and developmental needs.

"I am proud and honored to co-chair the very first Voices of Hope Gala," Siegal-Miller said. "The dollars we raise at this signature event will bring the foundation closer to its mission of providing volunteer advocates for every local youth in the child welfare system. These children are vulnerable and need our help, and we'll be relying on the generosity of local businesses, organizations and individuals to make the gala a success."

"The Guardian ad Litem Foundation



Jennifer Siegal-Miller

is making a tremendous impact on the lives of children in Southwest Florida," Knize added, "and the Voices of Hope Gala offers an opportunity to raise awareness of the organization's outstanding programs while also generating resources that will extend services to a greater number of local children."

Sponsorship opportunities are available now.

The Club at Grandezza is located at 11481 Grande Oak Boulevard in Estero. For more information about gala opportunities, call Roxanne Dyer at 533-1435. Information about Guardian ad Litem Foundation's fundraising event series is available online at www.voicesforkids.org.

Dean's List At Plymouth State

Fort Myers native Alyssa Michaud has been named to the Dean's List for the spring 2019 semester at Plymouth State University, located in Plymouth, New Hampshire. Michaud is majoring in marketing.

Summa Cum Laude Graduate

Fort Myers native Blake O'Neill was among the graduates recently celebrated at the 161st Elmira College Commencement in Elmira, New York. O'Neill was recognized for graduating summa cum laude.

Student Named To Dean's List

Fort Myers native Mark Sheme has earned a spot on the Dean's List for the spring 2019 semester at Valdosta State University, located in Valdosta, Georgia.

Honorary Degree For Healthcare CEO



From left, Piedmont College Board of Trustees Chair Thomas A. "Gus" Arendale III, Hope Healthcare President and CEO Samira K. Beckwith, and Piedmont College President James F. Mellichamp

photo provided

Hope Healthcare President and CEO Samira K. Beckwith presented the graduate commencement address at Piedmont College in Demorest, Georgia, where she was also granted an honorary doctor of humane letters in recognition of her contributions to the field of hospice.

Hope Healthcare, which includes Hope Hospice and Hope Kids Care programs, is a not-for-profit health care organization dedicated to providing care and comfort to every individual and their loved ones as they fulfill life's journey.

For more information, call 482-4673 or visit www.HopeHCS.org.

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From left, Paula Kamberos, Sandy Stilwell-Youngquist, Nancy Finch, Brandie Fennell Duncan, Cookie Douglas, Darlene Grossman, Heather Decker, Doris Colgate, Stephanie Davis and Cheryl Komnick
photos provided



Meg Geltner and Anne Wittenborn



Kathy Galloway and Cheryl Komnick

Funds Raised At PACE Center Yacht Club Event

Pace Center for Girls, Lee County recently raised more than \$42,000 during its Sunset at St. Charles Yacht Club Love That Dress! collection event on June 4, hosted by Sandy Stilwell-Youngquist and St. Charles Yacht Club in Fort Myers. Emceed by Gina Birch and ABC-7's Mackenzie Bart, the event featured smooth jazz and Latin sounds by Marc Vee, extensive silent and live auctions featuring packages from local businesses, signature drinks and light bites, and incredible prize drawings. More than 250 dresses were collected during the gathering to be sold at deeply discounted prices during Pace's 11th annual Love That Dress! event on August 21. All proceeds benefit Pace Center for Girls, Lee County, which provides academic programs and counseling services to girls and young women ages 11 to 18.✱



From left, Susan Blust, Stephanie Davis, Mary Fischer, Marc Collins, Mark Blust and Sharon Torregrossa



Stephanie Davis and Gina Birch



From left, Angie Manley, Sabrina Bennett, Kelly Fayer and Darlene Grossman



From left, Sally Jackson, Kathryn Kelly and Pam Beckman

Employees Pack Meals For Local Food Pantries

Employees of Kraft Heinz packed 4,300 meals at a United Way Day of Caring for Meals of Hope. The volunteers assembled shelf-stable meals that will help stock local food pantries. Meals of Hope is a United Way Partner Agency.

Summer is here so most children aren't getting school lunches. Food pantry shelves need to be filled to help lower income families make it through the summer, and the project will help fill the need. The food packing took place at United Way headquarters, where Meals of Hope delivered the equipment and food items that were assembled to make fortified chicken flavored rice and vegetable soup.

"Meals of Hope can't thank Kraft Heinz and the United Way enough for teaming up with us to help feed the hungry throughout Southwest Florida. We are very fortunate to have such strong partners that collaborate with us to improve our community," said Steve Popper, executive director of Meals of Hope.

Natalie Rizk, store sales partner for Kraft Heinz, added, "We had a blast, and it was great to be a part of such an important cause. Being able to hand make meals, and knowing they were going directly into our local community



Kraft Heinz employees packing food for Meals of Hope during a United Way Day of Caring

photo provided

gave us an incredible sense of pride."

The United Way's Day of Caring is a year-round program, coordinated by the United Way Volunteer Center which matches businesses' desires to help with the needs of the community. Many local groups and companies have participated such as Publix,

T3 Communications and Markham, Norton, Mosteller & Wright, PA.

"A sincere thank you to Kraft Heinz employees for helping to fill food pantry shelves. United Way Days of Caring are great opportunities to build employee morale and teamwork while helping our community," said Cliff Smith, president

of the United Way of Lee, Hendry, Glades and Okeechobee.

The United Way Volunteer Center connects individuals and companies to volunteer opportunities throughout our community. For more information, call 433-7567 or visit www.UnitedWayLee.org.

Saturday Is World Elder Abuse Awareness Day

submitted by Sherry Young

As Americans, "justice for all" is a concept we embrace. Yet every year, an estimated five million Americans experience elder abuse, neglect, or exploitation. That number equates to one in every ten older adults. Elder abuse is an injustice that affects everything from our public health to our economic resources.

This Saturday, June 15 is World Elder Abuse Awareness day, an opportunity for people and organizations to take action to protect older adults. This day raises awareness about elder abuse, why it occurs, and what we can do to stop it. Working together, we can build the social supports that can prevent elder abuse and keep us all safe as we age.

There are several simple, actionable steps we can all take to protect our elders from abuse, neglect and exploitation.

For those of us who know and love



older adults, it is important to learn the signs of elder abuse. The American Society on Aging suggests looking for physical signs like bruises and welts, as well as behavioral signs like anger, fear, anxiety, nervousness or depression. Elders who are being abused may withdraw, avoid eye contact, suddenly lose weight, experience mood swings, or may startle easily. They may also change the way they show affection, or have nightmares and difficulty sleeping.

Preventing isolation is another way to protect our friends, family, and neighbors. Social isolation is one of the most common risk factors for elder abuse. Simply calling or visiting our older loved ones provides safety and reassurance. You can also prevent isolation by volunteering with an agency that provides rides, companionship, or recreation for older adults. Making these connections gives us an opportunity to listen to our elders' thoughts, concerns and decisions.

There are ways older adults can protect themselves from potential abuse, neglect and exploitation. The first way they can do so is to plan. For example, you can reduce the risk of potential financial exploitation by signing up for direct deposit or getting your estate plan in place.

You can also protect yourself from abuse by being cautious. Get on the National Do Not Call Registry to reduce telemarketing calls. Consult with someone you trust before making large

purchases or investments. Check with an attorney before signing documents that you don't completely understand. And always remember your mother's advice – if something sounds too good to be true, it probably is.

For everyone reading this, I have one final piece of information for you: If you suspect abuse, neglect or exploitation, report it. Our elders have a right to be safe. In fact, making a report isn't just the right thing to do, it's also the law. In the State of Florida, every single person who knows of abuse or suspects abuse is considered a "mandated reporter," which means that you are legally obligated to report it to the Florida Department of Children and Families' abuse hotline at 800-96-ABUSE (800-962-2873). Reporting abuse is easy, and it's also confidential.

This year, don't let June 15 be just another Saturday on your calendar. Instead, take a few moments to commemorate World Elder Abuse Awareness day by reaching out to an older adult, or by taking actions to protect yourself. If you need resources to help you do so, contact the Area Agency on Aging for Southwest Florida's Elder Helpline at 866-41-ELDER (866-413-5337). Our specialists can connect you to resources and assistance, as well as volunteer openings and recreation opportunities.

If we work collectively this June 15, we can all support our national ideal of "justice for all."

New Governance Structure For Health Board

The Lee Health Board of Directors recently announced its new governance structure establishing committees to assist the board in its responsibility for oversight of the health system's performance.

The publicly elected Lee Health Board of Directors is responsible for one of the nation's largest public health care systems. Its duties include ensuring the mission and vision of Lee Health are carried out. It does so through policy and goal setting, development of strategy, and oversight of the health system's clinical quality, patient experience and financial performance.

"Much is changing in the delivery of health care both locally and nationally," said Dr. Steve Brown, chairman of the Lee Health Board of Directors. "The board recognizes the need to evolve its governance to incorporate the voice and input of our medical staff and community so that the health system continues to meet the health care needs of the community."

Last fall, the board of directors commissioned a Governance Task Force to make recommendations to optimize the board's structure and function. After extensive review and discussion of its oversight functions, the board voted to

continued on page 24

dearRPharmacist

Metformin’s Pros And Cons



by Suzy Cohen, RPh

Dear Readers: Introduced in 1995 when I was just 30 years old, metformin quickly gained traction in the medical arena as the drug of choice to use in diabetes. Prior to its introduction in the United States, it had been used in France since 1957.

It is sold globally by various different brand names, and in combination with other glucose-lowering agents. Metformin has some interesting uses, as well as cautions. There are an estimated 100 million people with diabetes in our country. For natural remedies, please refer to my book, *Diabetes Without Drugs*, which is sold on Amazon and in bookstores nationwide. Today, I'd like to share the pros and cons of the most popular diabetic medication in the world:

Cons

Causes Vitamin B12 Deficiency – It is a strong drug mugger of vitamin B12, and the longer you take it, the more profound the deficiency. If you take metformin, the obvious solution is to supplement with B12 and a high-quality probiotic since probiotics happen to manufacture B12.

Methylcobalamin is my suggestion, because it's methylated and therefore, body-ready. It's available everywhere nowadays. FYI, hair loss, poor memory recall, confusion, anemia and neuropathy are signs of B12 deficiency.

Questionable Prostate Benefits – The results from a brand new study on prostate cancer were disappointing. It was expected that there would be some add-on benefits, but the results showed no significant clinical benefits when metformin was given along with chemotherapy. Previous results have

suggested that metformin could be useful in this regard.

Uncomfortable Side Effects – Metformin has side effects such as occasional heartburn, indigestion, bloating and gas, weight loss, diarrhea/constipation, weird taste in the mouth and pancreatitis.

May Harm Kidneys – Severe lactic acidosis is a rare but very dangerous complication of metformin, and drugs in the same category. It occurs particularly in people with kidney compromise and/or failure.

Pros

Raises Serotonin – New research published in the June 3 edition of *The Journal of Neuroscience* has concluded that metformin improves mood and reduces anxiety. Serotonin is a neurotransmitter associated with happiness, self confidence, satiety and social interaction. Deficiencies of serotonin are often exhibited as OCD, depression and anxiety.

Helps PCOS – Polycystic Ovary Syndrome (PCOS), which is characterized by weight gain, insulin resistance, cravings and skin discoloration. Metformin isn't labeled for this disorder; however, we know it works.

Manages Cholesterol – Metformin may help reduce total cholesterol and low density cholesterol (LDL) as well as blood pressure. Metformin may also reduce triglycerides according to some research.

Some Tumors Retreat – Metformin may suppress growth and improve immune function. It works by lowering blood sugar, which then improves cell receptor sensitivity (and number), which in turn controls the amount of blood sugar floating around in the blood stream. This is good because tumors and pathogens (i.e. fungi, viruses and bacteria) all feed on glucose, so if the sugar gets pushed into the cell, then there's less fuel to feed the pathogens and growing cells that went rogue.

*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

Green Space Is Good For Us



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

Think about how much time we spend indoors. Many people spend each day working in front of a computer screen for hours only to go home and scarf down food while parked in front of a television screen for the remainder of the evening. But science shows that we all need to make a point of getting outside for our mental and physical health. Research suggests living in a neighborhood dense with trees, bushes and other green vegetation is good for cardiovascular health. Add to that, walking in the woods and you can improve blood pressure, boost mental health and decrease your cancer risk.

One study in the *Journal of the*

American Heart Association took a look at people who were already at risk for developing cardiovascular disease, and found that those who lived in neighborhoods with more vegetation had lower levels of epinephrine in their urine. These lower levels indicate lower levels of stress. Also found in the study participants were lower levels of oxidative stress and a greater ability to repair blood vessels. Simply living in an area with greenery lessens cardiovascular risks.

Southwest Florida has beautiful vegetation all year-round and makes for an easy environment to boost our physical and mental health. Combine the green outdoors with an activity for the most benefit. Take advantage of the lovely beaches for walks and swimming or paddle through the mangroves. Enjoy hiking through the preserves or play golf on the greens. A view of nature from the window can lower stress levels, but taking it to the next level by exercising in a natural setting boosts memory, reduces anxiety and depression, and benefits your overall health. It's a winning combination and one of the reasons we love Sanibel Island and Southwest Florida.

*This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.**

A Family That Gives Together Is Honored Together

Ronald McDonald House Charities (RMHC) of Southwest Florida will honor Barbara and Tom Fewster and Beverly and Tom Fewster Jr. at the 26th annual Storybook Ball on Saturday, February 15, 2020 at the Hyatt Regency Coconut Point in Bonita Springs. The theme for the evening will be an interpretation of *Mulan*, a celebration of perseverance, family and Chinese culture.

"The Fewster family has been a part of RMHC long before the Ronald McDonald House was built," said Executive Director Laura Ragain. "Barbara and Beverly were both active board members and fundraisers for many years. The Fewster family owned and operated 10 McDonald's restaurants in Southwest Florida. Since selling the restaurants in 2015, Tom Jr. and Beverly have been generously volunteering their time at the Ronald McDonald House and the Ronald McDonald Family Room at Golisano Children's Hospital. Even the third generation of Fewsters, Tom Jr. and Beverly's son and daughter, have helped volunteer at numerous fundraising events such as the Storybook Ball, golf tournament, and World Wine Tour. We are so grateful for the family's continued support."

The Storybook Ball will be black tie optional or themed attire and include cocktails and a silent auction at 6 p.m. Dinner and dancing to The Robert

Williamson Band will follow, along with a live auction. All proceeds support Ronald McDonald House Charities of Southwest Florida in its mission to create, find and support programs that directly impact the health and well-being of children and their families.

Since 1996, Ronald McDonald House has served thousands of families from Lee, Collier, Charlotte, Glades and Hendry counties, and other states and countries. Here, families find a "home-away-from-home" while their children are undergoing medical treatment at Golisano Children's Hospital of Southwest Florida. Additional thousands are served by the Ronald McDonald Care Mobile Program, two mobile healthcare units providing medical and dental services to underserved children, and by the Ronald McDonald Family Room, located in Golisano Children's Hospital.

For information about tickets and a variety of sponsorship opportunities, contact Amy Blanco at 437-0202 or visit www.rmhcswfl.org.*

Overeaters Anonymous

If food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 130 at Sanibel Community Church on Tuesdays at 5:30 p.m. and on Fridays at 4 p.m.

For more meeting information, visit www.southwestfloa.org.

Sanibel Community Church is located at 1740 Periwinkle Way.*

From page 23

Health Board

create a committee structure to improve information flow and enhance decision-making through direct participation of medical staff members and community representatives.

The creation of a committee structure provides the board members with a greater opportunity for consideration of significant agenda items and further engages physicians and community members in its work. About 90 percent of public health system boards of directors in the U.S have a committee structure and they are widely considered a best practice.

"Our new governance structure will leverage the unique skills of a diverse set of physicians and community members to advise the board of directors in its deliberations," said Dr. Brown. "Moving to this new model is a substantial change that

will allow the board to be more responsive to the changing health care needs of our community as we continue to pursue the improvement of outcomes, reduction of costs and enhancement of the patient experience."

The new structure establishes five committees to serve in an advisory role to the board of directors. The committees are Community Health Improvement; Finance; Quality, Safety and Patient Experience; Audit; and Governance. The membership of each committee varies and includes a mix of elected board members, physicians and members of the community.

The public is notified of committee meetings, which they conduct in accordance with Florida's open meeting law, as are the meetings of the full board of directors. Members of the public may attend committee meetings. Public comment will be allowed as usual at the full board meetings.*

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Marley And Millie

Lee County Domestic Animal Services wants people to know they can adopt a canine (or feline) friend to celebrate National Take Your Dog to Work Day on Friday, June 21 at a discounted rate for the first three weeks in June. Adoption fees will be \$20 now through June 22. Take a picture of the new furry family member on the job and share it to Domestic Animal Service's Facebook page to celebrate. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10 day health guarantee. That is a \$500 package. A team of staff and volunteers are waiting to introduce a new four-legged family members. Stop by the adoption center Monday through Saturday between 10:30 a.m. and 3:30 p.m.

Marley is an 11-month-old female pitbull mix who is a happy girl that will greet you with a smile and butt wag. She loves to "talk" to everyone she meets. She has lots of energy and loves to play, so



Marley ID# A781223

an active family would be the perfect fit for her. She is slim built and petite, so she is a great size for any home. Marley loves our kiddie pools, so if you are a beach-goer, she is the dog for you. Her adoption fee is \$20.

Millie is a 1-year-old female domestic medium hair who is one of those pets that has a personality that draws you right in as soon as you meet her. She may only have sight in one eye, but that does slow her down. She will roll over to get your attention so that you will let her out to run around our cat room. She also knows how to wave hello. And when she starts purring and her motor starts going you can hear it across the room. Millie also loves to play with her feline friends. She is an absolute gem. Her adoption fee is \$10; adopt one cat, get a feline friend at no additional charge.

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.*

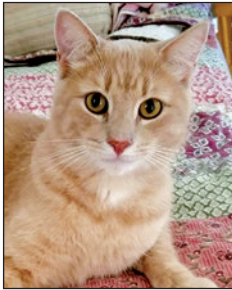


Millie ID# A779161

Haven on Earth Animal League

Chester And Dallas

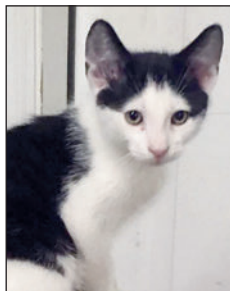
Hi, I'm Chester and I'm a sweet, quiet guy. I'm very good with other cats and only about 3 years old. I'm looking for a home to call my own. Come see me at Petco in Gulf Coast Town Center. I'm up-to-date on vaccines, neutered and have a microchip. My adoption fee is \$100.



Chester

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

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



Dallas

PAWS Of Sanibel

Two Kittens And Momma

PAWS has two beautiful kittens (left out of a litter of four) and their mother up for adoption. They are just over 9 weeks old, and their momma is approximately 7 to 12 months old. Momma has had her shots, combo-tested negative, treated for fleas, wormed and had spay surgery.



One of the kittens with momma, Sweetie

The kittens had their first FVRCP immunization, wormed, were treated for fleas and were completely checked out by the vet. Consider adopting both, as it is so important for them to have a companion

when their people aren't around to entertain them. Call Pam at PAWS at 472-4823 to see these beautiful babies.*

PAWS Of Sanibel

Paris



Paris, formerly Perry Winkle

PAWS has a 6- to 12-month-old kitten at Coral Veterinary Clinic in Fort Myers. Paris was captured using a humane trap at Periwinkle Park.

Paris weighs 6.5 pounds, has no microchip and appears to be in good health, just very frightened. She is spayed and was given injections for rabies and FVRCP. She has tested negative for FIV/FelV. If you recognize this kitten, or you would consider fostering or adopting her, call Pam at 472-4823.*



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

ARTS

Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Harmonica Band	610-653-7940
Fort Myers Symphonist Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321

CLUBS & ORGANIZATIONS

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

AREA ATTRACTIONS

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

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

PUZZLES

Answers on page 29

Super Crossword

REAL AMERICANS

- ACROSS**

1 Deal with mercifully

9 Smooth-tongued

13 Inlaid tile designs

20 Shady protagonist, perhaps

21 Inner Hebrides island

22 Female graduates

23 Famed pool hustler

25 Reverberate

26 Recap no.

27 Neither go-with

28 Mined rocks

30 Actress Ekberg

31 Founder of Tuskegee University

36 "Don't put it off!"

40 "Yes" vote

41 Sports guard

42 "Sideways" actress

47 Many

53 Just right

54 Window above a door

55 Interstellar dust clouds

56 Arnaz of TV
- 57 Interim workers

58 Mystery novelist who created Anna Pigeon

60 Tree of Iowa

62 Some iPods

63 Authority

64 Home: Abbr.

67 "LOVE" stamp artist

73 They work on mags

74 Aleve targets

76 Dueling tools

77 Cleo's biter

79 NFL MVP of 1989 and 1990

81 Pleasantly warm outside

85 Norwegian city

89 Many pink-eyed animals

90 Ban on trade

92 Kilt design

93 Publisher of Elle Decor

94 Painter called "The Mother of American Modernism"

96 Theta lead-in

98 Big foot spec

99 Map blowups

100 "Cat on a Hot Tin Roof" playwright
- 109 "Full of beans," e.g.

110 "Frozen" queen

111 Acid rock's "acid"

112 Writer Dinesen

116 Place-to-place worker

118 Bailiff's directive that's apt to this puzzle's theme?

123 Opponents

124 Reverberate

125 Diagnostic list for a techie

126 Brand of frozen desserts

127 Phony

128 Decade's span
- 9 Alternative to a JPEG

10 Mauna —

11 Tagging along behind

12 Port in Iraq

13 Actress Mason

14 Seville cheer

15 Singer Boyle

16 In a group of

17 Arctic native

18 Poem division

19 Car variety

24 GPS display

29 "NFL Live" channel

31 Be really hot

32 BYOB part

33 "— Hope" (old soap)

34 "Bill & — Excellent Adventure"

35 Ran in place

36 Full of zeal

37 Funny — (2003 Kentucky Derby winner)

38 Very, to Fifi

39 Mystery writer Marsh

43 Ending for Manhattan

44 Branch
- 45 —law (acquired relative)

46 Revise

48 First family until 2017

49 Big brass

50 Really work

51 Rowed

52 Plants with fronds

55 Viking org.

57 Certain bout result, briefly

59 7, to Caesar

61 Fire felonies

62 Prefix with fire

64 Hindu royal

65 French place of learning

66 Cat food brand

68 Reno actions

69 Air quality gp.

70 Zellweger of "Case 39"

71 "I love you," to Juan

72 "No" vote

75 Arabian chief

78 Flag holders

80 Re, fa and la

81 Deli staple

82 Actress Dombasle

83 NYC airport code

84 Pasture call
- 86 Not in peril

87 Raise up

88 Extolling poems

91 Matzo — (Jewish fried dish)

92 Writing tools

94 Scottish Celt

95 One of the Kardashians

97 African fly

100 Durations

101 Patsy's sidekick on "Absolutely Fabulous"

102 Neighbor of Mali

103 Shearer of old films

104 Inbox filler

105 Curvy letters

106 Stare at

107 "The best — to come!"

108 Venerate

112 Regarding

113 Spanish for "room"

114 Winged god

115 Beer holders

117 Born

119 "That's it!"

120 Singer Jones

121 Sizable vase

122 Actor/singer Rogers

1	2	3	4	5	6	7	8		9	10	11	12		13	14	15	16	17	18	19
20									21					22						
23								24						25						
26						27				28		29			30					
				31	32				33	34				35						
36	37	38	39					40				41								
42						43	44			45	46			47	48	49	50	51	52	
53						54							55							
56					57					58		59								
			60	61					62						63					
64	65	66		67		68	69	70	71					72			73			
74			75			76								77		78				
79					80					81	82	83	84			85	86	87	88	
89							90		91						92					
93							94							95						
					96	97			98					99						
100	101	102	103	104				105	106				107	108						
109							110					111					112	113	114	115
116					117			118		119	120				121	122				
123								124					125							
126								127					128							

King Crossword

- ACROSS**

1 "Grand"

5 Possessed

8 Notoriety

12 Perukes

13 Crib

14 Addict

15 Rodgers/Hammerstein show

17 Night light?

18 Get a glimpse of

19 Type measures

20 Chews away (at)

21 Sphere

22 Method

23 Podiatrist's concerns

26 Porter's burden

30 Last write-up

31 Boxer

32 Currier's partner

33 Smoker's gadget

35 "Lady and the —"

36 Listener

37 Crony

38 Aware of

41 Paving gunk

42 Pump up the volume

45 Scandinavian city

46 Rodgers/Hammerstein show
- 48 Radiate

49 Diving bird

50 Soy paste

51 Stitched

52 Sch. org.

53 Wan
- show

9 Drifting

10 Cat call

11 Sea flock

16 Towel designation

20 Joke

21 Bernstein/Comden/Green show

22 Joker

23 Army rank (Abbr.)

24 Japanese sash

25 18-wheeler

26 Prickly plant part

27 Actress Gardner
- 28 Jewel

29 Kreskin's claim

31 Apiece

34 "The Way" in China

35 Poi base

37 Anorak

38 Swine

39 Capri, for one

40 Oxen's burden

41 Lacking slack

42 Unrepaired

43 Netting

44 Tactic

46 Upper limit

47 Ms. Thurman
- DOWN**

1 Pairs

2 Trudge

3 Look lecherously

4 G8 nation

5 Test ban subject

6 Intentions

7 Genetic stuff

8 Styne/Merrill

MAGIC MAZE ● PRESIDENTS BACKWARD

S T Q N K H D A X U R P M J G

D A X V W S Q N K I F D A X V

T F Q O M A J H F C A Y W U R

P N O R L N S J H F D N B G Z

T X V (R E W O H N E S I E) R T

R Y Q A D A M S I O P X M A C

K I L H F D G L I N C O L N A

B Z Y E W V T A T D G N L T R

R Q O T R U M A N N A T L K T

K I H F D C F F I L L M O R E

A Z X W V T U J A C K S O N R

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

- DROF

EROMLLIF

KLOP

NAGAER
- NAMURT

NLOCNIL

NOSIDAM

NOSKCAJ
- NOTGNIHSAW

NOXIN

RETRAC

REWOHNESIE
- SMADA

TFAT

TNARG



"Why is it that when I hand you my
_____, I get the
feeling of being robbed?"
answer on page 30

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!

Bundle

GEARTH

Graft

ECLIPS

Twirl

RAGETY

Cover

KOLAC

TODAY'S WORD

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

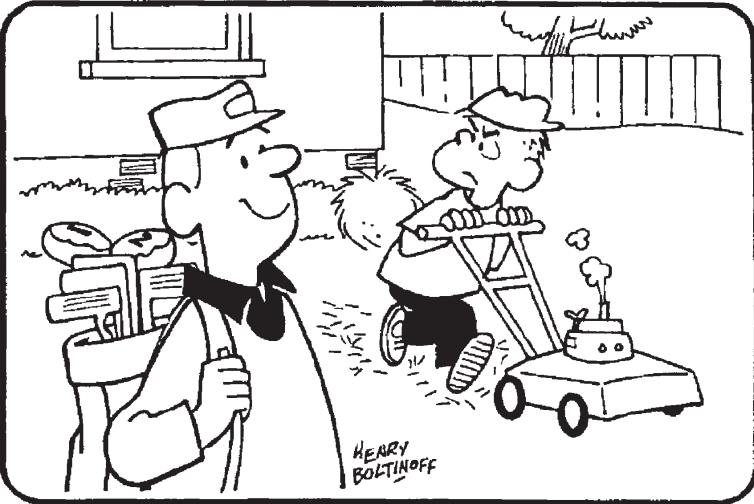
SUDOKU

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

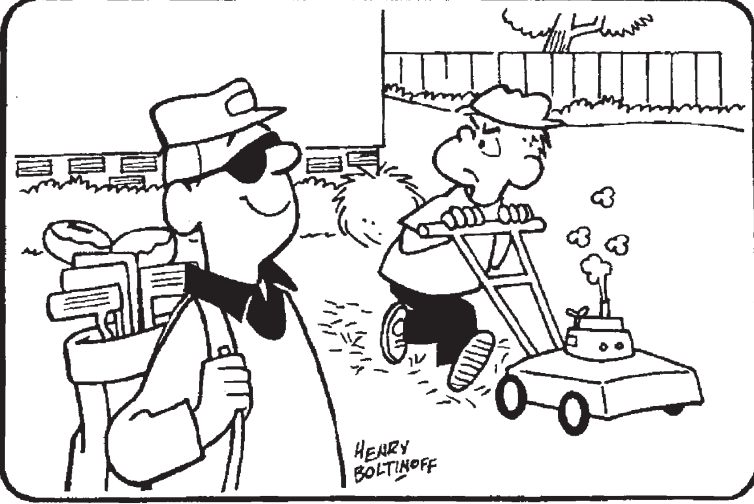
answer on page 29

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Man is wearing sunglasses. 2. Window is missing. 3. Bushes added along fence. 4. More smoke coming from mower. 5. #2 missing from golf club. 6. More bricks have been added to foundation.



Shrimp Boil with Sweet Corn and New Potatoes

1½ pounds large shrimp (peeled and deveined, if desired)
5 ears sweet corn, husked and cut in half
1 large tomato, diced small
1 pound potatoes (peeled, if desired)
1 pound cooked smoked sausage, cut into 1-inch pieces
1 cup seafood boil seasoning mix
3 lemons, cut into wedges
1/4 cup olive oil
1/2 cup fresh parsley, chopped fine
Sea salt and fresh ground pepper, to taste
Preheat a large pot over medium-high heat. Fill with water until about 2/3 full and add 3/4 cup seafood seasoning. Add sausage and potatoes, bring to a slight boil and cook for 8-10 minutes. Next add corn and simmer for 5 minutes. Lastly add shrimp and simmer for 3-4 minutes, or until cooked through. Drain the liquid and pour shrimp boil onto a large platter. Lightly season with the remaining seafood seasoning and drizzle with olive oil. Garnish the shrimp boil platter with the diced tomato and parsley. Serve with lemon wedges, melted butter and hot sauce, if desired.✪



Shrimp Boil with Sweet Corn and New Potatoes

photo courtesy Fresh From Florida

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My Stars ★★★★★

FOR WEEK OF JUNE 17, 2019

Aries (March 21 to April 19) Things that usually come easily and quickly for the Aries Lamb might need more of your time and attention during the next several days. Try to be patient as you work things out.

Taurus (April 20 to May 20) A changing situation can create some complications. But if you apply that sensible Bovine mind to what seems to be a hopeless tangle of confusion, you'll soon sort things out.

Gemini (May 21 to June 20) Creating a new look for your surroundings is fun. Expect to hear mostly positive comments on your efforts, as well as some well-intended suggestions you might want to note.

Cancer (June 21 to July 22) Maybe you'd rather do anything else than what you're "stuck with" right now. But if you stop complaining, you might see how this could lead to something with real potential.

Leo (July 23 to August 22) Even a proud Leo ultimately recovers from hurt feelings. However, a damaged relationship might never heal unless you're willing to spend more time and effort trying to work things out.

Virgo (August 23 to September 22) There are lots of changes on the horizon, so be prepared to make some adjustments in your usually fine-tuned life. One change might even impact a personal decision you've been putting off.

Libra (September 23 to October 22) Being the dependable person you are could work in your favor for a project that requires both skill and accountability. But check this out carefully. There could be a hidden downside.

Scorpio (October 23 to November 21) A temperamental outburst about a mishandled project causes some fallout. Be sure to couple an apology with an explanation. A new opportunity beckons by week's end.

Sagittarius (November 22 to December 21) Changing horses midstream is usually unwise but sometimes necessary. Examine your options carefully before making a decision. A trusted colleague offers good advice.

Capricorn (December 22 to January 19) While much of your time is involved with business matters,

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Call 395-1213




The Island Sun and The River Weekly News are community newspapers,
covering Sanibel and Captiva Islands, Fort Myers and Fort Myers Beach.
Free copies are available at newsstands. For more information, call 239-395-1213.


June 7, 2019

Place Classified







FRIDAY
Mostly Cloudy
High: 88 Low: 81




SATURDAY
Mostly Cloudy
High: 90 Low: 83




SUNDAY
Cloudy
High: 88 Low: 81




MONDAY
Cloudy
High: 91 Low: 83



TUESDAY
Few Showers
High: 87 Low: 80



WEDNESDAY
Few Showers
High: 88 Low: 81



THURSDAY
Few Showers
High: 89 Low: 82

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	12:32 am	4:35 am	11:18 am	6:34 pm	Fri	10:23 am	4:37 am	None	6:36 pm	Fri	11:04 am	5:03 am	None	6:09 pm	Fri	2:42 am	7:51 am	1:28 pm	9:50 pm
Sat	1:41 am	5:05 am	11:49 am	7:19 pm	Sat	12:46 am	5:07 am	10:54 am	7:21 pm	Sat	12:37 am	5:52 am	11:49 am	7:01 pm	Sat	3:51 am	8:21 am	1:59 pm	10:35 pm
Sun	2:43 am	5:31 am	12:20 pm	8:01 pm	Sun	1:48 am	5:33 am	11:25 am	8:03 pm	Sun	1:24 am	6:40 am	12:28 pm	7:51 pm	Sun	4:53 am	8:47 am	2:30 pm	11:17 pm
Mon	3:37 am	5:56 am	12:52 pm	8:39 pm	Mon	2:42 am	5:58 am	11:57 am	8:41 pm	Mon	2:10 am	7:27 am	1:03 pm	8:40 pm	Mon	5:47 am	9:12 am	3:02 pm	11:55 pm
Tue	4:25 am	6:23 am	1:26 pm	9:17 pm	Tue	3:30 am	6:25 am	12:31 pm	9:19 pm	Tue	3:02 am	8:13 am	1:35 pm	9:28 pm	Tue	6:35 am	9:39 am	3:36 pm	None
Wed	5:06 am	6:57 am	2:03 pm	9:55 pm	Wed	4:11 am	6:59 am	1:08 pm	9:57 pm	Wed	4:01 am	8:59 am	2:10 pm	10:12 pm	Wed	7:16 am	12:33 am	4:13 pm	10:13 am
Thu	5:43 am	7:40 am	2:43 pm	10:33 pm	Thu	4:48 am	7:42 am	1:48 pm	10:35 pm	Thu	4:50 am	9:42 am	2:58 pm	10:52 pm	Thu	7:53 am	1:11 am	4:53 pm	10:56 am

PUZZLE ANSWERS

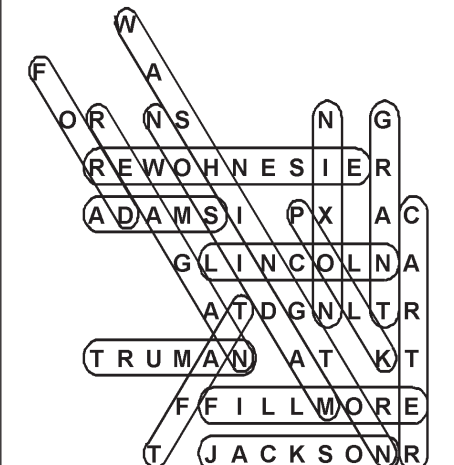
SUPER CROSSWORD

G	O	E	A	S	Y	O	N		G	L	I	B		M	O	S	A	I	C	S	
A	N	T	I	H	E	R	O		I	O	N	A		A	L	U	M	N	A	E	
M	I	N	N	E	S	O	T	A	F	A	T	S		R	E	S	O	U	N	D	
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				B	O	O	K	E	R	T	W	A	S	H	I	N	G	T	O	N	
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V	I	R	G	I	N	I	A	M	A	D	S	E	N		L	O	T	S	O	F	
I	D	E	A	L		T	R	A	N	S	O	M		N	E	B	U	L	A	E	
D	E	S	I		T	E	M	P	S		N	E	V	A	D	A	B	A	R	R	
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KING CROSSWORD

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S	E	E			E	M	S			G	N	A	W	S
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C	O	R	N	S		B	A	G	G	A	G	E		
O	B	I	T			P	U	G			I	V	E	S
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MAGIC MAZE



SUDOKU

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

fun-time opportunities open up by week’s end. Enjoy yourself, but be careful that you don’t overspend.

Aquarius (January 20 to February 18) A “revelation” opens your eyes to what is really going on in the workplace. What you learn could make a difference in your career path. Continue to be alert for more news.

Pisces (February 19 to March 20) Not wanting to make waves might be the safest way to deal with a difficult situation. But no substantive changes can be made unless you share your assessments with others.

Born This Week: You have a way of talking to people that makes them want to listen. You could find a successful career in politics.

MOMENTS IN TIME

- On June 21, 1788, New Hampshire becomes the ninth and last necessary state to ratify the Constitution of the United States, thereby making the document the law of the land. Delaware, Pennsylvania, New Jersey, Georgia, and Connecticut were the first to sign.
- On June 22, 1937, in Chicago’s Comiskey Park, Joe Louis wins the world heavyweight boxing title when he knocks out Jim Braddock in the eighth-round. Louis was the first black heavyweight champ since Jack Johnson, who lost the title in 1915.
- On June 20, 1947, Benjamin “Bugsy” Siegel, who brought organized crime to the West Coast, is killed in a hail of gunfire at his home in Beverly Hills, California. Siegel got his start in Brooklyn,

where he terrorized peddlers and collected protection money in the 1930s.

- On June 23, 1959, after nine years in prison, Klaus Fuchs, the German-born Los Alamos scientist whose espionage helped the USSR build its first atomic and hydrogen bombs, is released from a British prison.
- On June 18, 1966, Gen. William Westmoreland, senior U.S. military commander in Vietnam, requests an additional 111,588 troops for the war in 1967, bringing the total to 542,588.
- On June 19, 1972, the U.S. Supreme Court rules against Curt Flood in Flood v. Kuhn, denying him free agency as a baseball player. He was trying to break the reserve clause that tied players to one team. Three years later an arbitrator ruled in favor of free agency, but it was too late for Flood, who never played baseball again.
- On June 17, 1994, “OJ” Simpson, a former football player suspected of a double murder, flees along I-405 in Los Angeles in a white Ford Bronco with police in pursuit. News helicopters followed from above, and millions watched on television. Simpson was arrested at home an hour later.

STRANGE BUT TRUE

- It was noted 20th-century American playwright Arthur Miller who made the following sage observation: “Maybe all one can do is hope to end up with the right regrets.”
- When creating its cocoon, the silkworm spins a continuous thread more

than a thousand yards long, or 12,000 times the length of its own body. To accomplish a comparable feat, a 6-foot-tall man would have to spin a thread that stretched unbroken for 15 miles.

- You may be surprised to learn that the onion is actually a lily, botanically speaking.
- In 2016, Michigan State University received a delivery of inedible mayonnaise – the mayo had been frozen and thawed during transit, spoiling all 10,000 pounds of the condiment. Instead of just throwing it out, MSU decided to put the bad mayo to good use. The campus already had an anaerobic digester – a device that decomposes organic waste and converts it to methane – so they poured in all 500 2.5-gallon tubs.
- Guinness, that notoriously dark and bitter brew, contains fewer calories than skim milk or orange juice. Stout for breakfast, anyone?
- If someone were to ask you to name the sunniest spot on Earth, you might be tempted to answer “the Sahara Desert” or some other such exotic place. You would be wrong, though; that distinction belongs to a town right here in America. Out of the possible 4,456 daylight hours each year, the sun shines for an average of 4,050 in Yuma, Arizona. That means that there’s cloud cover or rain for only about 10 percent of the time there.

THOUGHT FOR THE DAY

“Whatever a man prays for, he prays for a miracle. Every prayer reduces itself to this: Great God, grant that twice two be not four.” – Ivan Turgenev

TRIVIA TEST

- Music:** Which singer and group made the song *Rock Around the Clock* a hit in 1954?
- Geography:** What is the capital of Australia?
- History:** Which three nations made up ANZUS, the Pacific defense treaty in the 1950s?
- Television:** What was the name of the actor who played the bass guitar player in *The Partridge Family*?
- General Knowledge:** What is the site of the 2020 Summer Olympics?
- Famous Quotations:** Which 19th-century poet once wrote, “And what is so rare as a day in June? Then, if ever, come perfect days?”
- Movies:** How many children were in the Von Trapp family in *The Sound of Music*?
- Animal Kingdom:** What is a group of lizards called?
- Advertising:** What product was promoted with the ad slogan “the pause that refreshes”?
- Bible:** In which two chapters of the Bible’s New Testament do the Beatitudes, or blessings, appear?

TRIVIA ANSWERS

1. Bill Haley & His Comets 2. Canberra 3. Australia 4. Danny Bonaduce 5. Tokyo 6. James Russell Lowell 7. Seven 8. A lounge 9. Coca-Cola 10. Matthew and Luke



Sanibel Historical Museum and Village

photo provided

Historical Village Open During BIG ARTS Construction

The Sanibel Historical Village will remain open during the BIG ARTS construction project. The project will continue through the remainder of the historical village's season and into next season, but parking and access for village guests and volunteers will be available throughout that time.

The traditional entrance to the village has been closed off for the construction and a new, temporary entrance has been made available down the road to the west at what was the exit drive. That drive will now function as both an entrance and exit access. Clear signage has been added at both places.

The Sanibel Historical Village is operating on summer hours at this time. The village is open Tuesday through Saturday from 10 a.m. to 1 p.m. Full guided tours take place at 10:30 a.m. at no additional charge, depending on

document availability. The museum closes August 1 and reopens October 15. The village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access to the buildings. Admission is \$10 for adults over 18; no charge for members and children. For more information or to make a donation, visit www.sanibelmuseum.org or call 472-4648 during business hours.✱

Seashell Sale Open To Public

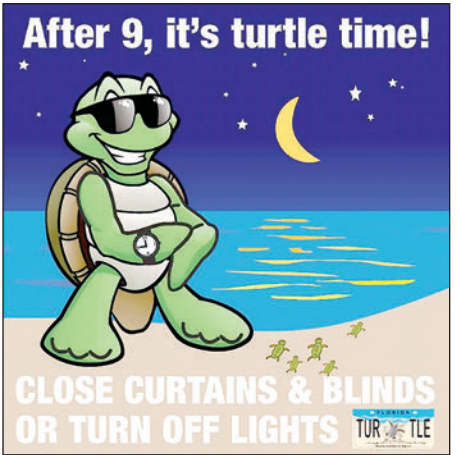


Horse conch

photo provided

They've come to Captiva from as far away as Australia, China, Argentina, Indonesia, The Philippines and Taiwan with one purpose

in sight – to participate in “The Bourse,” the largest seashell sale in the area since 2014. That is when the Conchologists of America held their annual convention at Punta Rassa. Shell dealers from Hawaii, California, Washington, New Jersey, Maryland, North Carolina and from around Florida will also be a part of this popular event at South Seas Island Resort Convention Center on Captiva. The Bourse will be open on Saturday, June 22 from 1 to 8 p.m. and on Sunday, June 23 from 9 a.m. to 2 p.m. There is no admission charge and it is open to the public.✱




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PSA



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5/31 ✱ TFN

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SCRAMBLERS

1. Gather; 2. Splice;
3. Gyrate; 4. Cloak
Today's Word
PAYCHECK

Red Cross Shares Safety Steps For Hurricane Season

The hurricane season officially started on June 1 and runs until November 30. The American Red Cross urges people to take steps now to get prepared in case of an emergency.

“We want the community to plan and prepare ahead of time before an emergency,” said Jill Palmer, executive director for Florida’s Southern Gulf Chapter. “There are simple steps every family can take to make sure they are ready and stay safe this hurricane season.”

What You Should Do
Determine your risk. Hurricanes cause problems for people in coastal areas but can also cause damage hundreds of miles inland. Talk with household members and create an evacuation plan. Practicing the plan minimizes confusion and fear during the event.

Build an emergency kit with a gallon of water per person, per day, non-perishable food, a flashlight, battery-powered radio, first aid kit, medications, supplies for an infant if applicable, a multi-purpose tool, personal hygiene items, copies of important papers, cell phone chargers, extra cash, blankets, maps of the area and emergency contact information.

If someone already has a disaster kit, now is the time make sure the food and water is still safe to consume and that copies of important documents are up to date. If they already have an emergency plan for their household, they should talk about it again with family members, so everyone knows what to do if an emergency occurs.

Be informed. Learn about the community’s hurricane response plan. Plan routes to local shelters, register family members with special medical needs as required and make plans for pets.

Download the free Red Cross Emergency App to select up to 35 different severe weather and emergency alerts on their mobile device. The content includes expert guidance on what to do before, during and after different emergencies or disasters, from home fires to hurricanes. All Red Cross apps can be found in smartphone app stores by searching for American Red Cross or by going to www.redcross.org/apps.

Keep insurance policies, documents and other valuables in a safe-deposit box. You may need quick, easy access to these documents. Keep them in a safe place less likely to be damaged if a hurricane causes flooding. Take pictures on a

phone and keep copies of important documents and files on a flash drive that you can carry with you on your key chain.

Protect windows with permanent storm shutters or invest in one-half-inch marine plywood that is pre-cut to fit your doors and windows.

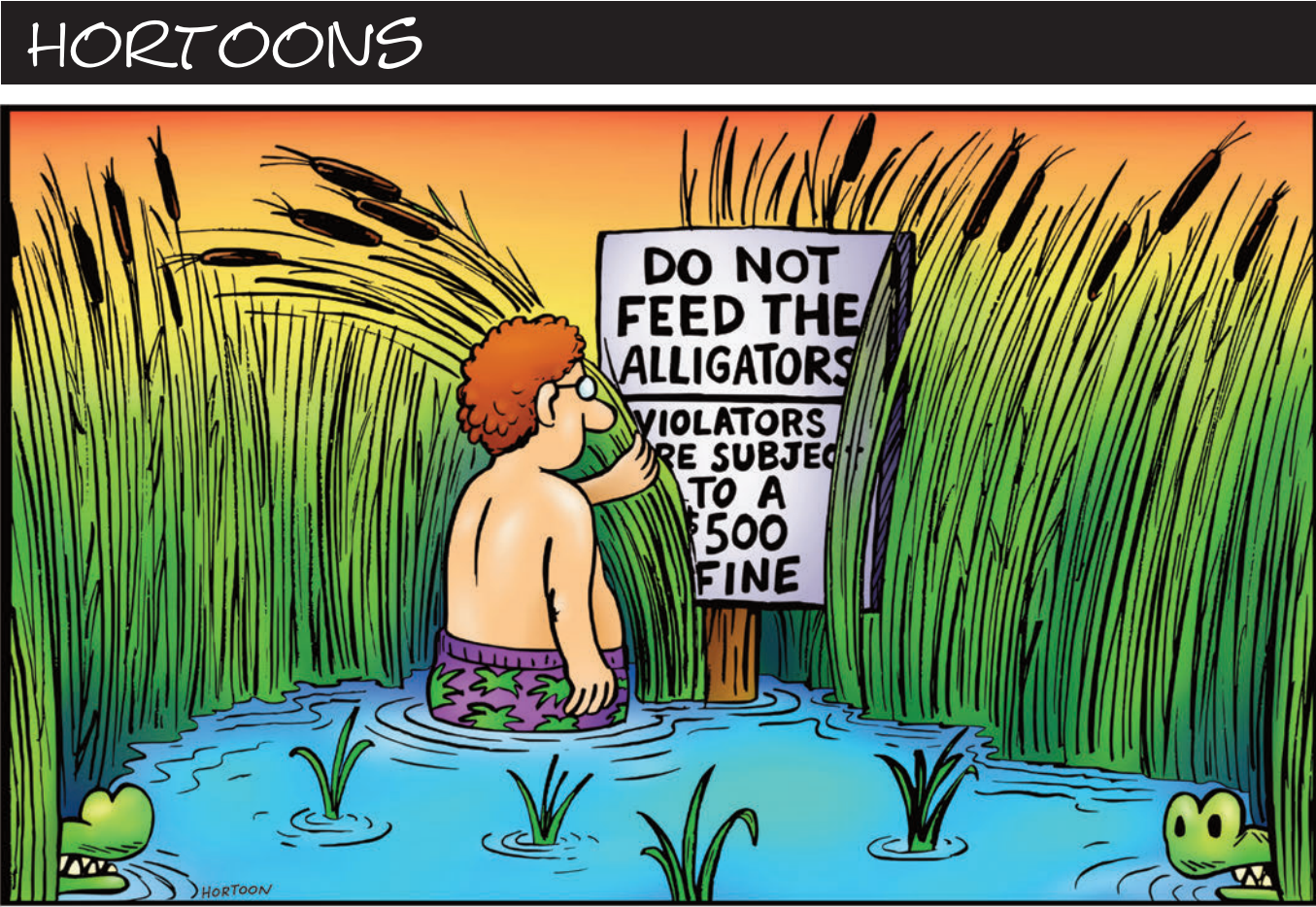
Identify a place to store lawn furniture, toys, gardening tools and trash cans (away from stairs and exits) to prevent them from being moved by high winds and possibly hurting someone.

Clear loose and clogged rain gutters and downspouts to prevent flooding and unnecessary pressure on the awnings.

This year, getting life-saving information about impending hurricanes is easier than ever. Just ask Alexa. You can activate the Hurricane Alert Skill for popular Amazon Alexa-enabled devices including the Echo, Echo Dot, Echo Show and Echo Spot. You will then be able to get hurricane watch and warning notices for locations where you or your loved ones live, and access Red Cross expertise on how to prepare for the approaching hurricane and keep your family as safe as possible.*



Some of the essentials for a hurricane supply kit photo provided



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Captiva	1938	4,500	\$3,695,000	\$3,475,000	522
Spring Ridge	Bonita Springs	2003	6,230	\$3,325,000	\$3,260,000	8
Cape Coral	Cape Coral	2014	5,177	\$2,690,000	\$2,550,000	35
Woodlake At Bonita Bay	Bonita Springs	2019	3,747	\$2,495,000	\$2,200,000	345
Tichenors F H Silver King	Captiva	1963	2,053	\$1,895,000	\$1,825,000	84
Gulf Heights	Fort Myers Beach	1990	2,183	\$1,500,000	\$1,425,000	46
Longlake	Bonita Springs	1995	5,328	\$1,499,000	\$1,300,000	119
St. Charles Harbour	Fort Myers	2011	4,000	\$1,399,000	\$1,275,000	799
Bayview Acres	St. James City	1992	2,402	\$1,300,000	\$1,200,000	64
St. Charles Harbour	Fort Myers	2001	3,686	\$1,169,000	\$1,127,500	50

Courtesy of Royal Shell Real Estate



Randy Wayne White ©

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